

In This Issue:
Warblers, skunk cabbage,
Fisher-Price, Fiddler, San
Miguel, Cookies without
Sin, Dancing Frogs,
Writhing Wrestlers, and
much more!



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THE LOOP

Vol. 3 #7

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

March 29, 2006

Treatment Center Opens on Vashon

By Kristofer Bates

Everyone on Vashon knows someone with dependency issues, but where does one go for help? Outside of your local AA meetings, the only other options are a ferry-ride away. That day has ended with the arrival of A Change Counseling Services (ACCS) to the Vashon Village business complex.

A Change Counseling Services is now providing on-Island alcohol/drug awareness and treatment programs.

In looking to expand outreach beyond their current location in Tacoma, A Change found Vashon to be an ideal setting for their second office. Its new convenient downtown Vashon office offers state-certified assistance in the following areas: Alcohol / Drug Evaluations; Deferred Prosecution Programs; Intensive Outpatient Programs; Outpatient Counseling; Individual Counseling; Relapse Programs; Alcohol Drug Information School; Educational Programs; and Urinalysis Testing.

With group sizes ranging from two to twelve, A Change accepts transfers from other programs, but strives for fairness and compassion with all clients. Payment arrangements are available for persons who do not have insurance coverage to pay for required programs. Groups are available during the day and evenings.

For further information, please call (206)463-2721 or (253)576-1191.



The Hired Help

The Loop received a hot email tip last week that these tireless workers were putting the blackberries to rights at the District 19 treatment plant, so our photojournalist rushed right over to take advantage of the photo op. And you thought nothing exciting ever happened on Vashon.

Gravel Mine on Maury:

Water Quality Certification Granted

By Mary Litchfield Tuel

Kurt Hart of the Washington State Department of Ecology announced on March 14 that the Department has approved a Water Quality Certification with stringent conditions for Northwest Aggregates.

“We couldn’t deny the certification because the applicant met all the requirements. They did everything we asked them to do. The Certification comes with conditions, and is not a permit, but the conditions in the Certification will be wrapped up in any Federal permit,” Hart said.

The conditions in the Certification are:



Posted notice of intent Photo by M.L. Tuel

Continued on page 2

Interesting Times Hit Vashon



**Entrepreneurial Islander
David Goins and his mobile
newsstand, called “Interesting
Times.”**

Goins carries almost 400 titles of newspapers and magazines, including Vashon’s favorite, *The Loop*, the very paper you are reading at this very minute. Goins plans to eventually open three locations—the North End ferry dock, uptown, and the Fauntleroy dock. He got his business idea while on a recent trip to Rome, where newsstands are common. Look for him Monday through Friday. Pick up a free *Loop*, and buy something, wouldya?



Baden-Powell Scouts Plan Busy Summer

By Bruce Cyra

The Vashon Baden-Powell Scouts recently returned from a trip to Mt. Rainier for winter wilderness training and play. Shown here are some of the Scouts framed by the snow cave they built. In the years past, winter expeditions also included overnight trips to the Scottish High Camp in the north cascades and Lake Wenatchee. Cole Bazemore, assistant patrol leader and top right in the snow cave picture, is looking forward to this summer’s list of events which include numerous short hikes; a five day hike in the Olympics; and his favorite – the annual summer camp at Sinclair Island in the San Juan

Islands. The summer camp includes overnight kayaking excursions, skills training, team building, and Scout camaraderie.

Families interested in joining the Vashon Baden-Powell Scouts can come to an Open House on **Sunday, April 2** from 5 p.m. to 7 p.m. at Vashon Co-Housing on Bank Road just west of town.

The organization is an inclusive and non-discriminatory youth-driven group open to boys and girls aged 11-17. The Scout group is based on Sir Robert Baden-Powell’s original scouting model.

For more information call Leslie Ferriel at 463-1939.

Happy 3rd Anniversary



Show your love- see page 9

Get in The Loop

VashonBePrepared.ORG

How much water do you need for each person in your household to be ready for a disaster?

- Better than nothing: 3 gallons
- Good: 7 gallons
- Better: 10 gallons
- Best: 14 gallons



Candy-filled Mugs On Sale Now

This Easter you will find a Special Coffee Mug filled with Easter candy at Essentials 4, Vashon Pharmacy and US Bank. VHS student Carl Fox with the School-To-Work Program engraves these special Coffee Mugs with “Vashon Pirates: Making a Difference” on the front, and, “Sponsored by the Interact and Amnesty International Club of Vashon High School 2005-2006,” on the back. The attractive candy-filled 16-ounce coffee mug is selling at the right price of \$20 each. These monies benefit the VHS School-To-Work program and the VHS Interact and Amnesty International Club. The partnership that makes it happen: The School-To-Work program has many partners. The best-known are the Vashon School District; Vashon Island Rotary Club’s K-12 Ventures; and the Vashon High School Interact Club. In addition, the Washington State Department of Developmental Disabilities will soon join the partnership. This great partnership provides students and young adults with developmental disabilities an opportunity to learn job skills, become independent, and most importantly, to become fully functioning members of the Vashon Community.

London Broil Dinner at Senior Center

“What’s for dinner, dear?” “Reservations, dear.” Please make your reservations now for the Senior Center’s Annual Spring Dinner on **April 9** at the Senior Center. Seatings are available for 4 p.m., 5 p.m. and 6 p.m. Misty Isle London broil provided by Food Services of America is featured, plus a baked baked potato,* salad, beverage and homemade desserts — all for \$18. Everyone’s welcome, tickets are available at the Senior Center or by calling 463-5173. This is a Senior Center fundraising event, headed by Chairman Nancy Radford, assisted by other volunteers. In the spirit of our motto: “Celebrating Our Independence,” SC events like this one raised \$12,672 last year toward the Center’s operating expenses. **Confirm “baked baked potato” — yes, it’s baked in an oven, not microwaved!*

Service of Reconciliation

The Episcopal Church of the Holy Spirit offers as a part of the Holy Week cycle of worship a Service of Reconciliation on **Monday, April 10** at 7:30 p.m. This Communal Service of Reconciliation includes readings from Scripture, meditation on what it means to live in loving relationship, the opportunity to confess our sins corporately and individually, and to give thanks for the joy of God’s unbounded forgiveness. Attendees are free to participate in the service as they are moved; all are welcome. The church is located on the Main Highway, across from the Vashon Community Care Center.

Nominate a Grand Marshall for Festival

Know someone who contributes to the community in a special and unique way? Nominate that person for Strawberry Festival Grand Marshall. The Grand Marshall leads the Grand Parade **Saturday, July 8**. Send a description of your nominee’s outstanding work, initiative and contributions to the community; be sure to include specific examples to differentiate your nominee from others under consideration (Helpful hint: Get others to assist with writing the nomination. You may not be the only person who has something great to say about the nominee). The 2006 Strawberry Festival will take place **Friday, July 7; Saturday, July 8; and Sunday, July 9**. Send your nominations to: Vashon-Maury Chamber of Commerce, P.O. Box 1035, Vashon, WA 98070 or fax: 206-463-7590. Call 206-463-6217 with questions. This event is brought to you by Joyce A. Olson, CPA (Vashon Village, 206-463-2145).

KCLS Offers Computer Class at Senior Center

More Intermediate Word, computer word-processing classes taught in the King County Library System’s mobile high-speed computer laboratory, will be continued **April 5** at 10:30 a.m. at the Senior Center. KCLS wants you to have taken the beginning course, and be comfortable using the mouse and moving around on the computer. The class is free; please sign up by calling 463-5173.

Water Quality

Continued from page 1

Northwest Aggregates must not harm water quality in the aquifer, with the specification that digging can go no lower than 15 feet above the aquifer. It must also do no harm to aquatic life around the dock. The existing wooden pier is being removed, and because the wood is full of creosote, care must be taken to keep sawdust or pieces of wood from falling into the water. The dock will be replaced with a steel structure with 56 piers extending 305 feet out into the water. The extra length is required so that barges and tugs do not disturb the near shore environment. NW Aggregates is required to monitor eelgrass and other aquatic life conditions, and is not allowed to spill gravel into the water. NW Aggregates will have to acquire an Aquatic Lands Lease from the State Department of Natural Resources, and a permit from the Army Corps of Engineers. Another issue at the site is heavy metal residues in the topsoil from the ASARCO smelter in Ruston. The first layer of topsoil at the mine property has to be scraped and contained on site so that arsenic and lead in the soil do not re-contaminate the property. For the same reason, barges are not allowed to stir up sediment in the water. Originally mine owners wanted to reopen the mine to supply gravel for the third runway at the airport, but over time the airport has found other gravel sources, and the market for Maury Island gravel will not necessarily be Sea-Tac.

Holy Week (April 9-15) and Easter Services

Bethel Evangelical Free Church — Easter Sunday, 7:30 a.m. Sunrise Service; 8:45 a.m. Breakfast; 10 a.m. Church Service

Burton Community Church – 11 a.m. Easter Sunday

Episcopal Church of the Holy Spirit: **Sunday, April 9:** 8 a.m. Liturgy of the Passion; 10 a.m. Liturgy of the Palms. **Monday, April 10:** 7:30 p.m. Service of Reconciliation. **Tuesday, April 11:** 7:30 p.m. Evening Prayer. **Wednesday, April 12:** 7:30 p.m. Evening Prayer. **Thursday, April 13:** 7:30 p.m. Maundy Thursday Service. **Friday, April 14:** 7:30 p.m. Good Friday Service. **Holy Saturday, April 15:** 8 p.m. The Great Vigil of Easter. **Easter Sunday, April 16:** 8 a.m. and 10 a.m. Holy Eucharist 9 am Labyrinth Walk with harp accompaniment. Child care is provided for all of these services.

St. John Vianney Catholic Church — Holy Thursday Mass, 7:30 p.m.; Good Friday Liturgy, 7:30 p.m.; The Easter Vigil, 5 a.m. Easter morning; Sunday Mass, 10 a.m.

Vashon Island Community Church — Easter Sunday, Sunday School 9 a.m.; Worship Service 10 a.m., with special Easter music

Vashon Presbyterian Church – Maundy Thursday, 7:30 p.m.; Good Friday Stations of the Cross, 7:30 p.m.; Easter Sunday, 10 a.m.

An idea that is not dangerous is unworthy of being called an idea at all. -- Oscar Wilde

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Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat day **Saturday, April 8**, from 11 a.m. to 2 p.m. and **Sunday, April 9**, from 12:30 to 3 p.m. at Pandora’s Box. Please stop by or call VIPP at 206-389-1085.

Bake Sale April 8

The Vashon Island Pet Protector Bake Sale will be held **Saturday, April 8**, in front of Thriftway from 9 a.m. to 1p.m. If you’d like to contribute, please bring your tightly wrapped goodies Saturday after 8:30 a.m. For more information, please call Victoria, 463-5381.

The Vashon Loop

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Troy and Marie Climb on the Roof

How did your roof hold up under this winter’s record rain? Even though we managed to stay dry, we definitely spent more time contemplating the state of our roof than we normally would. We also called Kurt MacMillan, of A Better Roofing Company, to find out what we can do to make sure our roof continues to protect our house. Kurt and his family have been in the roofing business since 1991, and can be reached at (206) 935-1575. They also have a website – www.abetterroofing.com.



Troy: Hey Marie, did you hear the one about the roof?

Marie: No...

Troy: Never mind. It's over your head.

Marie: That has to be the dumbest joke I have ever heard. I'll just ignore you and try to ask Kurt an intelligent question. Kurt, besides something obvious like a leak, how would a homeowner know that his or her roof needs repair?

Kurt: Look for raised or missing shingles, excessive curling or cracking of the material, whether wood or composition. Dips or raises in the roof are good indications of problems with the substrate, and are almost always a sign of the roof leaking. This could be creating dry rot problems. Also look for staining behind gutters and eaves or paint that is bubbling - these are also signs of water infiltration.

Troy: What about moss?

Kurt: Excessive moss growth can definitely cause problems. It allows water to travel sideways and pre-age the roof.

Marie: Is it true that pressure washing the roof to remove moss is a bad idea?

Kurt: You should never pressure wash your roof. The water pressure from your hose bib is sufficient. I recommend a bleach solution of three parts water to one part bleach. Apply it with a sprayer to kill moss spores after the roof has been swept or blown clean.

Troy: What else should a homeowner do to protect the roof?

Kurt: Keep the gutters clean. Full gutters can allow water to back up and run into enclosed soffits, and it can damage fascia and rafter tail ends. But as for maintaining the roof, keep in mind that a fall of even six to eight feet can be fatal. It's not recommended that homeowners service their own roof unless they are well versed in safety and have the proper ladders and safety equipment.

Troy: I have no problem staying off the roof and hiring a professional. Thanks for giving me the perfect excuse. When it is time to replace the roof, what are the options for roofing materials, and what are the pros and cons of each?

Kurt: Our company only does composition products. Other options are cedar shingles, tile, or metal. Cedar products are costly and more labor intensive to install. They require more maintenance than other products and are more prone to have problems with insects, birds, squirrels, roof rats, etc. because of their organic make up. In my opinion they have the shortest life span of products available. Composition roofs will last 20 years or more, and material is available in all different sizes, shapes and textures. It is the most cost efficient and is relatively easy to install compared to other products. It's also the easiest to walk on, maintain and repair. Metal is okay but quite a bit more expensive and in my opinion gives a house an industrial look. Cement tile is good and has the longest life span but is also the most costly. Most homes that have tile roofs were built to carry the heavy load of this product.

Marie: Who are some good manufactures that you can recommend?

Kurt: Look for large manufacturers that are stable and have not had class action lawsuits. In composition, the Elk line or Certainteed line of products are great. In cement tile, I would recommend Monier. In metal, I would recommend Champion. And be skeptical of new products that sound too good to be true.

Troy: That's good advice, too. Know any good roof jokes?

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.

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

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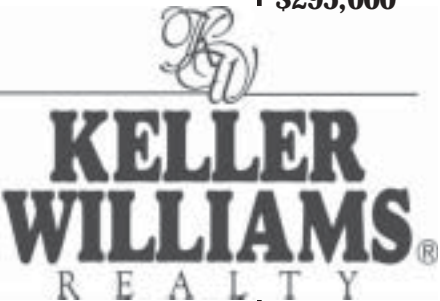
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- ☞ Built in 1923
- ☞ On sewer
- ☞ Heights Water
- ☞ Rebuildable
- ☞ Taxes \$2,258



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- ☞ 840 sq ft
- ☞ Built in 1926
- ☞ On sewer
- ☞ Beulah Pk Water
- ☞ Two Level
- ☞ Taxes \$1,999

Benevolent Fund for Katha's Daughters



A benevolent fund has been established at the Vashon Bank of America to assist Coriel, Kaleena, and Christa Self with

Letters to the Editor:
editor@vashonloop.com
Have mercy: keep it to 300 or fewer words. Thanks.

expenses incurred at the time and following the death of their mother, Katha Reilly. There was no insurance for Katha or her house, and her daughters are faced with many large unexpected bills.

Earth Day Film Fest

Vashon Earth Awareness Coalition (VEAC) is expanding its annual event schedule with green films and discussions during Earth Day 2006 weekend. VEAC was formed ten years ago to produce Island Earthfair (<http://islandearthfair.org>) every August on Vashon. To celebrate their Ten Year anniversary, VEAC is opening their event calendar early with a film festival promoting sustainability and stewardship of the earth.

The First Annual Island Earth Day Film Festival will be held on Vashon Island during Earth Day 2006 weekend, **April 22 and 23**. It will feature a variety of films for all ages, including: *French Fries To Go*, *Stories from the Seventh Fire - Parts 1&2*, *The Future of Food*, *Salmonera*, *The Baltic: Sea of Surprises*, *Oil on Ice*, *The Next Industrial Revolution*,

Indigenous People: Humane and Environmental Sustainability, and *Building With Awareness or Architecture To Zucchini*. Details on these selections are available at <http://filmfest.islandearthfair.org> and <http://filmfest.islandearthfair.org>.

While VEAC is the initial host organization for the Island Earth Day Film Festival 2006, we are also working with other like-minded island organizations to help nurture an already growing interest in a long-term monthly film series on Vashon. A few of those organizations include VMICC's Sustainable Practices Committee, Vashon Progressive Alliance and the Beyond Oil Coalition.

For further information call (206)779-9459, email: filmfest@islandearthfair.org or visit the website at <http://filmfest.islandearthfair.org>.

Film Titles, Times, and Venues

Friday Night, April 22:
7 p.m. at Courthouse Square
VMICC's Sustainable Practices Committee Presents a Film showcasing Sustainability in Cuba
Saturday, April 23:
10 a.m. to 1 p.m. at The Vashon Island Grower's Association Pavilion and the Land Trust Building:
French Fries To Go
Stories from the Seventh Fire - Part 1
Stories from the Seventh Fire - Part 2
The Future of Food

3 p.m. to 8 p.m. at Court House Square:
Salmonera, with post-film discussion
The Baltic: Sea of Surprises, with post-film discussion
Oil on Ice, with post-film discussion
Sunday, April 24:
12 p.m. to 7 p.m. at Court House Square:
The Next Industrial Revolution, with post-film discussion
Indigenous People: Humane and Environmental Sustainability, with post-film discussion
Building With Awareness, or, Architecture To Zuchinni, with post-film discussion

Chautauqua Bike-to-School Starts April 21

By Peter Ray

Following a wet but successful trial run on March 16, organized Bike-to-School days will be held on **three Fridays: April 21, May 19, and June 9**.



Held in conjunction with Rochelle Wolfe's Bike Safety Program at Chautauqua Elementary School, these will be group rides accompanied by parents of students, members of the Vashon Spokespeople bike advocacy group, and led by Mike DeBlasi, Islander and President of the Cascade Bike Club. The purpose of the rides is to encourage bike riding as an alternative to cars, to educate kids about safe bike riding and to

increase bike awareness in the general public. For more information contact Mike DeBlasi at mike.deblasi@cascadebicycleclub.org, Henry Haselton at tuttlehaselton@gmail.com or Rochelle Wolfe at rworfe@vashonsd.org.



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KING-TV Covers School Air Quality

KING TV environmental reporter Gary Chittenden speaks with Mimi Walker while a cameraman captures footage of Facilities Director Janine Ducharme as she takes an air quality reading in Chautauqua Elementary School. KING TV came to Vashon to do a story about how the Vashon Island School District successfully handled remediation of mold and air quality issues at the elementary school, a process that has made our school district a national model for the Environmental Protection Agency. Superintendent Mimi Walker



Photo: Mary Kay Rauma

traveled to Washington DC last month to accept an award on behalf of the school district from the Environmental Protection Agency. The story ran on KING TV's 5:00 p.m. newscast on Wednesday, March 15th.

DOIT Board Meeting April 6 at Sunrise Ridge

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on **Thursday, April 6** at the Sunrise Ridge Conference Room in the Voice of Vashon building. Youth and interested adults are invited. Reasonable accommodations for people with disabilities and directions are available by calling Stephen Silha at 567-4363.

Wanted: Future Community Leaders

Vashon Maury Island Community Council's Youth Advisory Committee is seeking young people. Come to a meeting on Sunday, April 2, 2006, 3 to 4 p.m. in the Ober Park Lobby. For more information call Committee Chair, Oanh Meyers 567-5797.

Suppose you were an idiot. And suppose you were a member of Congress...But I repeat myself. —Mark Twain



Childhood memories of Vashon Island 1943-53

The Most Enormous Ferry I’d Ever Seen

By Darsie Beck

I’ve always been fascinated by the ferry boats that serve the island and Olympic Peninsula communities of Puget Sound. I have many fond memories of ferry rides and one in particular remains as clear to me today as when it occurred many years ago.

In the 1940s, as now, we reached the island by ferry boat. In the fall of 1943, a few months after I was born, I took my first ferry ride to Vashon. We were moving to the Island to our new home above Dolphin point. I was too young to remember anything about that first ferry ride but I do know the boats were privately operated by Puget Sound Navigation (PSN), doing business as the Black Ball Line. During the 1940’s the wooden ferries *Vashon* and *Kehloken* and the steel electric *Quinault* saw regular service on this run. The *Quinault* carried 100 cars compared to the 45 car capacity of the smaller wooden ferries and was considered a super ferry at the time.

In early 1948, a proposed rate increase by PSN resulted in Vashon Island suspending its service contract with Black Ball, who continued service between Harper and Fauntleroy and to Vashon on an “as needed only” basis. Vashon began developing its own ferry fleet utilizing former Lake Washington and Tacoma boats out of service since the opening of the Lake Washington floating bridge and the Tacoma Narrows bridge.

My first ferry boat recollection is from the summer of 1948. I was five years old, my mother was pregnant with my sister, and we were sitting in the family car on the Vashon ferry dock on a very foggy July morning waiting for the boat to Fauntleroy to take my mother to the hospital. The fog had created a stillness over the dock broken every few minutes by the sounding of fog horns and the occasional car driving on and off the wood planked ferry dock. Soon I heard the sound of an approaching ferry, its engines reversing, its prop wash splashing noisily between the pilings as the boat nudged itself into the slip. Chains clattered as deck hands removed car barriers in preparation for offloading. I don’t remember which of the old ferries

landed that morning but I do remember once our car was loaded onto the boat, sitting on the car deck, looking out the port into the fog when suddenly out of the mist a large ferry appeared. Its propellers were furiously reversing, and the deck hands and passengers on both boats were bracing for an impending collision. My eyes grew big and my body grew tense as the huge ferry cleared the fog revealing her black hull, white superstructure and red stack. It was the *Quinault*, Puget Sound’s first super ferry, heading directly for our boat. The prop wash of the huge ferry was buffeting the side of our boat, causing it to rock back and forth in its slip.

The *Quinault* was now within a car’s length of our boat when its forward motion finally came to rest and her reversing action began to move the boat out of harm’s way. As stealthily as she had appeared, she now disappeared back into the fog, sending a collective and audible sigh of relief through passengers and crew of both boats. Soon our boat left the dock and made its way slowly through the heavy fog to Fauntleroy and from there we headed to Seattle’s Maynard Hospital where early the next morning my baby sister was born to proud parents and a happy five-year-old boy.

The *Quinault* is now considered a medium-sized boat compared to today’s super ferries, still plies the waters of Puget Sound and still holds a place in my childhood memories as the most enormous boat ever seen by a five-year-old.

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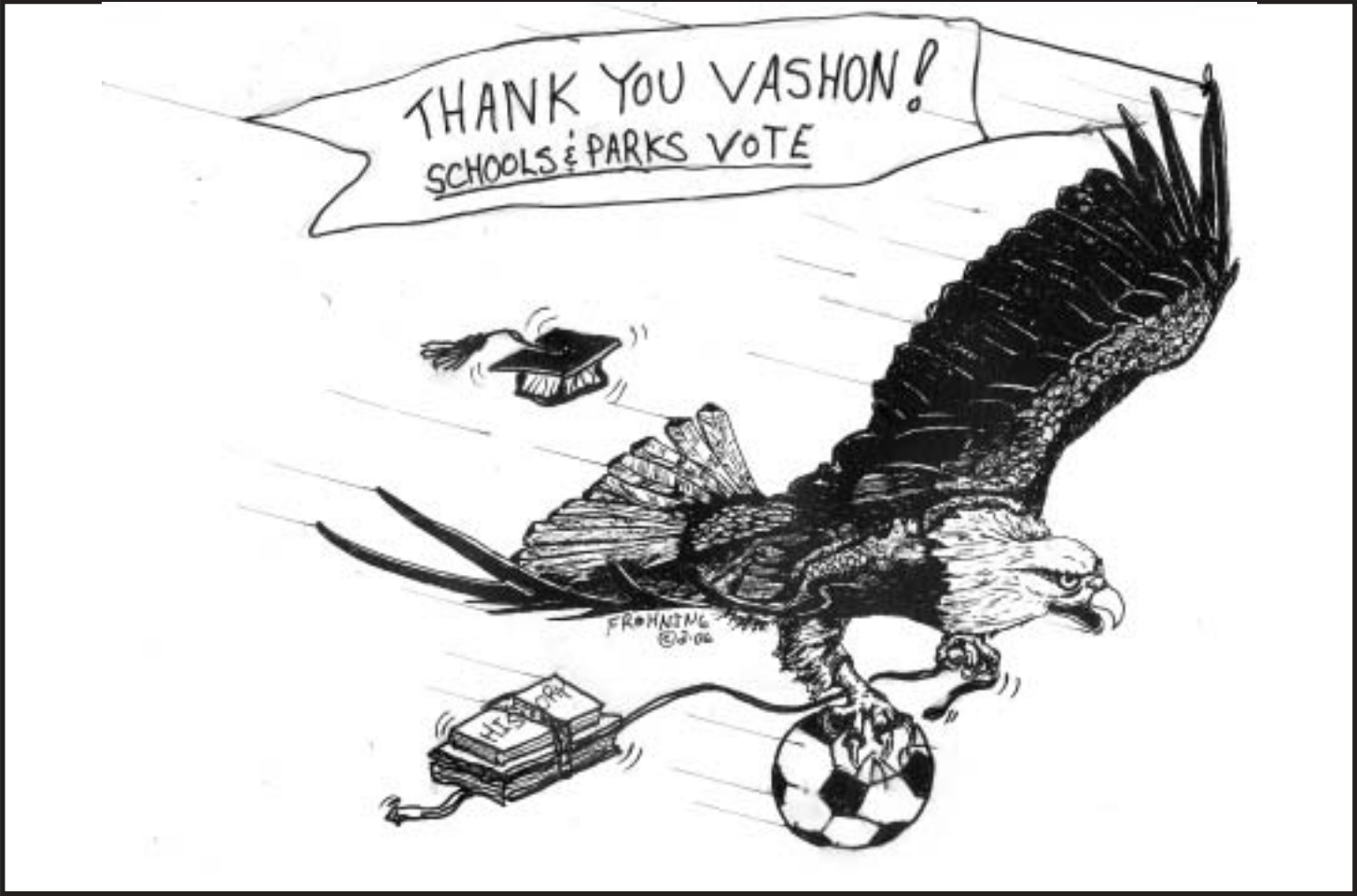
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Spiritual Smart Aleck

by Mary Litchfield Tuel



This Generation's War

I was talking with a 20-year-old friend of mine the other day, and heard myself saying, "This is your generation's war." Now what did I mean by that?

Apparently human beings will have their wars. I can think of no evidence to the contrary. Although there are always good people marching, writing, singing, protesting, refusing to pay taxes, and in every peaceable way possible saying, "Knock it off!" we continue to have wars.

My parents' generation had World War II, "the last good war," as it has been called. What was good about it? Oh, Hitler was stopped before he and his minions could take over all of Western Civilization, and kill all the Jews and homosexuals and Catholics. Today we say, "Hi," instead of, "Heil," when we meet.

My dad spent that war in the South Pacific, first in Darwin, Australia and later the Philippines. He never talked about it to me even once, although he did go with me to see *South Pacific* when the movie played in town.

My father-in-law served in World War II and in the Korean War. He doesn't talk about it, either, at least the war part of it. He tells us that the weather was cold.

My generation's war was the Vietnam War, an undeclared war. It was members of my generation who went off to that Southeast Asian nation and a couple of others they weren't supposed to go to, like Cambodia and Laos, to fight, and smoke dope, and be bored, and be wounded, and then they returned home and were spit on and called baby killers. Over 50,000 of them died there, and were impervious to all insults when they were returned home, if there were enough pieces of them to return home, if the pieces were ever found.

Eventually a black polished wall was built in Washington, D.C., with the names of our Vietnam War dead; and that was so moving, so cathartic, that someone finally got around to building a Korean War memorial of soldiers walking across a field in full field packs and ponchos.

My husband served in Vietnam. It was the defining experience of his life. In the last few years he has started making some peace with it. He got in contact with some of the guys he served with. It has affected all of them all their lives.

Even if you didn't serve in the 60s, even if you didn't march, the war was



with you like a persistent noise in your brain and the war shaped your life whether you were paying attention or not. It was a mentality and a level of awareness, all those years, knowing that the fighting was going on, that people were dying, that people here at home were bitterly divided over the war. Gradually many people who originally supported the war changed their minds. People stopped having an answer to, "Why?"

And the troops came home.

In the 1960s there was a strong anti-war movement, and antagonism toward the "Establishment," and nightly television coverage of the war and the anti-war movement, and a lot of talk about revolution. "Come the Revolution!" people said. Some revolution - we got Richard Nixon and polyester pant suits, big hair and disco, jobs and families, and somehow the revolution went by the way. Still, we have all carried Vietnam with us in our hearts and minds and bodies; what it was, what it meant, what it still means.

So the war in Iraq is the war of the present younger generation, my sons' war, and their friends' war. That's what I meant. This is the war that will shape their entire lives. Even after the troops come home, this war will always be with them. At some point someone will build a monument in Washington, D.C., a polished granite wall, or statues of men and women in uniform, a memorial to all who died, who are dying, who serve, in Iraq. And this generation will stand before it and weep.

There is no talk of revolution now. We are not allowed to see the flag-draped coffins, and we hear little of those who come home with shattered minds and bodies. People who protest against the war are treated with contempt and slander. People in the military are treated with respect now, instead of being treated like slime as they were forty years ago, even though they are much the same: kids who did their duty.

All of those things are different now, but what seems to remain unchanged is that, apparently, human beings will have their wars.

ooooo

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Don't Forget the Birds

Spring Warblers

By Ed Swan

March brings wings of change to the bird life on Vashon. The wintering waterfowl still dive and swim along the shores but on land singing birds fill the air with sound and the first spring migrants show-up. The Yellow-rumped Warbler provides one of the birds particularly worth watching for among these first harbingers of spring.

During winter and early spring, Yellow-rumped Warblers forage predominantly in deciduous trees and brush with their single, snapping “chip” call offering the best clue to their presence. They glean along branches and buds seeking various bugs. When the weather warms enough to encourage flying insects, they dart out and nab their prey out of the air.

In all plumages, Yellow-rumped Warblers have a yellow rump, giving them their name. Two sub-species exist, Audubon’s and Myrtle, with Audubon’s Warblers being more common than Myrtle Warblers. First year birds look a drab gray-tan but as spring progresses, members of the Audubon sub-species develop a striking yellow chin and side patches and the males include colorful white wing patches and black chest. Birds of

the Myrtle sub-species sport white chins and wing bars instead of a wing patch. Once they possess their full breeding plumage they appear quite flashy.

As April approaches, greater numbers of Yellow-rumped Warblers move through the Island until they become almost abundant. In recent years at the migration peak, Myrtle Warblers reached from one-third to half of the population of the yellow-rumps migrating on Vashon. Audubon Warblers stay to breed, mostly in the dry forests east of the



Myrtle race Yellow-rumped Warbler
Photo by Jim Rosso

Cascades. A few nest locally, mostly in coniferous woods in the Puget Sound lowlands and more do so in the foothills. A number of historical nesting records exist for the Tacoma area and the prairies of south Pierce County. They breed from mid-April to mid-May, so it would be

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interesting to watch our island visitors to see if any show signs of staying. They almost always use a coniferous tree, from 10 to 40 feet up. Observers noted them using Pacific Madrone woods in the San Juans, so that also might be a possibility here as well.

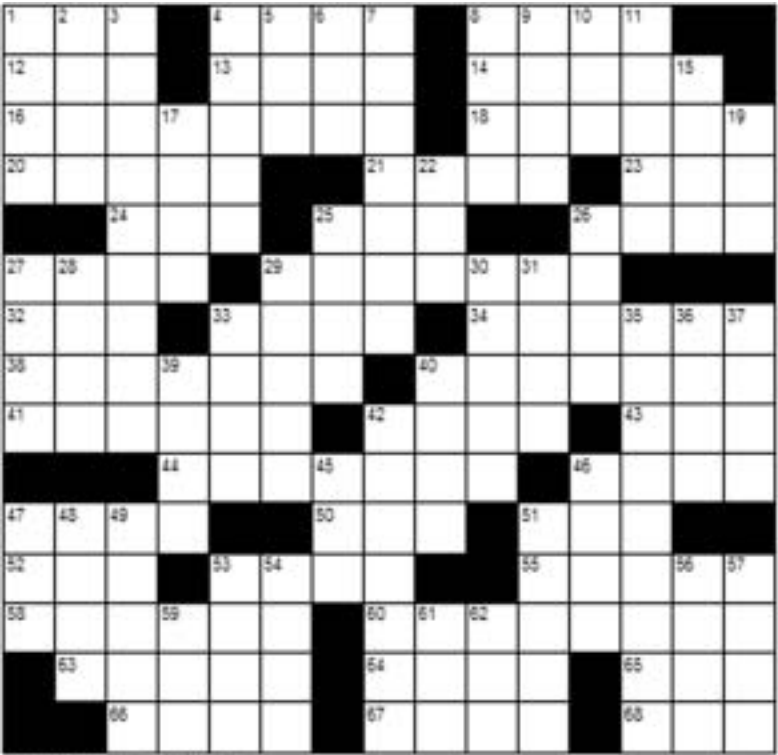
Vashon has few summer records of Yellow-rumped Warblers, so breeding, if it occurs, is likely rare. Numbers swell again in September for the fall migration. A few birds stick around for the winter and local birders count one or two for the Christmas Bird Count.

Other interesting migrants showing up lately include very early Western Tanagers and

Warbling Vireos and a somewhat early Pacific-slope Flycatcher at Alan Huggins’ house on the north end. A Greater Yellowlegs put in an appearance at Raab’s Lagoon for an Audubon field trip. I found Wilson’s Snipe and a Marsh Wren along the road by the monument on Monument Road for a couple of rare sightings. Kathryn True spotted the first returning White-crowned Sparrow and Brenda Sestrap saw the first Violet-green Swallows of the season on March 22. If you have an interesting sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

For more opportunities to learn about birds, join the monthly Audubon on-Island field trip meeting **Saturday April 9** at 8 a.m. at the Ober Park park and ride. An interesting program for making birding more enjoyable will be presented **April 12** at the Land Trust building by Amy Huggins demonstrating yoga for bird watchers.

Across	46. Girl	10. Back to school mo.
1. __ Lanka	47. Ardor	11. Put through a hole
4. A spinning toy (2 wds.)	50. Creative work	15. Skinny
8. Far away	51. Metal fastener	17. Malaria
12. Turkey	52. Mouth part	19. Drink slowly
13. Joyful	53. Sacks	22. Peanut butter brand
14. Sad music	55. Passover meal	25. Not cons
16. Tree training lattice	58. Sports car brand	26. Possessive pronoun
18. Brand of crispy snacks	60. Slow Cuban dance	27. Plant life
20. Meld	63. Sofa	28. Afloat
21. Brand of powdery surface cleaner	64. Voiced	29. Opposite
23. Heptad	65. Newspaper	30. Drug doers
24. Gone to lunch	66. Penitential season	31. Revolve
25. Pressure unit	67. Part of a semester	33. Run
26. Natural fiber	68. South southeast	35. NY hockey team
27. Praise	Down	36. Kooky
29. Plentiful	1. Prow	37. Precious stones
32. Sixth sense	2. Love flower	39. Sports channel
33. “A—— and his money...”	3. On the spot	40. Intent
34. Present season	4. Metal tip on the end of a lance	42. Within the sound of voice
38. Recites	5. Thai	45. Frump
40. Give out again	6. Roberto’s yes	46. Legal claim
41. Seasickness symptom	7. Woman’s sunshade	47. Pixy
42. Garner	8. Syrian bishop	48. Fibbed
43. Long-term memory	9. Flow	49. Fourth month
44. Maybe		51. Sacred poem
		53. Cereal ingredient



54. Am not
56. Extremely long time periods
57. Be in a __
59. Average (abbr.)
61. Is
62. Exclude

Island Life

Text & photos by Peter Ray

Findings

The cool thing about Spring, besides the continuing stretch of less than warm weather, is that as you look around your surroundings become your very own, private Discovery Channel. There are little bits here and there in Plant Land that sneak up on you and serve as a reminder that something bigger is on the way. It's hard not to repeat one's self year after year in talking about these things since each time around they seem just as amazing as the last time we experienced them. And it is that fleeting aspect which makes each renewed appearance seem extra special.

What first comes to mind here is the odor of vanilla. I know we've mentioned it in past columns, but it is always so incredible, and incredibly stealthy, in the way you can step out into the yard and slowly come to the realization that you are completely immersed in the scent of vanilla. Of course, in order for this to happen you need to pour a bottle of vanilla extract over your head — in which case the fragrance will more than likely follow you everywhere, and will wind up costing an arm and a leg given the price of bottled vanilla these days. Or, one could plant an *Azara microphylla* outside the front door, and every year about this time be surprised by the aroma it pumps into the general environs. Being a small tree or large shrub and evergreen to boot, it's not like it is hiding or anything. In this case, however, it is the flowers that are way less than obvious, at least in the realm of things obvious to the untrained eye. Unlike another more popular broadleaf evergreen, the camellia, which is currently putting its floral department out on display, the *Azara* keeps its tiny yellow-orange flowers tucked under its foliage. For those of us who like surprises, the discreet nature of these tiny puffs of flowering bits makes the vanilla olfactory ambush all that more enjoyable.

In order to keep things from getting too sugary, with a twist of the odorama dial from sweet to stink we find ourselves at another favorite indicator in the litany of Rites of Spring. This one has a bit more history to it and can be traced back to those memorable childhood experiences of yore. Way back then, Spring always meant a new pair of sneakers which, of course, couldn't look new for very long. The commercials for Keds always assured us that they would help you run faster and jump higher. We also found that they were perfect for stomping and kicking the crap out of skunk cabbage. This is one of those rituals where the "why" question does not apply — I have no idea why we did it. The act of tromping and stomping through the swamp did help to alleviate the new shoes problem, and the pulverized stumpage left in our wake did raise the skunk smell factor to a whole new level. But the idea of bashing and mangling such an elegant



harbinger of Spring has become quite alien to me now, and perhaps is the source for my reverence for it each year. And while the yellow spathes of our native skunk cabbage (*Lysichiton americanum*) are popping up in boggy areas all over the Island, I am currently hoping that at least one of the seedlings I germinated a few years back of the Asian skunk cabbage, *L. camtschaticense*, might throw up one of their characteristic white flowers this year.

It is tempting to carry on again about those queens of Spring, the trilliums, with their bold and sometimes spotted foliage and



flowers of red, burgundy yellow or white, but I remember doing something about them last year as well. Besides, the seeds still have not germinated from two years ago, so we will patiently sit on that one until the new leaflets start to show. There is also the delicate and exotic thing, whereby plants that have the appearance of being "difficult" are shunned because they just might be too hard to grow. I have heard this more than a few times about a number of plants, all of which have been tortured and neglected to varying degrees here and have survived with flying colors. Trillium, once in the ground, seem to be pretty bullet proof, and getting their seed to germinate seems to be the only thing that is difficult about them.

Instead, let's talk about two members of the Crucifer Family, *Cardamine* and *Pachyphragma* (If you want to talk about it, you should say: car-DAM-in-ee and pack-ee-FRAG-ma). At a glance, they seem to be two different sized versions of the same plant — sort of. Both have sprays of white flowers on them at the moment and both prefer a shady spot in the garden. *Cardamine trifolia* is the smaller of the two, and is a slow spreading evergreen groundcover. I had this

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No takers on the lumber idea. I was serious, really. If you need some, call. So now we move on to cat trees. We have a lot of new ones and what I think are pretty good prices, sold one yesterday!

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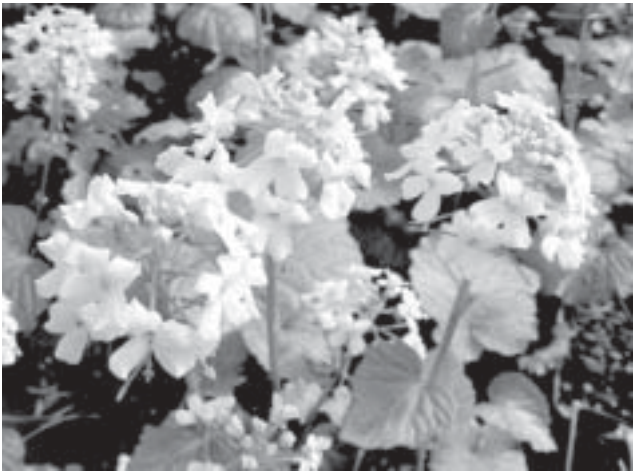
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plant in the garden for years and never paid much attention to it. It was growing in deep shade under an Indian plum which was itself under a birch tree. It wasn't until the very dry Summer a couple years ago that I noticed how fresh and just plain okay that it looked in spite of its relatively dark and extremely dry positioning. It took this worst case test for me to finally realize this plant's garden value, so we dug it up and divided it. The winds of this past Winter gave this *Cardamine* another testimonial when the top of a fir tree was blown off and a bit of it smashed the soil bin on my potting shed to bits. It was actually a multiple top on the tree, and pieces flew everywhere, landing on a number of rows of one of my stock beds and smashing plants left, right and center. One branch cut a stock pot of *Cardamine* right in half. With a little bit of dusting off and a bit more soil, things were put to right again — another test weathered whether it needed more testing or not.

I was given a few starts of *Pachyphragma macrophylla* a few years ago by the folks up at the Elizabeth Miller Garden in the Highlands. It didn't look like much at the time, but I was assured that it was worth growing. This became evident the next Spring as the potted plants in the greenhouse began to send up stalks of brilliant white flowers. The foliage was nice as well, with roundish leaves that are deeply veined and all a rich, deep glossy green. Like the *Cardamine*, *Pachyphragma* will spread slowly, but not invasively so. In thinking about it, I don't know that I would plant



these two together, but I could see them working as echoes in different parts of a shade border or garden.

If you were wondering — or not — the answer is, Yes, I will have both these plants and what hopes to be a colorful variety of other things when **Saturday Market starts up again on April First** up at the Village Green. The plan is to be up there nearly every Saturday, with times out for selling at other plant sales around the area. There is still a website in the offing, which will be in an ongoing building stage as I find time to write and photograph and figure out just what I want it to say. The current plan is that it will be both informational and a sales tool. In the mean time, I need to go plant some more seeds.

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Help us fill this space

Name..... Phone number.....Birth date.....E-Mail.....

You and up to 20 of your friends could win a Sunday afternoon Ice Cream Party on April 9th to help celebrate Zoomie’s 3rd birthday. Cut out this half page with the attached “Pick Me” entry form and fill it out and turn it in at Zoomies. The winners will be drawn from the “Pick Me” entry forms so, everyone who enters has an equal chance to win.

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We Have A Lot of Kids

By Kevin Pottinger

The Morning Routine: A One Act Play in Three Scenes

Characters:
Gracie, a 22-month-old girl, a twin
Kevin, loving father and husband
Alec, a 22-month-old boy, the other twin
Recorded Rescue Heroes®™ Command Center Voice
Meredith, the beautiful girl, three years old
Colin, the eldest boy, five years old
Maria, loving wife and mother

Scene I: The bedroom.

(The tentative morning sun of early spring floods the bedroom through slightly parted curtains and Gracie is puttering around, getting the bedroom in order, while her parents and other siblings lay sleeping in various beds pushed together in the middle of the large room. She makes a neat pile of clothes on the end of the bed, then picks up all the shoes and arranges them from smallest to largest, and plays with the curtains, lifting them up and letting them float back down, singing a quiet little song. The alarm clock goes off. Kevin shuts off the alarm and Gracie walks over to him and looks into his face intently.)

Gracie: Durr. (pointing to the door). Durr.

(Everyone else stirs at the sound of the alarm. Alec commando-crawls from his bed into Maria’s arms, while Meredith stands and walks over Kevin, stepping on his hair, to lie next to Maria. Kevin gets up, offers his hand to Gracie, and they walk to the kitchen.)

Scene II: The kitchen.

(The counters and cabinets and floor are dated and show obvious signs of wear. Kevin measures coffee and water into a coffeemaker while Gracie holds his leg tightly and sucks her thumb.)

Gracie: (taking her thumb out of her mouth and pointing) Shoos. Shoos.

Kevin: Would you like some juice, sweetie?

Gracie: (nodding vigorously) Shoos. (Kevin mixes apple juice and fills two sippy cups with juice, and hands one to Gracie. She puts it to her mouth and drinks. He pours himself a cup of coffee. Kevin and Gracie walk to the living room.)

Scene III: The living room.

(The living room is strewn with toys and dress-up clothes in chaotic piles. Kevin is seated at a desk, reading the morning paper on a laptop. Gracie sits on Kevin’s lap, sucking her thumb thoughtfully.)

Gracie: Wow-wow. (pointing to something on the computer screen) Wow-wow.

Kevin: (distractedly, reading the news) Do you see a dog, Gracie?

Gracie: Wow-wow. Wow-wow! (pointing again at something on the screen)

Kevin: Oh, hello. Yes, that’s a telephone, Gracie. Hello.

(Kevin goes back to reading the paper. Gracie puts her thumb back in her mouth. Suddenly Alec’s head pops up between Kevin’s legs.)

Kevin: Hey! (Alec cries a fakey little cry.)

Alec: Up! (puts his arms in the air) Up!

(Kevin picks up Alec and puts him on his leg next to Gracie. He tries to return to reading, but Alec and Gracie fight for position on Kevin’s leg. Kevin puts them both down. Alec lurches off to turn on the Rescue Heroes Command Center®™. Gracie walks away to examine a pile of books.)

Rescue Heroes®™ Command Center Voice: Attention Rescue Heroes! This is Warren Waters! Hot lava at the edge of town! Repeat! Hot lava at the edge of town!

(Meredith enters the room. She gracefully crosses the room to stand next to Kevin. She puts her hands on Kevin’s arm and smiles shyly.)

Kevin: Good morning sweet girl! (kisses Meredith on the forehead.)

Meredith: Dad, are we having pancakes?

Kevin: No, honey, I’m sorry, not this morning.

(Gracie picks up a battery-powered hobbyhorse, and walks around the room with it, sucking her thumb, with the hobbyhorse under her free arm. The furry hobbyhorse has a motorized and almost-completely prehensile nose. It makes several different noises: a horse’s neigh, a slowed down and slurred recorded voice that says “Hi-O-Silver, away!”, and the *William Tell Overture*, slowed down and sludgy-sounding. The noises alternate, and the motors that move its nose whine loudly. Colin enters the room.)

Colin: Hi, Dad. (pauses for a few seconds.) Dad, are we having...you know? (Colin makes an obscure gesture with his hand.)

Kevin: What Colin?

Colin: Dad, are we having...you know... “p”? (He makes the same hand gesture.)

Kevin: Colin, what are you talking about?

Pick me - pick me!

All about me.....

Name.....

Mailing Address.....

Phone number.....

Birth date.....

E-Mail.....

Describe your entry in words. What do you love about Zoomies?

.....

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Colin: Pancakes! Are we having pancakes!?

Kevin: No, Colin. No pancakes. We’re having oatmeal.

(Maria enters the living room. The twins follow her, crying fakey little cries. Maria walks over to Kevin, puts her hand on his shoulder.)

Maria: You know what sounds good this morning?

Kevin: I already told the kids no.

Maria: You make such good pancakes.

Kevin. Oatmeal.

Maria: We haven’t had pancakes yet this week. And you promised them you’d make pancakes this 1week.

Kevin. Fine. (stares out the window) Pancakes.

All the Kids, shouting: Pancakes! We’re having pancakes!

(The children all run around the room in a circle, shouting shrieks of joy. Gracie’s hobbyhorse, now abandoned on the floor, plays the *William Tell Overture*, as the motors that move its nose whine loudly.)

Finis. ○○○○○

The Dorsal Spin:

by Orca Annie Stateler

Will Tsux’iit/Luna’s Death Teach Us Anything?

Beware the Ides of March. This March roared in with no shortage of pain and loss. Our monthly ACS/PS meeting was an emotional, impromptu memorial to Tsux’iit/Luna.

Some of Luna’s fans came from Sooke, B.C. Our speaker, Michael Parfit, was raw with grief, as were many in the audience. He shared his personal observations and stunning, deeply moving video of Luna. Judging by the reaction, many found some comfort in Mike’s tribute to, in his words, “one who will always be good and beautiful and utterly blameless: Luna.” From now on, everyone who attended will think of Luna when they see a rainbow.

In an effort to facilitate healing, Odin and I set up a simple Coastal altar with cedar boughs and an appealing photo of Tsux’iit’s sweet face. Lynn Brevig, formerly of Vashon, brought lovely orca badges for all to wear. Another woman brought daffodils, which will always remind me of Tsux’iit.

Since we could not burn anything in the meeting room, Odin and I collected messages to Tsux’iit for a burning ceremony here. We conducted the burning on the Vernal Equinox, by the waters that Luna’s killer whale relatives have traveled for millennia. Prayers and thoughts for Tsux’iit were sent off with a song from the time of the ancestors, sung in an ancient language of the Salish Sea. Swim well, beloved Kakawin.

Odin and I saw Tsux’iit foraging in Nootka Sound in August 2003. We were there ten days and observed none of the problematic behavior that drew so much media attention. We thought people might be exaggerating, and we thought comparing Luna to Springer was misguided.

Hindsight is 20-20, and there’s plenty of “shoulda-coulda-woulda” around Tsux’iit’s death. His L Pod family, whom we cannot reliably interview, might be able to offer us piercing insight into why their young relative went astray. No one has the monopoly on truth about Tsux’iit. Anyone who cares about killer whale conservation should rightly be soul searching at this time and reflecting on how to avoid another devastating outcome in the future.

I believe Canada’s DFO made two fateful decisions: 1) Not informing anyone of Tsux’iit’s presence in Nootka Sound until he had already been there more than six months; 2) Not engaging the



Mowachaht/Muchalaht Band as stakeholders in Tsux’iit’s stewardship from day one.

In retrospect, we know that six months was the crucial interval we had to intervene successfully with Keetla/Springer when she appeared at our ferry dock. After three years of habituation to humans and boats, attempting a similar intervention with Luna in 2004 entailed substantially greater risk and a



higher probability that he could end up in a marine park.

Perhaps no individuals or agencies are specifically to blame for the loss of Luna, but I feel we failed him collectively as a species. Humans, no matter how well-intentioned, are no substitute for an orca family. Encouraging a wild orca to seek interaction from people in power boats is driving nails into the coffin.

We were extremely fortunate that Springer was not severely injured by a propeller. Northern Resident A60 has a nasty scar from a propeller gash. A juvenile A Pod orca was mortally wounded by a B.C. ferry in 1973. A K Pod member was struck by a commercial whale watch boat off San Juan Island in July 2005. Despite their agility and strength, killer whales are not invincible.

A brilliant light was extinguished on earth with Tsux’iit’s passing. We dishonor his memory, and his endangered Southern Resident relatives, when we allow selfish human interest to eclipse the orcas’ best interests. If we are to be worthy of Tsux’iit’s sacrifice, we must be more willing to learn from our mistakes and flawed judgment.

Please support the work of the Vashon Hydrophone Project (VHP) by reporting local whale sightings ASAP to 463-9041. Thanks to Laura, Tony, and Sam for their reports when K and L Pods visited in early March.

Thanks to Tsux’iit for his gentle, loving presence, and for imparting essential, if painful, wisdom to us humble two-leggeds.

I must go down to the seas again, to the vagrant gypsy life,
To the gull’s way and the whale’s way where the wind’s like a whetted knife. -- John Masefield

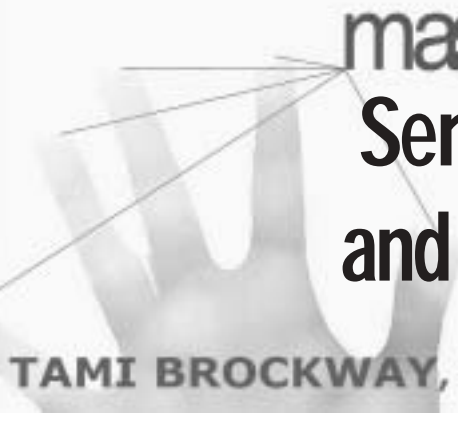


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Loop Travel: The RQE Lightens Up, Pt. 1

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

Hey Folks!

I just got back from three nights and four days in San Miguel. San Miguel is a small Mayan village outside of Punta Gorda. For those of you who are so inclined, you can find Punta Gorda on most maps. The Mayan Village, yeah, not so much.

Last I left you all I was wrestling with my thoughts about poverty in the Third World. We were in Dangriga, a coastal town in the middle of Belize.

On Friday morning David and I caught the bus down to Punta Gorda, the southernmost town in Belize. After four hours of sweating it out on a red, green and orange painted school bus, we arrived in the town square on the edge of the market place. It was a world of difference.

The town is clean, quiet and small, only around 4,000 people. The poverty that we saw in the larger towns and Belize City is nearly nonexistent. Wow. The town is primarily made up of Mayans who have migrated out of the villages but there are other cultures at work here also. Most interestingly there is a healthy sized Amish population. I guess if living without running water and dependence on electricity is for you, then this is the place to be. Everyone here has a lot invested in the community which is probably why it lacks the problems of other towns.

It feels like the end of the earth.

David and I stayed one night in a small guest house, typical of the houses around here. Most of them are made of concrete and painted white, yellow or green although the odd pink and blue makes it in here and there. The cement does a good job at serving the obvious function, keeping things cool. Our guest house was painted white, had hot and cold running water and cable television. It is hard to ask for anything more.

Punta Gorda is the sort of town that inspires fantasies of coming down here for a few months and finally finishing that ever elusive first novel.

The next day, Saturday, we caught the bus to San Miguel. Saturday was market day so the afternoon bus was packed with people returning from the morning market. The bus was alive with chatter as we rolled along the pavement and then bounced along the dirt road. After an hour and some, we got off at the next to last stop, the guest house at San Miguel.

We got our packs off the bus, choked on fumes as the bus roared away and stood there outside of a wood and grass hut next to the light brown dirt and gravel road.

David gave me a “what now?” look.

“Don’t worry. Locals have a way of knowing when things happen. Someone will show up in a minute to greet us,” I said.

As if on cue Vincente showed up. He showed us to the guest house, a small building with a concrete base, wooden walls and thatched roof. The building was smaller than the slab of concrete it sat on and the thatched roof hung over the extra concrete to make a great porch. Marcos showed up later that day and hung up two hammocks.

Ah, Paradise.

We would soon learn that four families participate in the guest house program. Pablo with whom I made our initial contact via the internet, Vincente who greeted us, Marcos who was our primary tour guide and one other guy who was working in the fields the entire time. They are all brothers. They take care of the money and program design and the women take care of the cooking, cleaning and explanation of village life. The program is run by a local NGO that furnishes advice and training. The rest is up to the villagers. 80% of the profits stay in the village, going primarily to the health and education funds. The other 20% covers administrative costs and any costs associated with maintaining the guest house.

So allow me to be bleeding heart holier-than-thou for just a minute: It feels really good to know that my vacation dollars are helping families to be healthy and kids to go to school. We got a lot out of it and so did they. This is what vacations should be. Okay, done with my speech.

The facilities were typical...a pit toilet and outdoor cold water showers. I told David the trick of bathing in the middle of the day, rather than the beginning or the end. In the blazing heat of high noon the water feels good AND the source of the water has most likely been sitting in the sun so it is lukewarm rather than freezing cold.

The pit toilets, well, I can’t help ya there. As pit toilets go, they weren’t bad. David made a loud wooshing sound after he finished using it so he could pretend it was an actual toilet. Everyone does what they have to do to get by I guess. But back to Marcos.

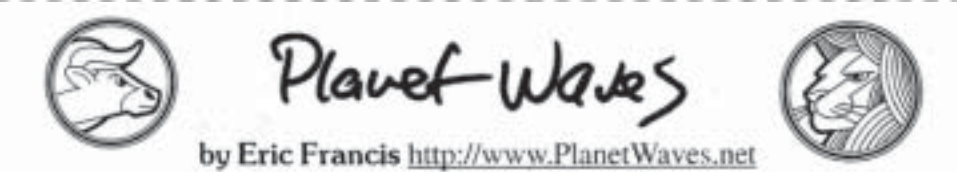
Marcos, after hanging our hammocks, asked if we wanted dinner. The answer was a resounding yes. He said okay, asked if there was anything we wanted to do. Yup. Cave tour, canoe down the river, Mayan ruins and village tour.

He said he would arrange it all and left. To Be Continued.

Sometimes I think war is God’s way of teaching us geography.
—Paul Rodriguez



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Happy Birthday Aries!
For some, regaining balance between light and dark comes naturally, and for others, it's more of a challenge. For you it's a definite theme of your life, particularly reaching a state of mental and emotional balance, and also allowing both sides of your nature to come out into the open. You really do need at least two sets of friends, and not to worry if you can't invite them all to the same party. The important thing is the party in your mind, and living life like the adventure trip that it is. The planets are carrying you swiftly toward your next destination, so get that Aries fire under your wings, and fly.

Aries (March 20-April 19): Admittedly the past week has not been a smooth ride; it seems that anything that can become a disturbance does. And with an eclipse in your sign rapidly approaching, you may be feeling especially edgy. Yet you can think of yourself as being born into a new reality, and everything you're going through are disturbances and shake-ups as the old one departs. Most of these involve your friends, in whom you seem to be making a generous investment of energy. Friends are always worth the effort, but those people who are close to you now are only going to get closer — so take care of them.
Taurus (April 19-May 20): On one level you seem to be pursuing a dream. On another level, a deep emotional reality is occupying your heart and mind. In both cases, you're aware of something that is missing. One is a higher vision for your life, and the other represents something you seek on a deep and internal level that no exterior pursuit can satisfy. Yet the stars strongly suggest, if not actually promise, that you are closer to making your dream real than you may imagine, and that where you feel a lack or loss on the inside, something is surfacing and reaching to greet you in the clear light of day.
Gemini (May 20-June 21): Mercury retrograde in Pisces has you changing your mind about something rather important at least six times a day. All the evidence seems compelling, and you probably sense that you have no business ignoring any of it. Yet you also know that at a certain point the time will come to refine your conclusions and make a choice. Over the next week and a half there are three key events: the equinox; Mercury stationing direct; and a total solar eclipse. Each one represents a stage in the process of you getting clear about your objectives and choices at this truly meaningful juncture of your life. And you will.

Cancer (June 21-July 22): Should another person's loss ever be another person's gain? Regardless of what we may feel, that's how life is sometimes. Should you find yourself in the position to benefit based on what another person gives up, does not need or does not want, remember how you came into your good fortune, and go forward with an ethic of being fair and helping others. This is natural for you, but the stars are in an unusual alignment that could compel you to take the best things in life for granted. Keep your awareness poised to appreciate them all the time, and you will always have enough of what you need.
Leo (July 22-Aug. 23): You'll have a better sense of direction once the Sun takes the stage of Fire Sign Theatre early next week. It seems you currently have quite a few choices open, and you're not sure how to narrow things down. It won't be long before what you want is more obvious than what you need. You'll also discover that certain people who hold influential positions in your life are more than willing to help out. When in doubt, you can count on the fact that others have been through similar challenges as you have, and they remember what it's like when someone cares and makes a difference.
Virgo (Aug. 23-Sep. 22): It must be challenging living at the whims of others, but you've been a bit whimsical yourself lately — or so it seems from the outside. People close to you would love to know a little more about what you're going through. Listen and you'll see and feel that close partners and loved ones understand you a lot better than you may be giving them credit for. This includes having a space in themselves for the aspects of yourself that you claim not to understand. You may have your reasons not to believe that this is so, but you have even better reasons to accept the acknowledgement you need.
Libra (Sep. 22-Oct. 23): Life is offering the most unusual blend of fantasy and sober reality now. This is to make sure you don't get too caught up in one or the other. Neither one is as real as it seems, or as unreal. What you have are options, and these are designed to point the way to many more beyond. If you don't like what you're encountering, then create something different. If you like it a lot, then create more of the same. But the over-arching theme is your own creative power, which could range from making babies to creating the most satisfying music or artwork of your life. Let it roll for all you've got.
Scorpio (Oct. 23-Nov. 22): This has not been an easy time for any mothers in your life, and if you are a mom, you may be facing

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some unusual challenges. But just as surely, they are meaningful challenges. It is never really certain what effects the actions of adults will have on children, and I recognize you may be concerned about the welfare of certain young people around you, who may seem to be doing anything but making progress. But a turning point is coming soon, and the most productive thing you can do is keep an eye on the whole situation, speaking with actions rather than with words.
Sagittarius (Nov. 22-Dec. 22): You seem to be experiencing the unusual fear that you're not sure where you're headed in life. Many factors are involved, and actually it's not the large ones that are the issue. It's what seems like a small emotional disturbance based on another person's hesitancy. The thing is, this individual is presenting himself or herself as confident and full of gusto when in fact their real state of mind is insecure. Any discussion or debate that seems unnecessary probably is — and you can go a long way toward working out your own peace of mind by getting underneath the surface, finding out what's happening, and giving it a name you remember.
Capricorn (Dec. 22-Jan. 20): You are discovering what is important to you. True, this is an ongoing process and those who think it's over have gone to sleep. You of all people know that this world drives a hard bargain and there are few people around who are willing to provide assistance and resources even for people who are struggling the most. There is a belief that we need to let others learn their lessons, because more often than not, that's what our parents taught us. But you are of a different generation. You have different values. And fortunately for everyone, you remain in a position to help.
Aquarius (Jan. 20-Feb. 19): You cannot blame someone for keeping their secrets if they feel that's all they've got, but you can do better. Your own life may seem strange in your own perception, and sure enough you're feeling many things you cannot articulate — or would not dare. But one of the challenges of being human is getting clear enough with yourself that you can be clear with the people around you. Often that clarity comes in the attempt at communicating and striving to

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be understood. You may need to make more than one attempt and you need to hold yourself responsible for being understood. Words are imperfect, but then, so are diamonds.
Pisces (Feb. 19-March 20): You might notice that this is one of the most productive phases of emotional housecleaning of your life — if you were not so stuck on the past. It's not merely up to the people around you to release you from that strange worldly obligation to be the same as you were yesterday. You have to decide that you are who you are today, and that your current priorities and choices are the ones that matter. For a Pisces, letting go of the past is never easy and it's often a process riddled with guilt. And this is precisely what you are about to overcome. **○○○○○**

When I die, I want to die like my grandfather, who died peacefully in his sleep, not screaming like all the passengers in his car.

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Coping with Influenza

A number of my friends have recently experienced rather nasty cases of influenza that seems to go through a series of fairly rapid changes. I am told the first symptom is simply feeling a bit fuzzy mentally and a little tired. By the next day, there are significant aches and real fatigue. From there it seems to rapidly move into the sinuses causing headaches and then, if not checked, into the chest.

Complete rest was said to be key in recovering from the 1918 flu pandemic. Rest right at the beginning also seems to be the best remedy for this year's flu. Be smart and go to bed at the first inkling that you might be sick. If you do not, you will end up flat on your back soon enough and probably for longer. You should also start drinking a diaphoretic tea two or more times a day. Diaphoretic teas help keep the tissues moist, and bring on a mild sweat. They allow the body to use a fever response to check the virus but the perspiration cools and prevents the fever cycle from going too far. My favorite tea combines linden, elder, and yarrow flowers. Linden is a good diaphoretic that also helps you sleep, and all three herbs have some antiviral activity.

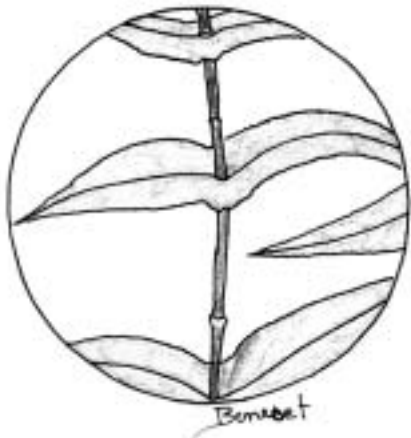
The eclectics used chest rubs to prevent the ailment from moving into the chest. The essential oils in these rubs are able to move through the skin into the chest, and are highly antimicrobial. They help clear the breathing passages, and should be applied on the back as well as on the chest. In between drinking tea, try other fluids, such as water, miso soup or mushroom broths, and juices. You probably will not want to eat much or anything. As it is best not to eat much during the fever phase, you should listen to your body.

You should also take boneset (*Eupatorium perfoliatum*) tincture

dosed in a cup of hot water or, better yet, in your diaphoretic tea, especially if you are already experiencing muscular aches and pains. Boneset got its common name because it eased the deeply painful ache of an early flu epidemic, one that made people feel as if their bones were broken. It was widely used by the Eclectics in the 1918 pandemic. Boneset not only eases the aches of the flu but speeds recovery as well. If the flu moves into your sinuses, continue the boneset but add some black cohosh tincture. We tend to think of black cohosh strictly as an herb for menopausal hot flashes but, historically, it was used more widely for dull, throbbing aches, and in the pandemic it was used to soothe sinus headaches. In mice, black cohosh had a dramatic analgesic action and was also anti-inflammatory. Small doses – about 15 drops – every few hours will help alleviate throbbing sinus pain.

Saline nasal washes, using a neti pot, will clear some of the sinus congestion and inflammation. At first, it will seem awkward and absurd to pour water into your nose but, as any allergy sufferer will tell you, neti pots are a low-tech wonder for congested sinuses. They open up clogged passages and reduce the swelling of the mucus membranes that inhibits breathing.

Of course, you are better off avoiding the flu altogether. As they say, an ounce of prevention is worth a pound of cure. Airplane travel seems to be a big factor in getting sick. All of my friends either flew or were in contact with people back from airplane trips. So remember to take extra precautions when you are traveling or are around travelers: Wash your hands frequently. And, although I am usually opposed to antibacterial wipes and soaps, it is worth using those little hand wipes on airplanes and in other public places where you cannot wash your hands frequently. And you may want to wipe down your grocery



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cart handle as well as a recent study found that they were more contaminated than the door handles of public restrooms. Remembering not to touch your face and not to eat without first washing your hands is another good strategy.

Of course, you get viral influenza most easily through contact with spit droplets from coughing, sneezing fellow travelers, so washing your hands will only provide partial protection. For fuller protection while traveling, I recommend taking an herbal immune stimulant. I use an Echinacea, elderberry and schisandra blend that mildly boosts the immune system but also helps prevent the virus from attaching. It tastes good and can be used straight from the bottle. I usually take a dose on the way to the airport, and then tuck it away in my pocket so I can take when I get on the plane and every time I notice someone

coughing or sneezing. At my destination, I dose myself fairly frequently (every few hours or so) for the first two days after flying. I also take the formula when friends and family come visiting from distant places. So far, this strategy seems to be working – knock on wood!



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book *Clinical Botanical Medicine*.

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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Book Review

by Rachel Bard
Lifting the Veil in Iran

Reading Lolita in Tehran: A Memoir in Books, by Azar Nafisi. Paperback, Random House, 2004, \$13.95.

The scene is Iran. The time span is the quarter-century since the Islamic Revolution that turned the country topsy-turvy. The story follows seven women and how their lives are affected by the pervasive power of the mullahs. The subplot is the life of the author, Azar Nafisi, a teacher of literary fiction at the University of Tehran until she is forced out in 1981 by the increasingly radical government under Ayatollah Khomeini. Among other “sins,” she refused to wear the veil. After six years she resumes teaching at other universities.

Fiercely devoted to women’s rights and to education, in the mid-1990s Nafisi invites seven of her former students to meet at her home every Thursday morning. Her “girls” come in and throw off their chadors and veils to reveal their hidden selves—one wears an orange T-shirt and jeans; another, a low-necked blouse and bright pink lipstick.

Then they talk about fiction. The book is loosely structured around their discussions of four authors: Nabokov and *Lolita*, Fitzgerald and *The Great Gatsby*, Henry James, and Jane Austen. Outside these walls the women lead strictly circumscribed lives, closely monitored by morality squads for the slightest sin against the Revolution—even a wisp of hair that escapes from a head scarf. With Nafisi they can speak freely, not only about the lessons to be learned from Humbert, Lolita, Gatsby, Elizabeth Bennet and the rest but also about their own troubled lives.

While recounting their sessions and their growing friendships, Nafisi interweaves her personal experiences. She was the daughter of a popular mayor of Tehran (later forced out by the Islamic Revolutionaries) and a mother who had served in Parliament. She went to school in Switzerland and England, then to college in the U. S. She was there when the Islamic Revolution erupted in 1979. With other Iranian students at her school she protested the trampling of civil liberties in their homeland and U.S. involvement there. She met her husband, Bijan. They returned to Iran, where she found her beloved country changing faster than she could comprehend. She became a professor and a mother and continued to protest and to arouse the suspicions of the fundamentalist authorities. Nor did numbers of her fellow professors hesitate to raise their voices. We in the West may not realize how much opposition there was to the brutal transformation of the tolerant secular country to the Islamic Republic.

Through it all, Nafisi sought more than solace in classics of Western fiction: she looked for parallels between life and literature; she sought affirmation of her faith in intellectual freedom. While at the university she encouraged her students to question, to think, to argue.

And argue they did, for example about whether *The Great Gatsby* should be condemned because of what some students saw as the glorification of American materialism. Nafisi decided to really engage them: they’d put the book on trial. They’d have a prosecutor, a defense attorney, a defendant (the book), a judge and a jury (the class). It wasn’t hard to find a prosecutor or a defense attorney; the book had aroused passions on both sides. Nobody volunteered to be the defendant, so Nafisi had to represent the book. The prosecutor attacked the book as a tool of the Great Satan, as Fitzgerald’s nefarious scheme to corrupt American youth by making it money mad and immoral. His opposite number defended it as not glorifying materialism, but exposing it and how it can affect behavior of otherwise nice people. The jury never arrived at a verdict, but were still very vocal when Nafisi left, long after the closing bell had rung.

“I felt rather good after class that day. The excitement most students showed was the best verdict as far as I was concerned. They were all arguing as I left them outside the class—and they were arguing not over the hostages or the recent demonstrations or Rajavi and Khomeini, but over Gatsby and his alloyed dream.”

Nafisi and her students endured the long, pointless Iran-Iraqi war and the relentless bombings of Tehran. The group who met in her home became close, sharing personal sorrows and crises along with their impressions of the books they were reading. Anyone who has been in a book group can understand the bonds and camaraderie that developed.

Eventually some left the country; some stayed and became teachers. Nafisi left in the late 1990s and is a professor at Johns Hopkins.

The book she’s given us is more than an absorbing memoir by a remarkable woman in a remarkable time. Margaret Atwood called it “a literary raft on Iran’s fundamentalist sea.” Read it for its affirmation of the extraordinary power of literature to affect our lives and of the need to fight for intellectual freedom—wherever it’s threatened.

Note: I’ve updated my list of recommended historical novels. For a copy, e-mail rachelb@raincity.com.

My Mom said she learned how to swim when someone took her out in the lake and threw her off the boat. I said, “Mom, they weren’t trying to teach you how to swim.” — Paula Poundstone

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By MEarth

Food Safety?

In a move disguised as “standardizing” food-safety labeling across the country, the U.S. House of Representatives (yes, those men and women who represent you and me) has voted to invalidate tough state laws about warning labels on food, food products and equipment. The bill was approved 283-139 and is expected to be introduced into the Senate soon.

This weaker law would prevent states from passing stronger laws and effect existing warnings about lead and alcohol in candy, arsenic in bottled water, mercury in canned tuna, lead in dishes, and pesticides in fruits and vegetables. It will also prevent needed warnings about such things as acrylamide, a chemical that forms in starchy foods cooked at high temperatures—such as french fries and potato chips—and which has recently been strongly linked to cancer. One of the things that stimulated this action was that California passed a tough Proposition 65 requiring that the public be warned about potentially dangerous toxins in food, the strongest such law to date. It will, of course, be overturned by this new bill—if it passes into law. If (when?) it passes, I’m virtually certain that our wise leader, President Bush, will sign it, good man that he is. Good man for agri-business, that is. I ask you, if people do not have the right to know about EVERYTHING in their food and water, what the hell DO they have the right to know? Why is it that some people don’t care if people eat poisonous food or drink poisonous water? Is it the same people who don’t want us to believe global warming is happening or that putting weapons into space is a bad idea? Why

would someone, anyone, think such things are okay? It can’t just be the money. These people are experts in finding ways to make money under any circumstance—and if we were all to decide that turning things around and going back the other way was the only viable choice, believe me, they would find a way to make money doing it. The very people who got rich fouling the Earth will get rich cleaning it up—it’s what they do.

No, it has to be something more.

I think that one of the reasons this law is being enacted is to prevent labeling for Genetically Modified (GM) foods, or Frankenfoods as some of us call them. GM foods are about to escape into the biosphere wholesale and change earthlife forever and someone is fighting mightily to make sure we don’t stop it. Herbicide-resistant legumes, terminator seeds, terminator trees, tomatoes with flounder genes, all these things are going to be rampant in the environment soon and the Earth will be a very different place. Do I sound apocalyptic? Paranoid? Crazy? Just wait. Soon it will be illegal for me to write such things. Already, the administration is using its double-edged sword, wherein secrets that are leaked that help the administration are overlooked and secrets that leak that hurt the administration are prosecuted. Hmmm. Consider—the Earth Liberation Front is considered the number one domestic terrorist organization and, following the logic of the Patriot Act, soon, writing an article in support of them will be giving aid to terrorists. And when “terrorists” start burning GMO fields around this country (as they are in India) then this column will become illegal.

He can’t help it - he was born with a silver foot in his mouth.— Former Governor of Texas Ann Richards (about George Bush)



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Island Epicure
by Marj Watkins
Sinless Cookies and Cake

Our priest tells us that Lenten restrictions against meats take a break on Sundays. He didn't say that Lenten restrictions don't apply to desserts, but if they did, the cookies I give you today would surely be okay any day of the Lenten week. They contain no meat, nor dairy products. No milk, no wheat, no eggs. Yet they are so delicious you'll have trouble getting enough of them into the cookie jar to bother with it. That is if you haven't eaten the dough before they even got baked.

The Yellow Cake recipe does have more carbs and less fiber per bite, but for readers who must avoid gluten entirely, it lets you enjoy a piece of cake. Though wheat is the biggest villain to gluten-sensitive people, barley, oats, and rye contain some; corn, rice, quinoa, and potato starch have no gluten at all.

Sort of Moravian Ginger Thins: Thin—the magic word. These cookies are thin and crisp, flavor-full and rich in fiber, B vitamins, magnesium, and some iron. Plus they are about as low on the glycemic index as cookies can get. The whole grain flours have less of the sort of carbohydrates that make you fat and raise your cholesterol. Splenda® replaces sugar.

This recipe sees the Moravian Ginger Thin recipe my grandson James enthusiastically telephoned over from his apartment kitchen in Tacoma, and raises its nutrition quotient considerably. I've altered it to yield more cookies and fewer calories, too. For the sake of those of us who are gluten-sensitive, a recipe for gluten-free flour is given below the Ginger Crisps.

Sinless Ginger Crisps
Makes 36 to 40 cookies
Beat:
1/2 cup robust molasses
1/2 cup (1 cube) butter, melted
1/2 cup brown Splenda®
1 teaspoon vanilla
Sift and mix in:
1 and 1/2 cups barley flour
1/4 cup brown rice flour
1/4 cup corn flour or 2 cups gluten-free flour (recipe below) or quinoa flour
1/4 teaspoon cloves
1/4 teaspoon cardamom, optional
1 teaspoon ginger
1 and 1/2 teaspoons cinnamon
1/2 teaspoon salt
Form a ball, wrap it in plastic wrap and chill 6 hours to overnight. Let rest a few minutes after taking the dough out of the fridge to make cookies.
Slice dough very thin. Gently lay cookies on foil-lined baking sheets about 1 inch apart. You'll need three baking sheets. Bake 8 minutes in oven preheated to 300 degrees.
Let cookies cool completely on their foil lined baking sheets. Spread out racks or clean tea-towels. When cookies are cold, release them from the foil by pressing fingers against the back of the foil and peeling it away from the cookies.
Don't even think of trying to remove cookies from foil while they're still warm. They will break. When cold, they'll be stiff enough to handle without breaking.

Gluten Free Flour
Makes 6 cups. Mix once, bake twice
2 cups corn flour
3 cups brown rice flour
1 cup potato starch

Sift twice. Store in tightly closed glass or metal canister. Refrigerate or freeze.
Use this flour in quickbreads, cakes, muffins, pancakes and waffles.

Gluten-free, Lactose-free Two-Egg Yellow Cake
1/2 cup (1 stick) butter, softened
3/4 cup sugar, Splenda® or Sugar Twin®
1 teaspoon vanilla
2 eggs
2 and 1/4 cups gluten-free flour (recipe above)
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 cup dairy, almond or soy milk
1/4 cup honey
Gradually add sugar or sugar substitute to soft butter, while creaming. (12-15 minutes at medium speed with electric mixer or until thoroughly creamed in food processor.
Work in vanilla. Add eggs 1 at a time, thoroughly incorporating each. Sift dry ingredients. Add to creamed mixture alternately, mixing well after each small addition.
Bake in waxed-paper lined 9-inch round pans or oiled and preheated (5-7 minutes) ceramic or glass baking dishes in preheated 375 degree oven 23-25 minutes. Test with toothpick inserted in center of cake. If no crumbs, remove from oven. Let rest 5 minutes. Invert on racks. Let rest 5 minutes more. Lift off pans or baking dish.
“Frost” with whipped cream sweetened with a drizzle of honey and flavored with a few drops of vanilla.

ooooo

Madame Toujours

Dear Madame Toujours,
My husband and I have only been married two years, and we are going to be separated for the first time since we met. Richie is going to be out of town for a week next month at a business training seminar. The thing is, the seminar is in Wisconsin, which is still cold and miserable this time of year, so there really isn't any point in my going along as there would be if it were going to be in, say, Orlando or Paris, and anyway, somebody has to stay home with our pet goldfish Herbie who is suffering from fin fungus and needs intensive care. I don't know how Herbie is going to deal with his daddy's absence. He always gets so excited when it is time for Richie to get home from work — swimming back and forth in his tank and slapping his tail on the top of the water. I'm afraid we are both going to be despondent.

How are Herbie and I supposed to get through the week? I've scheduled play dates for Herbie, lunches for me with the girls, a small household remodeling project and an overnight with my nieces, but that still leaves a lot of free time for brooding. Could you maybe suggest some good movies I could watch to occupy my time?

Sincerely, Abandoned

Chere Mme. Abandoned,
Quelle damage, the first separation, she is *tres difficile, n'est pas?* Many are the pitfalls which you are navigating for the absence of the husband. For example, no doubt, you are making the adjustments for the life with the hairy, masculine-type fellow such as watching all of the movies with the exciting martial arts scenes, and never the sensible movies about the romances. Possibly, you are imagining that you will be taking the advantages of the absence of the husband to be watching those movies. This is the enormous mistake. First, many of these movies are featuring the heartbroken persons learning to love again. This is all very well and pleasant when *M. Richie*, he

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for times**

is by your side, but you are not wishing to think about the dead husbands and the broken romances while *M. Richie* is being far away. No matter how much *M. Richie* is annoying you when he is at home, watching these movies while he is gone will only be convincing you that he is the prince among husbands and you are suffering the torments of loneliness without him.

If you are having the strong stomach, you are maybe enjoying the revolting horror movies. This is excellent for distracting you from the solitude unless, of course, you are the fearful type in which case, you may be comforted by keeping *M. Herbie* in the bedroom at night for the protections.

Bon Chance, Mme. Abandoned, and do not be overlooking the charms of the teenage comedies about the dudes losing the cars and dressing up like *les femmes*. If these films, they are reminding you of the absent husband, then your life, it is being too complicated for the fixing with the one letter, *non?*

ooooo

As I grow older and older,
And totter towards the tomb,
I find that I care less and less
Who goes to bed with whom.
-- Dorothy Sayers

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Positively Speaking

By Deborah Anderson

Toying with Life

SO...I made this wonderful discovery a couple of weeks ago. Lacking a mall on the Island and praying for a place to window shop, I discovered ebay. It started out innocently enough. Many moons ago, my stepfather bought four weeks’ worth of pizza (twenty-five dollars a week roughly) to buy my son four matching Care Bears glasses. Grandpa George was such a special man that after one of them was broken in everyday life, the remaining three were relegated to the china closet. Though I have situated them so the lack of fourth doesn’t show, every time I venture into the fragile zone to retrieve beer or wine glasses or the ever useful Limoges place card holders, I notice it is missing. Along came the thought that perhaps there might be a person in the universe that wanted to sell the fourth. Wow! Bonanza...how many sets did I want to purchase?! Amazing. Now...it isn’t actually possible for me to purchase it now, but the looking was wonderfully satisfying. My daughter doesn’t understand the thrill of window shopping or cruising catalogs, but for me it does the trick.

Sitting in front of the screen, I thought. Hey...maybe I can replace my son’s He-Man Masters of the Universe figures that were destroyed by another child. And while I’m at it the Ken Griffey Jr. poster the same child destroyed (Once upon a time social workers saw me coming and off-loaded the end-of-the-line children that no one else wanted). Glee filled my heart as I looked to see that, again, it was possible to replace the figures two and half times over at least, if I so desired. And...the poster. Many posters as a matter of fact. By the time I started looking at Ginnie Dolls, I realized that much of my life has been defined by toys and era of toys. Masters of the Universe gave way to Power Rangers. Rainbow Brite was followed by Sailor Moon. I love toys. I love the lost-in-time gateway they provide to relief from everyday responsibilities. When Nintendo first came out, there was great joy in sitting side by side with my son

and hacking away at *Blades of Steel*. Much to the children’s chagrin, the gun to *Duck Hunt* was hidden away; brought out only for adult days of venting when necessary. The years passed and children’s games gave way to records and then CD’s. Solitary activities replaced playing with mom or dad. Board games provided some of the past laughter at holiday times, but mostly I tripped over Duplos®™ I refused to give away and dolls that needed repair. As life has it, sometimes, I suddenly found myself surrounded by toys again. They’re different now. They have lots of batteries, squeek, squawk and talk. They offer choices the players don’t have to invent themselves. Lo and behold, one day I was presented with a relic. A Fisher-Price record player that is actually a windup music box, complete with the six CD sized plastic discs with notches that trip the metal armature so that tunes are played, was placed on my lap. I cranked the winding mechanism, taught the small one how to lift the arm just so and place it in the appropriate groove and smiled as “Clair De Lune” poured forth from the sound cube.

My point is this. There are a lot of complicated ways to play these days. Four people can hold a game against each other in a video game with lots of bells and whistles. But like all other things, it seems that the simplest games, those requiring a ball or bat or imagination to make them work, are the games that suit the best. I looked longingly at the ad for the iPod®™ my daughter is coveting. Seven thousand songs and seventy five hours of video can be held in the palm of her hand. And I thought to myself...that Fisher-Price crank up music box adds to my world. It’s gentle and unassuming and playing it makes life less tense not more. It’s just a thought. How’s your playing? Does it add or subtract? Because sometimes with play, it’s what’s taken out that adds the most to one’s heart. Frisbees...now let us consider the remarkable value of frisbees. Play on...



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Vashon Library 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! 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
Tuesdays, 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.
Parents are invited to bring their children to sing and play with words together while receiving important information about Early Literacy. Please call to register beginning March 22, (206) 463-2069.

Young Writer's Rendezvous
Monday, April 10
7 p.m. to 8:15 p.m.
Come be a part if this on-going group and experience writing for fun in a social atmosphere. Pizza will be served! No registration required, just come when you can. Sponsored by Friends of the Vashon Library.

Great Decisions Discussion Groups
Tuesdays, April 11 & April 25, 2:00 p.m.
“Great Decisions” is the Foreign Policy Association’s forum for thought-provoking discussions of issues that impact the world in which we live. This is an opportunity to assess global developments and policy-makers’ decisions. A short background video prepared by the Foreign Policy Association, a private education organization, will be shown, followed by a group discussion by Vashon Islanders. A copy of the “Great Decisions” study guide of background articles is available at the Vashon Library reference desk, or may be ordered by calling 1-800-477-5836, or may be accessed on the Internet at www.greatdecisions.org. Co-sponsored by King County Library System. Registration not required.

April 11th —
The Energy Policy Conundrum
The U.S. is more than ever dependent on foreign energy supplies, which are coming at much higher prices. Should the emphasis of U.S. policy be on finding new supplies, securing current resources or reducing its dependence on fossil fuels—or are all three elements indispensable?

April 25th — Brazil:
Invented Pasts and Hoped-For Futures
Since 9/11, the U.S. seems to have paid minimal attention to Brazil. Is a change on the horizon?

Lapsit Story Time
Wednesdays, April 12, 19, 26, 10:40 a.m.
Newborn to 20 months with an adult
A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

Preschool Story Time
Wednesdays, April 12, 19, 26, 11:30 a.m.
Ages 3-5
Join us for 30 minutes of stories, songs and fun! No registration required.

JobFind: Employment Help for Adults
Thursdays, April 13 & 27, 9:30 to 11 a.m.
Your search for employment just got easier! JobFind can help you whether you are unemployed or underemployed. Vashon Youth & Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection project, to help Island residents who are seeking to improve, change or find living wage jobs. Co-sponsored by King County Library System. Registration not required.

Basic Computer Skills, Level 2
Saturday, April 15, 9 to 10:30 a.m.
Practice skills necessary for using a computer. Select items and text; arrange windows, open menus and print items. Prerequisite: Basic Skills Level 1, and proficiency with a mouse. Call (206) 463-2069 to pre-register.

Introduction to Microsoft Word, Level 1
Saturday, April 15, 11 a.m. to 12:30 p.m.
This class is an overview of Word, Microsoft’s popular program designed for typing and word processing. Learn basic skills for entering, correcting and revising text on a computer. Prerequisite: Basic Skills Level 1, and proficiency with a mouse. Call 463-2069 to pre-register.

Introduction to Microsoft Excel, Level 1
Saturday, April 15, 1:30 p.m. to 3:30 p.m.
This class is an overview of Excel, Microsoft’s popular program designed for using spreadsheets. Learn how to use formulas to perform calculations, how to copy formulas with the fill handle, and how to use Autosum for quick addition. Prerequisite: Basic Skills Level 1, and proficiency with a mouse. Call 463-2069 to pre-register.

Mondays at Three: Haiku
Thursday, April 20, 7 p.m.
Celebrate National Poetry Month with haiku poets of Vashon. Listen to each brief poem open its bud of meaning. After a break for refreshments, we will hear a discussion of the history of haiku, and the definition of the American form. The room will be decorated with Japanese flower arrangements by Yoshi Nakamura Bowman and Ron Simons.

Late Night at the Library
Saturday, April 22, 6 to 10 p.m.
Participate in the Vashon Library Cyber Café and surf the World Wide Web or play a game of chess, cards, Magic, or Monopoly. Refreshments! Door Prizes! For students in grades 6-12. Security will be provided.

Opera Previews: Macbeth
Sunday, April 30, 2:00 p.m.
Join Norm Hollingshead, veteran Seattle-area lecturer for an Opera Preview of *Macbeth*. *Macbeth* is Giuseppe Verdi’s 10th opera, first performed in 1847, when Verdi was only 34, though revised in 1865, when he was 52. Verdi became fascinated with Shakespeare’s works as a teen-ager and kept a complete set of the English master’s plays on his bedside for the rest of his long life. Verdi’s *Macbeth* is not as poetic as Shakespeare’s but it makes up for that loss with an energy that is relentless melodies that grab the audiences by the throat. The youthful Verdi was so proud of what he had accomplished in his *Macbeth* that he dedicated the vocal score of the opera to his benefactor, Antonio Barezzi, claiming “Here now is this *Macbeth*, which is dearer to me than all my other operas, and which I therefore deem more worthy of being presented to you”. No registration required. Sponsored by Friends of the Vashon Library.

Loop ~ Sports



The 3rd Annual Vashon Freestyle Clinic a Success. 35 wrestlers from Lake Stevens, Puyallup and Vashon ham it up on Saturday, March 18. Also, they learned some technique and ate some cheese-burgers.

Lake Stevens Coaches Andy Knutson and Dean Pakinas give their approval. “Vashon people are so nice. And weird,” Knutson said after visiting the island last week. Clinic goers were also privy to the brief lecture Knutson gave on the Russian tie. Thanks Andy and Dean for the knowledge!



Micah Jordan Sohl and Kelly “Q” Kubec get into a mad scramble at the Vashon Freestyle Clinic last Saturday.



Ian “Mad Pup” Mattingly pins his All-American brother, Ryan, in a headlock. “I thought he’d be tougher,” Mad Pup claimed, “being a College All American and all.”



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Can you cry under water?
What do batteries run on?
Don't make me use uppercase.
When day breaks who fixes it?
I'm not afraid of heights, only widths.
Marriage is not a word—it is a sentence.
I'm as broke as the ten commandments.
My parents were so poor, they got married for the rice.
You can't drink all day if you don't start in the morning.
When you don't know what to do, walk fast and look worried.
My mother's menu consisted of two choices—take it or leave it.
Money can't buy everything—but then again neither can no money.
There's nothing wrong with being mediocre as long as you're good at it.
The only advantage to living in the past is that the rents are much cheaper!

.....
Iran was once known as Persia. What was it called before that? Iran.
.....

I was driving down the freeway, when my cell phone rang. My wife's voice urgently tried to warn me, "I just heard on the news that there's a car going the wrong way on I-5. Please be careful!" "It's not just one car," I said, "It's hundreds of them!!"

Let us endeavor to live that when we come to die even the undertaker will be sorry. — Mark Twain

WILD WORLD / Ed Frohning



This baby seal walks into a bar and the bartender says, "What'll ya have?" The seal says, "Anything but Canadian Club."

Classic Headlines:
March Planned For Next August
Blind Bishop Appointed To See
Lingerie Shipment Hijacked — Thief Gives Police the Slip
Cold Wave Linked to Temperatures
Defendant's Speech Ends in Long Sentences
Quarter of a Million Chinese Live on Water
Farmer Bill Dies in House

Happiness can't buy money.
—Bob Hope

Only ten percent of men kiss their wives goodbye when they leave the house but ninety percent kiss their house goodbye when they leave their wives.

Mexican President Vicente Fox announced that they have discovered oil under the Gulf of Mexico—in a related story, President Bush accused Mexico of having weapons of mass destruction. —Jay Leno



OFFSHORE



LOGJAM



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by Jeremy Gregory

Loop Arts



Jazz Guitarist Mimi Fox performs one night only at Blue Heron, Saturday, April 8. Tickets, \$10/\$13 are available now at Blue Heron, Heron's Nest and Vashon Island Music. (Courtesy photo)

Bay Area Jazz Guitarist Graces Heron Stage

By Janice Randall

San Francisco-based jazz guitarist Mimi Fox will take a sojourn to Vashon Island during her Northwest tour to share her hot licks with us on **Saturday, April 8, 8 p.m.** at Blue Heron Art Center. From standards to originals, Fox has earned rave reviews from critics and jazz aficionados alike.

Fox is simply, "...everything guitar jazz is supposed to be, 4 stars," says *Down Beat Magazine*. New York City native Fox's new double CD, *Perpetually Hip*, her seventh release, has been the latest chatter on the jazz front.

Fox has performed with Diana Krall and Stevie Wonder and has composed music for theater, film and dance.

From a *Cadence Magazine* review: "To say Mimi Fox's touch, sound, sensitivity and understanding of the guitar as a solo vehicle of expression is masterful would be an understatement. This is simply some of the best guitar music I've heard."

Fox chairs the Guitar Department at the innovative Jazz School in Berkeley, California, and is adjunct professor at New York University. She has appeared as guest instructor at the University of Southern California Musician's Institute of Technology; CalArts; University of Connecticut; University of Oregon; and others. She wrote a book about jazz guitar studies published by Mel Bay Publications and recently completed an interactive CD-Rom for True Fire Music entitled *Jazz Anatomy*.

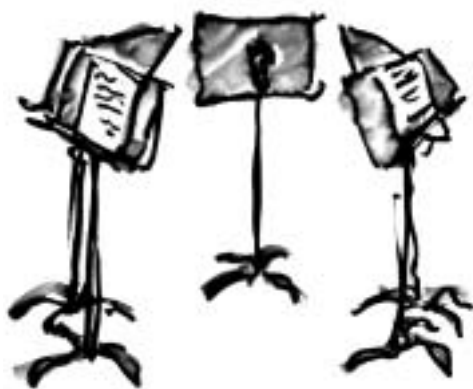
According to guitar legend Joe Pass, "She can do pretty much anything she wants on the guitar."

Early Alert:

Michael Dickes



Songwriter Michael Dickes will be appearing at Café Luna accompanied by violinist John Weeks on **Friday, April 14**, at 7:30 p.m.



Poets Talk Back line drawing by Annie Brule

Music and Poetry Launch VAA New Works Series

By Janice Randall

Vashon Allied Arts' New Works Series opens with two talented performing artists in a New Works Double Bill on **Saturday, April 1, 8 p.m.**, at the Blue Heron Art Center. Island singer/songwriter/pianist Maren Metke, who has released one solo CD to date, will be joined by all-star Island musicians, Fletcher Andrews, percussion; Steve Meyer, upright bass; Kim Thal, fiddle; and Ken Jacobson, cello. They will perform Metke's soulful original tunes.

Writer Devon Atkins will be joined by four other poet talents, Harris Levinson, Julian Park, Merna Hecht, and Michael Hood. Together, they will converse on stage using only their original poetry to respond impromptu to one another in *Poets Talk Back: Conversations in Poetry*. Tickets for the show are available now at Heron's Nest, Blue Heron Art Center and Vashon Island Music. Don't miss it!



Irina Rivkin Returns

Irina Rivkin, who has performed at the Vashon Island Earth Fair, is returning for a concert at Café Luna on **Saturday, April 8**. The show begins at 7:30 p.m.

Outmusic Awards Recipient and founder of Rose Street House of Music, Irina Rivkin has performed for twenty-five years, from her childhood singing jazz and Russian folk, performing her own songs for the last twelve years. Her gutsy vocal world-folk originals journey into the personal and political. Irina layers her poetic lyrics with rich textured harmonies, swirling with vocal percussive beats, all created live on-the-spot using her loop station instrument. Her full-length CD *upwelling* was released on Rose Street Records in 2004, and has received airplay on over 100 radio programs.

Opening for Rivkin is Anne Carol. Carol weaves song and spoken word into passionate performances.

Review:

Fiddler on the Roof at High School

By Mary Litchfield Tuel

Fiddler on the Roof has a depth, darkness, and complexity which was not typical of Broadway musicals when it came out in the Sixties, but the Sixties became a deep, dark, complex time, rife with the kicking over of "tradition," and with assassinations, the civil rights movement, and the best darn rock music ever (just my opinion).

How do the Vashon High School students do with this deep, dark, funny, poignant story?

They do pretty darn well. Not only do these kids sing out, they (mostly) sing well. Any exceptions to the rule are brief and forgivable. Director Susan Hanson and Choreographer Christine Juarez have the entire cast moving on the crowded stage at times, and it makes sense and no one is run down or knocked over. During the bottle dance in the wedding scene, one bottle toppled, which only increased our appreciation of all the dancers.

During the "Matchmaker" number on the night I attended one of the daughters' shoes flew off, making a high arc into the audience. The kids kept dancing like pros, and never missed a beat. The young actress threw her other shoe into a laundry basket and finished the scene in her stocking feet. We were ready to go anywhere with those kids after that.

What *Fiddler* absolutely must have is a good Tevye, and in Noah Greene this *Fiddler* has a great Tevye. I had to keep reminding myself that this was a high school student. Greene has a fine baritone voice and isn't afraid to use it, and he acts with poise and confidence. He shows a distinct flair for physical comedy, although he has stiff competition from Adam Hoagland (Mendel, the rabbi's son), who can get drunk and fall off a bench with the best.

Outstanding work is done by Robin Kallsen (Tzeitel), Dessa Faker-Boyle (Hodel), and Maren Patrick (Chava), as the three older daughters. Kallsen especially is convincingly vulnerable and determined in her love for Motel the tailor (Dana Lockwood), who is shy and funny: "Please don't yell at me, Reb Tevye!"

Danielle Rotter as Yente the Matchmaker is so grim in her black clothes and scowling face that she almost doesn't have to act. Oy, what a yenta!

When the Sabbath prayer begins, Jessica Katz as Golde begins circling her hands over the lit candles, and you are conveyed into the ancient beauty of Shabbat.



Noah Greene as Tevye
Photo by Craig Hanson

Fiddler on the Roof
Presented by VHS Drama
Vashon High School Theater
Friday & Saturday, 7:30 p.m.
Sunday, 2:00 p.m.

Tayt Held (Perchik) displays a good voice, and a righteous political attitude masking a tender heart. Jamilla Rose Pierce as Grandma Tzeitel has a fine voice, and

Franchesca Parks as the ghost of Fruma Sarah is a great singer having fun being frightening. Bryan Amstrup (Fyedka) is, I'm sorry, dude, just sweet. You can see why Chava defies everything to go with him.

The heavies – Zach Davis as the Constable, Spencer Caldwell as Sasha, Dom Wolczko and Reese Lazarus as miscellaneous Russians – seem to be such fundamentally nice people in real life that they don't quite carry off the bigotry, violence, and villainy they are supposed to perpetrate. Well, guys, maybe as the show goes on you'll get that human scum thing down. Extra points to Dom for singing the tenor solo in the bar scene.

All in all, a fine production of one of the greatest musicals. I found myself thinking that there may be "Arts High Schools" but we seem to live on an "Arts Island," and these children, who are no longer children, have grown up with exceptional skills and talents.

Last chance to go see it this weekend!



"I have five daughters!"
Left to right standing:
Maren Patrick [Chava],
Robin Kallsen [Tzeitel],
Dessa Faker-Boyle
[Hodel]; sitting: Lizzie
Moses [Shprintze], Alana
Robinson [Bielke]
Photo by Craig Hanson



Tzeitel wedding chair:
Robin Kallsen
Photo by Craig Hanson

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