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THE LOOP

Vol. 4, # 10

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

May 9, 2007



School Board listening to Robert Boesch at May 2 meeting. Loop photo

School Board Busy with Extra Meetings

By Mary Litchfield Tuel

School Board Summary: In recent meetings the Board has hired Terry Lindstrom as Acting Superintendent; established a Budget Modification Committee to find ways to pare the budget by 2% by mid-May; authorized Lindstrom to lift a hold on purchase orders for the District; declared April 28 Jim Martin Day; upheld the administration's decision not to publish a Riptide article; allotted \$14,000 to Mary Kay Rauma to handle communications and public relations for the District; and discussed the strategic plan, the safe pathways project, and other issues.

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Low Tide Celebration at Point Robinson

By Rayna Holtz

Get your boots out. Festivities at the second annual Low Tide Celebration will start with zest promptly at 11 a.m. on **Saturday, May 19**, with a geology talk, nature journaling, beach walking, and lighthouse tours. Under the broad canvas of the Vashon Park District tent out near the lighthouse, David Frank and Tom DeVries will co-present a brief introduction to the geology and morphology of Maury Island beaches. Immediately following their talk, they will team up with native



Black-clawed crab

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Prom Night on Vashon

These six young beauties stopped by Thriftway Saturday afternoon to show off their prom dresses. Prom was held Saturday night at the Experience Music Project in Seattle. Left to right, they are Veronica Grisham, Brittany Thomas, Callie O'Grady, Amy Pruett, Ashley Thomas, and Jenny Garcia. Loop photo.

Vashon 101: The Story of Vashon and its College

By Susan Wolf

Joe Meeker was our last instructor for Vashon 101. For one hour, he held us spellbound with the story of his pioneer ancestor Ezra Meeker, who founded the city of Puyallup. Coming out west Ezra and his wife, who were looking for farmland, came to a fork in the road. There they parted ways with a single bachelor friend, who went south to the gold mines of California, while Ezra and his wife came north to



Joe Meeker

Washington State. And so it was with many early adventurers – families came to Oregon and Washington while the ambitious, single folk traveled to California. Those people shaped the communities and the atmosphere of the places they settled.

The importance of storytelling goes beyond this story, however. Dr. Meeker explained that an in-depth study of over 800 mass or serial murderers found that as children, these criminals could not tell or listen to a story nor play well. All work and no play doesn't make Jack a "dull" but rather a dangerous boy.

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Vashon 101 Profs, pictured left to right: Todd Mildon, Trustee and Chairman of the Curriculum Committee; Kevin Freeman, Geologist; Bruce Haulman, Historian; Tom DeVries, Geologist and teacher at Vashon High School; Joe Meeker, English Prof & Storyteller; Patrick Christie, Marine Biologist. Photo by Susan Wolf



Jim Martin Day at Vashon High School. Photo by Rita Santiago-Allman

Baseball Community Honors Jim Martin

By Larry Allman

The Vashon baseball community turned out in full force on Saturday (4/28) to honor Mr. Baseball, Jim Martin. It was the opening day ceremony for Vashon Youth Baseball & Softball (VYBS), with Lance Morgan as the day's Emcee, and Art Thiel of the *Seattle P-I* as the keynote speaker. The highlight of the festivities was undoubtedly the tribute to Jim Martin. Head Coach Steve Hall spoke warmly about his assistant coach, and even made a joke saying "...we wanted to name the field after Jim, but the school board said we had to wait until he

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Blowing the horn for peace. Loop photo

Protesting Bush Veto

Anti-war protesters came out last Thursday to blow the horn against President's Bush's veto of a bill which would have set a date for withdrawal from Iraq.



Protest organizer Vern Johnson. Loop photo

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Neighbors Helping Neighbors

During a power outage, keep calling Puget Sound Energy to report your outage. Call 1-888-225-5773.

Candidates Workshop: Get Ready to File

This is the year that we elect members for our School, Fire, Parks, Water, Sewer, Airport and Cemetery Boards. Primaries have been moved up to August and thus **filing for office is early this year, from June 8 to June 12.** The League of Women Voters will have a workshop for those who may be thinking of running for office on **Monday, May 14,** at 7 p.m. in the courtroom at Courthouse Square. Information will be provided on how to file and what you need to know about matters such as providing information for Public Disclosure. A representative of each board will be on hand to give an idea of the work involved in participating on their particular board. Everyone is welcome to attend even if you are not planning to run. You might be considering it for the future or maybe you are just curious. For more information call Jennie Hodgson, (206) 463-5408.

Diabetes Group Meets May 11

“Living with diabetes: Ideas for taking care of ourselves when we get sick — short term and long term” will be facilitated by Sally Frazee, BSN, RN, CDE at 10 a.m., **Friday, May 11** at the Fire Training Building, sponsored by the Vashon Senior Center. The program is open to everyone, and is free. Come and bring your ideas, let’s talk about what has gone well and what was challenging. Learn when to monitor your blood sugar and why. Bring your monitor and your questions.

Time to Re-Apply for Burn Permits

Vashon Island Fire & Rescue wants to inform residents who applied online for Burn Permits during 4/30/07 to 5/4/07, that they need to either apply again or come into the station at 10020 SW Bank Rd. Unfortunately, the email system was having a problem and your burn permit request could have been either returned to you undelivered or was lost. If you have questions, please call 206-463-2405.

The Fire District reminds residents to check the expiration dates on their burn permits. Review the rules and call the number displayed in the upper left corner. The recording will let you know if burning is permitted or if there is a burn ban on. Only yard waste is permitted to be burned.

Vashon Green Party May & June Programs

Thursday, May 10 — 6:45 p.m. Film Night at Café Luna. *The Wall* — This documentary film is about the wall that Israel built to separate itself from the Palestinians. Not a polemical film and not one that takes strong political positions against or for any particular side, this film focuses on the human effects of the wall on people living on both sides.

Saturday, May 12 — 9 a.m. to 5 p.m. Green Party State Convention at the Evergreen State College in Olympia. Please go to the website for details: www.wagreens.us/home. We will be carpooling from Vashon. Anyone who would like to join us, please contact Ivy Sacks, 463-9579 for more information

Sunday, May 27 — 2 to 4 p.m. Green Party Book Club at Vashon Tea Shop. The book we will be discussing is: *Nemesis* by Chalmers Johnson

June Events - Date yet to be determined: Speaker Duff Badgley on “Car free Vashon” and pros and cons of biodiesel; June 23 – 7 to 9 p.m. at Courthouse Square. Author Elizabeth de la Vega will be discussing her book *US vs Bush et al.*

4th of July Fireworks on Quartermaster Harbor

Melinda Sontgerath, owner of The Hardware Store Restaurant and Splash Seafood Bar & Market, is excited to announce the continuation of the annual Fireworks Extravaganza on the 4th of July.

The Hardware Store Restaurant, Splash, and some of their very generous, community-minded customers will sponsor the spectacular fireworks display, which will take place again from the barge on Inner Quartermaster Harbor.

Taking the lead from Tom Stewart, who has single-handedly given this gift to the community for many years, they will contract with the same pyrotechnic company that has produced the show in the past. Thus, a guarantee that one of the best fireworks display in the Northwest will continue to thrill and awe residents, young and old, on Vashon Island.

The Vashon Maury Chamber of Commerce will take on the role of coordinating safety and traffic control with the sheriff’s department. Details will be shared as the event draws near. So, long live the tradition and make plans now ~ this spectacular show is not to be missed!

Another Senior Center Cruise -- To Mexico!



Vashon-Maury Senior Center is sponsoring another bargain cruise — this time to the Mexican ports of Acapulco, Ixtapa/Zihuatanejo, Puerto Vallarta and Cabo San Lucas for about \$800 per person for eight sunny days **February 4-12, 2008.** Learn more at the cruise night meeting at 7 p.m. at the Senior Center on **Wednesday, May 15** from Ellen Trout, who has planned previous fundraising cruises, and Michael Weldon of Norwegian Cruise Lines; the trip is available to everyone, their friends and family. Bring your curiosity and questions.

Adopt-a-Cat Days

Vashon Island Pet Protectors will host an Adopt-A-Cat day **EVERY Saturday** in May from 11:30 a.m. to 2:30 p.m. at Pandora’s Box. Please stop by or call VIPP (206) 389-1085.

Oil Spill Rescue Volunteers Needed

Wolftown Director T Martino is looking for Island volunteers to help out in the event of a major oil spill on the Island. Martino recently took Washington State’s advanced oil spill training course. Concerned wildlife enthusiasts should call Wolftown, (206) 463-9113, to get their contact information on the list.

“We need a list of people who will obey the rules. They would help with capture, providing transportation for wildlife, bird washing, or whatever they are told. We’re also going to need supplies, like towels, basins, and soap,” Martino said. “Interaction with wildlife is really regulated now. The State does not want people to do wildlife rescue unless they are trained.”

Italian Wine Classes

Chris Zimmerman, a Vashon resident and one of the country’s premier Italian wine experts, will be leading a series of classes about Italian Wine over the next six months. The classes will be held one Sunday evening a month at Ferrara Ristorante from 5 to 6:45 p.m. Each session will have its own focus and will include a broad wine tasting, tasting notes, maps and some food to accompany the wines. Photos from Chris’s extensive travels throughout the Italian wine growing countryside will sometimes be shown. Chris is a renowned speaker and educator and has led classes of this type all over the country. This is a unique opportunity to get a good understanding of the basics of Italian wine. To enroll, please call Chris Zimmerman at (206) 567-5903 or email him at zimvino@msn.com.

Farmers Market Open Every Saturday

Join the farmers and artisans at the Farmers Market this Saturday, May 5, and every Saturday all summer, from 10 a.m. to 2 p.m. Many of the farmers are now seeing a regular Saturday shopping crowd. You will find plant starts including tomatoes, salad greens, cheeses, meats, eggs, milk, wine, fresh flower bouquets, dahlia tubers, handmade soaps, jewelry, cutting boards, reconditioned kitchen knives, and handmade clothing! For lunch, visit Paul Motoyoshi of Sol Source. He has hot soup, tea, and panini sandwiches. Come on down, Vashon — the Farmers Market is up and running, rain or shine! See you at the market!

Orchard Tour

On **Saturday, May 19,** Vashon Island Fruit Club is having an orchard tour that will feature the care and maintenance of well-established fruit trees and berries. The tour starts at 1:30 p.m. and will visit the adjacent properties of Jeff and Clair Bronson (17526 Westside Highway SW) and Hal and Molly Green (17705 Westside Highway SW). You can get to these properties by driving west on Cove Road, south on McIntyre Road, and south on Westside Highway past 172nd Street. Park along the highway and walk to the Bronson’s place first. Nonmembers are welcome and can sign up for a membership on the tour. For further information, please contact Mary Ornstead at 463-0565.

You can’t have everything. I mean, where would you put it? – Steven Wright

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Troy & Marie Talk Title Insurance



Title insurance is one of those things the average person does not think about every day. In fact, the average person does not think about it every YEAR! It's really only something you think about when you are buying real estate, or in that rare instance when you have a claim. We talked to Paulette Starheim of First American Title Insurance to get some basic information about title insurance for our readers. Paulette has been in the business about 12 years, and with First American for the last 8, so she knows a thing or two about the issue.

Troy: Paulette, thanks for helping to de-mystify title insurance for our readers. In a nutshell, title insurance is a policy that protects an owner's legal right to own, use, possess, control and sell the dispose of the land. Anything you can add to that?

Paulette: We should probably explain that there are typically two policies issued: One provided by the seller of the property to the buyer and one that is provided by the buyer to the lender to ensure that there are no clouds on the title or outstanding interests such as judgments or liens.

Marie: A cloud is a quaint-sounding term that means there is some kind of problem with the title. It can be something as simple as a misspelled name. When a title insurance company such as First American issues a policy, they are agreeing to defend the policy holder against any future claims that affect the value of the property.

Troy: As for the two policies, it makes sense. The lender wants to be sure the property pledged as security for the loan has clear title, while the owner of the property wants to be sure of the same thing – even after the loan is paid off. The premium on these policies is paid one time, during the closing process. The lender's policy (typically paid by the buyer) is in effect until the loan is paid off, and the owner's policy (paid by the seller) is in effect as long as the owner holds title to the property. Paulette, what else do you do when you issue a title policy?

Paulette: Well, we make sure that the property is accurately vested.

Troy: In case our readers are wondering, 'vesting' means the way that the owner or owners hold title. For example, an unmarried couple could hold title as tenants in common, which means they each own a percentage of the property, or they could hold title as joint tenants with right of survivorship, which means that if one of them dies, the other one gets the property.

Marie: I know there are different types of polices, with different requirements and different deductibles for certain claims. I'm sure it's too complicated to explain fully, but could you give us just a brief recap?

Paulette: Sure. There are three kinds of policies: Standard, Extended and Eagle (our homeowner's) policy. The standard policy has no deductible and does not require a survey for the policy to be issued. The extended policy has no deductible, no maximum pay out and *does* require a survey, and the Eagle policy has some deductibles and maximum payout. Coverages are different for the different policies. For example, the Eagle policy covers subdivision violations and insures on boundaries, lines and fences to name just a couple. However, there are certain limitations.

Marie: That makes sense. We can't get into the specifics here, but if any of our readers want more comprehensive information about the various types of policies, we would be glad to send them a schedule that explains it more fully. Thanks for talking with us, Paulette.

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



This is a beautiful 1900 vintage farm home that is currently being operated as a Bed and Breakfast on Vashon Island. The Inn consists of 5 suites; 4 in the main house and 1 in the cottage. Each suite has a private bath and a sitting area. The cottage is steps from the main home and has 2 bedrooms and 1 bath. If you love lavender, you'll love the autiful lavender field in the back.
\$ 525,000.

Lavender Duck

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- ↪ 4 bedrooms
- ↪ Cottage
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- ↪ 3 bedrooms
 - ↪ 2 Baths
 - ↪ Wood Stove
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A terraced yard leads to 100 ft of waterfront with a 200 degree view of Commencement Bay, Mt. Rainier, and the picturesque Tahlequah ferry. Light, bright rooms take advantage of the view and southern exposure. The master suite is on the main floor, and the living room features vaulted ceiling, a wall of windows and a cozy built-in pellet stove. Two levels of wrap-around deck add plenty of outdoor living space. Plus, two car-garage with a partially finished workspace and fenced dog run. **\$599,000.**



- ↪ 2580 Sq Ft
 - ↪ 2.5 Bath
 - ↪ 4 bedrooms
 - ↪ 100' Waterfront
 - ↪ 2 Car Garage
- 12405 SW Bachelor Rd**
MLS # 27006933

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- ↪ 4 bedrooms
 - ↪ 1700 Sq Ft
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Diana Spalding, Nancy Radford and Kay White. Photo by Harry Reinert

Senior Center Board Retirees

Vashon Senior Center board members who have fulfilled their terms — Diana Spalding, Nancy Radford and Kay White were presented with “Thanks for Keeping Us on the Road” tiles by Irene Otis recently at the organization’s annual meeting and volunteer recognition lunch at Burton Lodge; Senior Services Director Abbie Nielsen presented the awards to thunderous applause.

LoOpEd

Dying of Depression

By Susan Wolf

Like most of the folks who showed up last Wednesday night to hear Marianne Rose and Mary Simonson discuss depression, my family has struggled with it for generations. We, too, have felt the impact of suicide. While depression is common, it’s important to remember that for every death, there are many more of us who have survived.

Sixteen years ago, I found myself in a narrowing tunnel of darkness, unable to escape on my own. After a childhood of severe abuse, two failed marriages, a recent hysterectomy, a change of jobs which resulted in a move to a new town and a child moving out, plus a bump in a romantic relationship, I crashed. It was as if I was alone on an empty planet with no love, friends or future. Life was suddenly black and white and small and I hid it well until there was no hiding place left.

The shrink at the hospital, after having me take a stress quiz, called me “an exceptionally strong woman.” “Uh, Doc?” I joked, “If you haven’t noticed, we’re in the Psych Ward.” He pointed out my high stress score of 830. “I see most people in here at 300-350,” he said quietly.

The hospital wasn’t scary and it wasn’t filled with derelicts. It was filled with nice, intelligent people who, like me, had been having a harder-than-average life.

The important thing for us to realize about depression is it’s OK to talk about

it. Depression, like many other diseases, is treatable. Besides hospitals, there are many medicines and counseling, but like cancer, there are some extreme cases, which are fatal. Your brain is like a computer - sometimes a wire gets crossed and it crashes. You can’t make someone commit suicide and you can’t catch depression from anyone. If you are a depressed parent, who is taking meds, avoiding alcohol and seeking counseling, then you are taking good care of yourself. Your kids can be reassured about that.

I think of how rich my life is now – how competent, loved and creative I feel, with loads of joyful possibilities ahead, and am struck by the contrast.

This news will surprise my friends, co-workers and fellow churchgoers. It is so personal, why would I choose now to talk about it? Because there are cops and nurses and businessmen who are depressed and being treated successfully. There are people like me who have crashed and have gone on to finish high school or college and find a great vocation. We find love, raise families, serve others and contribute to the community. But most of all, we get help when we need it and watch ourselves for those downward spiral emotions. That’s when it’s time to call for help. We live wonderful, rewarding lives and face each day with hope. That’s what we need to remember when someone loses a battle with depression. Thanks to Mr. Foege, I remember how close I came to losing the battle and how grateful I am to be here. Even death by depression doesn’t zero out a life that was a blessing to others. God bless us to continue and help us remember that even when it is raining here, the sunshine is only a cloud away.

The Great Silent Grandmother Gathering

Editor, *The Loop*:

I ask you to join me on **Sunday, May 13**, at Ober Park from 1 to 2 p.m. for a silent time of prayerful intention – being with one another and sharing the thought of peace in the world – that it might be saved for our children and grandchildren and all future generations. I’ll leave it to you to discern who you would like to invite to be in silence. The only qualification is that you want to do something at this time in this world. It could be friends, family...anyone you meet on the street or in the store. What will it cost? An hour that (coupled with everyone else in the Northwest and around the country being intentional for

that focused period of time) could dramatically change who we are as people. What if it works? How will we know unless we try? We may not know in this lifetime. I know for certain, however, that the universe and Mother/Father God and Creator are powerful forces that I am not prepared to second guess. Come...please take this hour and join me.

Go In Peace to Love and Serve the Lord! Thanks be to God!
The Rev. Sally Carlson

To carry a grudge is like being stung to death by one bee.

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Tips for Talking to Kids about Suicide:

Don’t get visual in descriptions – just say a loved one died from depression – a disease.

Do allow children to talk and express their emotions.

Tell children that depression is treatable 80-90% of the time, but in some extreme cases, people lose the battle with the disease.

Do allow children plenty of physical exercise to get frustrations and emotions out – running, playing ball, swimming, pounding on modeling clay, etc.

Changes in Behavior for Children

Withdrawal from friends, clubs or enjoyable activities

Changes in sleep and eating patterns

Persistent headaches, stomach aches, etc.

Agitation, irritability, tantrums, anger or sadness

Talking about running away

Going online for information about suicide

Grades slipping

Ask yourself: Is there a family history of depression?

Things to Do if Concerned about Your Child

Provide environments for a child to talk comfortably with you – riding in the car, working on a project or chore together so that it is non-confrontational.

Talk to teachers and school counselor

Ask the parents of your child’s friends if your child has shown concerning behaviors when at their house

Compliment children on “markers of resiliency” or ways you see them coping constructively with disappointment, failure, etc.

Pray together and encourage your child to pray for the victim’s family

Exercise with your child – you’ll both feel better

Seek counseling with a professional, either counselor, clergy or medical doctor. Continue to press for answers if concerning behaviors continue. Early intervention can prevent repeated episodes of severe depression.

Log onto www.nami.org or www.nami-greaterseattle.org for information, resources and avenues to volunteer. You can be part of the solution to improve Washington State’s “D” grade for helping the mentally ill.

Quote: “I thought anti-depressants were for desperate housewives or fragile poets.” - Chris Rose, reporter for the *New Orleans Picayune* quoted in the *UTNE Reader Magazine*, May 2007, after being diagnosed with Post Traumatic Stress disorder and depression following Hurricane Katrina.

No More Empty Chairs:

A Letter from High School Principal Susan Hanson to the Community

Editor, *The Loop*:

In the past, I addressed my springtime concerns to only the senior parents, but as a mother and a principal, I fear for all our children. Too many teens are consuming alcohol then driving to and from social events. We must continue to work together to change a dangerous climate of perceived acceptance of alcohol and drug use by our children. While not all our children are making unwise choices, enough of them are to make it dangerous for all of them and to us as Island residents.

Students know the consequences of being caught at a school event after consuming alcohol. But a number of students are simply postponing their use until after the event. This is a huge concern.

What can we, as a caring community, do about non-school social events?

1. Make phone calls. Talk to parents before your son or daughter goes to a party. Assure yourself that parent chaperones will be present, and they

support your no alcohol, no drugs rule for your child.

2. Be suspicious of overnight parties. These overnights often include alcohol. Check before and during the event to insure parents are in attendance.

3. Make it clear that you are the only one to authorize guests in your home and uninvited guests will result in a call to police.

4. Call authorities if you have information about underage drinking parties or other unsafe behavior. You are not “getting them into trouble.” You may be saving their lives.

5. Contact the school if you have information about unsafe behaviors. At the very least, I can contact the students’ parents.

6. Talk to your child prior to the end of the year activities about the long term consequences of alcohol and drug use.

Specifically for the parents of seniors: Graduation night used to be the most dangerous night of the year, followed closely by prom night. Since parents

Get Your Tickets Now for PTSA Auction

And some inspiring student artwork on display during May Gallery Cruise!

Tickets are on sale now for PTSA's Abundanza auction, **Saturday, May 19**, which will take place at the Veteran's (formerly VFW) Hall. Tickets are available at Books by the Way, and the Vashon Bookshop; or reserve them online at www.vashonptsa.org

Enjoy a sit-down meal of fresh Mediterranean fare and fine wines. Proceeds will buy much-needed school curriculum for science, literacy, arts and music.

We've got some great items this year, including a selection of outstanding student art projects led by artists:

Douglas Granum. The highly acclaimed sculptor worked with Jenny Granum's second-graders to decorate a sturdy basalt column with delightful copper cutouts. See it now at the Hardware Store restaurant.

Catherine and Ray Beard created three beautiful butterfly benches trimmed with exquisitely quilted cushions that incorporate colorful images by kindergarteners. At US Bank starting May 4.

Trish Howard made three gorgeous wood-framed Japanese light towers with watercolor panel paintings of Koi & Japanese Cranes by multi-age students. At U.S. Bank on May 4.

Dean Hanmer worked with third-graders to create a whimsical indoor

panel screen documenting ferry travel. At Kronos, May 4.

Tara Brenno covered a coffee table in a fourth-grade mosaic showing four Orcas swimming in a turquoise sea. Also at the Two Wall Gallery.

Amy Dubin worked with 12 high-school students on unique ceramic baskets. See them now at John L. Scott's downtown office.

Geriann Siebert composed a mirror surrounded by cheerful hand-painted tiles by McMurray students. Also at John L. Scott.

Ivonne Escobar de Kommer is completing a splendid 5.5' freestanding solid copper garden sculpture featuring 12 handcrafted bowls by fifth-grade students. A sketch of the sculpture will be at Kronos.

Barbara Gustafson made 12 darling "bird nest" baskets woven with bright materials by Nancy Herrington's and Frank Daniel's second-graders. At Blooms & Things.

Mary Margaret Briggs composed a monotype collage called "String Theory" with Lynn Tilland and Elizabeth Golen-Johnson's afternoon preschool classes. It will be a Blooms & Things.

Steffon Moody's two Chinese-themed puppets will accompany first-grade parents' imaginative puppet theatre at Vashon Island Energy.

Watch for all these auction offerings among other art treasures downtown during the Island Gallery Cruise, 6 to 9 p.m., **Friday, May 4**.



Hanson Letter

Continued from page 4

began sponsoring well chaperoned all-night graduation parties, this is no longer the case. The night following the last day of senior finals, however, is an even more frightening time for all of us who care about your children. It is the most dangerous night of their high school career.

Students stay out all night with friends and celebrate. Too often these celebrations involve alcohol, drugs, and driving from party to party. In previous years students were discovered asleep on the roof of the high school. In years past, according to students, police broke up drinking parties at KVI and sent the students to the high school. The school district can not parent your children or forbid them to stay out all night. But we can take a stand about unsafe activities on this campus.

Students under the influence of alcohol at the mandatory graduation practice at 8 a.m. Friday, June 15, 2007 will receive a short term suspension and will not be allowed to participate in graduation exercises on June 16, 2007.

Students on the roof will receive a short term suspension and will not be allowed to participate in graduation exercises on June 16, 2007.

Security has been hired for the nights until the end of the school year.

As a parent, as a principal, as a community member, I want no more empty chairs at graduation. Your children have worked hard and deserve the ceremony and celebration that marks this milestone in their educational careers. The celebrations need to be safe and positive. Please take time to discuss these issues with your child. Our children are precious. They are irreplaceable. No more empty chairs.

Susan Hanson
VHS Principal and Mom

Bob the Ferret Runs for Honorary Mayor

Bob the ferret, who was the campaign manager for Mayoral candidate Michael FitzPatrick a few years ago, is running for Honorary Mayor. Bob is running, of course, to benefit the non-profit Ferret Shelter Northwest. FitzPatrick will act as Bob's campaign manager, and serve as translator and strategist for the grueling campaign.


"We plan on starting early and finishing strong," said Bob. "Anyone wishing to volunteer should contact FitzPatrick at (206) 463-4317, or by email."

Support Vashon public schools!

PTSA Abundanza Auction

Escape to Northern Italy for an evening of friends, fun and fine cuisine

MAY 19
5:30 PM | VFW



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Come for our kids. We're raising money for sorely needed books and supplies critical for quality education.

Tickets:
Amico: \$25/person, general seating
Benefattore: \$50/person, reserved seats
Fantastico: Reserve a table for ten friends, \$600. Call Carrie Van Buren, 567-5313 for details.

Tickets for this adult only event available at Island book stores & www.vashonptsa.org

Ticket questions? Call Carrie Van Buren at 567-5313
For childcare call Laurie Veatch at 463-7744

Shuttle Vans and Drivers Needed During Auction

Childcare will be provided during the Abundanza auction at McMurray. Shuttle rides are being offered from McMurray down to the VFW. One 15 passenger van and adult driver have been secured so far, but more drivers and vans are needed to provide shuttle service the night of the auction. Volunteers please call .Wendi Abella at (206) 938-1781.

FAUNTLEROY FRENZY?

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YOU IN ONE CAR AND YOUR SPOUSE IN ANOTHER BEHIND YOU: WON'T WORK! FOR BOTH

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IF TICKET SCANNERS MALFUNCTION WE CANNOT EVEN CALCULATE THE MESS THIS WOULD CAUSE

PRETICKETED VASHON GO AROUND TICKET BOOTH PRETICKETED SOUTHWORTH (ADDING TO TENSION BETWEEN THE TWO)

SCAN WILL NOT WORK WHILE SPRINTING AS TICKETER AS GATE IS DROPPING

ELEPHANTS WILL BE CHARGED AS ADULTS

ANY QUESTIONS?


ONCE PASSENGERS ARE SCANNED... STAY IN HOLDING LANES

DURING INITIAL HECTIC TRANSITION PLEASE AVOID STARING AT ANGRY LOOKING MOTORCYCLISTS

VAULTING TURNUSTILES IS FROWNED UPON

PASSES ARE NOT EDIBLE

...AND ALL ABOUT THE SAME TIME THAT BEER AND WINE WILL AGAIN BE SERVED ON THE BOATS



Spiritual Smart Aleck

The Ridiculous Truth. Or Not.

By Mary Litchfield Tuel



It was 1970, or '71. I can't remember the year, much less the season or the day, but it was right around 1970. I was a young woman living in Los Angeles, hoping to become a rock and roll star, and not realizing yet how ill-suited I was to that line of employment.

So. There I was, this long-haired babe, driving my '58 Chevy south on Fairfax Avenue, just north of Santa Monica Boulevard. The light turned red, and traffic stopped. I put on my brakes and was sitting there minding my own business when the car behind me plowed into the rear end of my Chevy.

It wasn't a hard hit, but hard enough to make me open the door and get out of my car to inspect the damage.

The car that hit my car was a light-colored Volkswagen Beetle. When the driver saw me get out, he got out, too. He was a little man, in a khaki or camel colored coat, and he wore a brimmed white hat. He peered at me over his car door and said, in what I can only describe as a Truman Capote-like voice, "Oh, darling! Are you all right?"

Oh, I thought, I've been rear-ended by a homosexual. It was no surprise; this was West Hollywood, where stereotypes were born and grew up. I figured he was a Truman Capote type.

We looked at each other, then looked at our cars. Mine was fine, and so was his. We agreed that both we and our cars were none the worse for wear. He mentioned that he was on his way out to Palm Springs to visit someone. I wished him a pleasant drive, we said good-bye, got back into our respective vehicles, and drove our separate ways. I sensed he was immensely relieved that there was no damage to either car, which was appropriate because he was at fault.

A few hours later I noticed that my rear license plate was missing, and that brings me to what was for me the most amazing part of the story for the next 37 years. The next day I drove back to Fairfax Avenue,

and there, lying right where it had fallen off the rear bumper of my Chevy, was my license plate. It was flattened out from being driven over for about 24 hours, and had new bumps caused by the little rocks underneath it. I dashed into the street in a quiet moment, grabbed my flat bumpy license plate, and took it home, where I re-attached it to the rear bumper of my car. For years I told the incredible story of how I'd found my license plate right where it fell the day before on a busy street in L.A.

It was not until a few months ago when I was watching a DVD of the movie *Capote*, with Philip Seymour Hoffman doing his Oscar-winning turn as the tormented diminutive author, that the other part of the story began to click.

Who was that guy who rear-ended me? He made me think of Truman Capote on sight, and certainly when he spoke. I thought he was a Truman Capote type. Belatedly I realized that Truman Capote was not a "type."

Still, it was West Hollywood.

I discussed the incident in an email to a friend. How could it have been? Capote was a New Yorker. My friend replied that Capote, although famously a New Yorker, did come to L.A. to appear on *The Tonight Show* frequently in those days. So he could have been in L.A. As a New Yorker, he did not drive often, so that might account for the bad driving.

The look, the voice, the bad driving...maybe?

I don't know how I could find out if Truman Capote borrowed a VW Beetle while visiting California 37 years ago, and subsequently drove it into the back of my Chevy on his way to Palm Springs. I now suspect that it was him, but how could I know?

If it was him, it wouldn't be the first or last time I refused to believe the truth even when it drove into me, because it was so unbelievable, so ridiculous.

Reality can be so frustrating.



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The Story of Vashon College

Continued from page 1

At the conclusion of his remarks, plaques were handed out, the celebratory cake was eaten and people chatted vivaciously.

I went to Vashon 101 hoping to learn a little bit more about the nature and history of Vashon Island. The instructors are at the top of their fields in the natural and human sciences, but more than that, they are passionate about the quality of life we enjoy here. They study it, shared it with us, and they ignited a desire in me to not to just learn more, but do more for my community. Vashon College is a unique opportunity for us to build a better Vashon.

You, too, can be a part of a better world. Just contact the college and ask how you can help by emailing info@vashoncollege.org or write to Vashon College Green & Blue Crews, JT Sheffield Bldg, Suite 101, 18850 103rd Ave SW, Vashon.

Low Tide Celebration

Continued from page 1

plant expert Vicki Brown to lead a two-mile stroll along the beach to Pat Collier's place. Eliza Ghitis, from People for Puget Sound, will show people the beach at Pat Collier's, where a bulkhead has been removed and native plants have been added to help restore the beach. A shuttle bus will bring people back to the point at 1:30 p.m., when the tide is lowest.

Meanwhile, at 11 a.m. Darsie Beck will teach nature journaling, a free class on capturing the mood of days and places in nature through quick sketches, watercolors and written reflections. This year his canopy will stand snug against the leeward side of the lighthouse tower, anchored beside mounded driftwood with a panoramic view of the point. Please register if you'd like to join in, (206) 463-5633, and get your kit of art supplies for \$15 at Essentials 4.

Captain Joe Wubbold and Keepers of Point Robinson will lead people into the lighthouse and talk about the history of the light.

To join a beach walk guided by an experienced beach naturalist, come to the booth of People for Puget Sound at 11:30 a.m., noon, 12:30 p.m., 1 p.m., 1:30 p.m., or 2:30 p.m. Beach guides Kathy Sider, Bob Fuerstenberg, Sandra Noel, Barbara Gustafson, and Ann Spiers will take turns

leading these beach walks. Beach naturalists, Pam Wise and Beth Lolley, will roam the beach from 11 a.m. to 4 p.m., answering questions and pointing out beach animals.

And such beach animals! As the tide drops, we will be able to walk beyond the zones where barnacles and limpets predominate, into the zone of anemones, sand dollars, curlicue tube worms, and orange sea cucumbers. By 1:30 p.m., when the tide is at minus three point two feet, we will be in the habitat of seldom seen species of nudibranchs, crabs and sea stars. Maybe we'll lift a rock and see a clingfish underneath, its rounded head and wet gelatinous belly tapering to a narrow tail. Sometimes its eggs can be seen like small yellow beads attached to the bottom of the rock. Clingfish have suction cups underneath, and feed on limpets, other mollusks, amphipods and isopods. Clingfish can survive the turmoil of wind and waves in cavities under big rocks along with armored animals like the black-clawed crabs. These small crabs, carapace only one or one point five inches wide, inhabit the lowest inter-tidal zone and eat algae, small mollusks, and barnacles. Though they can be grey or red-brown, they can also be mottled purple such as the one Kathy Sider showed people during the April low tide walk at the north end.

No one can predict what we'll see on the beach, but there are always fascinating creatures and colorful seaweeds. Shoreward, the Audubon Master Birders will show people nest holes of kingfishers, pigeon guillemots, and northern rough-winged swallows on bird trips departing at 8 a.m. from the upper parking lot, and noon and 2 p.m. from the Audubon booth. Crabs and shells of many species will be displayed at the booth of Washington Scubas Alliance, and displays of information about many shoreline subjects will line the edges of the big speakers' tent. We'll hear from John Rupp on six-gilled sharks, Bob Fuerstenberg on mucous, Helen Meeker on shoreline plants, Orca Annie and Odin Lonning on orcas, Jim Smith telling stories, and Leslie Creed and Larry Lawson presenting several Makah tales.

For further information contact Rayna Holtz at (206) 463-3153 or Michelle Ramsden at (206) 463-1312. Most of this celebration is being presented by volunteers. Sponsors include Vashon Park District, Washington Department of Natural Resources, People for Puget Sound, Vashon-Maury Island Audubon, Washington Scuba Alliance, Keepers of Point Robinson, King County, Puget Soundkeeper Alliance, Lorax Club, and Vashon-Maury Island Land Trust.

Don't Forget the Birds

Got a Camera? Take Bird Pictures

By Ed Swan

With the proliferation of more powerful and increasingly cheaper digital cameras, photography is becoming accessible to an expanded pool of potential new photographers. More and more people seem to have cameras capable of taking fairly good pictures. I want to encourage all of you to use them to take pictures of birds, other wildlife and plants. I'm not asking everyone to join the ranks of the many professional and amateurs who might as well be professional photographers on Vashon, just take what you can take when the opportunity presents itself.

The reason I suggest people give wildlife photography more of a try lies in the great way a photo documents the existence of a species at a given place in a given time. In the last couple of years, a number of non-professional and semi-professional photographers sent me very good shots of unusual birds or interesting behavior by run of the mill birds. For example, this winter Rebecca Strong sent me a picture of a Townsend's Warbler using a hummingbird feeder. These pretty birds regularly winter here in small numbers, so the bird itself, while attractive, wasn't that unusual. On the other hand, they feed mostly on insects and only some of the time show up at bird feeders. I've never heard of or seen them use a hummingbird feeder. At the Hollidaze Bazaar, Debra Paulson showed me another picture of a Townsend's Solitaire that she took in October. This thrush species is rare for Vashon. One or two birds show up for quick sightings once a year here. They almost always appear in April. Her photo gave the Island its first October record for Vashon.

With digital cameras, you can also help prove appearances of very rare birds easier. What's nice with a digital camera is that you can take a lot of shots and the ones that are impossibly bad can be deleted without spending money to develop them. Bird

identification also does not require an awesomely beautiful, artistic or even perfectly clear shot. Most species possess a few "diagnostic" field marks, plumage characteristics that distinguish it from other similar birds. If the field marks come out enough in the photo, that's good enough, no artwork necessary. Also, digital photos prove much easier to manipulate quickly on a computer so that with the proper software, one can often enhance the needed area of the bird to see the field marks better. Finally, a digital photo allows email to spread the picture within minutes to experts who can identify the more difficult species quickly enough that



Townsend's Warbler using hummingbird feeder. Photo by Rebecca Strong

others many times get to view the bird in person before it leaves the area.

Besides documentation, the increase in bird photography on the Island helps immensely in the Vashon Audubon chapter's ability to educate the public. Over the last several years, Vashon Audubon members created a number of excellent courses on local birds with excellent high quality photos from local birders. Photographs from Islanders Pete Murray, Jack Dawdy and Steve Caldwell provided most of the pictures in the recent Enjoyment of Birding class. This gave the chapter

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an extremely important contribution because photos generally cost a lot of money to use and photos from other sources often show birds that may be the same species but none the less appear different because they come from sub-species living in other parts of the continent.

Speaking of photography, Vashon Audubon plans a great program by Islander Moria Robinson at the Land Trust Building Thursday, May 17, at 7pm. Last year, Moria was one of ten student photographers internationally selected for the North American Nature Photography Association's National High School Scholarship Program. Her slide show will explore in photos and anecdotes some of the bird, butterfly and other species she has encountered in travel in the Southwest United States, Alaska, and Central and South America.

In local bird news, the Purple Martins showed up April 25 with birds seen at Tramp Harbor by Susan Publitz and at Colvos by Rich Siegrist. Our neotropical migrants are really coming back in with Ron Simons reporting the first Warbling Vireo April 17; Sue Trevathan and Alan Huggins finding Wilson's Warblers at opposite ends of the Island April 27;

Island Birding Guide

Species Identification

How to Attract Birds

Ed Swan

(206) 463-7976

edswan@centurytel.net

and Joy Nelsen seeing a Yellow Warbler April 30. Other interesting returnees included Caspian Terns seen along inner Quartermaster Harbor by Gilbert and Jean Findlay and a Marsh Wren at Mukai Pond. Another great donation/sighting was the find by Orca Annie of a dead Common Goldeneye at Colvos. I was able to reach Gary Shugart, Islander and curator at the Slater Museum at UPS, in time for him to pick it up and preserve it for the museum's and the Vashon chapter's bird collection. If you find a dead bird of any kind that recent and not rotting away, bag it and put it in the freezer and get in touch with me for pick up. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

With spring and summer slowly approaching, if you have visitors to the Island interested in seeing Vashon's birds, I am available for guiding tours to the best birding hot spots on the Island or for finding particular species. Also, I visit properties to help identify birds present and give advice on attracting birds to one's property. Give me a call or email. I'm available both during the week and weekends.

00000

Across

1 Top of the head
5 Blow gently
9 Variety meat
14 Declare openly
15 American Civil Liberties Union (abbr.)
16 Radiuses
17 Brief letter
18 Move while sleeping
19 Dickens' "___ of Two Cities" (2 wds.)
20 Short person
22 Undo the belt of
24 Sign language
25 Ideal person
27 Christmas
31 Colt
32 Compass point
34 Dirt
35 Band instrument
38 Tender loving care
40 Cavalry sword
42 Elliptic
44 Thanksgiving vegetable
46 Religious festival
47 Oklahoma city
48 Wrest
50 Zero
51 Tree
52 River (Spanish)
55 Want

57 Bread spread
59 Car's ___ control
61 Church bench
64 Axiom
66 Cut of beef
68 From Asia
71 Has
73 Comfort
74 Lizard
75 Onion-like vegetable
76 Dash
77 Sea
78 Whirl
79 Those people

Down

1 Chinese bear
2 Acknowledges
3 Entire
4 Pitcher
5 Used to be
6 Really
7 Stone
8 Headgear
9 Spoken
10 Oily
11 Food and drug administration (abbr.)
12 Cause of sickness
13 Palter
21 Food and Agriculture Organization (abbr.)

23 Gray sea eagle
26 Value-added tax
28 Planet's shadow
29 Shocking
30 Water retention
31 Cooking oils
33 Sixth sense
35 Emblem
36 Screamer's throat dangler
37 Fair
39 May
41 Father's sister
43 Hearing part
45 Defamed
49 Large vehicle
53 Freezing
54 Lark
56 Pose
58 Japanese city
60 Single
61 Hunt illegally
62 Result
63 Overgrown
65 Soon
67 Highest quality
68 Past
69 Part of a min.
70 Winter hazard
72 Welkin

Solution on page 17

The Reigning Queen of Everything



Bambi Gets Mugged

By Sarah Blakemore, RQE

Q: What's the definition of a Republican?

A: A liberal who has been mugged.

So goes the conventional wisdom; The idea being that everyone is blindly sympathetic to the impoverished masses until faced with the reality that poverty is ugly and desperate.

Why am I thinking about such things? Well, my readers, this Liberal got mugged.

My friend and I were walking home from a lovely evening of drinking wine, eating cheese and chatting. The weather was perfect – such a rarity in New Orleans – that we decided to walk. We happened along a party in a building off of St. Charles Avenue. We crashed the party and danced with perfect strangers to some good New Orleans Jazz.

Happiness.

We continued walking up the avenue. Out of nowhere the blackest man I have ever seen rode up on his bike and yelled at us, commanding us to give him our purses. Thelma and I are not women to hand over our things very easily. You better have something to back it up if you are going to get our stuff.

The sidewalks in New Orleans are very narrow in places due to the tremendous oak trees that so much of the city's character rests upon. Thelma was in front of me and faced the brunt of the attacker's rage. It was as though I was watching my friend getting mugged.

When Thelma yelled "F*ck!" and dropped her purse I knew that the situation was serious.

She drops her purse and my survival instinct kicks in. Looking around I see cars and a McDonald's across the street. The story of a girl who was found with a bullet in her head half a block from her house flashes through my mind. I need to make noise. I need to run and scream and yell and make sure that the entire world knows that we are in trouble.

Okay motherf*#\$ if you are going to shoot me, you are going to shoot me in the back running away from you. You will not shoot me between the eyes as I stand there making a perfect target. I run, I scream, I attract the attention of the police officer who was in the drive through at McDonalds.

Attacker rides off, Thelma chases after him, I chase after her, cops go after him. He is gone.

Thelma is fine. I am fine. We are all fine.

But of course, not really.

Why would another human being feel so entitled to my things as to point a gun at me and demand them? Greed?

File, Candidates, File

Editor, *The Loop*.

Filing to run for slots on our local boards will be from **June 4 to June 8**. There will be openings on the School, Fire, Parks, Water, Sewer, Cemetery, and Airport Boards. The primary election will be August 21st, several weeks earlier than in previous years. The League of Women Voters is providing a Candidates Workshop **Monday May 14** at 7 p.m. in the courtroom of Courthouse Square. Information will be provided about how to run and what is involved in serving. The League of Women Voters aspires to get citizens involved in government and we all depend on those who serve on our boards. Whether or not you are considering running for office, I hope you will attend this informative program. -- May Gerstle

Laziness? Desperation? Maybe he was a drug addict. Maybe he needed to feed his kids and the welfare check was late. Or maybe he is just a rotten human being.

When something traumatic happens you want to put things back into place. Your brain wants to organize and categorize the traumatic information into something useful so you can avoid future trauma. Nearly drown? Afraid of water. Car accident? Drive really slow. Get mugged? Hate poor people.

As I tell people what happened I am rewarded with plenty of disgust about poor people, especially poor black people.

In this world of Enron, MCI World Com, and Big Tobacco, who cause widespread suffering, why are poor people the recipients of so much venom? Because it is easy to hate them.

Poverty is symbolic of everything that this country hates. This is the land of opportunity. You are the worst sort of human being if you don't make use of that opportunity and instead rob people of the rewards of their opportunity.

When someone bucks the legitimate opportunities available to them people have to ask themselves why. Asking leads to uncomfortable answers because we have to recognize that our collective success is not without its victims. Americans do not like to leave others behind. Stop any American and ask them what their ideal America looks like and it will always involve wishes for every child to be fed and happy, for everyone to have a good job and a nice home. We don't have centuries old fighting like the Sunnis and the Shiites.

Corporate America is symbolic of great individual success. We love our corporations. When they do something bad we can compartmentalize our dislike of the bad, bad corporation to protect the rest of Corporate America from scorn. If we hate Corporate America then we hate everything that is meant to be great about this country. And we can't have that.

Hating poor people who mug nice girls on their way home is easier than hating the bedrock on which this country rests. Of course I still hold animosity towards the man who attacked us. But I don't hate poor people. And I certainly don't hate black people. Let's save the indignant rage for a group of people who deserve strict scrutiny: the iconic Corporate America.

What can one do? I propose adding another joke to add to the lexicon.

Q: What's the definition of a Liberal?

A: A Republican whose retirement fund has been embezzled.

ooooo

Granny's Attic: Business is Booming!

The Health Center Volunteers (the folks who operate Granny's Attic Thrift Store) held their monthly Membership Meeting on April 27. They are particularly excited about the upcoming 35-year celebration since the Health Clinic began in a small house in Burton.

Granny's Attic continues to experience fantastic sales and donations. Shelves are continuously restocked during every shopping day. Please stop by often to check our changing inventory.

We are still looking for great volunteers to help us. Information about volunteer opportunities can be obtained by calling (206) 463-3161 and talking with Richard Lipke or Dan Richardson. Anyone wishing to donate a vehicle to Granny's Attic should call 1-800-404-8284. - Jeannine Rampe, Board President

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Garden The World Potatoes

By MEarth

Most people know that the potato originated in Peru, where every variety of potato we have today was evolved from one common ancestor. Thirty-five generations of farmers created all the varieties we now know and enjoy, from the baking russets, the new reds, blues, and fingerlings to the flavorful golds. I consider it to be one of the highest acts of civilization ever. How many of us even know what our ancestors were doing 35 generations ago, let alone working to complete a project they started?

It is also commonly held knowledge that the potatoes from South America were taken back to Europe. Some people embraced them but others did not. An incident at the French court slowed the acceptance of potatoes among the upper classes. Potatoes were brought to the royal kitchens but the chef, unfamiliar with the vegetables, discarded the lumpy roots and cooked the greens and flowers for the queen and her guests. The greens, being poisonous, sickened all who ate them.

They were embraced first by poor people because they produced so much more food from so much less land than any crop available at the time. This popularity grew into a dependence and, of course, led to the great potato famine, which devastated Ireland—but that's another column.

What is not so commonly understood is that the popularity of the crop among the poor and the land-poor Europeans led the colonists in America to import them. This re-importation is what led to the introduction of the potato to Native American farmers and gardeners. I find that fascinating.

They, of course, became quite popular among the colonial growers as well—and for the same reasons they had become popular in Europe—yield per acre. That popularity led to this old prayer, preserved for us and, now, passed on to you:

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Potatoes served at breakfast, At dinner served again;

Potatoes served at supper, Forever and Amen! - Pennsylvania prayer

Potato Soup with Chives - Serves 4 to 6

2 tablespoons unsalted butter, or the same amount of vegetable or olive oil

1 medium onion, 3 medium shallots, or 1 medium leek (white and light green parts only), chopped

2 tablespoons dry sherry or white wine

2 large russet potatoes (about 1 1/2 pounds), peeled and cut into 1/2-inch dice (about 4 cups)

2 cups low-sodium chicken broth or low-fat vegetable broth

1 teaspoon table salt

Ground white pepper

1 to 1-1/4 cups milk

2 teaspoons minced fresh chives

Heat butter or oil in large saucepan over medium-high heat. Add onion; sauté until golden, about 5 minutes. Add sherry and potato; stir-cook until sherry evaporates, about 30 seconds.

Add broth, salt, and pepper to taste to saucepan; bring to boil. Reduce heat to simmer; cover and cook until potatoes are tender, about 20 minutes.

Ladle potato mixture into blender. Add 1 cup milk; blend until very smooth. Return soup to saucepan; cook over low heat until warmed through. If soup is too thick, stir in additional milk to thin consistency. Adjust seasonings (Soup improves with time and can be refrigerated for 3 days and reheated just before serving).

Ladle soup into individual bowls. Garnish with minced chives and serve immediately.

ooooo



Mightier Than the Sword

A Personal Essay by Alice Orr

I’ve long made a point of not writing anything particularly important — anything with enough weight that, should it topple in one direction or another, might do damage. Yet, I have fantasized about being at the center of a great story, having the inside track on what really is going on in a critical situation. I’d untwist the labyrinth beneath the visible surface of things and write the hell out of whatever truth I found; consequences be damned. At least, that’s what I hope I would do.

I previously believed that this fantasy was the reason I love the film *All the President’s Men* so much I’ve watched it over and over and can quote gouts of dialog verbatim. Then, recent Vashon events caused me to rethink my fascination. I now realize it is not the cataclysmic reportage theme that keeps sucking me back into this story. It is the characters speaking to the writer, and the reader, in me in phrases I am drawn to hear again and again.

“Be careful how you write it,” says Washington Post managing editor Howard Simons.

The hothead reporter and his novice partner on the Watergate burglary story should have taken that advice because, not long afterward, executive editor Ben Bradlee stops their ambitions cold with his legendary growl.

“You haven’t got it,” he says (By the way, in the interest of full disclosure, I must mention that Ben Bradlee is one of my personal journalistic heroes).

In this scene, metropolitan editor Harry Rosenfeld approaches Ben with what Harry insists is a front-page story. “Stick it on the inside somewhere,” is Bradlee’s bring-down. “Get something harder next time.”

He’s talking about hard evidence. “The goods” is what they used to call it on the old-time cops versus crooks shows. “Ya gotta get da goods on da guy.” According to those silver screen yarns, you’d better have your hard evidence down pat because of how much was at stake. More often than not, those stakes boiled down to the difference between putting a killer behind bars or letting him go free to kill again.

Ben Bradlee and his boys were fooling around with pretty high stakes, too. “Only the future of the country and possibly the fate of the free world,” is his sardonic assessment of why it was absolutely essential that they get the story

right. Hindsight tells us, sardonic or not, he wasn’t far from wrong.

So, what is this “it” that Bradlee, the crime drama cops — and yours truly — are all fired up about anyway? “It” resides in the hazardous territory between what is assumed and what is known. Buried amidst this minefield is the difference between having the story down, as in ready to be committed to print, or not.

Please, be clear that I am referring to print-ready in the journalistically responsible sense. Obviously, you can get away with publishing just about anything these days, especially if your attorneys and your gonads are bigger than those of the person you’re writing about. BUT, what I’m writing about has nothing to do with litigious prowess or brass be-dangles. What I am writing about — carrying on, in equal measure sore headed and sad, about — is ethics.

Sorry. There I go again, off into the never-never naïve land of cop shows and heroic fantasies. Good takes on evil and triumphs, if only by the skin of a single tooth, because that’s how the story is supposed to go. Because, whatever the odds may be against you, however many tripwires lie hidden ahead, the decent thing is what you must do. Because that’s what heroism comes down to after all — doing the decent thing.

Getting back to Vashon, a place some folks like to think of as a bit of never-never land on Earth, my question is this: Was the decent thing done? Was the hard evidence there because the hard work had been undertaken? The tedium of phone call after phone call; getting stonewalled and continuing to chip away till those walls fell down; doing the legwork until there was solid proof to stand on. Did anybody at any point stand up, like my guy Ben, and shout, “Where’s the god-damn story here?”

Now, there is a chance you may have no idea at all what I’m alluding to, inferring and being so elliptical about here. If so, I apologize for my uncharacteristic lack of directitude. However, common sense tells me that their attorneys are almost certainly bigger than mine, though every other instinct I possess assures me their brass be-dangles are not.

And, one more thing — it makes not one type jot of difference whether the story in question, or any other story committed to print, turns out to be true or not in the end. Being proven correct after the fact is not vindication; it only means that your pile of you-know-what happened to have a pony in it.

Alice wants to hear what you have to say, too. Find her personal, spiritual journal (blog) at: www.testamentaccordingtoyou.com. Log in with a user name and password as a free-of-charge “member”. Voila! Alice’s on-site insights are yours to riff on, add to, take issue with, at will.

□□□□

Martin & Morgan for Honorary Mayor

Vashon Youth Baseball and Softball has announced their entrance into the 2007 Unofficial Mayor of Vashon race, sponsoring co-candidates and baseball ambassadors Jim Martin and Lance Morgan.

As the first sports organization ever to enter the unofficial mayoral race, VYBS is bucking the trend of having children sell items or wash cars to raise money. Money raised during the election will be

used to buy equipment and uniforms, pay umpires, and provide financial assistance to families who cannot afford registration fees. Jim Martin, long-time VHS baseball coach and umpire, volunteers countless hours of facility

m a i n t e n a n c e , construction, and fundraising. Lance Morgan is a VYBS Board member, secretary at C h a u t a u q u a Elementary and tries to spread baseball goodwill wherever he goes. Look for voting boxes and for players and coaches collecting votes. Watch for Martin and Morgan to be riding in the Strawberry Festival Grand Parade on July 14. For more information regarding Martin & Morgan for Mayor please contact Campaign Manager Cheryl Pruett, (206) 463-2200; email Pbox1975@aol.com.



Jim Martin



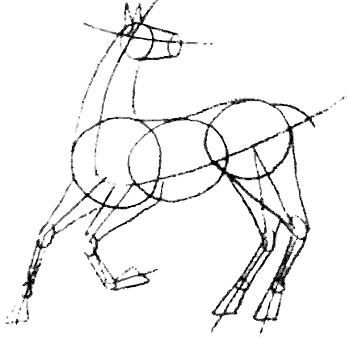
Lance Morgan.



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Winston Churchill

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Jim Martin Field Let’s Make It Happen

Editor, *The Loop*:

On April 28th, the opening day ceremonies for Vashon Youth Baseball & Softball (VYBS), several hundred people gathered to honor a prominent and beloved member of the Vashon community: Jim Martin. This quiet, unassuming man did not ask for this tribute, but we felt compelled to show him some appreciation for his many years of service to our youth. We had wanted to do more.

Months ago, letters of support were sent to our school board asking to name the high school baseball field Jim Martin Field, in preparation for the event on the 28th. Those who signed their names included business owners, school staff, coaches, parents, and players. We had garnered so much community support for the idea that we were not prepared for the school board’s response. They enacted a facility naming policy that limited consideration of facility names to persons who were deceased. We were stunned. These fields would not exist today were it not for Jim’s extraordinary generosity. As far as the baseball community is concerned, these are Jim Martin’s fields. He worked to renovate them, helped build storage facilities, scoreboards, dugouts, and install netting. At almost 80 years old, this man continues to invest a large quantity of his time to lovingly care for these fields, making sure that our young athletes have the safest conditions to play baseball.

The board did issue a resolution to proclaim a Jim Martin Day for the April 28th celebration. But they missed an opportunity to more appropriately honor this man by having this event become a field dedication ceremony. They can still revise their policy to allow this to happen. Perhaps they need to hear from a few more of us in the community to give them the courage to do so.

Rita Santiago-Allman

Lutheran Church: Blessing of the Garden

There will be a “Rogation Service” to bless soil, seed, water, the church garden, and garden tools at Vashon Lutheran Church during the regular worship time on **Sunday, May 13** at 10:30 a.m. The produce of the church garden goes to the Vashon Food Bank.

Weather permitting, the rite may include a procession on the church grounds to place crosses, as a way of blessing the fields and the garden, and

Leave Wild Animals in the Wild

Dear Vashon!

Hope you are having a great spring. Wolftown is continuing to rebuild from last winter’s storm and is making excellent progress. We still need folks with carpentry skills and someone who knows how to lay cement and weld.

NOTE: Some ideas that will be helpful to Wildlife!

If you find injured or truly orphaned wildlife the quicker you get it to us the more likely it will survive. If you do find injured or orphaned wildlife put it in a dark box with a towel and place in a warm dark, quiet place. Do not handle it, do not let your kids touch it, and do not have it around pets.

It is best not to feed injured or orphaned wildlife unless you have talked to Wolftown or Fair Isle Animal Clinic first. Deer do leave their fawns and go off to forage. Baby owls that are on the ground might be learning to fly and not be orphans. **Call us: (206) 463-9113.** Ask questions! We are here to help!

Wild animals belong to themselves. They are other “...Nations caught in the web of life as we are.” They do not make good pets.

It is illegal to take animals out of the wild. Once a wild animal is taken and has made an imprint it **cannot** go back to the wild and is in danger because it is too used to humans and has not been taught by its parents to survive. Realize that even though Wolftown will take in imprinted animals for education, a lot of wildlife sanctuaries euthanize such animals immediately. When Wolftown raises wild orphans we follow strict protocol to keep them skilled in wild living and not let them imprint.

Thanks Vashon for all of your help, love and support!

T Martino

And the staff and volunteers of Wolftown

praying for them to be fruitful. Following the service, you are invited to enjoy food and drink for your body, and refresh your soul with the fruit of fellowship.

The word “rogation” derives from the Latin verb “rogare” and means, “to ask, to beseech.” A brief service of the Word will also be offered on Ascension Day, **Thursday, May 17** at 7 p.m. Please call Vashon Lutheran Church at (206) 463-2655 for more information.



The Dorsal Spin Dances For Orcas

By Orca Annie Staterer

In early May, Odin and I completed an Artists in Schools gig with Carolyn Candy's music classes at Chautauqua Elementary. We thoroughly enjoyed it, and we hope our students did, too! With any luck, we impressed upon our listeners of all ages that Coastal Native cultures and traditions are thriving; that we must treat our fragile planet as if every day is Earth Day; and that other living beings merit the same respect typically extended only to other humans.

"Creatures and Crests" was the theme of our residency. We finished with an assembly where students danced and drummed around an Eagle, Salmon, and Killer Whale dance screen that Odin created, with help from numerous student painters. See the accompanying photo.

Many thanks are in order: to our student orators, Phillip and Margaret; Aaron, our screen stand helper; Carolyn Candy; Carrie Van Buren; Geri Wilson; True Value Hardware for donating red and black paint; Vashon Allied Arts; Vashon Island School District; Vashon Partners in Education; King County Councilmember Dow Constantine; and Washington State Arts Commission. Our apologies if we overlooked anybody or misspelled any names – please let us know.

For a taste of what we shared with Island students, come to the Point Robinson Low Tide Festival on Saturday, May 19, at 11:30 a.m., where Odin and I will stand up in the First Nations way for our cherished orcas in a "Whales of Puget Sound" presentation.

Please support the work of the Vashon Hydrophone Project (VHP): Report Local Whale Sightings ASAP to (206) 463-9041. Thank you to Jessika, Jade, and Kathryn for recent sighting reports.

A super-appreciative shout out goes to Captain Scott aboard the Skagit for reporting a young gray whale in Elliott Bay that, regrettably, died and washed ashore in Olympia several days later. Ferry riders, the minute you see whales on your commute, your calls to the VHP are tremendously helpful. Prompt reporting from the ferry lanes affords us a better chance of obtaining IDs.



"We all dance for orcas!" Photo by Timi Gustafson.

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Staterer and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats



"Prestigious Eagle," © 2007 Odin Lonning. Photo by Odin.

Some folks are barking up the wrong tree, struggling to identify what they see around here. VHP associate Mark Sears is a lifelong resident of Puget Sound, and I have lived on Vashon since 1994. We have traveled to many cetacean hot spots along the West Coast and observed a plethora of species uncommon to our area. We know the seasonal variations and the history of exotic sightings in Island waters. Between us, we can identify any marine mammal that swims into the Sound. Call the VHP the next time you spot a critter you do not recognize.

Bearded seals from the Arctic are showing up in Florida. In this challenging era of erratic climate, Mark and I anticipate unusual visitors in Puget Sound. You can help by calling us, the local "boots on the ground," so we can verify any significant changes.

Odin and I are grateful to Wolftown for a big favor. In appreciation, sales of Odin's pieces, "S'gana: Haida-style Killer Whale" and "Prestigious Eagle" (see photo here), will benefit Wolftown and the VHP. These pieces are on display at the Vashon Island Coffee Roasterie.

Finally, not to be missed: the ACS/PS speaker on Wednesday, May 16 at 7:30 p.m. is veteran eco-warrior Captain Paul Watson, Founder and President of the Sea Shepherd Conservation Society, Co-Founder of Greenpeace, and former Director of the Sierra Club. He will talk about Sea Shepherd's recent campaign to Antarctica and their worldwide efforts to oppose illegal whaling.

Join us at the Phinney Neighborhood Center, Room 6, 6532 Phinney Ave. N., Seattle, just north of the Woodland Park Zoo. Check www.acspugetsound.org for more details, or contact Orca Annie at Vashonorcas@aol.com.

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Cheryl and Marge went shopping
for special bargains - come see if we found any.
Thanks for your support during the recall mess.

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over his health. He is hanging in there,
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Book Review

Ho-ho, Tee-hee, Tut-tut

By Rachel Bard

When I first read *The Life and Opinions of Tristram Shandy, Gentleman*, by Laurence Sterne, back in my dim and distant youth, I thought it was the most original and funniest book ever written. For years I hesitated to reread this eighteenth-century oddity, fearing disillusionment after becoming enamored of such twentieth-century giants of the chortle, the chuckle and the giggle as Thurber, E.B. White, Perlman, Benchley, and others who enlivened the *New Yorker's* pages during its heyday of humor. Not to mention later-comers like Woody Allen and Steve Martin, and TV satirists like Jon Stewart.

When I had occasion to look at *Tristram Shandy* again a few months ago, in order to compare the opening pages with those of *Behind the Scenes at the Museum*, which I was reviewing for the *Loop*, all was well. He still made me smile.

So when I spied a copy of Sterne's second comic novel, *A Sentimental Journey*, in a local bookshop, it was like encountering an old friend. I saw from a glance at the contents that Sterne was chronicling a trip by one Yorick from England to the Continent and that the itinerary included Paris and Toulouse.

"Aha," thought I. "I too am soon going to Paris and Toulouse. Let us travel together." I snapped it up. But as it turns out it won't travel with me. I gobbled the whole 125 pages in two gulps.

Laurence Sterne, born in Ireland in 1713, educated at Cambridge, a curate and then vicar, was first known for his published sermons, which were probably not very comical. Then came *Tristram Shandy* and instant celebrity. He began thinking of doing a travel book—but not in the popular fashion of the day. The English had become passionate about travel and were eager buyers of the earnest guides and books of advice that poured off the presses.

Not quite all the English, to be sure. Dr. Johnson dismissed travel writers as the lowest type of writers and scolded them for conducting their readers "past rocks and streams, mountains and ruins," without any pause for reflection or introduction of the people met along the way. Sterne scorned them for spending brief periods in a city, then writing of it learnedly and at length. He imagined a travel writer saying, "Before I quit Calais, it would not be amiss to give some account of it." Sterne's rejoinder: "Now I think it very much amiss that a man cannot go quietly through a town, and let it alone, when it does not meddle with him."

Sterne made two trips to the Continent before finally settling down to write *A Sentimental Journey*. He planned

A Sentimental Journey, by
Laurence Sterne. Oxford University
Press, 1984. Paperback.

On Mother's Day, give her a good book!

Queen Without a Country
By Rachel Bard
A historical novel about the
queen of King Richard of
England

Or

*Isabella: Queen Without a
Conscience*
By Rachel Bard
A historical novel about the
queen of King John of England
Available at your bookstore.

to ignore what didn't attract or inspire him, and to devote himself to places where interesting things happened to his protagonist, Yorick, and where he met interesting people. Yorick relates his anecdotes of chance encounters with

good humor and self-deprecation. When he was courteously accosted by a humble monk in Calais he refused to give him alms and gave him a lecture instead. Almost at once he scolded himself for his niggardliness. A lady chanced by to whom he was immediately attracted, and partly to impress her, partly out of shame at his earlier refusal, he apologized to the monk and made him a magnanimous gift. And his acquaintance with the lady ripened.

This was the first of a number of amorous adventures that befell Yorick—in which he's something like Boswell in his journals, but not nearly so scandalous. His encounters with the fair sex are almost innocent in their ambiguity, and he never has anything to berate himself about.

Yorick made his way from Calais to Amiens and on to Paris, where he went to the Opera Comique, met and became fast friends with a kindly old officer, was found to have forgotten his passport, persuaded a count in Versailles to help him obtain one, and had a delightful interlude with a chambermaid. He proceeded to Moulins "in the sweetest part of France, in the hey-day of the vintage" when the country folk were bearing in their clusters of grapes and rejoicing.

He never got to Toulouse. The book stops abruptly in Lyon, in the midst of a hilarious account of a night in an inn where there is only one room which Yorick, a lady and her *fille de chambre* (maid) must share. Their attempts to solve the dilemma in a decorous manner have the flavor of a Marx Brothers movie. The last line is: "So when I stretched out my hand, I caught hold of the *Fille de Chambre's*."

And after that, "End of Vol. II."
Sterne must have meant this as a cliff-hanger that he'd continue. It's our loss that he didn't. He had been suffering from TB most of his life, and finally succumbed, a month after writing those last words. Would that some modern tale-teller would come along and finish the story.

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School Board

Continued from page 1

The Long Version

Sunday, April 29 – The Board approved the hiring of Terry Lindstrom as the Acting Superintendent of the District.

Wednesday, May 2 – The Board met and passed two motions. One motion established a Budget Modification Committee, which has two weeks to present suggestions to the Board for this year, next year, and into the future, for budget modifications. The initial goal is to trim the budget by 2%.

Consultant Robert Boesch told the Board that the committee would make specific recommendations for cuts that would restore the General Reserve Fund to 4% of the General Fund, but not right away. “For the ’07-’08 year, we’ll take two-thirds of a step, and in ’08-’09 we’ll take a smaller step,” Boesch said. “Being overly aggressive can come back to haunt you. The District must honor current commitments. Collective bargaining must be honored.”

The second motion made and passed authorized Acting Superintendent Terry Lindstrom to implement a General Fund Budget Expenditure Plan dated May 1. This would lift a hold on purchase orders so the District can purchase critical supplies.

Board discussion clarified that the Capital Fund cannot be used to pay bills for the General Fund; however, the Capital Fund may purchase equipment which would produce savings in the General Fund.

Thursday, April 27 — The Board passed a motion declaring April 28 Jim Martin Day, in recognition for all Martin has done for Vashon High School athletic students, programs, and facilities. Martin’s son said, “The same things he does for kids, is the same thing he did with us, and for other communities. There are many, many people he’s touched over time. It means a lot to his family to see him recognized.”

Board member John Osborne reported that the search in other schools for a comparable foreign language program at the elementary level has so far come up empty. Osborne also reported that he had gone on the walk through the K2 building. Chair Susan Lofland said that use of the K2 building is in the speculation stage.

Jake Jacobovitch reported that the safe pathways for the school property have received permits, but bids are higher than the budget, and a couple of items will have to be dropped. The project will be completed this summer.

Board discussion addressed the suicide of McMurray teacher David Foege. Jacobovitch said, “What tests character and mettle is how you act when things go rough. I urge everyone to keep in mind to think twice before we speak. This is a special community. This is a time we need to communicate, and have compassion.”

Bob Hennessey acknowledged the teachers and staff, and particularly McMurray Principal Greg Allison, for how they responded during a rough week. “I can only imagine what it was like to go to work Monday morning. We have an amazing group of people in this district and I hope we can all recognize that.”

Gene Lipitz said, “It has been very difficult. I’d like to thank staff and community members, many of whom have counseled me and advised me and reached out. I know they did the same with all of you (gesturing to other Board members).”

Lipitz reported that he attended a School Board Conference; he especially wanted to share a session called, “Top Ten Questions board members ask: things no one told you about.”

Susan Lofland reported that Alan Mendel of the Ferry Advisory Committee had asked that a board member join the ferry advisory committee. Jake Jacobovitch volunteered. Other Board members expressed gratitude.

The *Riptide* Article: A motion to support the decision of the school administration not to publish article was made and seconded. It passed in a vote in which Osborne, Lipitz, Jacobovitch, and Lofland voted aye, and Hennessey voted nay.

\$14,000 has been allotted to Mary Kay Rauma to handle publicity and public relations for the School District. Gene Lipitz wished to make clear that these, “Substantial funds come from the capital budget, not from the fund balance, which is in crisis.” Susan Lofland affirmed that the capital fund cannot pay general fund expenses.

Facilities Planning: There is concern that tax monies collected from the last levy will finish coming in next fall, and there will be no further tax revenue until another levy is passed.

Gene Lipitz said, “I am concerned that you are setting up a pincer movement on the capital fund reserve – you’re going to need to do very careful management on this budget. If you go over budget, you could go into fund balance – and you’re counting on the fund balance to carry you through if the next levy passes the first time it comes up for a vote.”

Susan Lofland said, “I’m with Gene. The combination of the designated and undesignated capital fund balances needs to remain as high as possible as we go forward past the final tax collection date. I want to see tight controls on this budget.” A special budget work session was scheduled for Wednesday, May 2.

Board Priorities and Strategic Plan: The Board is discussing what goals are for Facilities. Director Bob Hennessey asked, “What is the bundle of needs we’re going to fix?” There was general agreement that the Board needed to find solutions that are, “most cost beneficial.”

The Strategic Plan came up and teacher Elizabeth Golen-Johnson asked what, exactly, is the Strategic Plan. Lipitz replied that, “This is the name it has been called the last few years.” At this point it is neither strategic, nor exactly a plan, but the original Strategic Plan, as well as a new draft plan, will be on the District website for the public to read, at:

<http://www.vashonsd.org/images/StrategicPlan03-27-07.pdf>

Oliver! is over, and the producer wants to thank...


Editor, *The Loop*:

I never knew quite who the producers were. Sure, I know producers can come as Mel Brooks and Matthew Broderick. I know that producers come up and thank people at the Oscars. So I know they must be involved behind the scenes and do a lot. I don’t really know much else, because I make it my business to know actors and, I am proud to say, directors and screenwriters. But as movie-obsessed person, producers have never been high on my list.

Now, having produced my first “acting thing” (aka Drama Dock’s *Oliver*) I have a whole new appreciation for the producer world. I also have a whole new appreciation for the people who make these community musicals happen again and again. And heck, the odds are looking like I will never accept an Oscar. Sigh. So I have to take this chance to get out some thank-yous to people on our Island. I promise I won’t end by saying “You like me. You really, really like me.” That’s a Sally Field quote, for you non-Oscar-obsessed-people.

Thanks to the Drama Dock volunteers. Libbie Anthony is a fantastic director. She

Spring Fling!



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has mentored me and showed me the ropes of community theatre. What an amazing chance she has given me and many others. And she managed to direct 50 people—most of them children — and live to tell about it. Thanks to Phil Dunn, who built the sets and managed the stage, his erstwhile assistants Paula Ockinga and Elizabeth Gilmour, who are getting an early start in life in the art of bossing people, Randy Bruce for his amazing piano skills, Marita Ericksen for teaching us to sing, Gaye Detzer for directing the orchestra, Kathy Bonner for teaching us to dance, and Dick and David Gordon for making us look good in the lights. That’s just the beginning, of course. We had costumers to beat the band (Julie Adberg and Sam Lanier), an amazing team getting the whole “front of house” deal together so people had snacks and roses (Teri Tipton and Sue Wiley). We had amazingly dedicated Drama Dock board members and volunteers (Ted Jennings, Michael Golen-Johnson, Elizabeth Dinan-Slack, and last, but certainly not least, Lisa Breen), and many more.

Thanks to the businesses. We couldn’t make local theater happen on Vashon without the amazing businesses that give to us. The Vashon Bookshop hosted a special *Oliver* reading and bent over backwards for us as always, Books by the Way helped get the tickets to you, and we had 60 wonderful businesses that bought ads in our programs so we could manage to find and afford space to run the biographies of 50 people...thanks to all of you who helped us afford that!

Thanks to the kids. We had 28 kids and they rehearsed *Oliver* for over three months. They faced late nights. They weren’t allowed sweets. I made them stop playing catch in the hallways and foosball in the McMurray lobby. I made them be quiet behind the scenes five thousand times. Man, I would be happy to never “sssshhh” anyone again. These kids took it with grace and continued bringing magic to the theater-goers night after night. One of them (and he knows who he is) started out with a pizza for knocking his song out of the park (a behind the scenes bet we had). All I can say is, dude, you get more pizza, because you did it in every show. How cool is that, to see a bunch of kids — mostly boys — loving to sing, dance and act?

Thanks to the pros. What would it be like to be in a musical without Gretchen

Neffenger? I am happy to say I don’t intend to find out. We became fast friends in *Annie* last year (playing enemies) and are now joined at the hip. Gretchen, Jeff Woollen, David Hackett, and many more made this show a delight. Leading the way for me? Rich Wiley, who played “Fagin”. Parenting is a fine dance of teaching your kid to shine, feel proud, and succeed, but teaching your kid to do it with grace, humility, and the never-erring ability to remember how others feel when they don’t succeed is a challenge. Seeing Rich in *Oliver* was like giving my daughter a college course in how to live her life with class. She got to see someone be the best actor around, but at the same time, he deflected compliments, passed the praise to others, and bent over backwards to compliment and praise those who are often forgotten (crew, orchestra, etc). Suffice it to say, working with Rich was everything I had hoped for me, and for my daughter.

Thanks to my daughter. The hardest thing about being a Mom, I find, is that I have to be mean sometimes. I don’t care for it one bit. I would rather be a pal, and goof off and see movies and stay up late talking. I am finding it doesn’t work with the whole mom thing. So to me, doing a community musical is an amazing gift. I get to joke around, be weird, and be creative...and my 11-year old gets to see it. Sure, I know...the clock is ticking. Any second she will hate my guts, right? When we do a show together, that feels like it will never happen. We take our bows together, we smile at each other, and think, “Wow, what a cool hobby to share.” Thanks, Emma. You are the best actress I know.

So thanks for coming to our show, Vashon. It was a blast. I have a whole new appreciation for folks who make shows happen. And I have a whole new love for the community theatre world. As my daughter said the other night to me, “It’s cool that we have found our family, Mom, isn’t it?”

Hats off, Drama Dock. And here’s one last comment for this award telecast:

“You like me...you really, really like me!”

Lauri Hennessey, Producer of *Oliver*, actress in *Oliver*, and mother of a member of Fagin’s Gang in *Oliver*



Eating for Health and Weight Loss

By Kathy Abascal

A while back, I formed a small group to explore an interesting way of “eating for health.” We have been meeting since late January and are thrilled with the results. We like the food, most of us have lost weight, and all of us are feeling better. Our sleep is improved and many of our small aches and pains have gone away.

Our new way of eating focuses on three things: The first is using food and herbs to reduce inflammation. The second is avoiding foods and life style that promotes inflammation and weight gain. The third is to time our eating to fit with the needs of our bodies. At our weekly meetings, we continue learning and experiencing how nutrition affects our health, for better or worse.

Much of our new way of eating focuses on inflammation. Inflammation is a necessary immune response to infection. It is used to fight off viruses and bacteria. On the other hand, prolonged inflammation is bad for the body. It is associated with hypertension, heart disease, obesity, and many, many other chronic ailments. Modern drugs, like Vioxx, suppress inflammation. They work quickly to quell the inflammatory process and can provide considerable pain relief in ailments like arthritis. On the other hand, they also suppress beneficial inflammation and ultimately seem to cause more problems than they solve. As a result, many of these drugs have been pulled from the market and increasingly, warnings about the safety of non-steroidal anti-inflammatory drugs are being issued.

Plants contain nutrients that moderate inflammation. That is, they reduce destructive inflammation but do not suppress all forms of inflammation. As a result, they can significantly improve health but without the side effects that anti-inflammatory drugs have. In our group, we are using



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She recently started a blog which you can read at www.herbsandinfluenza.com/blog. You can email her if you have questions about herbs (Anemopsis@yahoo.com) or you can stop by the Roasterie on Friday afternoons to discuss any aspect of herbal medicine with her in person. You can buy Kathy Abascal's book *Herbs & Influenza – How herbs used in the 1918 flu pandemic can be effective today* at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at <http://www.HerbsandInfluenza.com>.

learning how foods can help our bodies eliminate chronic inflammation and the problems it causes. At the same time, we are eliminating foods and aspects of lifestyle that increase inflammation. Many foods, and chemicals used in making processed foods, strongly promote inflammation, weight gain, and poor health. Of course, eliminating these foods is a challenge for most of us. We often eat to soothe our moods and for emotional comfort. Unfortunately, many of our comfort foods are bad for our health. Many of us, for instance, know that sugar and certain fats are bad for us. But when we are stressed or tired, we nonetheless reach for the chips, ice cream or pizza to soothe our mind – at the expense of our health and body image. The group setting has been enormously helpful in coming to grips with this issue. We are exploring why we satisfy our emotional needs with fattening, inflammatory foods. We are learning how to change these habits, providing support for each other as we go. The third focus of the diet is the when and how of eating. There is a lot of interesting information on how and when you eat sets off cascades in the body. Depending on timing, you can increase your body's tendency to store food as fat or you can increase its ability to use and burn off the calories in the food. You can increase storage even if you eat the healthiest of foods at the wrong time. In our pilot group, we were all somewhat skeptical of this idea initially but have been pleased to experience that it works. We are all

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still eating more food than we need. That is, we are all eating more protein, fiber, and carbohydrates than recommended for our size. Nonetheless, two of us have been eating enough calories that, according to the calorie charts, we should each have gained ten pounds. Instead, one of us has lost 15 pounds, the other 25. This is an exciting aspect of this diet. After a few months on the diet, I am satisfied with how it works and I am now ready to offer this program on a regular basis. I will be beginning a 5-week session on May 20th. The first three weeks is called Phase I. During these three weeks, one eliminates all pro-inflammatory foods and all possible food allergens. We learn when to eat and when not

to eat. The last two weeks, we begin to add potentially inflammatory foods back into your diet and end up with an expanded list of foods that you can eat for the rest of your life, Phase II. But even during Phase I, you work with a very full list of foods that are “allowed” without concern for amount. This way of eating is not about deprivation, it is about conscious eating. For logistic reasons, I need to have those who would like to participate sign up in advance. If you are interested in joining, you can either contact me directly (206-463-9211) or register at the Roasterie. Hope to see you there!

Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught. -- Oscar Wilde



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Planet Waves

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



Aries (March 20-April 19): You may feel a need to transpose a whole diversity of feelings into something you deem more spiritual. We are in an era of history where we're supposedly being trained to push our feelings up to the higher energy centers; to "transcend" our most basic human emotions and our need for direct encounter with others. In the process, we basically wind up isolating ourselves, getting trapped in concepts and missing the direct reality that God or Spirit or Cosmic Wisdom is something that manifests for us first and foremost in our relationships. Something, or rather, someone, is likely to come to you in the next few days, and I suggest you think carefully before you deem yourself too holy and full of light for a hot, wet experience.

Taurus (April 19-May 20): This year for Beltane, we get a little treat: Venus, the Belle of the Ball of this most celebrated of Pagan holidays, is exactly opposite the Galactic Center. In this aspect, the Goddess herself looks into the cosmic mirror and sees in her reflection the great spiral of creation. Many other aspects made by Venus in the past three weeks suggest that you have been on an extraordinary journey, covering a great distance. Few things can change us like visits to new places or encounters with new ideas. Yet as you gaze on your celestial reflection, let it be a reminder of how small are the paths you have tread, how far you have to go, and how wide is the world.

Gemini (May 20-June 21): You have done more than enough in support of your own growth. There is little left that you can think or do, and the moment has arrived to take a deep breath and, for one precious moment, drift to the next place or the next state of mind. The process of change that you are in the midst of experiencing is indeed larger than you are, and in order for the forces of growth and transformation to work their full effects on your life, I suggest it would be helpful to meet them in a relaxed and open frame of mind. You are free to do less rather than more; to observe rather than to think; to affirm that your soul is the critter in charge of this journey, not as you so often feel, your mind.

Cancer (June 21-July 22): It is true that the very best of who you are remains hidden from view, and from your own view — but hardly devoid of tangible effects. Indeed, over the next few days as

you begin to assemble the pieces of what you have accomplished and of the changes that have worked their miracles on you, you are likely to realize that the one thing you were seeking has presented itself to you. I say "thing," but really it is a quality of experience that allows you to be open to the world at the same time you are available to it; that enables you to have the experience of your needs being met sufficiently to know the feeling, and know it well enough to recognize it when you encounter it again.

Leo (July 22-Aug. 23): Desire for achievement is often looked at askance by those who fancy their ambitions as purer, but these days for you the desire to get ahead is having a beneficial effect on your spirit. If we throw away all the presumptions that various belief systems make about the world, we can embrace what we need to do from day to day as having actual significance to ourselves and our communities. What you are doing now works for you and it works for everyone around you. You seem to understand you have not only a serious responsibility but also a need to push yourself to grow and accept an idea about yourself that you have long flirted with but have not quite made love to. You are free to skip the small talk and to not fold your clothes when you undress.

Virgo (Aug. 23-Sep. 22): If you are one of those Virgos who think you think too much, I hope you're enjoying Mercury in Taurus. What you are trading is a lot of small ideas for one big one. I suggest you allow yourself the time and space to focus, and to set small matters out of your concern for a while. Also, you need leverage. You are trying to roll the stone with your bare hands. The thing you are trying to move will give more easily if you borrow an analytic concept that will reduce your stress and strain. Perhaps this will help: imagine that something much bigger is attracting, or pulling, the very thing you are trying to move. Try combining your intelligence with that larger factor, and employing a form of leverage known as cooperation. This is another way of saying that time is on your side.

Libra (Sep. 22-Oct. 23): You are close to completing a cycle of experience, but there is one last idea you have about yourself that you must encounter. There are few things that get in the way of being a Self better than a self-concept. Indeed there are few things that get in the way of



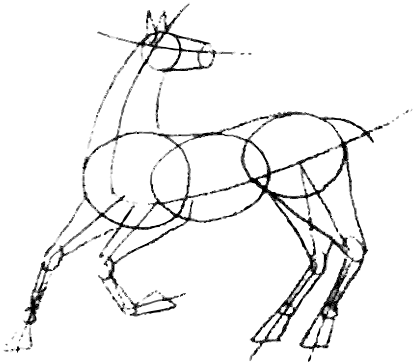
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relationships more effectively than a self-concept, particularly if you are fortunate enough to associate with people who actually care about you. The first glance you get at this thing, you may be stunned you held such a high opinion of yourself; the second glance may reveal the contrary, some notion of how low. Ride this out. Let your stomach feel the sudden drops and the strange sense of ascension. You are reaching a point of clarity, and you have to go through everything else first.

Scorpio (Oct. 23-Nov. 22): Ideas require development. Not all of them, that is for sure, but the ones we feel are the strongest. In your situation, I would say that strongest means the ones that allow you to fee free. You appear to have had some revelation or breakthrough lately that has given you a taste of your independence. For a brilliant moment, you were no longer a prisoner of the world, but rather one who has the ability to create it. Simultaneously, a door is likely to have opened in a relationship, where you actually felt that your needs were met. I suggest you do two things: one is to assemble the details of this experience like the pieces of a dream; second, stick with the feeling of the dream, the feeling of liberation, rebellion, inspiration or creative passion — whatever it was for you — and proceed with that feeling in your heart and mind.

Sagittarius (Nov. 22-Dec. 22): Somewhere in between our silent worst fears and our unexpressed highest vision of ourselves lie our true needs. I mean this literally: there is a space between the very worst and the very best we are capable of, not a happy medium but rather a region or territory, where we can explore and spread into our true potential. On the way, we face a few specific challenges. One is what to do with the whole notion that we must sacrifice everything and everyone we truly care about. The other is what to do with all the anger we carry from past situations that did not work out; our disappointment at all the people who were not "the one": and in general, the feeling that our whole experience on this planet is pretty shaky at best. Well, it is, but so what?

Capricorn (Dec. 22-Jan. 20): Your sense of yourself is delightfully empty at the moment, but I sense that you're

nervous about the potential you feel. This is a rare time when outer forces seem to not be influencing your idea of who you are, and when you finally have the choice to make up your own mind. Yet you are not factoring an influence that you cannot see and can barely feel. It's as if you are orienting your whole life around some invisible factor. You may sense that you are doing this intuitively, though I suggest that you make the process fully conscious, so that you can take advantage of both your own creativity and also of the additional options that will be revealed when you take each step with your eyes and ears open.

Aquarius (Jan. 20-Feb. 19): How we relate to denial in others mainly depends on how we feel about them. If we feel we love them, then the answer is gently; if we feel they need to be woken up, and we love them, the answer is gently with focus. The problem with denial is that it typically has a cause, an underlying reason. You are at the moment rather alert, awake and aware. You are coming to life emotionally and physically as well. Bear in mind that there was a time not long ago when you were pretty clueless and people were trying to figure out what extreme measures would stun your highly intelligent brain to your senses. Obviously, your fog had nothing to do with lack of wits. It was about something else.

Pisces (Feb. 19-March 20): I am reading a book called *The Art of Dreaming* by Carlos Castaneda, which has finally broken the spell on a long reader's block. The essence of the material, as I understand it, is that "dreaming" is a way of training our attention. It's not so much about sleeping dreams, though those are a kind of psychic gymnasium we can use almost any time. Dreaming is shifting one's entire awareness from passive to active; from foggy to clear. These days, all the metaphors of your astrology involve the 12th house, the house of dreams: for you, Aquarius, Chiron and Neptune are in Aquarius, your 12th house and Saturn (the ruler of Aquarius) is opposing Neptune. This is a long, slow and distinctly effective calling for you to open your mind, focus and live your dream not every day but every moment.

Eric Francis has more of your astrology for you at PlanetWaves.net.




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Enjoy the Other Grains

By Marj Watkins

Today's recipes are gifts to Margaret, Michelle, Jenna, John M., Jeannie, and all our friends and family members who are diabetic or pre-diabetic, and/or looking for better carb choices for weight control, or allergies.

Whole grains have flavors, more fiber, and more nutrition than white flours. Corn, rice, quinoa and buckwheat flours are gluten free, as are tapioca, potato, and garbanzo flours. Barley, oats and rye are low in gluten. Oats, rich in soluble fiber, have almost 85% more iron than wheat, and 62% more protein. Dark rye flour yields 45% more iron and 25% more protein than whole-wheat flour.

Barley has 245 milligrams of magnesium to whole-wheat flour's 136 mg. per cupful, plus more protein and more iron. Besides, it's lower in carbohydrates. All whole grains yield generous amounts of magnesium.

Quinoa makes a gourmet pilaf. Use it in any dish where you might use rice.

Quinoa's nutrients per cup, raw:
Protein: 22 grams
Iron: 16 micrograms.
Calcium: 17 micrograms.
Magnesium: 357 micrograms.

The Glycemic Index rates how fattening each carbohydrate food is (Sugar is highest at 100). The more finely a grain is ground, as in making flour, the higher the glycemic load. Unfortunately, GI and GL figures are not available for flours at this time, but a glance through the table below will give you comparisons.

The Glycemic Load measures carbohydrates' effects in our bodies. The lower the number, the less damage. Any GI number below 55 puts the food in the less-fattening category. Of course, if you eat too many calories of it, you will get fatter anyway, barring lots of exercise. The

GI values below rate cereal grains for about 2/3 cup, cooked.

In this table, GI=Glycemic Index, and GL=Glycemic Load. This first number is the GI, and the second is the GL.

Amaranth: 97, 21
*Barley (Canada): 5, 11
*Buckwheat (Canada): 40-63, 11
*Corn meal (Canada): 68, 9
Corn on cob (USA)) 60, 20
Corn as Taco Shells (20 grams): 68, 8
Couscous, boiled 5 min. (USA): 61
Millet, boiled (Canadian): 71, 25
Oat Bran: 55, unknown
Rice:
Arborio, boiled: 69, 36
Basmati, boiled (Australia): 58, 24
Brown, boiled (Australia): 87, 33
*Brown, (Canada): 66, 21
*Brown, steamed (USA): 50, 16
*Buckwheat (Canada): 49-63, 16-average
Glutinous: 98, 31
Jasmine (Thailand): 109, 46
Long grain, boiled 15 min.: 68, 25
Uncle Ben's 10 minute: 68, 28
* Uncle Bens converted 20 minute: 38, 14
Uncle Ben's ®Superior Basmati: 57, 24
Rye, whole kernels (Canada): 29, 11
*Whole Wheat (American) averages: 48, 12-16

**Lowest Glycemic Loads. Note that whole wheat's low GL compares with Brown rice's. It's sifting out the minerals and proteins and grinding it to fine flour that makes it so bad for us. Figures drawn from The Glucose Revolution by Jennie Brand-Miller, Ph.D., and other doctors and nutritionists.*

Low Gluten Bene Biscuits
African Sesame Seed Biscuits
Preheat oven to 450 degrees.
1-1/2 cup barley flour
1/4 cup rye flour
1/4 cup+1 Tablespoon sesame seeds
2 teaspoons baking powder
1/2 teaspoon salt
1/2 to 3/4 cup milk
2 Tablespoons light olive oil
1/4 cup plain yogurt
1 Tablespoon honey
Sift flours with baking powder and salt. Grind 1/4 cup of sesame seeds in coffee grinder or nut mill, and stir into dry ingredients. Mix egg, yogurt and oil. Stir into dry ingredients. Line 10-inch pie pan with foil. Spray with olive oil. Drop batter

Madame Toujours

Dear *Madame Toujours*,

I am a woman, thirty-five, and I have just started a new business venture. The problem is that I have hired a couple of brawny fellows to remodel my new office space, and I seem to be having some communication problems. I try to tell them what I want, and they smile and nod, and then when I am out dealing with clients, they go right ahead and do whatever the heck they want. They arrive when they feel like it, leave when the mood strikes them and completely ignore my instructions. Yesterday, I told them to install a bow window, and they ripped out all the hardwood floors and hauled them off to the dump. I know I told them specifically that I wanted to keep the floors.

I have tried to communicate my dissatisfaction several times, but if they don't shape up, I may have no choice but to hurt their feelings.

How can I get these guys under control?

Sincerely,
Unheard

Chere Mlle. Unheard,

This is the big problem with the hirings of the masculine types. *Oui*, they are the big, manly persons who are knowing how to employ the loud, frightening tools. However, they are supposing that because you are not knowing these things, you are the small, insignificant person who is not having any opinions and will not notice the difference between the bow windows and the hardwood floors.

by tablespoonfuls onto foil. Sprinkle with remaining sesame seeds. Bake 15 minutes. Flip from foil into napkin-lined basket. Or onto racks.

Gluten Free Buckwheat Crêpes
Makes 6 to 8 small crêpes
1/3 cup buckwheat flour
2 Tablespoons potato starch
1/4 teaspoon salt
1/2 teaspoon baking powder
1/2 cup milk
1 large egg

Doubtless, you are supposing that the solution is to employ the skillful female types to perform the craftsmanlike labors. Worse still, you are perhaps considering to learn the using of the tools yourself. Nonsense. You are having the important business things to do. Leave the noisy tools to the manly types.

You must be practicing the communications. First of all, enough with the communicating of the dissatisfactions. Tell the manly construction persons what you are wanting. This is requiring for you to make the clear, simple statements such as, "Build that. Remove this. If you are touching the hardwood floors, I am having you to be ground into the sausages and fed to the pigs." You see, the clarity, it is everything.

Also, forget about the feelings. Naturally, you are wishing to consider the feelings of the employees by saying, "Please, if you are not having too much the trouble to be possibly building the mahogany bookshelves unless you are thinking it is not necessary." Now you suppose that the building persons are having the sense of inclusions and respect. However, while you are busy making the fuzzy feelings with the smiles and the gentle considerings, the hairy contractor persons are supposing that you are the meek, indecisive type who is wishing for them to make the decisions. This is the big silliness, but this is the way the masculine persons are thinking.

Bon Chance, Mlle. Unheard. Soon you will be well on the way to crushing the employees beneath your heels.

2 teaspoons olive oil
1 teaspoon honey
Stir dry ingredients in small mixing bowl. Beat eggs and milk into dry mixture. Drizzle and stir in oil. and honey. Let rest 30 minutes.

Bake on oiled griddle or skillet. Serve with yogurt and/or low-sugar jam.

oooo

If all economists were laid end to end, they would not reach a conclusion. – George Bernard Shaw

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Positively Speaking

A Cup of Tears: When Our Worst is our Best

By Deborah H. Anderson

Newspaper deadlines being what they are, the question “How do you handle adversity” had already been cybersent by the time our community tears flowed. When I had made the decision to give up my fanny space or standing place for a student at what I knew was going to be an overflowing remembrance service, I had to construct my own grief ritual. Three events brought healing with that cup of sorrow during that week we all cried together: a community forum at McMurray, a tour of K2 and the movie *Reign Over Me*.

Sitting in the circle at McMurray with the evidence of real pain shared freely from many lives, authenticity breathed life into despair. Professionalism and a glass of merlot in one hand are the gold standard for mature living on this planet 80% of the time. Clean lines and subdued decorum win over every situation. Not that night. As I listened to the stories, and told my own, filtering the professional opinions, tucking away the phrase “alcohol is liquid depression,” for the future annual column on teenage binge drinking on this Island, I rested in the comfort of imperfection in people’s journeys. Our best moments are our worst. That is when we are most authentically connected to life.

The K2 tour was an unexpected microcosm of history and culture. The last time I walked through K2, we were summer people; family campers from Camp Burton on a field trip. My grandfather invented the tool and die industry. He bought the patent and ran with it providing us with die cut everything, and the means to make a lot of stuff. It’s an interesting history to be a part of. Cousin David sold everything off to China a couple of years ago. Touring a large machine shop that’s empty because it moved to China holds romance and intrigue and passion for me. The visceral memory of the smell of the oil that keeps machines going brings pleasure to me, always. The image of me with four kids, a husband and a mother in tow made me realize God steadfastly walks beside us no matter what, (and to be theologically true to my roots, under, over and around us.) The most drastic loss is not insurmountable. I say it again, evil never wins.

Walking along with the present day Islanders, I delighted in observing motives. The choice for us in the sale of K2 is dollar signs or dreams; profit or quality of life. Calling to mind Seattle Roasterie and the Hardware Store, I have confidence, as a community, we will make a good decision. Still entwined with the tears of shock and loss as I

walked, and knowing the enormous amount of money involved in the future transaction, my mind and heart drifted back to the other reality. I remembered deeply that teachers are in the classroom for neither money nor power. Praise God. They are there because they love children.

Finishing the week of mourning in the darkened Vashon Theatre, I wept deep tears watching the main character escape his pain. Having lost his family in 9/11, he constructs a compatible world for his anguish. It was not a false reality, but a secession.

My dad was a chaplain at a State Mental Hospital for twenty-three years. Psychology was our family sport. Although I carried a psych minor through both my undergrad and grad studies, it wouldn’t have been necessary. By the time I was twelve, I was expected to be able to argue the complexities of Freudian analysis vs. Rogerian client-centered therapies. While I have tremendous respect for dedicated therapists who are in it for the encouragement they can offer, it is also true that many times what a person needs is a good friend; an exchange of love.

Having walked closely with the mentally ill for all my life, my tears flowed freely as one of the characters said of the protagonist, “Don’t they know he has a broken heart?” Show me a person with mental illness and I’ll show you a person with a heart so broken it has altered their brain chemistry. If you are looking for a good therapist, find the one who has faced and healed the brokenness in themselves and keeps you company while you heal yours. It’s the heart that betrays us, not the mind.

New research shows that people who don’t express their pain can’t think straight. If you are in pain, find a private place and cry out to God all those things upper middle class white society tells you not to cry out. If you think you have pain you can’t feel, pray to be emotionally alive.

We move through sorrow when we embrace our broken hearts together. We look each other in the eyes with real tears knowing professionalism is a mode of transportation, not a state of being. We are returning to “normal.” People are laughing again. Conversations involve plants and rain and auctions and registrations for summer camps.

But let us remember how truly human we were the week we cried together. Turn to the person next to you and give them a hug for the joy of being alive at the same time; for the gift that every minute life is. I guarantee they need it.

Love
Deborah



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Is Your Cat in the In-Crowd?

By Jeff Hawley, for Vashon Island Pet Protectors

Cats are better off when they are in the “in-crowd,” meaning when they are kept indoors. Of course, barring cats from roaming outdoors is sometimes as hard as...well, as hard as making cats do just about anything else under the sun. But keeping them indoors is worth the effort. Consider the following valuable benefits when cats remain indoors:

Indoor Cats Protect Wildlife - Outdoor cats destroy birds and small wildlife. Cats are not part of the natural eco-system and are impacting the songbird population of the U.S. During nesting season, a cat can kill several birds in one nest. And if you think your sweet little kitty is incapable of these acts, think again. All cats are born predators.

Indoor Cats Are Protected against Diseases — Such as FeLV (Feline Leukemia), FIP (Feline Infectious Peritonitis), URIs (Upper Respiratory Diseases), FIV (Feline Immunodeficiency Virus), and parasites like fleas and ringworm. All are transmitted by contact with other cats. As a bonus, indoor cats stay cleaner than cats that roam outdoors, and do not bring extra dirt into the house.

Indoor Cats Are Not Struck by Cars — Obviously!

Indoor Cats Don’t Fall Prey — To owls, raptors, or loose dogs.

Indoor Cats Do Not Get War Wounds — Outdoor cats staunchly defend their territory, often resulting in the pain of wounds ranging from minor to lethal, as well as infection and the transmission of disease.

Indoor Cats Are Not Couch Potatoes — Indoor cats get adequate and safe exercise using scratching posts, climbing towers, and other

indoor toys. Another idea is to build an enclosed outdoor “cat run” or play area.

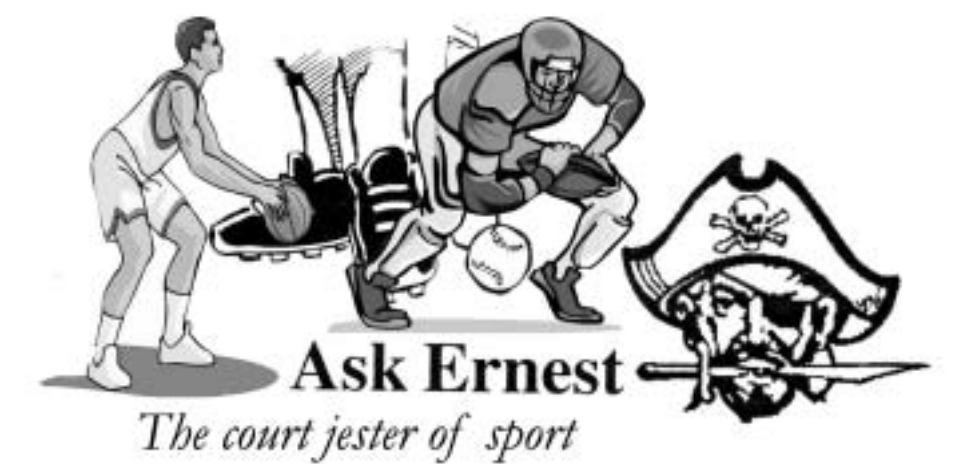
Indoor Cats Are Not Abused — Outdoor cats sometimes experience abuse and harm at the hands of uncaring persons who target them for pranks, or worse.

Indoor Cats Avoid Getting Lost — Outdoor cats who become lost (no, they do not have an infallible ability to find their way home) may end up suffering illness, malnourishment, injuries, or death, or they may be caught, sent to a shelter, and adopted by someone else (if they are lucky).

Indoor Cats Don’t Get Cat-Napped - Outdoor cats are subject to capture by unscrupulous individuals who sell them for animal experimentation or use them as bait to train fighting dogs.

Indoor Cats Make Good Neighbors — Indoor cats do not use neighboring yards as litter boxes, and they don’t yowl, howl, and fight outside your bedroom window at night.

Clearly, cats deserve to be in the “In-Crowd” rather than the “Out-Crowd.” But what about cats who are in neither category and are simply unwanted? At times, and for many reasons, people find they cannot care for their cats adequately and become tempted to release them into the wild to fend for themselves. If you find yourself in this position and you have read the foregoing, you will understand why releasing those cats is exactly the wrong idea. Fortunately for Island pet owners, there is a perfect alternative. Simply call Vashon Island Pet Protectors! The VIPP phone number is (206) 389-1085. VIPP is a non-profit all-volunteer organization that takes in and cares for hundreds of pets every year.



Sport
Shorts:

The VHS Baseball Team beat 1st place Orting 4-1 this week. Winning pitcher was Justin Calhoun with 17 Strike outs! Home run by Max Bean. The Pirate Baseball Team has a record of 8-3 in League.

The Girls Tennis Team keeps winning, as usual, and the Boys Soccer Team currently boasts a 10-2 League Record.

College Sports News: Junior College National Wrestling Champion, Evan “Mad Dogg” Mattingly, receives a FULL SCHOLARSHIP to attend Wyoming University next fall! Mattingly signed the papers last week and looks forward to qualifying for the NCAA Wrestling Tournament next March. The entire wrestling community is very proud of Evan and all his continued accomplishments.

Enough about Sports!
Here are some lines of poetry by High School Students!

“The man looked like a man
with 3 toes, 3 hands, 18
fingers, 2 heads, 4 eyes,
no nose, 16 ears, 5 mono-
brows, and no teeth.
He wears an orange
sweatshirt.”
by Will O’Neil

“Tick tock the hands on the
clock slowly
but surely advanced as the
outside world
slowly but surely
advanced...and as I sat there
staring at the clock.”
by Elias Weston

“He flew far, far away from
fandango.com.”
by Ludacris

Jim Martin Day

Continued from page 1

was dead.” After presenting Jim with a plaque containing the varsity team photo plus a ball signed by the players, Steve read the inscription, a quote from Jackie Robinson, which he said summed up the man perfectly: “A life is not important except in the impact it has on other lives.” Also unveiled was a 4x4

wood sign generously donated by Wagons of Steel which will be installed under the scoreboard at the baseball field. The event finale was the announcement of the duel mayoral candidacy of Lance Morgan and Jim Martin for unofficial mayor of Vashon Island’s Strawberry Festival. The mayoral race is a fundraiser, with voters plunking down a dollar per vote. Proceeds will benefit Vashon Youth Baseball.



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Pirates’ Baseball Digest:
Pirates to Play-Offs!

By Larry Allman

Pirates Win Third In A Row

On April 23 the Pirates capped off a beautiful and sunny day on Vashon by defeating the visiting Eagles from Life Christian 4-1. Chris Pieterick turned in a great performance for Vashon by pitching a one hit complete game and striking out ten batters along the way. After allowing the Eagles their lone run in the first inning, Pieterick slammed the door and pitched shutout baseball the rest of the way. The Pirate offense was led by Max Bean who was 2 for 3 with an RBI single and a triple. Byron Starkey was also 2 for 3 with two singles and an RBI. Also getting hits were Justin Calhoun with a double and Pieterick with a single. Lester Gannaw made several nice plays at first base and Calhoun made some nice stops and throws over at third base. The line on the game saw Life Christian with 1 run, 1 hit, and 4 errors, while Vashon had 4 runs, 6 hits, and 1 error. The Pirates now stand 6-2 in league and are one game behind both Chimacum and Orting, who are tied for first place at 7-1.



Max Bean

Pirates Continue Winning Streak

The Varsity Pirates won their fourth straight game on 4/25 beating Seattle Christian by a score of 6-4. The game was played on a very cold and windy Seattle afternoon at the Seattle Christian field. Blankets, gloves, and hot cocoa were the order of the day. Justin Calhoun started the game for the Pirates and pitched five innings, allowing six hits and striking out nine opposing batters. Calhoun’s battery mate Tom Schumaker came out from behind the plate and made his first mound appearance of the season pitching two scoreless innings, thus earning the save. After falling behind 6-0, Seattle Christian scored all four of their runs in the bottom of the fifth to make the game interesting. The Vashon hitting attack was led by C h r i s



Pieterick who went 3 for 4 with a double and two singles. Chris Allman was 2 for 4 with a 2 RBI triple and a single. Calhoun was 2 for 4 as well. Byron Starkey and Schumaker each added RBI singles to the Pirate totals. Seattle Christian tallied 4 runs, 7 hits and 3 errors, while Vashon had 6 runs, 9 hits, and 2 errors.

Pirates Fall To Chimacum

For the second time this season Vashon played a very competitive game against the tough Cowboys from Chimacum, who are currently ranked fourth in the State. But once again the Pirates came up short. Friday’s (4/27) final was 2-0 in favor of the host Cowboys. Vashon had no runs, 2 hits, and 1 error, while Chimacum tallied 2



Pirates Baseball

Vashon Island High School

Keep Up To Date On Everything Related To Pirates Baseball : www.vhsbaseball.blogspot.com

runs, 6 hits, and 1 error. Pitching for the Cowboys was their ace Arlo Evasick. Even though he was not perfect this day, like his first outing against Vashon, Evasick still pitched a great game going the distance and allowing just two infield hits while striking out 10 batters. Pirate starter Eric Anderson, in probably his best pitching performance of the season, also threw a great game. Anderson struck out six and scattered just six hits over the seven innings. The two Pirate hits came on a swinging dribbler down the third base line by Justin Calhoun and a perfectly placed bunt on the right side of the diamond by Ben Hanusa. In the seventh inning Tom Schumaker was robbed of at least a double by a circus catch made by the center fielder.

Pirates Clinch Playoff Position

The Varsity Pirate baseball team has qualified for District playoffs by clinching at least 3rd place in the 1A Nisqually League. Monday’s (4/30) 4 to 1 victory over Orting leaves the team one game behind the second place Cardinals.



District playoff dates and locations have yet to be announced. Prior to the game, Orting had won a coin flip against Chimacum and would have won first place if the two teams had been tied at season’s end. However, Justin Calhoun and his Pirate teammates soon made the coin flip a mute point with their victory. Calhoun pitched an amazing game as he completely dominated the opposing hitters. It was a masterful display. Of the 21 outs recorded by Calhoun, 17 were strikeouts. He had the Orting players baffled and dumbfounded and at game’s end they strolled to their bus in stunned silence. Scattered amongst his 17 Ks, the Cardinals did manage five hits and a run against Calhoun. In addition to his arm, Calhoun contributed with the bat as well, going 2 for 3 with a couple of RBIs. However, the big hitter on the day was Max Bean, who went 3 for 4 including a double and his team leading second HR of the season. Ben Hanusa, Byron Starkey, Chris Pieterick, and Tom Schumaker all added singles to the Pirate cause. This was the final home game of the season thus marking the last time our Seniors will play on the VHS field in front of a home crowd. We salute our four Seniors Eric Anderson, Ben Hanusa, Lester Gannaw, and Max Bean for all of their dedication and contributions over the past four years.

Loopy Laffs

One Liners

Some folks are wise and some otherwise. – Josh Billings

If you don't learn from your mistakes, there's no sense making them.
Some people itch for success when they should be scratching for it.
I tried sniffing Coke but ice cubes got stuck in my nose.
The only substitute for good manners is fast reflexes.
Quantum Mechanics: The dreams stuff is made of.
What happens if you get scared half to death twice?
Death is life's way of telling you you've been fired.
Don't cry over today, tomorrow could be worse.
Televangelists: The Pro Wrestlers of religion.
If you can't read this, you're illiterate.

Top speed of a chicken at full gallop: 9 mph.

In a time of deception telling the truth is a revolutionary act. —George Orwell

Dear God:
Please send me a pony. I never asked for anything before. You can look it up. - Bruce

Readers of the Washington POST were asked to compose a very unwise line for a college application. A few winners:
"When I told my friends I was applying to LeHigh, they were like, no way, and I was like, yes way. And they were like, way cool."
"Four years of fees at your institution come to about \$78,000. Just bill my father and mail me half the money. He'll never find out."
"First off, coach said there wasn't going to be no writing."
"To demonstrate my love for your school, I have spray-painted your logo on my town's water tower."
"College is probably the last place they'll look for me."

In one of his last interviews, Capt. Wally Schirra said he was struck by the fragility of Earth and the absence of borders. "I left Earth three times. I found no place else to go. Please take care of Spaceship Earth."

My formula for success is rise early, work late, and strike oil. – J. Paul Getty

Remember, if you smoke after sex, you're doing it too fast. – Woody Allen

Cowboy Wisdom
The cowboy life is great for men and dogs but hell on women and horses.

Annual income, twenty pounds; annual expenditure, nineteen pounds; result, happiness. Annual income, twenty pounds; annual expenditure, twenty-one pounds; result, misery. —Charles Dickens

If I'd known I was going to live this long, I wouldn't have treated my body like a rental car.

Loopy Zen
Zen and the art of Jewish motorcycle maintenance:
Get rid of the motorcycle—what were you thinking?

OFFSHORE



Solution to puzzle on page 7

Logjam Web Site!

Hey, Loop comics fans! You can see Logjam online now at: <http://logjamcomic.blogspot.com> Besides reading Jeff Hawley's fabulous strip on the web, you can also read his pun-diferous strip titles and comments. Warning: not for the faint of humor.

AND, as always, you can see VIPS online at the VIPS website.



More VIPS at: <http://vashonislandpeoples.blogspot.com/>

LOGJAM



More Logjam at: <http://logjamcomic.blogspot.com>

Loop Arts



Hannah Scheer and Megan Hackett aka Just Fiddlin’ Around. Photo by Haley Scheer

Just Fiddlin’ Round Kicks it off at Café Luna

JFR is thrilled to kick off their 2007 season with a return to one of their favorite watering holes, Café Luna, on **Thursday, May 17**, from 6:30 to 8 p.m. Hannah and Megan, now 12 and 11 years old, are ramping up their show with additions of “Man in the Moon is a Yodeler,” “Grandma’s Feather Bed” and “Tennessee Bird Walk,” among others, to add to their long list of old time fiddle and bluegrass favorites. “The girls have really taken the reins in terms of guiding the direction of the band,” says Lanora. “I’ve really been impressed with how much of the vision they supply.” Come check out their ever evolving fiddle riffs, vocal harmonies and, of course, yodeling. Band members are: Megan Hackett, Hannah Scheer, Lanora Hackett, Stan Voynick, and Dan Brown.



Steve Cheseborough

Steve Cheseborough Is Bringing the Blues to Café Luna

There are people who can play the blues, and people who can talk about the blues. Steve Cheseborough does both, masterfully.

He brings to life the acoustic country blues and hokum of the 1920s and '30s in the tradition of Blind Boy Fuller, Memphis Minnie, Charley Patton, Robert Johnson and Bo Carter by re-creating the music and recounting the lives, legends and lore of the fascinating men and women who created the blues, and the land they came from.

Cheseborough learns a song off a scratchy old 78 and re-creates it loud and clear, here and now, preserving the spirit and intricacies of the original while making it his own. He sings from the heart, accompanying himself on antique-style guitars that look as beautiful as they sound. He adds touches of harmonica and percussion to his spellbinding one-man act.

“He just sits there and smiles and plays the hell out of that guitar.” – Eddie Cusic



Mary Win. Courtesy photo

Mary Win at Café Luna This Saturday

On Saturday, May 11, at 7:30 p.m. Mary Win and David Guilbault will appear in concert at Café Luna.

Mary Win is a song-crafter who hasn’t forgotten it’s all about melody. Born in Bangkok, Thailand to Burmese political refugees fleeing the military dictatorship in neighboring Myanmar (formerly Burma), she soon settled in Seattle when ten months old. Eighteen years later Mary is a prolific singer/songwriter. Her songs are imbued with beautiful melodies, exploring the soundscape of Acoustic Hard Rock, Indie Pop, and Americana. Her voice has a vibrato-lesssweetness and she makes it sound easy to sing. Her singing captures the moment and the feeling of her poignant lyrics. For more info visit www.marywinmusic.com

Special Movie Night at Vashon Theater


The Oscar nominated (2005 best foreign film) *As It Is In Heaven* is directed by well known Swedish director Kay Pollack. Louise Olsen, Katherina Hirsch and Kate Packard will show the movie for free on **Thursday, May 10**, at 6 p.m. SHARP, ONE SHOW ONLY at the Vashon Theater (English subtitles). Come early, we MUST start on time.

When all this began Katherina loved the Swedish movie *As It Is In Heaven* and just wanted to share it with Kate who loved it so much she wanted to share it with Louise who loved it so much she just wanted to share it with the rest of Vashon Island. You see, it has never been distributed in this country.

This exceptional movie is about the humorous and at times heart-rending transformation of a sad little choir in a small community, and of people gently brought together by music, and their director, a man willing to have his heart opened and able to support others to risk the same. This is a movie that will not leave you untouched.

As preparation for the movie night was ongoing, Katherina wanted to raise money for Heifer International. So this is the other reason we are sharing this movie with all of Vashon, to raise money for Heifer. The movie is free and we will joyfully accept your gracious donations to this organization.

Please come, we imagine you will leave with a smile and maybe a tear. The movie is not rated, but we feel it is appropriate for children twelve and older, as much of it is adult dialogue and there is a scary scene or two. The snack bar will be open for your purchases.



Loopy sez: Deadline for the next edition of *The Loop* is

Friday, May 18



Leslie McMichael and three harps. Courtesy photo

Leslie McMichael Composes and Performs Score for *Peter Pan*

Well-known Vashon harpist and cinephile Leslie McMichael has been commissioned by Seattle’s Northwest Film Forum to compose and perform a new musical score for the 1924 silent version of *Peter Pan*. McMichael’s score for electric, Celtic and concert harp will debut on **May 18-20**, at 7 p.m. each night) at Northwest Film Forum, 1515 – 12th Avenue, Seattle. Tickets are on sale now at <http://nwfilmforum.org> or (800) 838-3006.

McMichael has also been asked to perform the score in June at Los Angeles’ prestigious Redcat (Roy and Edna Disney Calarts Theatre) as part of the second annual Redcat International Children’s Film Festival. Performance dates for Los Angeles are tentatively set for June 2 and 3.

Says Liz Shepherd, Vashon Island resident and curator for the Northwest Film Forum and Redcat presentations, “Leslie was such a natural choice for scoring *Peter Pan*. Everyone on Vashon knows that Leslie is one of the guiding lights behind the Vashon Film Society. I thought, ‘why not combine her love of film and her genius on the harp?’”

Shepherd hopes to bring McMichael’s accompaniment for *Peter Pan* to Vashon within the year.

McMichael founded the harp department at the Suzuki Institute of Seattle and now directs three independent Suzuki harp programs in the greater Seattle area. She also co-founded the Vashon Island Harp School. Having recorded traditional music for lever harp and original songs on her electric harp, McMichael says she takes great delight in presenting harpists and harp music in unusual situations.

This film version of *Peter Pan* (directed by Herbert Brenon, USA, 1924, 102 mins) has a fascinating history. J.M. Barrie insisted on handpicking the star of the first-ever film version of his famous play. After viewing screen tests by Gloria Swanson, Mary Pickford and Lillian Gish, Barrie chose Betty Bronson, an unknown and inexperienced teenager from New Jersey, to play the part of *Peter Pan*. Bronson’s glowing, lithe performance was almost lost to history when Paramount misplaced the film in the late 1920s. Thanks to a suspenseful and brilliant rescue and restoration, this long-lost interpretation of *Peter Pan* is once again thrilling audiences both young and old. Anna May Wong joins the cast as Tiger Lilly and Ernest Torrence, best known for his hilarious portrayal of Buster Keaton’s father in *Steamboat Bill, Jr.*, as Captain Hook.

Says Gary Morris of Bright Lights Film Journal, “Bronson literally soars in the title role, beautifully capturing the character’s alternating strains of puckishness, petulance, and occasional melancholy at the prospect of growing up.”

Remember, writers, double negatives are a complete no-no.

Spiderman 3

May 9 - 24

The Hoax

May 11 - 17

Blades of Glory

May 18 - 24



Pirates of the Caribbean 3 Special Midnight Showing Thursday, May 24 (12:01 a.m. May 25)!

Vashon Theatre
463-3232 for more



Or, for show times and info, check www.vashontheater.com

Vashon Voices Sing “An American Quilt” on June 1, 2

Vashon Voices, the Island’s pop and light classics choral ensemble, will present its spring concert, *An American Quilt*, on **Friday, June 1** and **Saturday, June 2** at Vashon United Methodist Church at 8 p.m. Join us as we stitch together a concert celebrating the great American Folk song, past and present. From folk song standards “Oh Susanna” and “Skip to my Lou” to the familiar strains of “Amazing Grace,” this concert will weave the fabric of American folk music into a colorful tapestry of music and fun.

Vashon Voices singers for this concert are: EarthSong, Judy White, Susan Parker, Cynthia Becker, Patty Campbell, Rebecca Graves, Lynn Boettger, Zubine Goldman, Mike McDevitt, Brian Schott, Ron Goldman, Robert Teagarden, Rick Skillman, Richard Person, and Dick Paulsen. The singers are under the direction of Joe Farmer. Linda Lee is the group’s accompanist.

Tickets are \$10 for adults and \$5 for seniors and children and can be purchased at Vashon Bookshop, Books By the Way and at the door. Ticket holders for our canceled December 15th performance of *Let It Snow!* may use those tickets for either June performance. The Methodist Church is a handicap accessible facility, and free childcare will be provided.



Gary Ioch, Elizabeth Nye, and Marita Ericksen, preparing for the Mother's Day Opera Gala

Two Shows for Mother's Day Opera Gala

The Mother's Day Opera Gala will be held on **Saturday, May 12**, at 8 p.m., and on **Sunday, May 13**, Mother's Day, at 3 p.m. at the Methodist Church. Tickets are on sale now at Books By the Way.

Participating Vashon's most operatic voices, including Gary Koch; Jennifer and Andy Krikawa; Marita Ericksen; Elizabeth Nye; Elizabeth Ripley; Elaine Ott; and Kalie Heffernan and Leigh Huggins; all accompanied by "wonderful Evan Stults," according to producer Nancy Bachant.

"Selections include arias and duets from *Die Fledermaus*, including this show's all-cast finale, 'Sing to Love,'" Bachant said. "Also 'When at Night I go to sleep...' from *Hansel and Gretel*, sung by youngsters Kalie and Leigh; a duet from the *Pearl Fishers* sung by Andy Krikawa and Gary Koch; 'Près des Ramparts de Seville' from *Carmen* sung by Elaine Ott; and Elizabeth Ripley doing "Glitter and Be Gay," an absolute hoot and perfect for her. Andy will do a solo aria. 'Figaro, figaro, figaro, figaro' very very fast!" Elizabeth Nye is directing.

"This is an informal group of intrepid opera lovers," Bachant said, and we will, like last time with the *Magic Flute*, benefit Island animal groups once the cost of the production is paid. Last time we raised \$1000 for these groups. Hope you can make it!"



Penny Grist at her studio. Photo by Elizabeth Atkins

Last Chance to Catch the Spring Art Studio Tour

Don't miss the last weekend of the Spring Art Studio Tour, when more than twenty Island artists welcome the public into their studios. **Saturday and Sunday, May 12 and 13**, 10 a.m. to 5 p.m. Pick up the map-brochure at any Island business or at vashonislandartstudiotour.com. Pictured is Penny Grist (#12) at the entrance of her vine-covered cottage, overlooking her home and Quartermaster Harbor.

Time to Channel Your Inner Sanjaya!

The tradition continues with Vashon Idyll '07, a down-home entertainment event, loosely based on television's "American Idol" reality show. Come witness the very best of Vashon Island high school talent, or be part of the fun and polish up your own act for the Friday, June 1st event. Sing, dance, lip sync, standup, magic...the sky's the limit. Students need to fill out a "Vashon Idyll Performer Application" now available in the main office at Vashon High School. All performers must be high school age students. The return deadline and location will be on the application.

Veteran performer Dom Wolczko and his band will take the stage, along with several other acts, to create a memorable evening. Discriminating Judges will share their insightful opinions. All performers will attend for free and receive a prize for their efforts! Members of the class of 2008 who sign up ahead of time to help will also attend for free.

Tickets are \$5 and will be available at the door. Your ticket buys you 5 votes to cast for your favorite acts, a complimentary beverage, plus delicious hors d'oeuvres! Inside you can purchase additional votes and drinks. The VHS Gym doors will open at 6:30 p.m. **Friday June 1**, and the show begins at 7:00 p.m. in the Vashon High School gym.

This event is sponsored by the Class of 2008, and the Safe and Sober '08 Grad Party Planning Committee. To find out how you can help with planning, or the event, please contact Holly Berry 463-2032, or Janet Chapman at 463-2345.



UMO member putting on the dog. Photo by Michelle Bates

UMO Ensemble Presents: Zen Tales (mostly)

New Work Showcase, two nights only: **Sunday May 20th & Monday May 21st, 7p.m. at the Youngstown Cultural Arts Center, at 5411 Delridge Way SW, West Seattle. For info and Reservations call: 206-408-8059 \$10 suggested donation; pay on the way out!**

You are invited to a new work showcase of UMO Ensemble's latest work, Zen Tales (mostly), exploring ancient Buddhist, Zen and Sufi stories through movement, music, silence and text (sometimes). We hope to expand this exploration in the coming year with the help of your feedback, the addition of new tales, more time, more funds and new venues. We will also be creating a version specifically for young audiences. Please share your experience with us and help us create our future path on the trail to Zen Tales!

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Marlene, Who? – and Emily, too

By Gordon S. Fisk

Marlene Dietrich, of course. She died in 1992. I've never written about Marlene and most likely won't do it again. So, pay attention.

The best thing that Agatha Christie ever wrote – this is personal opinion – was *The Witness for the Prosecution*. Not much more than a short story when it appeared in 1924, it was later turned into a successful three-act play and then into a movie. *Witness for the Prosecution*, the movie, came out in 1957 starring Tyrone Power, Charles Laughton, Elsa Lancaster, and Marlene. I saw the move then, and again recently when I rented the video from Vashon's Movie Magic.

I found the DVD over in Tacoma at Borders; now I own it. It's in black and white as are many great movies. Marlene is married to Tyrone, or is she? Charles is the defense barrister recovering from a heart attack, and Elsa (his real life wife) is his nurse.

Marlene has been in and out of my life; that film was her best and still is. But just this month there she was again, still full of surprises on channel 75 – that's Arts and Music in my television reality.

The surprise was something she recorded in 1972 – a Pete Seeger song that I wouldn't have expected to find in her repertoire. Marlene, what a gal, sings, "Where Have All the Flowers Gone?"

Where have all the flowers gone?
Long time passing
Where have all the flowers gone?
Long time ago
Where have all the flowers gone?

Young girls picked them every one
O when will you ever learn?
O when will you ever learn?
Where have all the young girls gone?
Long time passing
Where have all the young girls gone?
Long time ago
Where have all the young girls gone?
They've taken husbands, every one
O when will you ever learn?
O when will you ever learn?
Where have all the young men gone?
Long time passing
Where have all the young men gone?
Long time ago
Where have all the young men gone?
They're all in uniform
O when will we ever learn?
O when will we ever learn?
Thank you, Marlene, and I've got a question. Marlene, that last verse? You recorded that Seeger song in 1972. We were involved in Vietnam at that time. Was it part of an

antiwar protest? We're now involved in another war. Did the Arts Channel put your video on as an up-to-date antiwar protest?



Where have all the young men gone?
They're all in uniform
O when will we ever learn?
O when will we ever learn?

It was Emily Dickinson who wrote: "To live is so startling it leaves little time for anything else."

Thank you, Marlene, and Emily, too. More and more as I get older and older it seems that reading words – and stringing words together – creates a sort of rosary of words that takes on an importance beyond just the words and becomes a part of the meaning of life. We need to find meaning in life. -- Gordon, at 82
Next time: Moxie!



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