

## In This Issue:

Aaron Dixon, Hoytus Monologus, Plant Sales, Loud Children, Rhubarb brain, Worm Bins, Ductal carcinoma in situ, Pescado Mexicano, Madame Toujours, and much, much more!



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My Rope  
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Option  
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Jackson Sundown,  
Amber Tide,  
RedPerl, and more  
music and art!  
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# THE LOOP

Vol. 3, # 9

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

April 26, 2006



Photo by Hawk Jones

## Annie: Oh Boy!

By Mary Litchfield Tuel

Annie is an ensemble show in the best sense. Although it is named for the red-headed orphan Annie (Megan Hackett) at the center of the story, she is but one of the many strong characters you will meet.

This show is beautifully constructed. The pace never lags, and there is at least one toe-tapping number in every scene. It's an audience-pleasing structure that can make performers look good, but in this case the performers really are good, and the combination of cast and show is an over-the-top delight.

The talent in this cast is overflowing. Megan Hackett has a splendid voice, and she belts out

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## Who Is That Man?



Mark Goldman

## It's the Lone Activist

Mark Goldman spent his Easter morning standing at the main intersection in downtown Vashon with this sign, trying to raise up a little public awareness. When asked what he was protesting, he replied, "In one word, apathy."

Blue Heron dancer Sarah Balcom.

Photo by Mike Urban

## A Decade of Dance!

By Juli Goetz Morser

What has seven dwarves, four swans, one firebird, a coven of witches and fairies, a poisoned apple, and a tiny glass slipper? Why, The Blue Heron Dance Company, of course!

On Friday and Saturday, May 12 and 13 at 7 p.m. and Sunday, May 14 at 2 p.m. in the Vashon High School Theater, The Blue Heron Dance Company will present *A Decade of Dance*. The program is a retrospective celebrating excerpts from the ballets and original works performed over the last ten years under the leadership of Artistic Director Christine Juarez. Juarez, who also teaches at Cornish College in Seattle, became director of the Vashon Allied Arts dance program in September of 1996.

"Most of my senior dancers have been with me from the beginning," says Juarez, "After ten years of dancing in shows and spending countless hours in the studio, these dancers have become quite skilled

performers. They're a dedicated group, and we have a lot of fun together!"

Juarez is a strong proponent of collaboration, and credits her team of volunteers for brightening the stage with original costumes by Kate Guinee, sets by Michelle Berlin and Jeffery Zheutlin, and lighting design by Alex Gustafson and Stan Voynick. Her indispensable, right-hand helpers include Susan Reed, Lisa Crosby, Sue Clark and Barb Gustafson, not to mention the countless other parent volunteers lending help from behind the scenes.

*A Decade of Dance* will include excerpts from *Cinderella*, *Sleeping Beauty*, *Snow White*, *Mother Goose*, *Swan Lake*, *La Sylphide*, *Firebird*, *Rodeo*, *La Fille Mal Gardee*, *Midsummer Night's Dream*, plus hip hop and modern dances.

Tickets are on sale at The Blue Heron, the Heron's Nest, and Books by the Way. For more information, please call 463-5131.



Kristin Pesman and Andie Styner

## Passionisle: Feel Good about Yourself

This past January, Andie Styner and Kristin Pesman created PassionIsle®, an adult retail home-party company that separates itself from their larger competitors with its personalized service and individual approach to education and sensuality.

This ain't Tupperware®, although the party concept is the same. Andie and Kristin sell romance products and adult toys to women and couples.

"Our mission is to offer a variety of romance products and quality toys to fit all budgets in a safe, confidential and playful environment. We want to promote education, open lines of communication, and inspire creativity while enhancing intimacy with yourself, and/or your partner," said Andie.

How did you get into this line of work?

"I have a friend I've known since she was a baby," said Andie, "and about 18 months ago I found out she has been doing pleasure parties for 17 years. I spent a week with her last Christmas, and got so excited, thinking, 'I can do this!' I told Kristin, and she started saying, 'We can do this!' So the two of us spent about 3 months doing research..."

"And at first," Kristin continues, "we went into shops with our heads down, muttering, 'What is this?' and feeling quite uncomfortable. We went to websites we never dreamed we'd be visiting."

"Kristin and I do the parties together," Andie said, "You can tell right off the bat how different we are.

*Continued on page 2*

# Get in The Loop

## Help Wanted Emergency Operations Center Volunteer Staff

**STARTING PAY:**

The gratitude of your 10,000 Island neighbors

**UPSIDE POTENTIAL:**

The satisfaction of helping your community survive a devastating crisis

**STARTING DATE:**

Training begins immediately

**POSITION REQUIREMENTS:**

- Ability to fit into an existing team of high energy, totally passionate volunteers.
- Self starter
- Methodical approach to following procedures

**ARE YOU INTERESTED?**

**Call Vashon Disaster Preparedness Coalition**  
to set up an interview  
Ask for Mary at **463-3545** or  
Kate at **463-5117**

**VashonBePrepared**  
*Neighbors Helping Neighbors*

### Healing from Abuse

"Whole, Healthy and Strong: The Spiritual Issues of Abuse," will again be offered on the Island on **Saturday, April 29**. This all day workshop focuses on the issues surrounding healing from abuse either in childhood, or adult sexual and domestic violence. We examine redemption, mercy, justice and forgiveness in new and healing ways using small group discussion, journaling and corporate and individual prayer.

Cost is \$125, but no one should be deterred from coming because of tuition. The workshop will be lead by (Loop columnist) Deborah Anderson. Call (206) 463-4630 for questions, registration and location.

### Communicate! Youth-Adult Dialogue May 9

Generational differences are not new; but some youth and adults on Vashon realize that when communication happens, we all learn from each other and everyone's lives improve. That's why an evening of "amazing feats of communication," building on the success of recent years' dialogues, is planned for **Tuesday, May 9**, at the community room of the Presbyterian Church, across the street from the Vashon Theatre. Free dinner will be served at 5:30 p.m., and the dialogue goes to 8:30 p.m. Youth who attend will get free coupons for a drink or a movie at Movie Magic. For those who would like to help with planning, please call Bridgid Normand at 463-6234.

Sow an act, and you reap a habit.  
Sow a habit, and you reap a character.  
Sow a character, and you reap a destiny. -- Charles Reade, 1812-1884

### Come Celebrate May Day!

It's that time of year. Spring is in full swing and the days are definitely longer. Take an afternoon to relish the fullness of spring as the days begin to turn toward summer. Islewilde and the Vashon Parks District invite you to a family May Day celebration at Ober Park, **Sunday April 30, 1 to 4 p.m.** Bring family and friends, maybe even a picnic, and enjoy the festivities! There will be a traditional May Pole dance, a cake walk, magical dress-up, a children's Contra dance, games and more. This event promises to be fun for everyone! We look forward to seeing you!

What the world needs is more geniuses with humility. There are so few of us left. -- Oscar Levant

### Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day on Saturday, May 6, from 11 a.m. to 2 p.m. and on Sunday, May 7, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call Vipp 206-389-1085.

Featured cats:



Max and George

Max (6) gray male and George (7) black with white patch on chest. These guys are buddies; they've lived together for years. Both are declawed so they are strictly indoor cats. These guys are sweet, gentle, friendly and a bit worried that they will be separated. They would love to be together in their new home.

### Chips Ahoy for VIPP Pet Owners!

In the aftermath of Katrina, many pets were separated from their families for weeks and even months. Rescuers were able to reunite them quickly if the pet had identification. Without identification, some dogs and cats never returned to their families but were put up for adoption at sites all around the country. The same thing can happen on Vashon if a major earthquake strikes. Collars and tags can be lost; microchips are forever.

Therefore, VIPP is offering families who adopted dogs or cats through VIPP an opportunity to have their pets microchipped next **Sunday, April 30** at Pandora's Box for only \$20. To prevent chaos and to allow time to register their new number, pets will be scheduled at 20 minute intervals. Dogs will meet in the parking area between 9:00 a.m. and noon.

## Green Party Supports Dixon

Come to a house party on **May 18** for Aaron Dixon at the home of Melvin and Margaret Mackey. Hear Aaron Dixon and ask questions. Save the date!

The Vashon-Maury Island Green Party endorses Aaron Dixon for United States Senator. Aaron Dixon is seeking the nomination of the Green Party of Washington State to appear on the General Election ballot in November. **Aaron Dixon** Unlike Democrats and Republicans, Green Party candidates are not included in the Primary Election held in September.



### NEW! Wet Whiskers

#### Grooming Salon

Professionally Trained  
Certified Groomer  
Conveniently located inside  
Pandora's Box  
17321 Vashon Hwy SW  
Call today for an appointment!  
Currently available days:  
Tuesday, Wednesday, Friday  
& every other Saturday  
(206) 463-2200



For more information about the Dixon campaign, see his website, <http://www.aarondixon.org/>.

### PassionIsle

*Continued from page 1*

At the parties, we have a playful banter between us that quickly puts people at ease."

Kristin adds, "We do our sales in a private room, so that what people buy is strictly confidential. Confidentiality is absolute; people have to feel safe. We have strict rules about what we will and won't do, and everything goes home in a brown paper bag."

What do they sell? First of all, the romance products: massage oils, sprays, fragrances, candles, and powders. They also sell Andie's line of greeting cards, FleurOtica™. And then there are toys. "Things that go buzz in the night," says the PassionIsle® order sheet.

The business and the parties chiefly cater to a female clientele, although they offer couples parties, too. "We like to have a minimum of 8 guests at a party on the Island," Andie said, "and of course they will talk to their friends about it, and we usually get a few more parties booked for every one we do." Hostesses receive a free gift as well as a discount on their purchases.

They aren't worried about the limited population of Vashon. "We'll travel anywhere!" Andie said, "But our plus on the Island is that we're local, and folks can simply call or e-mail us and we can get a product for them. You don't have to leave the Island, and you don't have to go to a party if you would rather not. Whatever it is, it's out there, and we can find it."

You can learn more, book a party, or place an order, by visiting the PassionIsle® website at [www.passionisle.com](http://www.passionisle.com), e-mailing [info@passionisle.com](mailto:info@passionisle.com), or calling Andie at (206) 463-1244 or Kristin at (206) 463-4640.

### Somatic Movement Classes

Experience yourself — one cell at a time! Somatic movement classes focus on releasing tension, awakening sensation, and cultivating deeper body-mind integration for greater spontaneous creative expression.

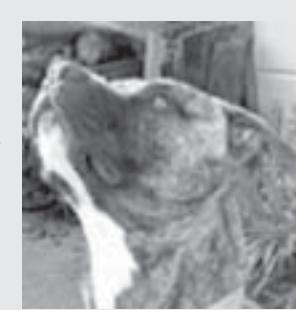
1. Wednesday mornings 10-11:30 a.m., beginning April 29 and going until June 28. Ten classes/\$150, or \$18/single class. This series is an introduction to each of our systems.

2. Bimonthly on Thursday evenings from 5:00-6:30 p.m. beginning May 4 and going until June 29. Five classes/\$75, series only. More in-depth exploration into one of the body systems. All classes

Cats will come to the grooming room in a carrier between noon and 4:00 p.m. Please call Deirdre at 463-7746 to reserve a space.

### 2007 VIPP Calendar

Be part of Vashon Island Pet Protectors 2007 Pet Calendar and make your pet a star. You can either mail your pet's photo along with your pet's name, a tag line about your pet, your phone number and a self-addressed stamped envelope to Kathy Chappell, P.O. Box 13182 Burton, WA 98013, or email your photos to [kchappy@msn.com](mailto:kchappy@msn.com). All are welcome — cats, dogs, pigs, goats! Don't delay! Photos must be received by July 15th!



Bruce

are facilitated by Stacey Hinden. Classes will meet at the Havurat Building at 15401 Westside Highway SW. For information and to register call 227-5534.

I told my psychiatrist everyone hates me. He said I was being ridiculous - everyone hasn't met me yet. -- Rodney Dangerfield

### The Vashon Loop

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\$50 a year gets *The Loop* delivered to your mailbox every two weeks. Call (463-3327, 463-9207) or write (PO Box 253, Vashon) or email [editor@vashonloop.com](mailto:editor@vashonloop.com) and sign up!

# Troy and Marie Love That Sunshine!



Hello everybody! The sun is shining, and people are venturing out from their waterlogged homes, pale and squinting and ready to buy real estate. We had a hugely successful open house weekend last Sunday and look forward to many more as the summer progresses. The first quarter statistics from the Northwest Multiple Listing Service are mind-boggling; here on Vashon the average price of a home for the first quarter last year was \$499,446. This year it's \$575,719. Let us do the math for you: that's an increase of 16%. For all of King County, the average price increased 13%, from \$676,962 to \$762,376. For those of you who worry that Vashon is becoming another Mercer Island, rest assured that we are not even close. The average price of a home on 'MI' is a stunning \$2,608,479. These numbers shocked us so much that we had to take the afternoon off and go to the beach, so we have no Homeowner Tips for you this week. But if you want to read past issues – on plumbing, permits, and a plethora of other topics, please visit our website, at [www.kwvashon.com](http://www.kwvashon.com). Enjoy spring!



## Off Island Properties



**Port Orchard  
Rambler**  
Price Reduced!  
**\$189,500**

**11366 Cooper Ave SW**

You found it!

A completely remodeled four-bedroom home for way under \$200,000. It's one of the most spacious homes in the neighborhood. Bright, brand new kitchen with Pergo-style flooring, full bathroom off the master bedroom, single car garage with new door, separate laundry room, and a fenced back yard with a deck.

Near Port Orchard

- 4 bedroom
- new kitchen
- 1 full bath
- freshly painted
- 1200+ sq ft
- fenced yard
- single car garage
- new berber carpet



**Tacoma Condo  
with a View**  
Just Listed!  
**\$187,500**

**7304 N Skyview Ln #H304 Tacoma, WA**

MLS 26044309



Spacious well maintained 3rd floor end unit condo in gated community near Narrows bridge. Beautifully landscaped grounds. Deck overlooks parklike grassy area with gazebo. View of mountains and sound. Amenities include outdoor pool, sportcourt, clubhouse, and exercise room. Easy access to Hwy 16 and I-5. Condo includes 1 year Home Warranty

Contact Listing Agent  
**Shari Lyons**  
**206-406-6347**

- 2 bedroom
- Outdoor Pool
- 1.75 bath
- Sport Court
- 1124 sq ft
- Clubhouse
- single car garage
- Exercise room

Your Home Team Realty

## On Island Properties

(206) 463-LIST (5478)

### Cottage Charmer! 13513 SW 170th Street



Darling updated Beulah Park cottage at a very affordable price! Hardwood and Pergo flooring throughout, stainless appliances, stacking W/D, jetted tub, newer roof, and a mature and charming garden complete the very functional two level floorplan. **\$295,000**

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

MLS 26044175

### View Home! 9225 SW 274th Street



- 1946 Sq Ft
- 3 bedrooms
- 3.75 bath
- Breathtaking View

Come home to a completely remodeled spacious and serene home with a stunning view of that famous mountain and an easy-to-care-for landscaped yard.

Everything is updated and fresh throughout, with your comfort and easy living in mind - Viking stove, Bosch dishwasher, new refrigerator and trash compactor, new cabinets, new bathroom fixtures, tiled floors with in-floor heating in the bath, fully wired for cable and home networking, whisper quiet automatic garage door, propane fireplace insert, and much, much more. **\$610,000**

MLS 26034820

### Waterfront!

**22908 Vashon Hwy SW**

This retro chic house calls for clambakes, cocktails, and cabin cruisers!

It's 3200 square feet of living space on 75 feet of low bank inner Quartermaster Harbor waterfront. It's picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It's a home for entertaining guests and family, with two large decks practically over the water, plenty of bedrooms and bathrooms, and a separate guest cabin. **\$999,000**.

- 3240 Sq Ft
- 3 bedrooms
- 2.5 bath
- 75 feet of low bank waterfront



MLS 26015188

### Fairy Tale Charm

**17921 Westside Hwy SW**

Fairy tale charm abounds in this Tudor-style home on a shy three acres of Vashon's highly desirable sunny Westside with a view of Colvos Passage. Inside, the well-thought out floor plan allows for plenty of private and communal space in beamed high ceiling rooms that blend outdoor and indoor spaces with French doors and balconies. The grounds include a willow-surrounded pond, cottage garden flower beds, a fenced vegetable garden, paddocks, and a separate garage and workshop with guest quarters. **\$689,000**



MLS 26047640



**Obituary**

### Ivan Stephens Joseph Abramoff

Ivan Abramoff, a 33-year-old man living on Vashon Island and father of one, passed away on April 13th.

Born in Seattle, Ivan moved with his family to Seaside, Oregon, and then to Vashon Island, where he graduated from Vashon High School. He worked as a crab fisherman, and fished Magadan and the Bering Sea. Ivan was also

an underwater welder doing marine restoration, and his most recent job was in construction. He was an avid snowboarder, and spent several months in Europe traveling and boarding.

Ivan had a magical and charismatic presence that affected everyone around him. His grin was infectious, his personality was charming, and his heart was steadfast. He had a very close relationship with his family, and a large number of friends, towards all of whom he felt immense love and loyalty.

There are many who have been affected and touched by Ivan, and his absence will be deeply felt by those he left behind. His vibrant and exuberant disposition will be sorely missed by all who knew him.

Ivan is survived by his mother and father, Lonnie and Warren Abramoff, his brother Jeff, sister Natasha, and son, Maxwell; his uncles, Mike and Scot (who is currently a contractor in Iraq), and his aunts, Lily, Dot, and Doris.

A memorial will be held for Ivan at the Vashon Youth Hostel on April 29, beginning at 6:00 p.m. The service will be followed by a celebration of Ivan's life.

### Madrona School Releases CD

Mark your calendars for The Madrona School's latest CD release party! Last year's party was a smash hit. This year the party will be held at The Homegrown Cafe. The Madrona School students will perform songs from the CD *Water Songs* starting at 6:30 p.m. on **Thursday, May 11**. Songs of the sea, and favorites such as "Shenandoah" and "Erie Canal" are included on this year's project which reflects the school's learning theme for the year: water. CDs will be available for \$20 and all proceeds benefit the school. The Madrona School is a 501(c)3 organization. For more information, please call 463-7899.

### Jeff Hoyt Opens a New Play in Seattle

Vashon Islander Jeff Hoyt is taking his show on the road again, at least as far as Seattle. This time he's doing a play-length monologue titled *Out at Home: A love story (with balls)*.

A précis of the premise: Jeff Hoyt is a sports fan. Whenever one of his favorite teams contends for the playoffs, Jeff goes a little crazy, investing every ounce of his energy toward helping his team reach the Promised Land.

Jeff's wife of nearly thirty years, however, has nary a sports-loving bone in her body. She has put up with three decades worth of the standard annoyances faced by sports widows the world over: Numerous misguided attempts at "conversion," weekend plans made and un-made around potential playoff implications, and that endless household backdrop of meaningless play-by-play punctuated by shrieks of either joy or despair.

### Medicare Drug Help for Seniors

A King County Senior Services SHIBA-trained volunteer is available to work with Vashon seniors who have not yet enrolled in Medicare part D. Appointments at the Senior Center are available on **Monday afternoons or Tuesday and Thursday mornings** at the Senior Center. An appointment is required. Please call the Senior Center at 463-5173 to make one. SHIBA strongly recommends completing a yellow *Prescription Drug Questionnaire* and reviewing the booklet, *Seven Steps to Understanding Medicare's New Prescription Drug Program*, which are available at the SC information kiosk.

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### Garden Club Plant Sale

The Vashon-Maury Island Garden Club's annual plant sale is **Saturday, May 6** at the Firefighters' Association Building, from 9 a.m. until sold out. A variety of annuals, perennials, grasses, trees, shrubs, and vegetable starts will be available at bargain prices. New this year will be a "Special Plants" table, mixed floral baskets, and an expanded boutique of garden-related items. For more information, call Edna Dam, 567-5279.



### Senior Center Collectibles Sale

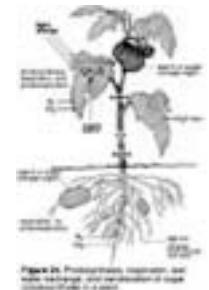
Objects collected by fanciers – collectibles – will be featured at the Senior Center's annual sidewalk sale at 9 a.m.-12 p.m. on **Saturday, May 6** at the Senior Center. If you have knickknacks you're tired of dusting, or vases, candlesticks, cups and saucers, vintage table linens and garden tools, please bring them to the SC for the sale. Call Nancy Wallrof at 567-4073 for more information.

**To place Ads or submit stories  
Write to The Loop at:  
[editor@vashonloop.com](mailto:editor@vashonloop.com)  
[ads@vashonloop.com](mailto:ads@vashonloop.com)**

### Master Gardeners Are Back!

A sure sign of spring on Vashon is the start of the Master Gardeners' clinic. This gardening help desk is located, as in previous years, in the breezeway between True Value and Thriftway. It will be staffed most **Fridays and Saturdays from 10 a.m. to 2 p.m.** from May 5 through June, and then **Saturdays in July and early September.**

If clinic hours are not convenient for you, there is a Master Gardener help line, **Mondays-Fridays 10 a.m. to 4 p.m.** year-round, on (206) 296-3440. Information on identifying and managing plant problems is available on the web at <http://gardening.wsu.edu>.



So, add gardening questions to your weekly shopping list, and stop by the clinic – "the gardening doctors are in" for the season.

### Michael Whitty Speaks at Havurat Politics in Jewish Community

Havurat Ee Shalom will welcome Michael Whitty, Ph.D., on **Sunday, April 30**, at 7 p.m. Dr. Whitty will be speaking on the *History and Legacy of Progressive Politics in the Jewish Community from the Earliest Days of the Labor Movement to Today*.

Professor Whitty has written and spoken widely on topics relating to labor, business ethics, and values. At this event, he will address Jewish involvement in progressive movements in America (especially the early days of organized labor) and his thoughts about future directions. His comments will certainly touch on a series of current political issues, including Jewish involvement among neo-conservatives. Whitty is the Professor of Management and Labor Relations, University of Detroit Mercy, and Visiting Professor of Business and Economics, Seattle University.

No admission will be charged and this event is open to the public. Havurat Ee Shalom is located at 15401 Westside Highway SW. For information, contact Daniel Asher, [dmasher@comcast.net](mailto:dmasher@comcast.net).

Seattle Central Community College Drama Department, Scarlet Productions, and Hoyt's Greater Radio presents a Harvard Street Series Production



Created and performed by Jeff Hoyt  
Directed by Charlotte Tiencken  
May 11 and May 12 -- 8 p.m.  
May 13 -- 2 p.m. Matinee  
Reservations: (206) 587-4184  
The Erickson Theater  
1525 Harvard Avenue

If you steal from one author, it's plagiarism; if you steal from many, it's research. -- Wilson Mizner

# We Have a Lot of Kids

By Kevin Pottinger

## The Loud Family

Our kids are loud. They talk loudly, they fight loudly, and they eat and sleep loudly. They bathe loudly, and at play, they are louder still. They have figured out ways to go the bathroom loudly.

Shushing them has not worked. Talking even louder than they do has not worked. None of them have hearing problems. We checked. To our squad of belligerents, every word said, every activity done, is so much the better when said or done as loudly as possible.

I read in a book that if you want your kids to learn to speak quietly, then always speak quietly to them. Have a quiet, well-ordered home, decorate your child's world with peace and harmony; and so on. That sounds really happy and swell. I am naturally soft-spoken. My wife, Maria, speaks in a quite normal tone of voice. If we speak softly to the kids, we are simply unheard, unless all of them are drugged mute, or perhaps bound and gagged (We've not bound and gagged them. I'm just kidding. One can't simply bind and gag their kids. They get out of them so quickly).

Our 22-month-old twins, the babies, fight with each other most of their waking hours. They fight over toys, books, laps, Popsicles, proximities to Mama, spaces in line. They scratch each other's faces, bite each other, and push each other off of dining room chairs. All of this combat is accompanied by indignant shrieks and shouts, the smack of hard toddler heads on wooden floors, and the wails of the injured. If you've phoned us at home, you've likely heard them in the background, working each other over.

Over the past few weeks the babies have developed a somewhat age-regressive form of communication, using short, loud screams while pointing to an object. While doing the dishes at the sink, Gracie will sidle up to me, use the short, loud scream, "AHH!" and point to her juice on the counter. As Gracie knows how to use words to ask for things now, I feel it would have been just as easy for her to go ahead and formally ask me for the juice, but apparently Gracie feels it's quicker and more to the point to just scream and point. On some level she's likely right.

Colin and Meredith, our 5-year old boy and 3-year old girl, can play together quietly for hours before hostilities erupt. But after some minor violation of Colin's intricate and made-up rules that he makes up for everything they play, Meredith starts crying. Colin is usually sent to his room, and Meredith finishes up her

crying sitting next to her Mama. The babies quietly move in on the toys Colin and Meredith have abandoned. It quickly catches fire into a tug-of-war between the babies over some big-kid toy, both babies pulling on the toy and assuring each other in definite terms of their excruciating displeasure in each other's existence.

We still have a baby monitor at the kitchen sink. We've used it since Colin was a baby. The idea with a baby monitor is that Mom and Dad can move freely about the house with confidence while the baby sleeps, because a little transmitter next to baby's crib picks up every noise, every precious breath the baby takes and sends the signal to a little receiver placed near Mom and Dad. Or in our case, at the kitchen sink.

Our babies can now get out of bed and open doors by themselves. At this point in their lives, we aren't stricken with parental concern if one of them should stir from their nap and cry for us; they can come and find us. So the baby monitor only functions as a sort of small PA system at this point, amplifying bedroom noises through most of the house. For instance, it broadcasts tantrums at having to take a nap through most of the house. With the natural sound from the bedroom at one end of the house, and the baby monitor/PA system at the other, it provides complete coverage of the tantrum; there are no dead spots.

**VashonPages.com**  
On Line Directory

**Free Event Listing!**  
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## Vashon Library May 2006 Programs

**Great Books Discussion Group -- Monday, May 1, 7:00 p.m.**

**Topic: An Enemy of the People by Henrik Ibsen**

The Great Books Discussion Group has been meeting at the Vashon Library for 30 years! The idea of small groups meeting to discuss great literature was started by the University of Chicago, and groups now meet in hundreds of cities around the country. Our book group meets on the first Monday of each month and our discussions include all types of great literature, from ancient to modern times. Please join us for some very stimulating conversations. Co-sponsored by King County Library System. No registration required.

**Talk Time -- Tuesdays, May 2, 9, 16, 23, 30, 7:00 p.m.**

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

**Great Decisions Discussion Group -- Tuesday, May 9, 2:00 p.m.**

**Topic: The United Nations, Post-Summit Outlook**

"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](http://www.greatdecisions.org). Co-sponsored by King County Library System. No registration required.

**What Is Early Literacy? -- Saturday, May 13, 11 a.m.**

A workshop for parents, teachers and childcare providers (adults only, please). Reading to a child is important, but reading aloud is only the beginning. Research has shown that to be ready to read, each child must have six Early Literacy skills. Discover these skills and activities you can do in just minutes a day that will make a powerful difference in a child's life. STARS credit is available. Please register beginning Saturday, April 29. Call 463-2069.

**Basic Computer Skills, Level 3 -- Saturday, May 20, 9-10:30 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 2, and proficiency with a mouse. Call 463-2069 to pre-register.

**Introduction to Microsoft Word, Level 2**

**Saturday, May 20, 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: Intro to Word, Level 1, and proficiency with a mouse. Call 463-2069 to pre-register.

**Introduction to Microsoft Excel, Level 2**

**Saturday, May 20, 1:30 p.m. to 3:30 p.m.**

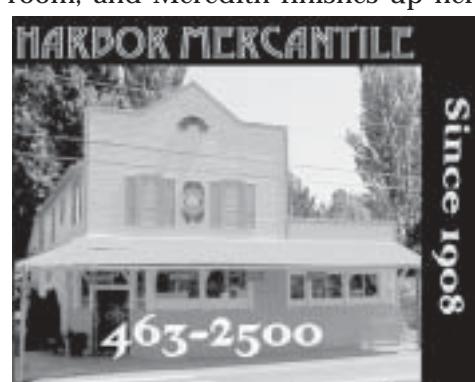
This class is an overview of Excel, Microsoft's popular program designed for using spreadsheets. Learn how to use formulas to perform calculations, how to copy formulas with the fill handle, and how to use Autosum for quick addition. Prerequisite: Intro to Excel, Level 1, and proficiency with a mouse. Call 463-2069 to pre-register.

**Critical Choices: Aging Well, Living Well**

**Saturday, May 20, 2:00 p.m. to 3:30 p.m.**

**Catherine Jones, ND, LAc**

Aging well is not just about "looking good." It is about living well, feeling well and being well. It is about letting go of some of those things that make us feel old and embracing more of those things that make us feel young. Aging well means making a commitment to your future and educating yourself about issues that are vital to your well-being. Please join Catherine Jones, Naturopathic Physician and Licensed Acupuncturist, as we focus on seniors and discuss concepts of healthy living, nutrition and lifestyle from a naturopathic and holistic perspective. No registration required.



# Spiritual Smart Aleck

by Mary Litchfield Tuel



## Welcome to the End of My Rope

This week's column was supposed to be a thoughtful reflection on the Lenten season, Holy Week, and the Day of Resurrection just passed. It was meant to be uplifting and affirming. The core of the sermon is: be grateful for who you are.

Be grateful for who you are. Ponder that in your heart. That was to be the column, but that was before my computer screen began flashing like a mirror ball in a 70s discotheque.

I work on a laptop that was manufactured by a popular purveyor of computers – dude, I was so happy when I got it – and it works well most of the time and I've been happy with it except for that time I tried to talk to customer service. *Namaste.*

But you have to be kind to computers, and for the first couple of years I owned it

I was remiss in leaving wires dangling where my feet could get tangled in them. I would get up to walk away from my desk, feel a tug on my ankle, and would hear the loud crash of my laptop hitting the floor. After this had happened three or four times, the screen began flashing. This indicated that the power was going on and off.

I had the computer repaired (a break in the connection inside the laptop) and bought a new power cord and transformer (apparently these power cord/adapters

are notorious for crapping out on a regular basis. The guys at the store I went to said they order them four dozen at a time and they sell like hotcakes).

All was hunky-dory for several months. I finally had the sense to put all the cords and wires behind my desk where I couldn't trip on them, and the laptop putted along agreeably.

Until a couple of weeks ago. The flashing began again. Oh, I must get this fixed before I start work on the next issue of *The Loop*, I thought. But did I? It seemed to be working pretty well, the flashing on and off wasn't happening too often, and I thought, I can make it through one more issue. By last Friday, deadline day and crunch time for putting the paper together, it was acting like the above-

mentioned disco ball (flash, flash, flash), and I was at the end of my rope. I went to Seattle, bought a new power cord in hopes that that would solve the problem, came home, and discovered that it wasn't the power cord and I was right back where I started.

So. I am thinking of getting another computer. Perhaps that is why my computer is behaving so well this morning. It hasn't flashed once since I turned it on. I am pleased, but I am not fooled. I'm just trying to get through putting this issue together. Note: soon after I wrote this, the screen went completely black, and I had to shut the computer down and restart it. Now it's back on, alternating between placid functioning and the disco ball effect.



Here comes the interactive part of this column. I am asking you, my readers, to email me ([editor@vashonloop.com](mailto:editor@vashonloop.com)) with your computer recommendations. What I need is speed, reliability, and ease of operation because I want it to work without having to think about it too much. I've worked on both Macs and PCs, and I like to write on a PC, but the Mac might be the better machine for page layout. I might have to sell my car to get what I need, so please include price ranges.

Email: [editor@vashonloop.com](mailto:editor@vashonloop.com); put "Disco Ball" in the subject line, and tell me what you know. Meanwhile, I will continue working on this issue and hope that my laptop will continue, "Ah, ha, ha, ha, stayin' alive, stayin' alive..."\*

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ooooo

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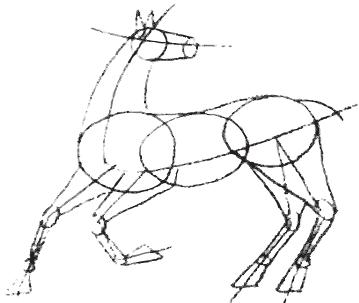
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# Don't Forget the Birds

By Ed Swan

## Beautiful Harlequin Ducks

Throughout March and April, several pairs of Harlequin Ducks visited Vashon at a number of locations. While showing up pretty much every winter, their numbers and location around the island remain highly variable. Away from the breeding season, they prefer rocky shorelines where they dive for a variety of crustaceans and mollusks. Most of Vashon's beaches consist of cobblestone or sand with little or no truly rocky areas to speak of. Tramp Harbor consistently draws Harlequins the most often because of the rocky rip rap along the shore. However for the last two years, they failed to utilize this area. Over the last few weeks, observers noted them in the surf just south of the north end ferry dock, just offshore beside Luana Beach Road and perching on logs and docks just south of Dockton Park.

For the breeding season, Harlequin Ducks forsake the saltwater winter feeding areas and head up into the mountains. They

rapidly flowing water for protection from predators. A careful eye watching the Methow River in late July and other east Cascade streams and rivers might pick out a mother and her young perched on a rock or swimming with the flow of the water. They also breed at Mt. Rainier and in the Olympics.

Harlequin Ducks provide one of the more interesting ducks for viewing around here, moving away from straight-forward white and black. The females look rather dull, a dark brown-gray with two white dots on the side of the head. But the males give the species its name with striking white dots and lines on a slate blue head, breast and back, and chestnut sides. The white head markings create a mask-like appearance. When the sun catches the feathers, they make a brilliant picture. Our winter Harlequins will be leaving sometime in late April or May, but this duck shows up irregularly every month of the year around the Island.

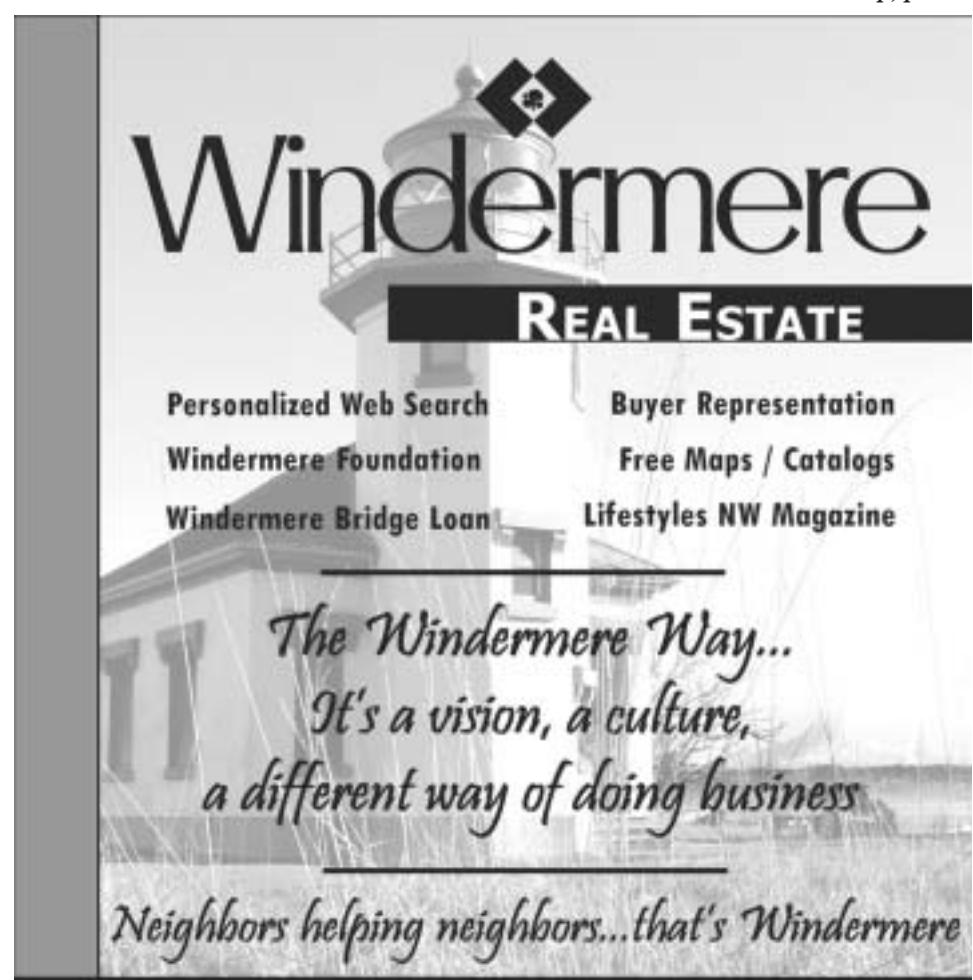


Harlequin Duck

Photo by Peter Murray

search out cold, fast, tumbling streams to hunt aquatic insects. Favorite foods include larvae and pupae of midges and black flies and caddis fly larvae. They swim both under the water and skim along on top. Harlequin Ducks usually place their nests on very small islands in

Many more spring migrants returned over the second and third week of April. Yvonne Kuperberg received a visit April 19 from a Black-headed Grosbeak at her feeder, Steve Caldwell looked up to see and hear the first Purple Martins of the season on April 20 and also



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on April 20, a single Western Sandpiper showed up at KVI Beach. I noted Barn and Northern Rough-winged Swallows for the first time April 17 at Wax Orchards. Jill Andrews reported the spring migration of Bonaparte's Gulls in Quartermaster Harbor with large flocks totaling from several hundred to over a thousand birds appearing for a number of days. Caspian Terns came back to Quartermaster Harbor on April 12 according to Rich Siegrist. The Birding By Ear class found the first Brown-headed Cowbird and Rick Sanders noticed a rare Townsend's Solitaire by his place near Fern Cove. 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 next monthly Audubon on-Island field trip meeting Saturday May 13 at 8 a.m. at the Ober Park park and ride.

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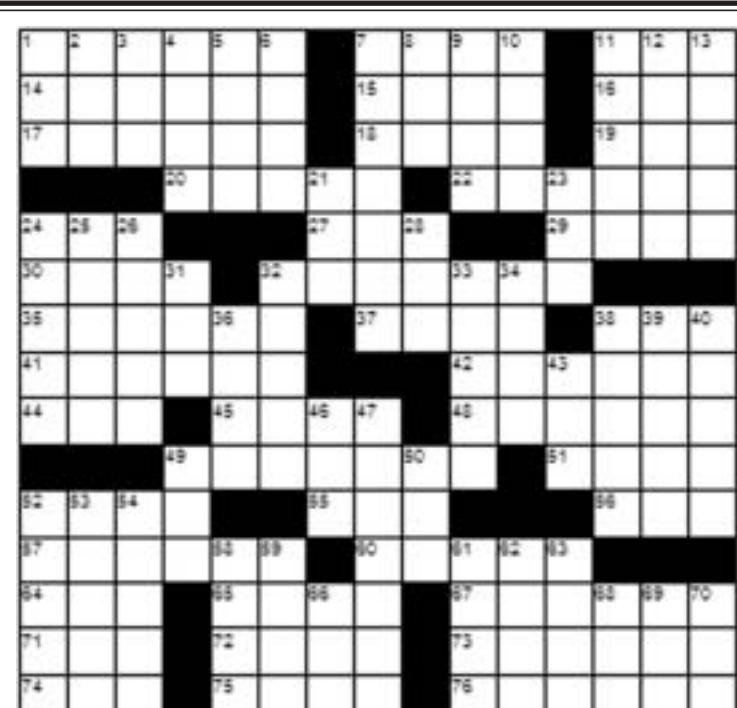
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  - Band instrument
  - Spruce
  - Colder
  - Count
  - What's in
  - Mr.'s wife
  - Dream sleep
  - Jacqueline Kennedy \_\_
  - Fortify
  - Tinge
  - One's place
  - Heavy coat
  - Orderly arrangement
  - See 14 across
  - Goodbye!
  - Spring flower
  - American lily's bulb
  - Restaurant listing
  - Not young
  - Pro
  - Bard's before
  - Crimson



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66. Not young  
68. Pro  
69. Bard's before  
70. Crimson

*Solution on Page 17* 

# Island Life

Text and Photos by Peter Ray

## The Greening

It is that time again, when that bit of seasonal pointillism casts a certain hue over the landscape. Glancing out the windows in any direction, various shades of pale and yellowish green are floating about in dots and dabs, beginning to hint at those walls and tarps and tapestries of foliage that will serve to block those views now afforded through an assortment of bare limbs and trunks. It is the time when the dogs despise a section of road leading out to the nursery, since that is where the sticky sheathings from emerging cottonwood leaves lay in wait for unsuspecting paw pads. It is a time when they must endure the annoyance of flecks of natural fly paper between their toes until they have cleared the littered area, or deal with the additional insult of having sticky bits on their nether regions that have hitched a ride where their hind quarters rested while trying to clean out their treads. While the dogs could do without this vernal assault from above, it is one of my favorite parts of Spring since it brings with it that great sweet, musky fragrance that fills the air and stays on my fingers long after helping the hounds get rid of those pesky leaf pieces that they just can't get unstuck.

Now is the time when the ranks of the thick and waxy broadleaf evergreens are joined by the more delicate and detailed foliage of all the rest of the plants that have taken a photosynthetic break for the Winter. While it is a plus to have the greens of leaves, as well as needles, hanging around through the otherwise barren months, in order to do their year-round duty they have to — for the most part — sacrifice grace and detail for the utilitarian toughness needed for all season survival. It would of course be a mistake to say that all the broadleaf evergreen plants lack foliar drama — one needs only to start with some of the viburnums



Also rhubarb

and mahonias to prove that this just isn't so. What we do find in the leaves of the deciduous gang, though, is a higher degree of translucency that accentuates the color and makes the ribbing and veining both more apparent and a bigger part of the whole textural scheme of things.

While new leaves popping out of bare sticks in a variety of shapes and colors are fun, the real excitement

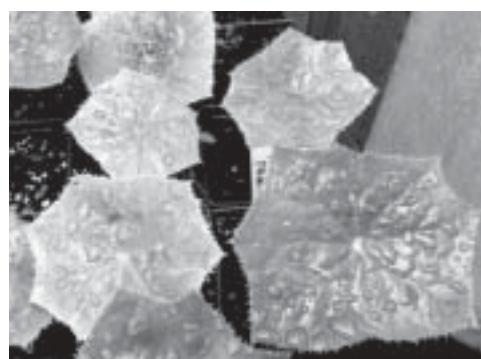


Rhubarb Brain

for me happens back down at ground level. We do have the false ground of seed flats in the greenhouse, and they are bursting forth with a new range of plants for us to try here. But there are those darn herbaceous perennials that can disappear completely over Winter only to pop up once again as the weather warms and continue to surprise us with their resilience and vigor.

My favorites of the moment are the May apples or *Podophyllum*. I can remember first being made aware of these plants in New England and upstate New York. There they are woodland regulars with nice foliage and white flowers. They are most noticeable, however, when the fruit ripens and turns a fairly obvious shade of red. I do like the somewhat understated description in the RHS Dictionary: "The fruit of *P. peltatum* is edible when ripe but may be painfully cathartic..." Kind of makes one want to run right out and try some, yes?

The May apple leaves that are bursting forth around here now are not those of our east coast native, but rather they are two varieties from the Himalayas and Asia. What I like about right now is that the foliage coming out of the ground looks a bit like a leafy bubble rising out of the dirt. *Podophyllum hexandrum* goes from bubble to something akin to a green mushroom and then a veined and lobed beach umbrella, and all within the space of a week. Some forms have a brownish coloring mixed in with the green. In late Spring and at about twelve to fifteen inches, one can find a pinkish-white flower nestled in the leaves. By mid-Summer this becomes a reddish fruit as well — I have no idea to what degree of catharsis its ingestion might take you and I haven't had the inclination to experiment. The Asian May apple, *Podophyllum pleianthum* is a bit more exotic. It still bubbles forth from the ground in a

*Podophyllum pleianthum*

similar fashion, but the leaves are almost square with veins dividing them into eighths. These leaves are held at about fifteen inches and are amazing enough to marvel at on their own, unless one decides to peek underneath in late Spring where you will be greeted by clusters of purple-black flowers. The fruit produced here stays green and once again I am uncertain of their cathartic capabilities. I do know that the addition of a few of these plants to a garden will most certainly initiate at least the beginnings of a transformation of that space into something on the next level of exotica.

Rhubarb is another plant that has currently gotten my attention here. The Spring surprise factor is not so complete as with the May apples since evidence of its existence sits above ground, although the gnarled and

brownish crown looks in mid Winter more like an artifact of something whose life force has left the planet in times long past. I was given a few starts of an edible rhubarb last year, and left them in the box they came in through a rather warm period and they indeed did seem to go away rather unhappily. But I got them in the ground and pumped them with food and water and they are thriving and happy as this is written. As usual, my interests here go beyond the edible, and we have been trying a number of ornamental rhubarbs. I am hoping that the burgundy-red leaved one (*Rheum palmatum*) in the garden will flower and produce seed this year. My attempt to salvage a bunch of



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seedlings last year of *R. tibeticum* has met with a fair amount of success, as many are now pushing their way out of the soil in a more characteristic, vigorous fashion. As the new leaves begin to unfurl they take on the appearance of reddish-green brains on stalks. This soon transforms into a very dramatic, deeply lobed leaf with pronounced veins and ribs. This rhubarb is not for eating and any catharsis that takes place in the garden will be purely visual and assuredly painless.

ooooo

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## PANDORA'S BOX

April's over, go mow the clover.

Tape worms are rampant now - how disgusting! We've got a good over the counter remedy. But remember, in the '20s, women who didn't want to exercise but who wanted to be thin actually infected themselves with a tapeworm. Talk about an all natural diet and weight control!!

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# Worm Bins

By Rex Morris

"Food waste" is what scraps and parings are usually called but scraps are only waste if we don't use them properly. "Waste" is only a resource out of place. Such is definitely the case with food scraps because, if you see the stuff worms make out of food scraps, you would find, as I have, that, in good conscience, there is no way it can be called waste.

Redworms (*Eisenia Foetida*) can convert food scraps into valuable fertilizer through a process known as worm composting—vermicomposting—which I have written about in an earlier column. Worm bins are one effective way to do worm composting at home. Vegetable and fruit scraps from the kitchen are added to the bins on a regular basis and the worms eat the scraps and turn them into compost.

A simple box or bin with a cover is all you'll need (See sidebar for plans).

A worm bin is any shallow (12" — 15" tall) bin, typically of wood or plastic, with a lid and holes for aeration. If you use Rubbermaid™, as I have, be sure to wash out the plastic residue first. The size of the bin will depend on how much scrap you produce. Worm wisdom says you'll need roughly one square foot of surface area per pound your household produces in a week. An average household of two requires a bin with four or so square feet.

Drill aeration holes in your container, 1/2 or 1/4" in diameter, in rows 2" from the upper and lower edges of the bin. This will promote air flow and keep your worms happy. Many plans call for drainage holes in the bottom but I find them wasteful—nutrients are lost with drainage and other pests are attracted. It is much preferable to manage the moisture in the bin.

Suitable bedding materials include shredded newspaper or cardboard, shredded brown leaves, straw, peat moss and/or sawdust. If you mix more than one bedding item in the bin, you will create an environment with spaces for air and to allow easy movement by the worms. In some plans, shredded newspaper is the only bedding ever used.

One method calls for filling the bin three-quarters full with bedding that has been moistened so it is as wet as a wrung out sponge. You add a handful of dirt to provide necessary grit for the worms' digestion and deposit food scraps in little piles in the bedding, alternating locations.

Another method, the one I use and recommend based on what I have seen Mark Yelken, the Worm Guy, do in his giant bins, is called top-feeding. In that method, the bin is filled about 1/3 full of moistened bedding and subsequent applications of food scraps are layered evenly on top of the bedding and covered with more bedding and compost, composted horse manure or sawdust.

You will have to get some worms and introduce them into your bin. It's best to feed your new pets lightly for the first couple of weeks. An ecosystem needs to form within the bedding and food waste. You can jump-start the process by mixing some vermicompost from another worm bin or compost pile into your bedding

when you set up your worm bin. As the populations of bacteria, fungi, microorganisms and other fauna increases, the bin will be able to process more. After this start-up period, you can feed your new pets after each meal, once a day, or every few days.

Call Yelken to obtain the best available composting worms—and worm-filled vermicompost. He can be reached at (206) 817-0388. His worms will not only compost your food waste, but, unlike some compost bin worms, they will thrive in your garden.

A bin that will accommodate about one pound of worms (1,000 to 2,000) will process about seven pounds of fruit and vegetable scraps each week. If the bin is raised on bricks or wooden blocks, it promotes air circulation and protects from freezing in winter.

Worm bins may be located outdoors, or in a basement, shed, garage, balcony or under the kitchen counter. They need to be kept moist, dark and out of hot sun. Bins that are up on blocks or buckets are somewhat protected from freezing but additional precautions might need to be taken in extreme conditions.

Feed your worms:

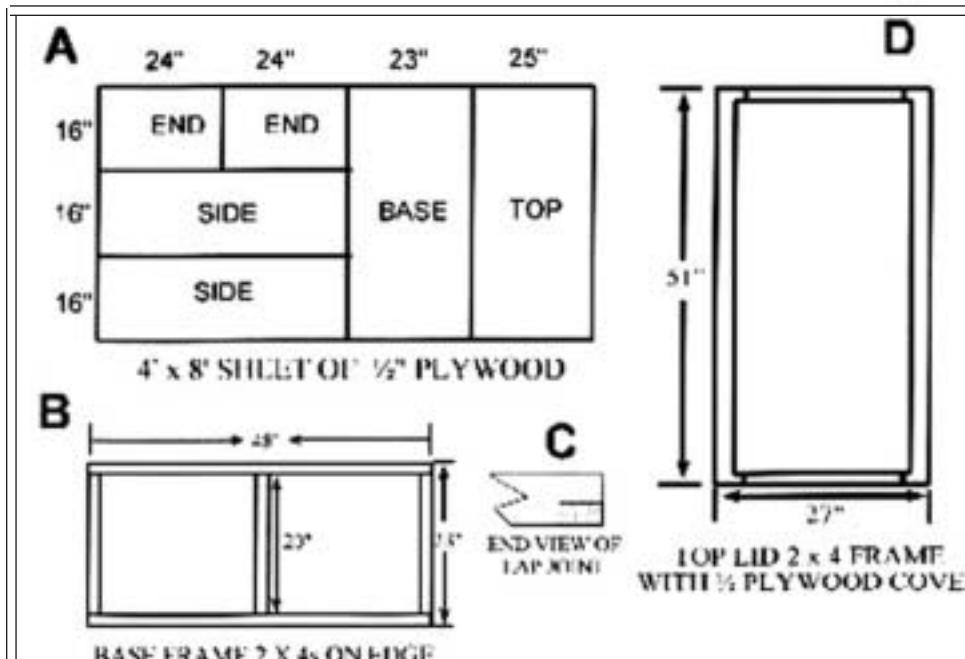
- \* vegetable scraps
- \* coffee grounds and filters
- \* tea bags and filters
- \* limited amounts of old bread (no butter, mayonnaise)
- \* fruit peels or pulp (not too much citrus)

Do NOT feed your worms:

- \* meat
- \* fish
- \* dairy products
- \* greasy or oily foods
- \* pet wastes

Get started. Keep an eye on your bin and see what happens. I'll do another article on troubleshooting bins in a couple of months.

ooooo



## Building Your Worm Bin

### Materials:

- 1 - 4-foot x 8-foot x 1/2 inch sheet exterior plywood
- 1 - 14-foot construction grade 2x4
- 1 - 16-foot construction grade 2x4
- 1 - 1 lb. 4d galvanized nails (or similarly sized screws)
- 1/4 lb. 16d galvanized nails (or similarly sized screws)
- 2 — 3" door hinges
- 2 foot x 4 foot piece of hardware cloth and about 16 inches of scrap wire
- Tools:  
Tape measure, skill saw, hammer or cordless electric screw driver, saw horses, long straight edge or chalk snap line, screwdriver (if using hand tools), chisel, wood glue, wire cutters, and drill with 1/4" or 1/2" bit.



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sides. To reinforce the box, place a nail at least every 3 inches wherever plywood and 2x4s meet.

To build the lid, cut the remainder of the 16-foot 2x4 into two 51" lengths and two 27" pieces. Cut lap joints in the corners (see diagram C), then glue and nail the frame together. Center the plywood onto the 2x4 frame and nail with 4d nails. Lay top on ground with plywood surface touching the ground. Attach hinges to the top and back. Position hinges so the screws go through plywood and 2x4s.

Author's note: the only addition to these plans I would recommend is the addition of a hardware cloth barrier to divide the bin in half, as discussed in the article.

Use eye and ear protection.

### Construction Details:

Measure and cut plywood as indicated on drawing A. To make base, cut the 14-foot 2x4 into five pieces: two 48" and three 20" long. The remaining 12" piece will be used in making the sides. Nail the 2x4s together on edge with two 16d nails at each joint as illustrated in diagrams. Nail the plywood piece onto the 2x4 frame using the 4d nails.

To build the box, cut three 12" pieces from the 16-foot 2x4. Place a 12" 2x4 under the end of each side panel so that the 2x4 is flush with the top and side edges of the plywood, and nail the boards into place. Nail the side pieces onto the base frame. To complete the box, nail the ends onto the base and

ooooo

# The Dorsal Spin:

by Orca Annie Stateler



No Dorsal Spin this time, due to the illness of Annie and Odin.

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## Breast Cancer: Lexicon

By Weslie Rodgers

When is breast cancer not always cancer? What's the difference between Ductal Carcinoma In Situ, and Ductal Carcinoma In Situ Invasive? Well, it's all in the wording! As I struggle to write this, truthfully and clearly, I can truthfully and clearly understand the expression "clear as mud!" And I wonder what my plan of action would have been if I was diagnosed with DCIS, and not DCIS Invasive. Let me explain...the cells in the breast that may be on the way to becoming cancerous are first labeled "hyperplasia," (simply meaning excessive growth), and then "atypical hyperplasia" (cells that are not only increased in number, but also abnormal). The diagrams in *Dr. Susan Love's Breast Book* show the breast duct or lobule first filling with cells, then some becoming misshapen, until the duct is completely full with both types, and then called DCIS. She also writes the following, on page 204: "If we consider atypical hyperplasia as 'pre-pre-cancer,' in situ cancer, the next step along the path can be considered pre-cancer. Some doctors prefer to call it 'noninvasive cancer' — a term I find misleading, since in most people's minds cancer is by definition an invasive disease. I prefer the term 'pre-cancer' because the lack of invasion means that these lesions can't metastasize, and therefore can't kill you. They have the potential to develop into an invasive cancer over time." Dr. Love also says that [only] "about 20-25% of women with low-grade untreated DCIS will go on to get invasive cancer up to 25 years after the initial biopsy." — page 209. And because there is no way to tell which women's DCIS will become invasive, and which won't, most women treat this occurrence with the recommended surgery, chemotherapy and/or radiation.

So, DCIS is an indication of an increased risk of cancer, probably not something to be ignored, and also probably a good time to reconsider your lifestyle (diet, environment, activity level), and to read the bible! Yes, a spiritual turn almost always helps, but here I'm meaning *Dr. Susan Love's Breast Book*, often referred to as the "Breast Bible!" It would be a good idea to read it whatever your situation, because it considers topics from "Healthy Breasts," to "Living with Breast Cancer." Other books that I'd clearly! Recommend: *How to Treat*

*and Prevent Cancer With Natural Medicine, Choices in Healing*, by Michael Lerner; *Breast Cancer — Society Shapes an Epidemic; Should I Be Tested For Cancer?* by Gilbert A. Welch; *Mastering Miracles : the healing art of Qigong* as taught by a master, by Dr. Hong Liu, and any of Dr. Bernie Siegel's books, e.g. *Love, Medicine and Miracles*.

And upon reading *Breast Cancer — Society Shapes an Epidemic. Hope, Fear, and the Pursuit of a Cure in twentieth-century America*, you will find that DCIS is commonly found upon autopsies of women who have died from other reasons. Gets you thinking...and along with how our lexicon shapes our thinking and actions, so too we must consider how our actions shape our future (as always!). Well, since 1973 when mammography was becoming institutionalized, to 1992, the rate of reported DCIS grew over six fold — 2.4 to 15.8 per 100,000 women (pg. 136). Also reported is that since 1993, breast cancer incidence has begun to level off and show signs of declining. But there has been a significant increase in numbers of DCIS, most often found by mammography rather than by self-examination. And because it is not invasive, DCIS is not counted in cancer registry data. (Remember, "When is breast cancer not cancer?") So, as this author hypothesizes, maybe the decline in new breast cancer cases is influenced by the rise in DCIS cases (Remember, "clear as mud!").

Now is a good time for me to bring up a local article about mammography that I read in last year's publication of the *Riptide* (October), because if left uncovered, it could very easily shape an epidemic here on Vashon. An article titled "Mammograms, Not Just for the Middle Aged," advised: "Girls as young as 17 are advised to be screened by mammography." I wrote and asked where that info was found, no response. I don't doubt that those words are out there some place, mentioned once or twice. I just want to add words that I have read frequently, that is: mammography is not specific enough in screening young breast tissue because most breasts in women less than about 40 are dense — the same tissue description as in lesions or tumors. So, looking for an abnormality may be like looking for a polar bear in a snowstorm! As time



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## Bright Moments

A Minute of Life Coaching

### Weave a Tapestry

By Laura Worth, MSW  
Life and Business Coach

Jill was trying to start a catering business, but became overwhelmed with family responsibilities. Her step-daughter, Susan, had come to live with the family and the transition was rocky. Jill stopped doing what she loved most because she needed to focus for awhile on home life. When I started meeting with Jill, her only goal in life had shifted to improving her relationship with an unhappy teen. She was determined to make the relationship work, but she was also frustrated, sad, and ultimately bored.

Many of us, like Jill, assume that success will come from forging ahead in a straight line — with single-mindedness of purpose. However, this strategy doesn't always work.

Another strategy for success sees the many goals in our lives as threads in a rich tapestry of varied texture and color. In a tapestry the order and direction in which the threads are woven may not be as important as making sure that the whole cloth grows in beauty each day. Each thread's contribution is important to the whole tapestry.

Jill started spending three hours each week building her catering business up again. She became happier and, amazingly, that changed her relationship with Susan.

Jill challenged herself. She acted with determination to improve communication with Susan and she also accomplished one small business project each week.

Think about achieving a rich life in which you thrive. Merely arriving at one end point, like Jill's goal of harmony at home, however desirable it may be at the time, can't be all there is.

Try focusing more broadly. Jill and Susan both say they are happier with each other because Jill has more enthusiasm for life.

Forgive - always. To hold a grudge is too occupying. Forget? Never!

-- Ruth Gordon

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#### **Happy Birthday Taurus!**

If it's an adventure, it's love. And if you also need stellar, perfect commitment and the promise of eternal stability, what then? I think that fidelity is the part of this equation that's going to take care of itself. Passion is the part you need to commit to, and moreover, notice when it's not there. That's when to push the envelope, do something different, be someone you need to be, and generally explore the unknown — the more disorienting the better — including unknown people. Don't worry — to the outside world you will seem like the very picture of propriety. Nobody will believe you could be so utterly inappropriate.

**Aries (March 20-April 19):** You are still glowing with the otherworldly influence of the solar eclipse, and you can assume that gives you a few extra supernatural powers. For example, a situation in which you would normally risk being too forthright with the wrong person can be turned into the statesmanlike experience of schmoozing the most perfect deal you've ever known. So you may as well go for something you know you and the world need, something involving art or film, something that once you start you won't be able to put down till you stop. Something that obsesses you to the point where you're free. One thing that leads to another.

**Taurus (April 19-May 20):** Folks are pretty much addicted to folks they know. There's nothing like old friends. I have a few myself. But the notion of new friends is often outright scandalous. There are some very interesting people waiting for you to get to know them. And since you are the one who has so recently emerged into the new phantasm of humanity you've dreamed up, it's your move to be the discoverer. I suggest you go somewhere new you've never been, a place by the water, salt water if possible but any water will do. Make it an evening or a week. Use a different name and if you're asked, change the place you were born.

**Gemini (May 20-June 21):** What makes you feel good about yourself now is different than it was just a few blinks of the eyes ago. It looks like you're on some kind of quest to discover just what that might be, and you run a good risk of discovering it. Yet you need to watch a tendency to acquire and to count things that are not really attainable as attachments. Keep the curtains pulled open and the front and back doors unlocked. People will be coming and going. One or more might arrive to stay. The thing is, you never know; and to have maximum fun and in truth maximum gain, all you need to do is remember that life is an experience.

**Cancer (June 21-July 22):** Marriage is the theme, and you may find it's time to ask a long list of questions about your original childhood perceptions of the perfect household or long-term amorous partner.

Some ideas came from your parents, and some came from those of friends. A religious figure was involved somewhere in there, perhaps a nun or a female minister whose ideas factor into the equation. The point of knowing your perceptions of the past is to deduce what you want and need now. The subject of connubial connection is making a tour de force in your mind. Best to keep on course and make sure the discussion gets you to the next place. And it's time to forgive everyone who's not right for you.

**Leo (July 22-Aug. 23):** There's something coming loose in your mind that's allowing you to let go of fear and at the same time free up energy. This can go for something a bit beyond what even you would consider creative. Fear is just brainpower turned on itself. It's creative or perceptive energy that gets bound up in thought patterns that make up stories where we're a victim. Those patterns can take new shapes and arrange the energy different ways. They can focus and multiply what's already an abundant and colorful little movie you've got going. The way you're going to learn is in relationship to someone, or most likely a group of people, who help you discover another way of considering what you perceive and what you create.

**Virgo (Aug. 23-Sep. 22):** Now you see what is possible when you open your eyes, look straight ahead and let yourself enter your circumstances so fully you change them and they change you. You're still magnificently impressionable and the universe is vibrating with its unique song of this very moment. Since you can't keep music in a jar, you may as well listen. Since you can't catch the stars in a box, you have the perfect excuse to let them rain their light on your head. Do you still need an excuse? I really hope not. You seem to be in rare form, inhibited by nothing, and pulled in some urgent or inevitable direction.

**Libra (Sep. 22-Oct. 23):** The pull to be in a certain relationship may be strong, and it may exist regardless of your current situation. But before long, you may note that the desire to relate has nothing to do with 'relationship' and everything to do with you discovering yourself with the help of one. You're living in a highly charged psychic environment, with the world bristling with revelation and wonder. And there's a powerful voice in your emotions for stability, security and negotiating every point down to the last detail. There is something or someone you're trying to protect, perhaps yourself, perhaps someone else. But I would ask, protect from what?

**Scorpio (Oct. 23-Nov. 22):** Lust is easy sport for you this time of year, and the lightning bolts going off over in Pisces and Cancer are stirring up that alluring force of nature known as passion. But thus the stars say: keep your focus, and stay in strategic

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position. Think with your mind and not your hormones. Calculate one or two moves ahead, or as many as you may need without reverting to living in your mind. And then when the moment is right, jump into the energy. Remember your birth control (I am a two-method man myself). Remember to use it. Then forget everything else but the moment. Take notes. Maybe take a few pictures. This is a rare season, Scorpio Sphinx, so I suggest you resolve in your heart to live it like rolling thunder.

**Sagittarius (Nov. 22-Dec. 22):** Yours is a fire sign, but Jupiter, your ruling planet, is currently in Scorpio, a water sign. So too are Venus and Uranus (in Pisces), plus Mars and a couple of meaningful asteroids, Juno and Vesta (in Cancer). This is a whole different kind of adventure than you're accustomed to, distinctly interior, difficult to express, strange to understand, but easy and necessary to feel. It's also going to take you a different place than your previous journeys, but I gather you're starting to figure that out already. In distance, it doesn't need to take you very far at all to take you many light years on your own personal quest for fulfillment.

**Capricorn (Dec. 22-Jan. 20):** Sometimes you just need to be there. So, why don't you go there? You may be viewing someone in your life who's nudging your rear end with one of those electronic jolters to do something or be someone. That someone is really just the voice of your own conscience encouraging you to plan a little less and play a little more. Remember that everything doesn't have to be based on a strategy, and other people don't have to be the ones who have all the fun. The Sun in Taurus and many other factors are saying there's a big cushion between yourself and anything that could go wrong, so, therefore, let it go right.

**Aquarius (Jan. 20-Feb. 19):** So much is changing so fast you don't have time to make sense of it all. You may want to pause a moment and ask whether that's necessary. You've known for a long time that this would be an era in your life when you would finally get to make major adjustments and drop some of the weight that's been holding you down. Remember that the one thing you need is freedom, and all the forces of nature are conspiring to give you just that:

freedom to feel what you feel, to be who you are, and to relate to people in the way that's most appropriate now: not last week,

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not five years ago, and not 10 years in the future.

**Pisces (Feb. 19-March 20):** Whatever is happening, it looks like fun. It seems everything is suddenly different. There is a touch of unbelievable in the air. This has been building for a while but it's particularly noticeable right now. You have every reason to believe you're safe, and emotional evidence, too. Yet I'm detecting an uneasy feeling in Jupiter retrograde, which is vibrating a question, a doubt, or a reference to the past. Let's pick up on the past theme: can you think back to a moment when you had more going for you and less to worry about? Maybe there will be one or two times that come up, and I suggest you consider what, if anything, prevented you from seizing the day — and ask yourself if it's a factor now.

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I always pass on good advice. It is the only thing to do with it. It is never any use to oneself. -- Oscar Wilde

# LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)

fevers. That sweat cools the body and brings the fever down. Elderflower tea is sweet and delicate, and is a great herb to have on hand to drink when you are coming down with a cold or some other virus. It is fabulous for children as it is a pleasant and safe medicine.

Gathering elderflowers can be a bit of a challenge but an enjoyable one. You will see tons of elders waving their flowers at you but when you get closer, you will often find them barricaded just beyond reach either in a patch of nettles, a black berry thicket or just a touch too far away on the other side of a muddy ditch. They are abundant though, and despite these challenges you will ultimately have no problem gathering enough to last you until they bloom again next spring. Elderflowers have an interesting fragrance that bounces back and forth between delightful and just a little fetid.

I grew up in Sweden where elderflower drinks are very common. In fact, Ikea sells a very nice elderflower concentrate that I like to have on hand. It makes a refreshing summer drink that slakes thirst, and, like the tea, a refreshing drink when you are sick. Every year, I also make my own elderflower concentrate. It usually turns out stronger than the one Ikea sells, and is more golden and fragrant. The recipe is quite simple:

Gather 30 or more flower clusters. Most of the flowers should be open rather than in the bud stage. When you get home, cut away the main stalk from the clusters, as you do not want any thick stems in the brew. Rinse the flowers gently in a strainer and put them in a large pan or crock. Cut two lemons into thin slices and add them to the flowers. Heat 6 cups of water to boiling and stir in 4 cups of sugar. Keep stirring until the sugar dissolves. Dissolve 1.5-2 ounces of citric acid in some of the hot syrup. Pour it over the flowers, cover and let stand in a cool place for 5 days. Then you strain and bottle it. I keep my bottles in the fridge because if the concentrate is not heat processed, it may ferment and become fizzy, which I do not like. When you are ready to have an elderflower drink, you just add 1 part concentrate to 4 parts cold water. I often use sparkling water to dilute the concentrate as the fizziness of the final beverage is delightful whereas the fizziness of fermentation is not.

Gathering is a wonderful way to connect with plants, a good reason to get out in the fresh air and enjoy the semi-rural nature of Vashon, and an opportunity to gain a stronger sense of how plants and health are part of the same experience. Happy gathering!



## Gathering Your Own Plants

Spring has sprung!! The nettles are really shooting up now, and soon they will be a bit too gnarly for use, especially on Vashon where they may concentrate some of the heavy metals that unfortunately are part of our environment. Fortunately though, you still have time to gather some fresh nettle tops.

Nettles make a wonderful food. And if you suffer from allergies, there is nothing as good for you as fresh nettles. You can use them as greens in stir-fries, and they are fabulous in a homemade potato soup or in an omelet. If you find yourself addicted to fresh nettles – and you could easily become addicted – you can blanch and freeze them for use later on. Don't forget to use gloves when harvesting and handling fresh nettles.

Another great way to preserve nettles is to make your own infused nettle vinegar. You simply stuff some nettle tops in a jar and cover them with vinegar. Be smart, and use a good vinegar. People often forget that the raw ingredients determine the quality of the final product and do things like make cookies with cheap margarine instead of butter. People also sometimes make the mistake of using a sharp, unpleasant distilled vinegar to make their infused vinegars. I like to steep my nettles in one of the not too expensive balsamic vinegars. Then you simply let the vinegar sit for a few weeks or so, strain the liquid, and pour it into some nice bottles. Nettle vinegar makes a wonderful gift, and gives you all the healthy benefits of nettles throughout the year in your salads and cooking.

Another wonderful plant is the elder. The elders have just started blooming. Up here, we mostly have red-berried elders growing, and cannot really use the berries as they run a bit toward the toxic. The flowers, however, are a wonderful medicine. They are a good diaphoretic and probably have some of the antiviral properties of the blue elderberries as well. Diaphoretics are used to bring on a mild sweat in



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## Heron Hosts French Soirée

By Janice Randall

Skip the plane fare and take in an evening of French music and food without leaving the Island. French guitarist/composer/singer Patrick



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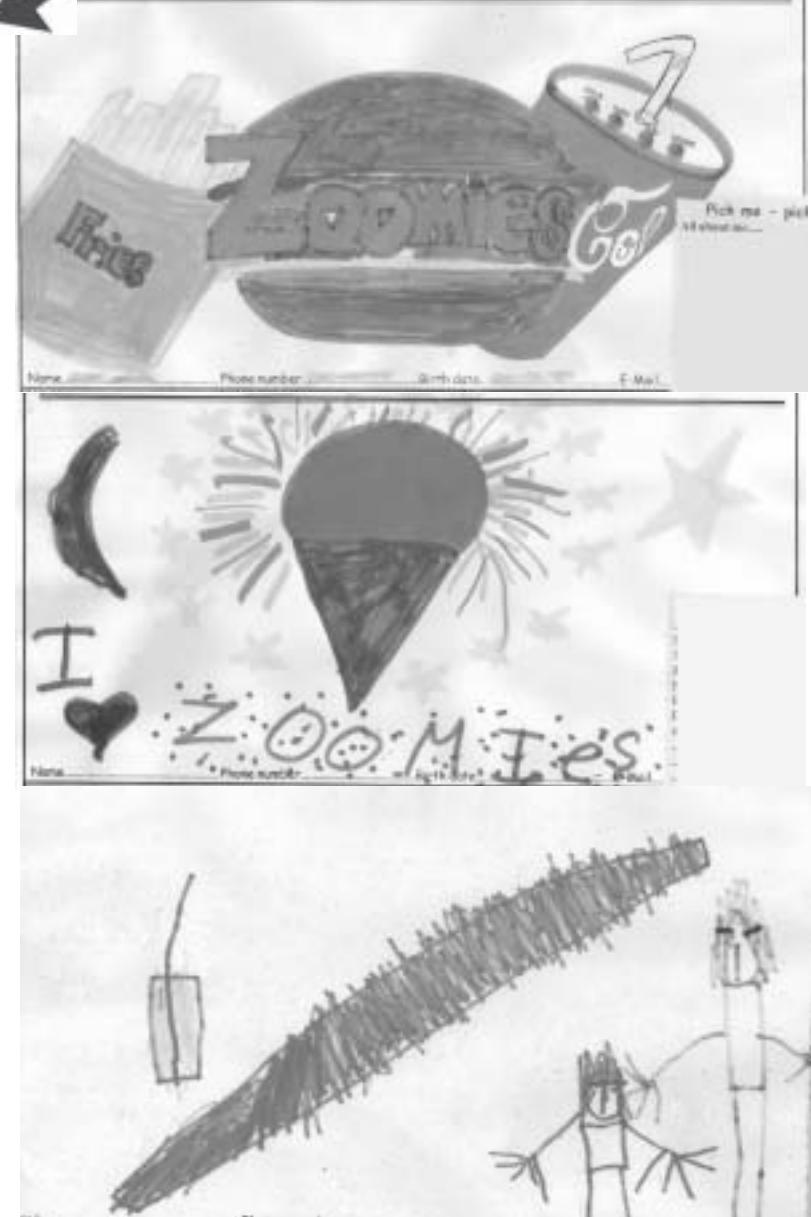
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## Book Review

By guest reviewer Richard Bard

Rachel Bard is busy preparing a book for publication and has asked her son to fill in for her this issue.

### Lifting the Cover

It's snowing heavily in Kars, a provincial city in the north of Turkey. The big thick flakes have been falling for days, covering up any signs of ugliness in the streets, dampening the city's noise, exerting a subduing effect on its residents.

The peace, however, is superficial. Viewed through the eyes of Ka, a poet who until recently has been living in Germany since running afoul of the Turkish power structure as a youth, the tension between Islamic fundamentalists and the military-supported government has risen to the breaking point.

It's this tension, and novelist Orhan Pamuk's take on it, that most make *Snow* a worthwhile read, at least for anyone curious about just what the hell is going on in the Muslim world. As a (relatively at least) civilized person, I don't want to get too far into the heads of people who blow up themselves and others to make a point. But I also believe that if you want to have any hope of fixing a problem, you have to understand the cause. Understanding what goes on in Turkey, a quite moderate state compared to others in the region, is a good start.

As the novel progresses, we come to see that violence and repression are not viewed as very remarkable in Ka's society — if people are rounded up and tortured, it's disturbing, but it's not like it's anything new. What is remarkable is Ka's willingness to put himself into all sorts of risky situations and his ability to absorb the jarringly disparate viewpoints of the players he comes in contact with. One minute he's visiting a fundamentalist sheikh and realizes that

maybe he's not the atheist he thought he was, that becoming devout might be a good thing. Then he's secretly spirited off for a command meeting with Blue, a revolutionary exile who's sneaked back into the country to advance the cause of rebellion. Soon after this, military officials take him on a forced tour of detention centers to finger one of the religious students, who he's also had earlier dealings with, as a murder suspect. As the story unfolds, unexpected connections between the characters grow, as does the danger Ka exposes himself to. What is it that allows this intellectual, who up to now hasn't shown much sign of bravery or physical toughness, to let it all hang out?

Well, how about a woman?

Ka has come to Kars ostensibly to look into a weird situation where

fundamentalist girls, who've been barred from wearing the traditional head scarf in school, have taken to committing suicide. An Istanbul newspaper has assigned him to cover this story, as well as the upcoming election in which gains are forecast for fundamentalist candidates. But the real reason Ka's here is to pursue Ipek, a beautiful woman he remembers from his former life. Even though he doesn't really know her, that doesn't stop him

from convincing himself he's in

love, that despite the series of unhappy experiences that have left him a bachelor at 42, this time it's different, and if he can only get Ipek to come back with him to Germany everything will be great.

It doesn't happen. However, it becomes clear that it could have, had Ka approached the situation more pragmatically. As it turns out, though, his take on romance was as unrealistic as that of his young religious student friend who can think of no better way to pursue a girl he's smitten with than to entrust a stranger with a letter to give her. This delivery, too, fails to occur, and one starts to sense a conspiracy here — something is getting in the way of normal human relations.

That's where the snow as metaphor comes in. Try this on: in the same way that the heavy snowfall muffles activity, could it be

that Islamic fundamentalism (or any other strict behavioral fundamentalism) blankets and dampens passion, preventing it from being expressed in a natural way, with the result that little happens until heat builds up enough to blow the cover away? The head scarf, the burka, the chador, all are meant to protect a woman's purity, but by blocking out the cues on which a normal interaction might be built, the partners are left to rely on fantasy.

There are hints that there may be other reasons for the head-scarf girls' suicides than religious despair over the ban. It's rumored that some of girls may have been abused by family members, or forced into unwanted marriages. In the end, there's nothing simple or judgmental about this narrative; rather, it lays out a rich array of experience and leaves it up to us to figure out what it means.

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**Island Epicure**

by Marj Watkins

**Cinco de Mayo and Chocolate Sauce**

May 5, Cinco de Mayo, celebrates Napoleon Bonaparte's defeat in 1862 by badly outnumbered Mexican troops led by General Ignacio Zaragoza. Mexican food appropriately commemorates this highlight occasion of Mexican history and the heroic Mexican soldiers who fought to force the invading French back into the sea.

We eat tacos, tortillas, enchiladas, quesadillas, and guacamole all year and never give a thought to Mexican history, nor realize how many Mexican dishes contain not a single hot pepper.

Since Napoleon's forces had to attack by sea, very likely food vendors in the harbor towns served fish to those French soldiers and sailors pouring in. Here is a fish casserole adapted from a recipe in *Olla Podrida* by Elinor Burt. It may surprise you that not only is it hot-pepper free, it contains no tomatoes, grated cheese, nor avocados. Its secret ingredient is—another surprise—chocolate!

You know your oven better than I do, so I give a range of temperatures. Mine heats about 10% lower than the temperature on the dial, so I generally set it for 400 degrees if a recipe calls for 375. Or I have to add to the baking time. You can test your oven's heat setting accuracy with a little oven thermometer from the hardware store.

**Pescado Mexicano (Mexican Fish)**

Preheat oven to 375 to 400 degrees — Makes 4 servings  
2 Tablespoons butter  
2 Tablespoons olive or canola oil  
1 sweet onion, chopped  
4 to 6 mushrooms, sliced  
1 Tablespoon flour  
1 lb. true cod or other boneless fish fillet, cut in pieces about 1-inch square  
Sauce:

2 Tablespoons grated unsweetened chocolate  
1/2 cup hot water  
1/4 cup white wine  
1/2 teaspoon salt or to taste  
1/8 teaspoon coarsely grated black pepper or to taste

In a ceramic or glass casserole, melt the butter with the oil in the oven. Add the onion and bake, stirring occasionally, until the onion

pieces are limp and soft. Stir in the flour and mushrooms. Bake 5 minutes more.

In a measuring cup, combine the chocolate, hot water, wine, salt and pepper.

Stir this combo into the onion-mushroom mixture in the casserole.

Stir in the fish. Cover.

Bake 15 to 20 minutes, until the fish pieces are opaque and flake easily.

The sauce is rich and delicious. You might not even identify the mystery ingredient that adds so subtly to the flavor and richness of the sauce. The chocolate is one member of a team of flavors.

The perfect accompaniment to *Pescado Mexicano* is Alice's Fluffy Rice. The Alice who taught me this was Alice Martinez who ran the food bank years and years ago.

**Alice's Fluffy Rice** — Makes 3 cups cooked rice

1 cup Calrose or other white rice  
1/4 cup finely chopped onion  
2 to 3 Tablespoons canola oil or lard  
2 cups boiling water  
1 teaspoon salt

Wash rice well in several changes of water to remove excess starch. Spread on a clean counter top in a single layer to dry overnight. Heat oil. Add rice and onion. Stir-fry until rice is opaque and lightly tanned. Reduce heat, cover, and cook 20 minutes. During last 10 minutes, arrange around the edges of the rice: 1 large ripe tomato, diced. The rice will be aromatic and every grain fluffy and separate.

**Marj's Easy Golden Rice**

Makes 4 cups cooked rice  
2 bags Boil-in-Bag brown rice  
2 to 3 quarts water in large pan  
1 teaspoon salt  
1/4 to 1/2 teaspoon turmeric

Bring water, salt, and turmeric to boiling. Submerge bags of rice.

Cook uncovered for 10 minutes. Remove the bags with tongs or a fork hooked into the slot at one end of each bag. Drain. Cut open and empty cooked rice into a serving bowl. Garnish if desired with diced red-ripe tomatoes or halved cherry or grape tomatoes and sprigs of cilantro or parsley.

oooooooo

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## Madame Toujours

Dear Madame Toujours,

Last weekend was my great grandfather's ninety-fifth birthday, and Grandma had a big party for him where everybody was supposed to come. The thing is, I met a girl the night before. Her name is Mountain. She has long, flowing dreadlocks, and she makes authentic Native American drums. Anyway, Mountain and I stayed up all night talking. We discovered we were soulmates, so I didn't get much sleep, and I didn't feel like going to a party with the family. Mountain is so magical, and they are all so ordinary with their traditional values. Now everybody is mad at me. My mom smacked me on the head. Dad gave me one of his boring, endless lectures about responsibility and how you have to work hard to get what you want. Grandma cried and made me feel like dirt. I don't see how what I did that was so wrong. Why should I go to a party if I don't feel like it? Isn't finding my soulmate more important? It's like they don't care about me at all.

Sincerely,

Thinking of Changing My Name to Freedom

*Cher M. Freedom,*

Ah, the new love, the infatuations, the giddy "discovering of the soulmates." I am hoping you were remembering to wear the protections. It is *tres difficile, n'est pas*, to be going from the charming *Mlle. Mountain* to the tedious elderly persons who are wanting you to be having the jobs and the educations? However, you are overlooking the possibilities for impressing *Mlle. Mountain* with your desirableness as a soulmate. True, you are already having many of the benefits of the soulmate, but you are not wanting for *Mlle. Mountain* to be losing the interest and finding for herself the new soulmate.

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Simply explain to *Mlle. Mountain* that your grandfather is having the birthday and is extremely old. Mention that *le grandpere*, he is being the model of the manliness who is having the honor and the responsibilities and the family, it is *tres* important, *n'est pas?* *Mlle. Mountain*, she will be inflamed with the passions, so be sure you are having plenty of the time.

Now you are thinking, "But *Mlle. Mountain*, she is the free spirit. She is not caring about the families and the responsibilities."

*Mais non.* The respect for the family, it is being like the rippling muscles or the enormous bank accounts. If she is being the female, then she is not being able to resist.

On the other hands, possibly *Mlle. Mountain*, she is becoming very cold and rejecting. *Quelle domage.* Now you are understanding that *Mlle. Mountain*, she is not having the interest in the big romance with you, and probably she will be crushing you and breaking for you the heart before moving on to the next soulmate.

*Bon Chance, M. Freedom*, and consider inviting *Mlle. Mountain* to the party. She will be impressed, and your family will be pleased that you are having the interest in the female types.

oooooooo

An appeaser is one who feeds a crocodile hoping it will eat him last. -- winston churchill

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# Positively Speaking

By Deborah Anderson

## The Adoption Option

The idea behind getting a dog was to stave off the repeated urge to adopt my little baby girl from China. Supposedly at my age one is to have lost the "fever," but I still have it. Kids have been my life and

I'd have a dozen if I could. I'm in the process of bringing two young orphan grads from Ukraine to the U.S. I've been an adoptive mom twice and a foster mom once. I spend thirty-five hours a

week with toddlers and I can't get my fill. Everyone has their love. Mine is children. Someday, when I am retired — if that day comes — I want to go around the world and volunteer in various orphanages. If I could, I would spend time holding babies in intensive care units. Children are my love. They have been since I was eleven.

As the cat went sailing out the kitchen window shattering it to smithereens, heading for the woods, I was thinking maybe the dog wasn't such a good idea.

Thank you, Barbara Drinkwater (and wow! are we more than fortunate to have the dedicated Pet Protectors on Island) for telling me to go outside and call Boris right away. As soon as I picked the pieces out of the window casing and sealed it with Saran Wrap, secured Buddy with his leash and put away my work gloves lest there be some shred of errant glass on them, I did just that. Sure enough. He came home. Not a scratch on him. I think that was lives five through seven.

The cats aren't mad at me for bringing Buddy home anymore. They just don't like him. If Buddy is asleep, they are more than happy to curl up on my lap. If I'm petting him, they glare at me from the window. My son rails at humans who anthropomorphize animals. *March of the Penguins* was almost more than he could handle. Animal lover that I am, I know they have feelings just like us. I mean, just...like...us. Sibling rivalry is sibling rivalry.

In a couple of weeks, everyone will have faced the inevitable. A peaceful coexistence will have descended.

I will, at that point, still wish I was adopting a baby girl from China. And one from Ukraine, and maybe a domestic brother and sister pair. And we would all live happily on a farm.

Recently I ran across the promises I made to my adopted daughter. They started off with, "A mommy and daddy who love each other." So how did I know the guy was going to turn tail and run? The list disintegrates from there. Her story is her story and I have always maintained the dignity of it for her. But, in the eighties, every older adoption was a test case. This guy named Foster Cline was just beginning to let us all know there was a thing called attachment disorder. Caseworkers were beginning to understand that "take them home and love them" wasn't enough.

We were beginning to understand that not every child had built in resiliency. Guess what. I took her home and loved her.



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That's what we adoptive parents do. Then we lined up every support group and caseworker and therapy known to humans. She had it all. After six years of that, and a second adoption, we (two birth, two adopted and one ex on his way out) moved to the Island.

I want to be brutally honest because I am so pleased and proud with the way the Island has progressed since then. When we moved here, the Island was only barely conscious. Everybody's life was hunky dory thank you very much and the rest was none of anyone's damn business. Say that with a piece of straw in your mouth or a wine glass in hand for the full effect.

Fortunately, more adoptive families moved and others, already here, adopted as well. Gradually there was a community of understanding and services began to be provided.

My adopted daughter got caught in the gap. Recently I had the opportunity to tell her how proud I am of her for pulling herself through. Though she moved away in her teens, I've never stopped loving her. Her artwork and photos have always been near at hand for times when I especially missed her.

Let me tell you what happens to your heart when you adopt a child. Tucked way underneath the folds of paper and pencil work that bring that child to you, are all the hopes and dreams one can imagine for this child that is most definitely wanted. Beneath all the protocol of privacy around their history lies an openness to their every breath that has gone before they arrived at your house. In the projections of therapists and former foster parents, are the unspoken violations of those limitations which mean the sky is the limit for what this child can hold.

I am one of the fortunate ones. I have known both birth and adoption. What matters is the gaze. Psychologists call it "positive regard." It's the visual lock on you do with a child, a youngster, a

teenager, a young adult, that you have called by name.

Next to my terminal write now is the picture of two Ukrainian girls. God willing and the creek don't rise, over the next several years, they will become a part of our family. They are nineteen and twenty. It's never too late to love a child.

If you have ever had the slightest urge to adopt a child, do it. Don't wait, don't resist, don't mull it over. Pick up the phone and dial an agency, an adoptive family or anyone than can give you a lead on how to proceed. There are hundreds of thousands of children in this world waiting for you to love them. Do not make them wait any longer.

I can't write anymore. The dog is in the car with his teddy bear...an open window and fresh water of course... Take the adoption option.



Sarah Browne



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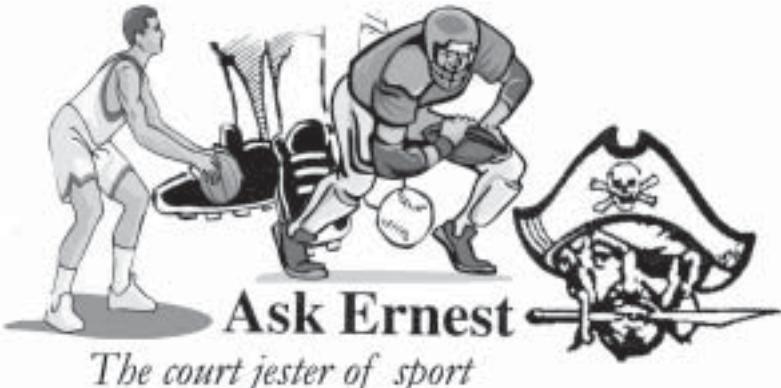


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# Loop ~ Sports



Hey Ernesto,  
Rumour has it that there was something going on in Las Vegas last week. Was it a fight? A show? If so, did you go? Did *The Loopsend* you as their top sports reporter? — Jerry Joe

J.J. --

No, they didn't send me. They know that I have a gambling problem. Lost 25 dollars last year. Not everyone can be like Ryan Mattingly and win money! Anyhow, I went anyway. On my own tab. And this is what happened:

Mik Abdul Latif placed 8th in the Senior U.S. Nationals! This places him on the U.S. ladder and qualifies him for the World Team Trials in Sioux City, Iowa. Mik won 3 matches on the first day, thus qualifying him for the elite tournament on Saturday where he won 2 matches against top



Port Townsend's youngest fan requests transfer to Vashon: I know I look like a girl, but on the inside I feel I'm a pirate.

opponents, finishing in 8th place. — E.

Ernest,

Are you going to cover the Mariners this year or the Vashon Pirates? They're both great squads and they both will be competitive this year. I hope that you find time in your busy schedule to monitor their daily happenings. — Hansito Erik

Sure Hansito, I'll cover them both. Both will be competitive. The Pirates have lost a few close games but they'll close the gap in the mid- and post- season with the rest of the Nisqually League. The Mariners will win more games than last year.



Ben Slaughter relates the details of his epic whiffleball dinger with a deconstructive reading of *The Wasteland* to a classroom in Paris. Harmonies provided by Emerson Holcombe.

That's all I'm giving you in the latter prediction. — E.

**Sports Shorts:** Steamboat vs. Goat? Man vs. Nature: It's spring, the lawns are growing and Steamboat wants to be mowing. But a number of Islanders are replacing their teen lawn machines with lawn goats. Watch Steamboat (leading teen lawn mower) challenge Sergeant Scarffy (aggressively efficient lawn muncher) in a grass consuming competition at Ernst Field this Saturday at 1:30 p.m. "I will be carbo loaded and everything," said Steamboat. "I'm the modern day John Henry!" The match will also be broadcasted on ESPN *Siete* on Monday nights in May at 7:00 p.m.

ooooo



No grass to be found in Haleakala crater — ever wonder why? See Sports Shorts.

Better by far that you should forget and smile than that you should remember and be sad.  
— Christina Rosetti

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# Loopy Laffs

*I think that people want peace so much that one of these days governments had better get out of the way and let them have it. — Dwight D. Eisenhower*

Little Johnny's new baby brother was screaming up a storm. He asked his mom, "Where'd we get him?" His mother says, "Heaven, Johnny." Johnny says, "WOW! I can see why they threw him out!"



How many legs does a dog have if you call the tail a leg? Four. Calling a tail a leg doesn't make it a leg. — Abraham Lincoln

*He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.*

## One-Liners

Club soda, not seals.

I'm still not sure if I understand ambiguity. Predestination was doomed from the start.

Is a computer virus covered by Medicare?

Save the whales! Trade them for valuable prizes.

If it wasn't for plumbers, you'd have no place to go.

Some people work up steam and some only generate a fog.

If you ate pasta and anti-pasta, would you still be hungry?

If you can't change your mind, are you sure you still have one?

The fellow who explodes doesn't necessarily have a dynamic personality.

The supermarket is where you spend 30 minutes hunting for instant coffee.

The only people who listen to both sides of an argument are the neighbors.

• • • • • An autobiography is an obituary in serial form with the last installment missing. — Quentin Crisp

*The Naked Civil Servant*

Money may not go as far as it used to, but we have just as much trouble getting it back.

She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.

The question is not at what age I want to retire; it's at what income.

Divorce: Proof that while you can't buy love, you still end up paying through the nose for it!



**More Reasons English is Hard to Learn**  
**The bandage was wound around the wound.**  
**The farm was used to produce produce.**  
**The dump was so full that it had to refuse more refuse.**  
**He could lead if he would get the lead out.**  
**The soldier decided to desert his dessert in the desert.**  
**A bass was painted on the head of the bass drum.**  
**When shot at, the dove dove into the bushes.**  
**The insurance was invalid for the invalid.**  
**They were too close to the door to close it.**  
**The buck does funny things when the does are present.**  
**A seamstress and a sewer fell down into a sewer line.**  
**The farmer taught his sow to sow.**  
**The wind was too strong to wind the sail.**  
**After a number of injections my jaw got number.**  
**Upon seeing the tear in the painting I shed a tear.**  
**How can I intimate this to my most intimate friend?**



## OFFSHORE



## LOGJAM



## DAD & BOY



by Jeremy Gregory

the END

# Loop Arts

## Vashon Island Springs Forward Into Art

Do you enjoy fine art, handmade crafts, visiting artists' studios or just having fun shopping?

Take the 2006 Spring Art Studio Tour, held **May 6 and 7 and May 13 and 14**. The self-guided tour, a biannual island tradition, leads you through Vashon to 21 open studios and group shows, as well as local galleries and shops. The work featured ranges from paintings, printmaking and sculpture to garden art, jewelry, glass, weaving, pottery and a lot more. Color maps are available at island businesses and at [www.vashonislandartstudiotour.com](http://www.vashonislandartstudiotour.com).

It's relaxing. It's fun. It's local. And it's free. Meet the artists, see where they create, watch some demonstrations, buy direct and save.



## Puppet Theatre Staged at Blue Heron

By Janice Randall

Island-based performing arts group, Cry of the Rooster Theatre, has created an eclectic evening of puppetry and music to showcase their work, two other puppet groups and a live, three-piece band, **Saturday, May 6**, 8 p.m. at Blue Heron Art Center. Appropriate for all ages, *An Evening of Puppet Theater* is co-sponsored by Vashon Thriftway. Tickets, \$10/\$13, are available now at Blue Heron Art Center, Heron's Nest and Vashon Island Music.

Cry of the Rooster Theatre is comprised of VAA New Works recipient, Jim Farrell, Theatre founder Josh Okrent, and Noah Dolen. Farrell will direct *Box: The True Story of Henry Brown*.

Live music (accordion by Farrell, guitar by Dolan) will accompany Brown's own words and will encompass several styles of puppetry. *Box* tells how Brown risked his life to escape slavery in the South by shipping himself to Philadelphia in a wooden box. Brown is a life-size, bunraku puppet manipulated by all three puppeteers.

Opening the evening, *Homenaje a Lola Flores* will depict performing artist, Lola Flores in a lively flamenco dance with puppeteers Mariafe Vilda and Guiomar Grau.

Teacup Sideshow, Gary Luke and Liza Burke, will premiere "homeAway," based on interviews about childhood memories. They will perform the stories using primarily hand puppets. "It's almost like a documentary puppet show," adds Farrell.

Live music by Goldaline, Jim Farrell, accordion, Rick Vanselow, guitar and Kim Thal, fiddle, will play throughout the evening.



Amber Tide

### Amber Tide at Luna Friday

Acoustic entertainers Amber Tide will perform on Friday, April 28, from 7:30 to 10 p.m. at Cafe Luna.

Amber Tide, the husband-and-wife team of Thaddeus and Sandahbeth Spaes, present a heart-warming, rib-tickling high-energy goulash of hot jazz, cool swing, rockin' blues, folk, gospel, and literate originals with a stage full of instruments and two formidable voices. Sandahbeth's voice was compared to Ella Fitzgerald's by Time Magazine, while Thaddeus has been described as sounding "like two guitarists at once."

Married for 28 years, the Spaes make their home in West Seattle. More information is available at [ambertide.com](http://ambertide.com)

### Songwriter Circle at Luna

Up and coming Seattle singer/songwriters Holly Figueroa, Darren Smith and Kristin Connell will be playing in a songwriter's circle at Café Luna on **Saturday, May 6**, starting at 7:30 p.m.

"After a recent performance at the legendary Bluebird Cafe in Nashville, 'almost alt country' Cake Records artist Holly Figueroa was contacted by A&R and Elektra and MCA, both looking for copies of her latest record, *How It Is*. One listen to her voice, songs, and most importantly her live performance and you'll hear why she is a force to be reckoned with."

*Rockgrrl Magazine*, October, 2003. Learn more at: [www.hollyfigueroa.com](http://www.hollyfigueroa.com)



Holly Figueroa

Darren Smith: "Darren continues in the tradition of his eccentric rurality with *Last Drive*, writing songs that borrow from a long line of Americana and folk artists, yet with a new and beautiful incarnation..."

— Shut Eyewww. For more information visit: [www.darren-smith.com](http://www.darren-smith.com)

Kristin Connell: An up and coming performer in the Seattle area, Kristin is winning the hearts of those who hear her. *Second Chances* is pure folk/pop goodness delivered with a sincerity that could make a convict believe. More about Kristin at: [www.kristinconnell.com](http://www.kristinconnell.com)



Kristin Connell

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## Fulks and Barnes Team Up at Bishop's

Robbie Fulks and Danny Barnes are returning to Bishops Cafe and Lounge on **Tuesday, May 16**, at 8 p.m., to treat Islanders to a rollicking night of mind-boggling musical prowess, as the duo whips it out in bluegrass, power-pop, southern rock, country, or whatever other music genre strikes their ample whimsy at the time.

Danny Barnes, singer, songwriter and multi-instrumentalist, has released several critically acclaimed albums, including *Get Myself Together* and *Dirt on the Angel*.



Barnes

Robbie Fulks is known for his elegant, sophisticated songwriting, masterful crooning and flat-pick guitar wizardry. Fulks has released seven critically acclaimed albums including *Georgia Hard*, which made many of last year's top ten country music lists.

Tickets to the Robbie Fulks/Danny Barnes Bishops Cafe show on May 16 are \$12 in advance, \$15 at the door. Tickets for the show may be purchased in advance at Vashon Island Music.



Jackson Sundown, left to right: Kyle Kovalik, Kevin Almeida, Kevin Fallon.

### Jackson Sundown at Bishop's

Jackson Sundown will appear at Bishop's Pub on **Saturday, May 6**, playing from 8:30 p.m. to midnight. There will be a \$5 cover.

The band plays a unique blend of original songs that hit you like a splash of cold water while warming you like a sip of good whiskey. From ballads to rockers, with thoughtful lyrics and a rollicking performance, JS plays great tunes and driving rhythms.

Jackson Sundown began as a trio playing original songs and a few of their favorite cover songs. They all hit it off from the first chord and knew there was something there to dig into. The individual singing, playing and songwriting styles and diverse musical backgrounds came together with a beautiful variance.

Their original material ranges from soft acoustic ballads to bright country and bluegrass flavored songs; from intricate layered guitars to raw, fiery rock songs; all woven together with soaring vocals into vibrant music.

Their influences are too numerous to name but would have to include the great acoustic/electric artists such as Jim Messina, Poco, CSN, the Eagles and America, as well as the rhythm and blues of Motown and the Funk Brothers and the driving rock and roll of the Doobie Brothers, Tom Petty, the Byrds and ZZ Top.

When I was born I was so surprised I couldn't talk for a year and a half. -- Gracie Allen



### Red Perl In concert this weekend

**Saturday, April 29, 7:30 p.m.**

**Sunday, April 30, 3:00 p.m.**

**At Havurat Ee Shalom**

**15401 Westside Highway**

## Gaelic Song Workshop

The Gaelic Song workshop, taught by Rich Hill on **Sunday, May 7** from 2 to 4:30 p.m. in a private Burton home, will be a fun and unique opportunity to learn a Hebridean Waulking Song, Gaelic love songs, and sorrowful songs of Highlanders leaving Scotland during the "Clearances" in the 1800's. Waulking songs are rhythmic pieces that were made up to accompany a repetitive task, such as fulling (or felting) woolen cloth. One person leads the group, like a shantyman on a ship, singing well-known verses or making up new ones on the fly. The rest then come in on the chorus while the leader takes a breath.

Rich Hill has been teaching Scottish Gaelic song and language classes for over twenty years.



Rich Hill

Prior knowledge of Gaelic is not required and participants will each receive a CD and a songbook of pieces covered during the workshop, plus several additional songs that can be learned at home. Cost is \$25/person. Please call Lori at 463-6917 to register or if you have questions. Due to household space, registration is limited to 15 people and directions will be communicated at a future date.

*Slainte!* (Good Health!)

## Youth Chorus Concert

The Vashon Island Youth Chorus will be performing its Spring Concert on **Saturday, May 6**. The concert is at 7 p.m. at the Bethel Evangelical Free Church.

Among the "pops" songs the kids will be performing are "The Lion Sleeps Tonight," "Seasons of Love," from the Musical *Rent*, "Reach Out and Touch," and a medley of songs from early rock and roll, as well as some other youth favorites.

Marietta Erickson leads the group with the assistance of islander Randy Bruce. The Parent Coordinator is Diana Ammon. Genevieve Acori will play tiffany at the concert, and David Salonen will play bass. Colette Ammon is the Teacher Assistant.



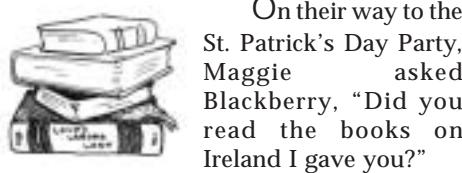
Cost of the tickets is just \$7.00 for general admission, \$6.00 for students and seniors, and \$18.00 for entire families. Children five and under are admitted free. For more information on the Youth Chorus, call the Park District at 463-9602.

## Blackberry Bear and the Adventures of Huckleberry Hollow



©Becky and Maggie Bumgarner  
©Illustrations by Maggie Bumgarner

### St. Patrick's Day at Tooley's, Part 2



On their way to the St. Patrick's Day Party, Maggie asked Blackberry, "Did you read the books on Ireland I gave you?"

"Oh yes, I especially liked the one about Leprechauns. Cute little shoemakers, aren't they? And the 'Pot of Gold' stuff — do they really have their own Crocks of Gold?"

"Yes, they do, Blackberry, and they can be very tricky, so I'd watch it. Most folks think they are just in Ireland, but they are also over here. When Irish folk have to leave the Emerald Isle, they assign a Leprechaun to go with them. It's sort of like Norwegians always have Trolls about. Come on now, we're off for Tooley O'Flynn's for the party."

Now Tooley O'Flynn was a great Irishman who lived in the Hollow. He'd come over as a young sailor on a boat and when he saw the mountains and waters of Puget Sound, he decided to stay right in the middle of it. That's how he came to live in Huckleberry Hollow. He built himself a cute little cottage with a thatched roof and every St. Patrick's Day he held a party.



Ratty told Blackberry, "We look forward to Tooley's party every year. The best game is 'Catch the Leprechaun.' We all have gunny sacks and we go out into the woods and try to catch one. Then they have to tell you where their Pot of Gold is. They have to grant your wishes, too. Shamus is the most famous Leprechaun. He loves being caught and tricking you into letting him go. He has a perfect record so far."

"I know you love dancing, and there'll be delicious food. Just be careful of the punch. Tooley's been known to make a special Irish brew that makes folks very silly. We think he got the recipe from Shamus once when he caught him."

When they arrived at the party the place was all decked out proper with lanterns and tables of food on green tablecloths. The Bog Willows Boys were already set up and playing. They just loved to play the Irish tunes and have a foot-stomping good time.

They got a table near the dance floor and loaded up on food. Blackberry was enjoying all the Irish food and then he had some punch and asked Aloetta to dance. He started talking with an Irish accent, too. "Sure an' begorra, me darlin' Aloetta, will you be dancin' with me this fine evenin'?"

"I should love to, Blackberry," replied Aloetta.

The Bog Willow Boys started out with a reel and then they played *McNamara's Band*. Blackberry caught on to the toodle-y-oops in the song and began to dance the motions. By the time it was over, Aloetta was glad it was time for the passing out of the gunny sacks.

"Gee, Blackberry, these cookies sure are good. Have you tried them?" said Ratty, stuffing cookies into his mouth, "I think they're peanut butter."

Blackberry tried them and then he thought, "Hmm...I'll just take a few of these along in the gunny sack. It could be a long wait for the Leprechaun and I might get hungry. I wonder if Leprechauns like cookies. These could be good bait!"



To Be Continued

## Annie: Oh Boy!

*Continued from page 1*

"Tomorrow" with the energy of a stage professional.

People who have played leads in past shows are singing in the chorus. I can not remember a show where so many people sang so many great solos and choruses — on key, on time — in every single part, no matter how large or small. The quality of the players allows the audience to relax and enjoy the show.

There are many large choral numbers, and the movement of crowds of people that Choreographer Kathy Bonner and Director Libbie Anthony have designed is complex and fun to watch. I especially liked the moment when Daddy Warbucks (Jeff Woolen) walked calmly across the stage between the singing, dancing French maids.

Then there are the orphans. Wow. The girls are irresistible as they sing, dance, and torment the bitter, drunken Miss Hannigan.

Speaking of their tormenting Miss Hannigan (the most excellent Gretchen Neffenger), after seeing the orphans bite and kick her, pelt her with pillows and throw bedding over her head in the middle of her big number, "Little Girls," I began to have a little more sympathy for the comically wicked Miss Hannigan.

The ne'er-do-well Rooster (Jordan Woollen) struts through the "Easy Street" number with the slick charm of a guy who wants

something for nothing ("And he claimed he couldn't dance," said Kathy Bonner between acts); Lily (Eleni Vasiliki) is screechily reminiscent of the divine Judy Holliday in this turn as a young woman who is "no better than she ought to be." Wink, wink, nudge, nudge.

Peter Kreitner as President Roosevelt is uncanny, proving that the man simply has a gift for channeling characters.

This weekend Annie will have its last three performances. Go and see what all the fuss is about!

## Why Directors Get Gray

The star of the show gets sick and the director says to chorus girl, "Kid, get out there and do the show!"

That's what happened on *Annie's* opening weekend. Director Libbie Anthony tells the story of an exciting Sunday matinee:

"Megan got sick." Megan is Megan Hackett, the show's Annie. "She had a headache on opening night, and a fever on Saturday morning. She did the Saturday night performance, but when my phone rang Sunday morning, I knew who it was — her mom calling to say that Megan was too ill to perform in the matinee."

Was there an understudy?

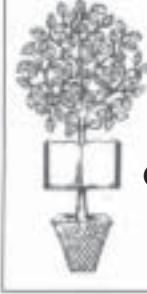
"No, because I don't believe in having understudies, although I'm starting to believe in having them now."

Anna Rose Warren, a 12-year-old cast member, was called to fill in.

"By the time I got to the theater around 10 o'clock," Libbie said, "Jeff Woolen (Daddy Warbucks) was on stage walking through scenes with Anna Rose. She is such a good actor, with great instincts. Dan Bruce, our main pianist, gave up his Easter morning to come in

# Vashon Bookshop

**The Second Annual Poetry Open Mic**  
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## What's Happening at Vashon Bookshop?

By Devon Atkins

### Shannon Hennessey and More Poetry!

Don't miss The Second Annual Poetry Open Mic, **Thursday, April 27**, beginning at 7 p.m., and ending whenever people feel like going home. Islanders of many persuasions will come and share what they love and hate about poetry, and original and notable poems. Entertain or be entertained; it's always wonderful and fun.

There will be a reception for Shannon Hennessey and her show, *Flock*, during the First Friday Gallery Cruise on **Friday, May 5**, beginning at 6:30 p.m. at Vashon Bookshop.

Until recently, I never really noticed birds; they were part of the landscape, and that was all. Then, about six years ago, I got involved with a terrible man who lived in Port Angeles and hated Vashon. He was a dismal character who blamed me for everything short of global unrest. But I will always be grateful to him for making me realize the wonder of birds. He and I would sit for hours, in the morning, watching Bandtail Pigeons gather in a tree outside his window, and, it was then that I learned a little about the presence birds have. It's that presence, I think, that is in each one of Shannon Hennessey's paintings, on display during the months of May and June at Vashon Bookshop. The show is aptly named, *Flock*.

Shannon is fifteen years old and very obviously enjoys life on Vashon; she's a drummer and has been "dancing forever." She and her family live in a house at the end of a dirt road, surrounded by chickens, boys on bikes, and a view that made me want to put my feet up and stare all day. She's lived here since she was four, and seems to have reveled in some of the best that the Island has to offer. Gail Labinski's art class (Chautauqua) taught her that, as an artist, she "could do almost anything" she wanted; Terry Swift (McMurray) taught her to draw; and now, at the High

School, Amy Dubin has challenged Shannon to try things she never has.

It was Shannon's grandfather who was responsible for really pushing her art in a new and exciting direction. Shannon comes from a family of artists. Two grandmothers, assorted uncles, and her mother all paint and create. It was her grandfather who gave her a beautiful book about birds that inspired her to spend a good deal of last summer using acrylics. She's been painting birds ever since, sometimes for hours at a time. But it was just a month ago, when she met Carol Schwennesen, that Shannon's art really took off.

Carol, whose oils are much admired locally and beyond, encouraged Shannon to go further. Joanne Hennessey says that Carol encouraged her daughter to enjoy her art and to never hesitate to create in a way that was self-directed. Carol suggested that painting in oils might give Shannon more opportunities with depth and color, and she was right. Shannon's paintings are strong and rich with all the colors that birds are. Each bird portrait isn't necessarily what you would expect; her birds are often seen from an unexpected angle that gives the viewer not only the bird, but a new way to think of the bird. But, it's their eyes that drew me. Back when I was watching those Bandtail Pigeons I learned that everything about birds is different from us and other animals — the way they move, the way they look. Shannon captures those incredible eyes that give her birds that presence that, for me, is just "bird."

The Island's Audubon Society has been notified, and bird lovers and lovers of things creative and colorful are bound to be in attendance for Shannon's reception. Don't miss it!

Which only goes to prove, once again, that there is more to Vashon Bookshop than just books!

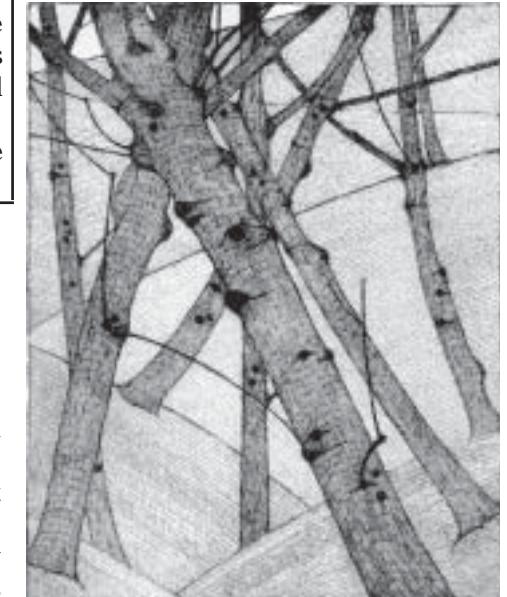
and work with Anna Rose and the company. The show went on as scheduled with Anna Rose, and she did a great job."

"And Sandy only ran into the audience once!"

### One Day Print Sale Benefits VAA

By Janice Randall

Mark your calendars for a special one-day art event. Etchings by long-time Vashon Island resident and artist, Art Hansen will be available one day only, at Blue Heron Art Center, Saturday, May 13, 10 am to 5 pm. Hansen's work was recently chosen to premiere the Smithsonian's small-sized print series. Considered the Northwest's visual poet, Hansen has brought attention to the region and its bounty from flowers and fruits to trees and ponds. Highly stylized



*Alder Forest, 1999, Art Hansen, etching*  
and deceptively simple, Hansen's work is a treasure for any art lover. All proceeds from this one-day print sale benefit Vashon Allied Arts in celebration of their 40th anniversary.



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