

In This Issue: Movies & poetry; Dinner in Venice; stuff for kids to do this summer; Post-Its before Prozac; Tanzania; Monumenta; Sisterhood; Parenthood; baseball, crossword, horoscopes, and MORE!

Emily Dickinson  
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Depp-a-licious!  
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Wild thing, I think you move me  
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Magic Carpets, 8 Word Poems, paintings of barns, summer art camp, more arts!  
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# THE VASHON LOOP

Vol. 4, # 11

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

May 23, 2007



A service animal. Loop photo

Spiritual Smart Aleck:

## Friend B and the Americans with Disabilities Act

By Mary Litchfield Tuel

Recently I lived through an extremely unpleasant incident which led to my doing a little research. I found out that the whole grisly scene never should have happened, and now that I'm a little more educated, I'd like to pass the news along to the rest of the Island so this sort of scene doesn't have to happen again, at least not here.

Here's what happened:

I was going to meet a friend ("Friend A") for lunch at the Homegrown Restaurant. When I got there, my friend was waiting for me, and another friend ("Friend B") happened to be there. Now, Friend B has a service dog that weighs about 12 pounds. When they are out in public together, Friend B usually has him in a carrier on the front of her body. The dog never barks; he

*Continued on page 6*



Standing in silence with the intention of saving the world. Loop photo

## The Great Silent Grandmother Gathering

At 1 p.m. on Mother's Day, May 13, ten Vashon women gathered in Ober Park to stand in silence with the intention of saving the world. Women all over the world stood in silence that day at 1 p.m. local time. The Vashon women stood for one hour, and then departed in silence.



Veterans' color guard and Boy Scouts march in at Memorial Day 2006 Service. Photo by Dan Brown

## Memorial Day Services

By Olde John Croan

A Memorial Service will be conducted at the Vashon Cemetery at 11 a.m. on **Monday, May 28**. As in the past, chairs will be available and it is suggested that you arrive at least 15 minutes early. The program will consist of the color guard and Boy Scouts marching to the monument, the Pledge of Allegiance, representatives of 12 organizations speaking and laying flowers on the monument, the Judd Creek Gospel Choir leading the audience in singing patriotic songs,

the Veterans program and, finally, taps. All are invited to the Veterans Hall (formerly the VFW Hall) on Morgan Hill, after the program, for light snacks and opportunities to share.

A Memorial Service will be conducted at the Vashon Community Care Center at 3 p.m. on **Monday, May 28**. All are welcome. A light snack will follow the service. For more information, call Olde John Croan at (206) 463-2852.

## Quilt Show Winners



Mary Jacobs won the "Best of Show" ribbon for her wall hanging called "Are You My Baby?" Courtesy photo

By Jo Ann Bardeen

A *Carnival of Quilts*, the biennial show presented by Vashon Island Quilters on May 5 & 6 had over 700 visitors who admired the quilts in the show's new location at Camp Burton.

The Best of Show award went to Mary Jacobs for her wall hanging entitled "Are You My Baby?" Elizabeth Spannring from LaCenter and Kathie Kerler from Portland judged the show. Both women are well-known quilters in this region. Su DeWalt won the People's Choice

award for her large quilt called "Bloomin' Nine Patch." Other quilters receiving Show Favorite ribbons were Sue Nebeker, Marilyn Fox, Margot Loeb and Ann Maher.

Awards (1st, 2nd & 3rd places) were also given to quilters in these categories: Machine Quilted Large Quilts — Edee Eggert, Nancy Zellerhoff and Jo Ann Bardeen; Hand Quilted Large Quilts -- Mary Lou Hillendahl, Amelia Powers & Mary Lou Hillendahl; Machine

*Continued on page 4*



Elizabeth Golen-Johnson, left, teacher and president of the Vashon Education Association, spoke with Robert Boesch, the financial consultant who audited the District's books and made suggestions for budget modifications. Loop photo

## School Board Approves Budget Cuts

By Mary Litchfield Tuel

In a budget workshop on May 17, the Vashon School District Board passed two motions, one adopting Budget Assumptions for the 2007-08 Budget Development process, and one approving the Budget Modification Plan presented by consultant Robert Boesch and the Budget Modification Plan Committee.

The Plan was a response to the Board's perception that the unreserved fund balance, a portion of the budget set aside for emergencies and interrupted cash flow, had become too low to meet such demands.

The Plan put together by the committee proposes to reduce costs in the amount of \$344,500 in the 2007-08 budget. The Plan has three courses of action: increasing revenues, increasing efficiency of operations, and reducing spending.

**Increasing revenues:** Increase preschool tuition; increase co-curricular activity fees (athletic and non-athletic); and increase tuition for summer school and independent learning.

**Increasing Efficiency in District Operations:** This would involve moving out of or renegotiating the lease for the District Office at the Sheffield Building; changing over to internet service for long distance calling; having fewer and more efficient pick up spots for busses; automatic shut offs on computers; and installation of energy efficient equipment in capital projects.

**Reductions in Costs:** Reduce certificated staff by 2 full time

*Continued on page 7*

# Get in The Loop



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Members of the Threshold Choir are, left to right: Sue Weston, Carol Ellis, Sheila Eckman, Rebecca Graves, Barb Adams, Melissa Frykman-Thieme, Susan Commeree, Mary Van Gemert. Courtesy photo.

## Community Remembrance Observance

The Vashon Threshold Choir invites the Island community to share in the second annual “Community Remembrance” gathering on **Sunday May 27**. It will take place at Vashon Methodist Church from 2 p.m. to 4 p.m. on the Sunday of Memorial Day weekend. Participants are encouraged to bring flowers and photos or mementos of loved ones if they wish. Everyone is welcome regardless of their beliefs.

Music will be provided by the Threshold Choir, a group of Island women who sing for people at the end of life. Also playing are Annie Roberts on cello, and Doug and Melissa Thieme on harp and flute. Judy Beggs, an Interfaith Minister, will lead the service. One of the loveliest aspects of the service will be the lighting of individual floating candles. Following the lighting of the candles anyone who would wish to share something about their loved one can do so. Others may wish to pay respects silently. Sharing with others the loss of someone, whether recent or many years ago can be healing and build community.

Refreshments will be provided following the service. If you have any questions or would like more information, please contact Melissa Frykman-Thieme at (206) 463-9561 or Susan Commeree at (206) 567-5707.

## Kindergarten Registration Reminder

Chautauqua Elementary staff remind you to turn in your child’s complete enrollment packet by **Friday, June 1**. At the end of June you will receive notification of teacher placement; confirmation of AM or PM class; and transportation information. “By registering early, it assists us with bus routes and staffing to ensure smaller class sizes,” said Chautauqua secretary Gillian Callison. Packets turned in after June 1st (or incomplete packets) will not receive their information until August.

## Free “Put Your Art Online” Class

Free, but registration required! On **Sunday, June 3**, from 1:30 p.m. to 4 p.m., at the Vashon Library, Kara and Hawk Jones will walk you through online options for artists like Etsy.com, Lulu.com, and DIY set up for photographing your art for online display! Bring your laptop to actually work online during class or just come and watch the presentation — handouts will be provided for you to work on your own later. Class is free, but we must keep head count, so please register your spot by emailing [kara@hennahealing.com](mailto:kara@hennahealing.com) or calling (206) 463-2088.

## Avast, Mateys: Vashon Theater Celebrates 60 Years

The Vashon Theatre is celebrating its 60 year anniversary all summer long and is launching the celebration **this Friday** at midnight with the debut of *Pirates of the Caribbean: At World’s End*. At the midnight showing on Friday the theatre will be showing old photos and taking some new ones, and giving away a snow boarding set. At 7 p.m. Friday night the theatre will be giving away a ski set. Theatre owner Eileen Wolcott says the first 150 people at the midnight showing Friday will receive posters of *Pirates*, and there will be more giveaways to come. Captain Burke is bringing his pirate ship on Friday night, too. Wolcott says the Theatre is celebrating its anniversary all summer long, and she encourages all Islanders to take in a movie!



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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.

VIPP 2008 Pet Calendar

Be part of Vashon Island Pet Protectors’ 2008 Pet Calendar and make your pet a star. Email your pet’s photo to [kchappy@msn.com](mailto:kchappy@msn.com). All are welcome — cats, dogs, pigs, goats...don’t delay! Photos must be received by **Sunday, July 15**. For more information call Kathy (206) 463-9203.

Saturday Market:  
Island Produce,  
Wine, Compost

Come to the Village Green, 10 a.m. to 2 p.m. this Saturday and tell all your friends and neighbors about the Saturday Market! On Memorial Day Weekend we will be welcoming two of the larger Island farms back with the first of their seasonal produce and we will start our music events. Beginning in June, for the first time, we will also be able to accept checks from WIC and Senior clients through the Farmers Market Nutrition Program.

Mark Yelkin, also known as the Worm Guy, is selling worm compost and soil mixes made from Island food waste. Winemaker Ron Irvine will be at the Vashon Market most Saturdays this year. Though market shoppers cannot taste the wine at the market (liquor laws), you are invited to do so from 2 p.m. on each Saturday at the Winery at 10317 West 156th.

This week at the Farmers Market you will also find: salad mix, many flower, vegetable and herb starts, handmade clothing, nursery trees, soaps, bouquets, and Paul Motoyoshi’s soup, panini sandwiches, and now, green tea ice cream! Bring your knives that need sharpening up and Rex Morris will fix them up.

Join us each Saturday from 10-2 in the Village Green.

Ballroom Dancing Class

Sizzling Summer Dance Session Coming in June & July on Thursday Evenings at the Havurah. Learn Tango, Rumba, and Salsa! Group Lessons, Practice Parties, & Private Lessons all taught by March Twisdale. Call March @ 463-0870 - You CAN Dance!

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No earlies please.  
17506 100th Ave SW  
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The Vashon Loop

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# H HOME TEAM R REALTY

## Troy and Marie Say “Buy this house for \$131,250”

**Troy:** Did you see the article in the Sunday paper, which gave Vashon the dubious distinction of appreciating by more than 20% between 2005 and 2006?

**Marie:** Yes, I did. It’s no secret that affordable housing on the Island is becoming more and more elusive. There are lots of reasons for this, many of them too politically complex to cover here. So let’s get practical. How can people with lower incomes ever become homeowners on this beautiful but prohibitively expensive Island?

**Troy:** It may be time to implement “The San Francisco Solution.”

**Marie:** That’s right. In much of California, housing has become so expensive that more and more people are buying with friends or family members. They hold title to the house as so-called “tenants in common.” To cover all the bases, they typically form a partnership, which spells out all the details: how maintenance costs will be split, what happens if one person wants to sell, and so on. We know some great real estate lawyers who can draft up an agreement that covers everything.

**Troy:** The lavender house we have for sale on Vashon Highway for \$525,000 is a perfect house for several people to buy together. The main house has four separate suites, each with its own bath. There’s a big kitchen and living room, as well as separate detached living quarters and a beautiful lavender-filled yard. It’s on the main highway for easy commuting – and if four people bought it as equal partners, the payments would be about the same as what you pay for a decent rental, if you can find one.

**Marie:** And that does not take into consideration the tax advantage of homeownership. Rent is just money out the window, but mortgage interest is tax deductible. Plus, you are building equity so that some day you can sell your share and have some money to put down on your very own house.

**Troy:** That’s thinking out of the box, which is definitely what we will all need to do to keep Vashon economically diverse. Let’s tell our readers how to find out more.

**Marie:** OK, readers. Talk to your roommates and friends. Then call us at 463-LIST (5478) to kiss your landlord goodbye and live the Island Dream.

*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](mailto: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.*

## Stop the Insanity! Tell us about your DDES experience

Enough is enough! DDES is a governmental agency run amuck, and it’s time to shine a light on their often ridiculous behavior. They haven’t earned the nickname “Dysfunctional Department of Extortion and Sadism” for nothing. Don’t get us wrong: Of course we have to protect the environment and ensure safety in construction. And, in fairness, we do know some people who have had good experiences with DDES. But many of the stories are appalling. We recently heard about an elderly couple who got ensnared by Code Enforcement for building a small deck without a permit. The deck issue morphed into a septic issue, and now they are being told to make repairs that will cost tens of thousands of dollars that they don’t have. They feel their only option is to sell. That is just plain wrong. What’s your story? Want to blog about it - ANONYMOUSLY? Got to [www.yourhtr.com](http://www.yourhtr.com) and click on the link to the DDES blog.

### Spacious Waterfront

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.**



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# Marlene, Who? – and Emily, too, Part 2

By Gordon S. Fisk

Last issue Gordon Fisk wrote about Marlene Dietrich; here's the rest of the story:

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

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.

I’m going to talk about Moxie – a recent favorite subject. I first tasted Moxie over seven decades ago, in Sheffield, Vermont. I was younger than. Moxie was rediscovered recently down at Vashon Thriftway.

Moxie, according to my Webster’s Ninth Collegiate, is “energy, pep, courage, determination, know-how, expertise,” attributes to life that we all need. The bottled Moxie’s active ingredient seems to be gentian extractives. Read the label. When you find your bottle of Moxie down among the specialty soft drinks, don’t get the cherry cola version. No gentian.

Gentian is in Moxie and in Emily Dickinson’s poems. It was about 1862 when dear Emily wrote:

God made a little Gentian –  
It tried to be a Rose –



And failed –  
and all the Summer laughed –  
But just before the Snows...  
In her hundreds of poems Emily mentioned gentian at least three times. She also had a love of animals and life. We hear from the gospels of “many mansions.” Emily wrote:

Papa above!  
Regard a Mouse  
O’powered by the Cat!  
Reserve within thy Kingdom  
A “Mansion” for the Rat!

Reading, stringing words together – and now and then sending them out to folks – keeps the juices flowing. I like to keep the juices flowing. I need to keep the juices flowing.

Do these words make sense? Does that really matter? Does life always make sense? What do we mean by making sense?

“Sense” is something we seek. It may take a lifetime as we seek it in nature, in books, in the pew, in songs, in poetry, and wherever, wherever, wherever.

Staying a homebound recluse often dressed in white, Emily skipped Sunday services:

Some keep the Sabbath going to Church  
I keep it staying at Home  
With a Bobolink for a Chorister  
And an Orchard, for a Dome

As for me, I need and enjoy the sense of community down at Burton Church. And I enjoy Marlene Dietrich, yes, and Emily, too.

– Gordon at 82, more or less

## Loop Letters

### Candidates Need to File Now

Editor, *The Loop*:

I do not know which Election Official thought up the current schedule for the upcoming elections, but I would love to give that person a piece of my mind. I was in agreement with the decision to move the primary election forward from September to August, particularly as we are heading into mail-in only ballots. That gives time for the candidates to get their message out before the ballots are mailed for the November Elections.

However, I can see no logic for moving the filing dates from the last week of July all the way forward to the first week in June. Not only does the date sneak up on those who are weighing whether to run or not and need time to think about it, it also makes for twice as long a campaign for the primaries. We are being forced into ridiculously elongated presidential campaigns. I find it hard to find anything in favor of two months for a primary election campaign.

For whatever reason we are down to precious little time for potential candidates to make up their mind whether to run or not. All the information you need is available from the web site [www.metrokc.gov/elections](http://www.metrokc.gov/elections). You can also call the Board of Elections at (206) 329-4848.

Our Island will be choosing 3 members each for the School and Parks Boards, 2 members for the Sewer Commission, and 1 each for Water, Fire, and Cemetery Boards. Having a full field of candidates benefits our community. If you are considering running, the filing period is June 4th to 8th.

Jennie Hodgson

I have never found, in a long experience of politics, that criticism is ever inhibited by ignorance. -- Harold Macmillan

### To My Surprise...

Editor, *The Loop*:

It is with a sense of sadness that I leave Vashon and the kindness of the people I’ve met here. My husband and I will be moving to North Tacoma this week.

I hadn’t been here very long before feeling that I wanted to share something of myself with the community. After hearing Judy Beggs speak about the Vashon Community Care Center (VCCC) at the Presbyterian Church on Christmas Eve, about how warm and loving the residents are, I decided to volunteer my time.

I interviewed with Naomi Goldick, the Volunteer Coordinator at VCCC, and later attended a volunteer orientation complete with homemade cookies and tea. My schedule and how much time I could devote to the Center was my own decision. Any effort is appreciated.

My first day was spent in the Nursing Facility, helping Pam with an exercise program for the nursing care patients. Many of these residents do not speak, due to stroke or some form of impairment, but that does not make them any less desirous of wanting to participate. We did stretching exercises with our arms and legs, threw basketballs into baskets and played catch with balloons to some catchy music.

I helped with the noon meal and afterwards sat with a few of the ladies that I would later get to know and love.

The first few weeks I forced myself to show up because it was helping out and doing a good deed. But after a month or so, things took a very subtle turn...I found myself looking forward to walking in and being greeted by smiling faces happy to see me. We were having fun.

In my last few weeks I was asked to lead the Assisted Living exercise class on Friday mornings. It’s quite amazing to tell 10 people to put their leg out and circle their ankle and all of a sudden 10 people put their leg out and circle their ankle. WOW!! I loved it. The Assisted Living Residents live in studio apartments at the VCCC and are readily available to talk

## Memorial Day Movie at Vashon Theater

The award winning documentary *Obsession: Radical Islam’s War Against the West* will be shown free of charge at Vashon Theater on **Memorial Day, Monday, May 28**, at 7:30 p.m.

About six months ago, Alice and Bob Blomgren, together with a few friends, traveled to Tacoma to view a showing of this very sobering movie. After ordering a DVD of *Obsession* and inviting other friends to view this important video, they felt it is important to share this documentary with a wider audience.

It is appropriate that this reminder of the thousands that died in New York on 9/11 and in the London and Madrid bombings is to be shown on Memorial Day. It is important that we do not forget the horrors of those days. Our responsibility is to work together to minimize the danger of further bombing

and visit and share their stories. And they have fascinating stories to tell.

I volunteered because I wanted to give, but I received something very precious in the process; the smile I feel deep in my heart when I think of the lovely residents and staff at the Vashon Community Care Center.

I highly recommend you give it a try. Margaret Walsh

### The Best Mother’s Day of All

Editor, *The Loop*:

On Sunday May 6th, I received a most welcomed text message from my son, SPC Kevin Riley. “My last day everybody – C ya soon guys. Just waiting 2 sign the paperwork right now – love you all”. His four years in the Army completed and with an honorable discharge, he would be heading home from Ft. Wainright Alaska to San Jose, CA. He had detailed their traveling plans to me earlier. He would be joining two other comrades making the trek via car, U-Haul in tow, and driving straight through. Eagerly I extended an invite for all to stop over for some home cooking and needed rest. Nevertheless, they were determined to get to their individual destinations as quickly as possible.

On that Tuesday afternoon I received a call from Kevin asking about the sailing schedule. “What time do the boats sail?” he asked. Seems my offer sounded pretty good after driving straight through the night and the next day.

Charlie and I were excited and stocked up on some comfort foods, rearranged the living room, and looked forward to their arrival. After couple of glitches at the ferry dock (what fuel tanks?), a missed sailing, and coughing up \$80 to cross (we happily reimbursed them) we found ourselves all together at midnight having a BBQ. To not only have our son visit, but for him to bring along his comrades was a sheer honor for us. SPC Estevon Cueva had completed his four years and was headed home to Richmond, CA, and Sgt. Joseph Dupree was on a 45-day leave and headed to Los Angeles. After which he would head back to base, his discharge in the year 2010. We expressed our gratitude for their service, bravery and dedication. In turn they were thankful for a home cooked meal, hot shower and comfortable sleeping quarters. After talking until nearly 2 a.m., we all crashed.

They would be up at 5:45 a.m., and head out early. No time for a pancake and sausage breakfast, or a tour of the Island. They were on a mission to get home. I woke at 5:45 a.m. and found that they had already neatly piled all the blankets and linens, deflated the air mattress and had packed and loaded



in the months and years ahead. Please join us in viewing this reminder of the War Against the West

their gear. All done quietly and stealthily, perfect military order. You would never know that we had overnight guests. I made them sandwiches and sent them along with the Oreos, fruit, and breakfast rolls we had bought. Even though I only got a few hours of sleep that night, it was the most restful I had gotten in nearly 4 years. These young men were but a fraction of those dedicated to our country, but what a representation. I was proud to have them stay with us, and sad to see them go. They all made their respective destinations safe and sound.

I was one of the lucky moms that my son made it home, and I continually pray that all our boys will come home soon, safe and sound like these three did. A Happy Mother’s Day? You bet! The best yet!

Charlie and Terrie Kipp



Su DeWalt was the winner of the “People’s Choice” award at the Quilt Show. Her large quilt is titled “Bloomin Nine Patch.”

### Quilt Show Winners

*Continued from page 1*

Quilted Medium Quilts — Jean Jones, Barbara Jansen and Karen Nebe; Hand Quilted Medium Quilts -- Ann Maher, Mary Jacobs and Mary Jacobs; Machine Quilted Lap Quilts -- Barb Trenary, Su DeWalt and Ginny Hanson; Hand Quilted Lap Quilts -- June Franklin, Mary Jacobs and Mary Jacobs; Baby/Crib Quilts -- Jean Jones, Peggy Scaramastra and Jo Ann Bardeen; Machine Quilted Small Quilts -- Elsa Mae Williams, Sue Nebeker and Barb Trenary; Hand Quilted Small Quilts -- Ursula Dashiell (all three places); Holiday Items -- Barb Jansen, Christel Stierle and Nancy Zellerhoff; Group Projects -- Mary Langland, Jo Ann Bardeen and June Langland; Row by Row Quilts -- Barb Trenary, Kathy Pierce and Marilyn Fox; Dolls & Stuffed Toys – Nan Caskey (1 & 2) and Barb Trenary; Guild Challenge -- Jo Anne Helsby, Marilyn Fox, and tied for 3rd, Mary Jacobs, Nan Caskey and Elsa Mae Williams.

Carriage Country Quilts in Des Moines and Quilters and Sewers Outlet in Tukwila donated gift certificates for the top winning quilters. True Value Hardware donated scissors-sharpening certificates for prize- winners and the members of the Show Committee. Jo Ann Bardeen and Peggy Scaramastra co-chaired the Quilt Show.



A few of the handsome and talented men of Venice's Algiubagio

## Food as a Seduction

By Angela Weiss

So what exactly is Culinary heaven? As a non-chef, actually just an ordinary Jo(sephine) who appreciates a good meal, dinner is not an easy question when you love to eat and love to cook as I do. Each morsel should be filled with pleasure. Sometimes simple, sometimes complex, but always pleasure. So, do I start with a great wine and match the meal to get the best flavor or vice versa? An age old question with very opinionated answers depending on who you ask. Let me see if I can figure it out. So, I venture out into the world to taste great food. My first stop, Italy.

Of all the places in Italy, I select Venice for its unique set of characteristics that enhance the meal outside of the kitchen such as the all-important ambiance. Besides, why not? Sitting in the Cannaregio neighborhood just north and east of the Grand Canal and within walking distance of the Rialto Bridge, I find a small comfortable restaurant welcoming me called "Algiubagio" on the Fondamente Nuove embankment. I just stepped off the vaporetto from Murano and unsuspectingly find this open-air terrace off to the right greeting me with a fantastic panoramic view of the lagoon leading to Murano and Burano. Let me see if I can do the following two hours of my life justice:

Algiubagio, not an Italian name or a word with literal translation, is a combination of letters from the names of the owners and their wives. The decor starts with 1600s architecture including original high ceilings and huge wood beams. Add an edgy modern Venetian chandelier made of Murano hand blown red glass in the shape of sea kelp with light tips at the bulbous ends. Next come the stainless panels over red brick walls and hand painted tables mixed with comfortably cushioned wrought iron chairs and separate them with stacks of wine crates topped with huge glass jars filled with wine corks, sea salt, and candles. Part of the design and edge of the restaurant is handsome Giulio with the piercing blue eyes who comes to serve me. This intensely sexy man brings me heaven, one course at a time. He starts with an aperitif to

stimulate the appetite. I order. Fagotto di tomino con oca e tartufo. This translates to a pastry filled with goose breast pate with fresh tomino cheese, served with a truffle sauce. This is the antipasti. I also order the filetto di Angus al cioccolato e mele. Angus beef served with apple and chocolate, the meat course.

The food begins to arrive and Oh my Heavens! Seduction at its best. You should see the presentation alone! Although I can hardly wait to get started, I have to admire it before I can try it. I don't know whether to cut into it or take a picture to make it last forever. Giving in to my primary urges, I go for it. The mouthwatering goose in a delicately light filo, tastes so perfect with the pastry that I send a message to the chef that this is a perfect seduction. Now, all the waiters are grinning in my direction. I'm grinning back.

On the main course, the dark and milk chocolate swirls of glaze looked like a rose atop the beef filet. The paper thin slices of raw green apples spiral around the plate with the beef rosette in the center. There are roasted apple chunks surrounding the beef like rosebuds. This is all covered with several thin rings of chocolate sauce. Each bite, I am quietly directed, is to have a component of each taste combined in each forkful. Pure heaven.



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A glass of rich red wine and a bottle of still water. I may never want to eat again. Nothing can compare. Inexplicably, I feel like I need a cigarette about now and I don't even smoke. The waiter, smiling with those blue eyes, suggests that he should be desert? Wait! I misunderstood him. That is either translation troubles or wishful thinking. We work it out, with reluctance on my part. He personally wants to help me select a dessert. Anything he suggests...I say, with a grin not further defined.

He tells me he wants to select a dessert which originated in Venice. Tiramisu. I eat it like drinking in a rare wine. One slow, luscious bite at a time making sure to capture chocolate sauce and chunks with every forkful. It is light and fluffy like a chocolate cloud. The only way this could be better is for the handsome...well, you

can just fill in the blanks from there! Remember this name or write it down because an experience here is worth the ticket price to Italy. Algiubagio, Cannaregio 5039 Fondamente Nuove 30125 Venezia Italia Tel 041 5236084 Fax 04106077 www.algiubagio.net

In culinary heaven! Ciao

## Watch Out Blake! Vashon Idyll Is Coming

Vashon Idyll is on **Friday, June 1** in the Vashon High School gym. Doors open at 6:30 p.m. and the show starts at 7 p.m. Tickets are \$5 and will be available at the door. A ticket entitles the purchaser to a complimentary drink, hors d'oeuvres, and 5 votes for a favorite Idyll. More drinks and food are available inside.

This talent competition for high school students was inspired by the *American Idol* TV show, but it's a lot more fun! This event is sponsored by Safe and Sober '08 Grad Party planning committee.



Oh, isn't life a terrible thing,  
thank God? -- Dylan Thomas



# Spiritual Smart Aleck

## Friend B and the Americans with Disabilities Act, cont.

By Mary Litchfield Tuel

Continued from page 1

hardly moves, except to look up at Friend B with adoring eyes.

You have seen people with service dogs. Seeing eye dogs are the most common, well-known, and easily recognized service dogs. We have an active group of seeing eye dog trainers on Vashon, Eyes of the Future.

“Eyes of the Future is a 4-H Group, a Vashon High School Club, and a Guide Dog program,” said Char Phillips, club leader. “In Washington State dogs in training can be refused because they are in training. But in Oregon they are allowed everywhere.”

Service dogs, and other animals, do a lot more than guide the blind, though. Service animals assist hearing impaired people, for example, and there are service animals that make it possible for people who are disabled physically to live on their own – animals that can open doors, and pick up the phone and bring it to the disabled person, among other things. These are all highly trained dogs (usually dogs) that have been raised and trained in their duties for years.

There are other animals that can sense when their human is going to have a seizure, and alert the person or their family.

Then there are psychiatric service dogs that enable their mentally ill humans to be able to function in the world. These dogs might not look like what we commonly think of as service dogs. They might not be wearing a jacket identifying them as service animals. They might not be the German Shepherd or Labrador or Golden Retriever that we expect to be nobly helping the disabled person, but they are nobly helping a disabled person all the same.

Friend B doesn’t want me to go into too much detail, because, as she says, it’s her private business, but the short version is that her dog is a psychiatric service animal that makes it possible for her to live a somewhat normal life.

Friend B had been in the restaurant for a while, waiting for someone, but since they had not arrived, she joined me and Friend A. After awhile a waiter came up and told Friend B that she and her dog would have to leave because pets were not allowed in the restaurant. She explained that her dog is not a pet, he’s a service dog. That should have been the end of it, but it wasn’t.

One of the Home Grown’s owners came charging up to the table. He angrily told Friend B she had to leave because pets were not allowed in the restaurant. “He’s a service dog,” she repeated, and then I backed her up – yes, the dog is a service dog.

The owner said he didn’t know that; the dog didn’t have a jacket; did she have proof that he was a service dog? He said that if she couldn’t prove her dog was a service dog that she had to leave. The owner said that if Friend B and her dog didn’t leave, he was going to call the sheriff. She looked at him for an amazed moment, then sat down in her chair with her arms around her dog in his carrier, and said, “Well. I guess today’s the day I go to jail.”

He called the sheriff. The sheriff did not come. Perhaps the sheriff is aware of the Americans with Disabilities Act.

There was more, but you get the drift of how it went. In the fullness of time my friends and I got up and left.

That night I got on the internet and researched the law regarding service animals, and discovered that under the Americans with Disabilities Act, pretty much everything the owner said and did was illegal. Legally he could have asked Friend B if the dog was a service animal, and when she said yes, legally he could leave her alone.

Service animals are not legally required to be wearing an identifying jacket.

Disabled people with service animals are not required to prove that the animal is a service animal.

Business owners do not have the right to eject service animals from their premises if the animal is not being disruptive, nor do they have the right to call the authorities to eject a person and their service animal, if the animal is not being disruptive. If authorities are called and come, the disabled person should ask for a written report of the incident. As noted above, in Washington State dogs in training can be barred.

I have nothing against the Home Grown Restaurant. I’ve eaten there many times and it was always fine. I don’t think the business should be penalized for the bad behavior of one person, though I do hope that one person has become aware of the law. I hope this was a lone incident of discrimination.

Friend B wants the whole incident laid to rest.

So what have we learned today?

If you see someone with an animal in public, and that bothers you, stop and consider that it might be a service animal that is legally allowed to be there. If the animal is not acting up or disturbing anyone, you are entitled to mind your own business and leave the disabled person and service animal alone to mind theirs.

You might also stop and consider yourself blessed because you can see, hear, walk, talk, open doors, leave the house, get up in the morning, and resist the impulse to commit suicide, without the assistance of a service animal. If you can manage all those things on your own, perhaps you should say a prayer of thanks that you are so blessed, and have a little compassion for people who are not so blessed, and for their animals, who help them make it through every difficult day.

**Information in this article is from the Department of Justice website, [www.usdoj.gov/crt/ada/animal.htm](http://www.usdoj.gov/crt/ada/animal.htm); and from Char Phillips, Vashon’s Eyes of the Future club leader. You can learn more about the Americans with Disabilities Act at the official website: <http://www.usdoj.gov/crt/ada/adahom1.htm>**

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History teaches us that men and nations behave wisely once they have exhausted all other alternatives. -- Abba Eban



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## The Wellness Papers

### Chronic Inflammation,

#### Or, Mother Nature Knows Best

By Sarah Gardner, LAc.

In a perfect world, inflammation would progress as our body intended in response to stress. For instance, you fall and injure your knee. Immediately, the body begins to heal the injured tissue, which results in swelling, pain, heat, and redness. After a reasonable stretch of time, the tissue heals.

For many of us, that scenario plays out differently. Muscle and joint pain are chronic, sometimes with no history of injury, or we may experience other recurrent symptoms such as headaches, fatigue, sleeplessness, rashes, frequent colds and flu, asthma, depression, cardiovascular disease, or autoimmune disorders to name a few. These chronic disease states appear to be the new “modern day” illnesses and are generically labeled Chronic Inflammation.

What causes Chronic Inflammation and how do we prevent it? Herein lies the complex beauty, I believe, that comes from transforming a challenge into an opportunity. The old paradigms are not helping us to feel better and at times may make us feel sicker. Living the way nature intended can have profound impacts on us physically, mentally, and emotionally as well as spiraling out into the greater health of our relationships, our community, and our planet.

Chronic Inflammation is a constant over excitation of the fight or flight pathway which causes tissue damage all over the body. A qualified practitioner can identify the signs; however, there is never a simplistic over the counter solution to its cause. Determining the cause requires an in-depth look at the many factors or stressors, which can ascertain why the body has gone haywire. Such factors include lifestyle, diet, environment, movement patterns, constitution, and disease states.

Let’s face it. Most of us have become quite uninterested in our bodies. We simply want them to work because the kids need to get to soccer practice, and dinner needs to be on the table, and work deadlines need to be met. Symptoms feel like a nuisance (or extreme hardship) and we often silence them with “silver bullets,” pharmaceutical, herbal, or otherwise. The body is a magnificent

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machine. To fully grasp what it does every moment of every day to sustain health would bring tears to our eyes. The body’s way of talking to us is by making us uncomfortable. The more trouble it is in, the louder that “voice.” The first stage of preventing and ridding the body of chronic illness is to heed your body’s symptoms.

Many of us with debilitating illnesses will have complicated symptomology that requires special care, and others may simply need help in identifying symptoms they’re not used to isolating. Regardless of where you fall in that spectrum, we all benefit from a greater degree of personal responsibility for our health through positive changes in lifestyle and diet.

Of course, one of the greatest lifestyle changes you can make is to exercise, if you’re not already. If you could take a pill that would give you the scientifically proven benefits of exercise you would take it, right? So, pop a Smartie and join the Y, an excellent island resource that caters to every fitness level.

The other extremely important change you can make is to eat well. Every body benefits from eating an anti-inflammatory diet, which includes a large color variety of good quality vegetables (that aren’t cooked to death), limited fruits, a variety of whole grains (wheat is not the only one!), moderate amounts of high quality proteins, and healthy oils. In turn, one should avoid harmful fats, excess sugar and stimulants, and refined grains. In addition to this foundation, there are varying degrees of anti-inflammatory and inflammatory foods to consider, depending on the severity and duration of symptoms.

Come learn more about specific diet and lifestyle changes you can make at the next Wellness Project Forum on June 13th at 6:30 pm in the library meeting room.

**Sarah Gardner, Lac. is an acupuncturist living and working on the Island at Integrative Healing Arts. She specializes in Chronic Illness, including, but not limited to, Lyme disease.**

## Think You Can Do a Better Job?

Three new members are needed for the School Board and the Parks Board. The Sewer Commission needs two, and the Water, Fire, and Cemetery Boards all need one. The filing period is from **Monday, June 4 to Friday, June 8**. Go to: [www.metrokc.gov/elections](http://www.metrokc.gov/elections), or call the Board of Elections at (206) 329-4848 and ask how to sign up.



School Board Budget Cuts

Continued from page 1

positions, for a potential savings of \$150,000. This would be accomplished through resignations and consolidation of existing positions, thus avoiding any RIFs. Staff needed to be reduced in response to a lower enrollment. A four-tenths full time job as Special Programs Compliance staff would be added, and a half-time administrative job would be eliminated. Reduction in spending would include less money for Gifted and Talented testing materials; food supply and travel costs within the District; use of outside legal counsel; reducing copying and paper usage; overtime pay; Board Professional development and travel; and an Early Release Kindergarten adjustment. In cost avoidance and cost shifts, a position would be paid for by I-728 funds instead of out of the General Fund. The Food Service General Fund subsidy would be reduced; and an Administrative retreat would be eliminated.

“To make the annual budget work, you’ve got to make the modifications presented to you tonight,” said Acting Superintendent Terry Lindstrom. He said he was impressed by the Strategic Plan and noted that the General Fund planning is tied to Facilities Planning, which will be funded out of the Capital Fund.

The Board touched on several topics that had come up in creating the Budget Modification Plan. People had asked about commuter students, and if the revenue they brought the District equaled the cost of having them. Gene Lipitz responded, “We are only accepting students who are revenue positive.” It has been suggested that the District begin charging a fee to commuter students for bus service between the ferry dock and the school. This needs to be looked into, especially regarding legal issues.

Some community members have asked if the school can sell some real estate in order to fill the District’s coffers, but Gene Lipitz pointed out that money raised from a capital sale would have to go into the Capital Fund, and would not be



Brenda Hunt, Vashon School District Business Manager, presenting information to the Board. L-r, Hunt (foreground); John Osborne; Gene Lipitz; Bob Hennessey; Terry Lindstrom, Acting Superintendent; and Susan Lofland, Board Chair. Loop photo

accessible for the General Fund, which is where the need is.

John Osborne asked, “As we reduce certified staff, might we increase the minimal dollars per student for supplies? We’ve just been scraping by. I am troubled that teachers spend out of their own pockets. We have short-changed teachers for too long.”

Boesch commented that the Board has set the District finances in a positive direction. He said that 70 or 80 community members had responded to the Board’s request for input. “People know something has to be done,” he said, “and that changes have to come at all levels. You may not get all the gains you hoped for, but your instincts were right regarding where finances were going. You did ring the bell early enough that something can be done.”

“It’s good to see you heading in the right way. This is not the Board’s Budget – it’s the community’s budget. Everyone’s budget.”

Acting Superintendent Lindquist said that he would make a recommendation in the next meeting or so for the Board to have the Budget Committee begin making the 2007-08 budget.

Gene Lipitz thanked Robert Boesch for his expertise and District Business Manager Brenda Hunt for her hard work over the last few weeks. Susan Lofland said, “I applaud the Budget Modification Committee, who took on tough decisions in a short time.”

Don't Forget the Birds will return next issue.

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Fund Raiser/Movie  
Night

New Date and Time

We would like to invite you once again to see this moving film and make a donation to Heifer International. New date: **Tuesday, May 29;** new time: 8 p.m.

The Oscar nominated (2005 best foreign film) *As It Is In Heaven* is directed by well known Swedish director Kay Pollock. 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. In the words of one viewer “...If the screenwriter and director intended to open hearts with the movie, as the

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conductor wanted to do with his music, they succeeded...in the tone of the spirit deeply buried within each of the characters...revealing their own present story, their needs, their skeletons, their desires and much more.” This is a movie that will not leave you untouched.

Heifer International is the organization that promotes sustainable living through gifts of animals to rural communities all over the world. 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.

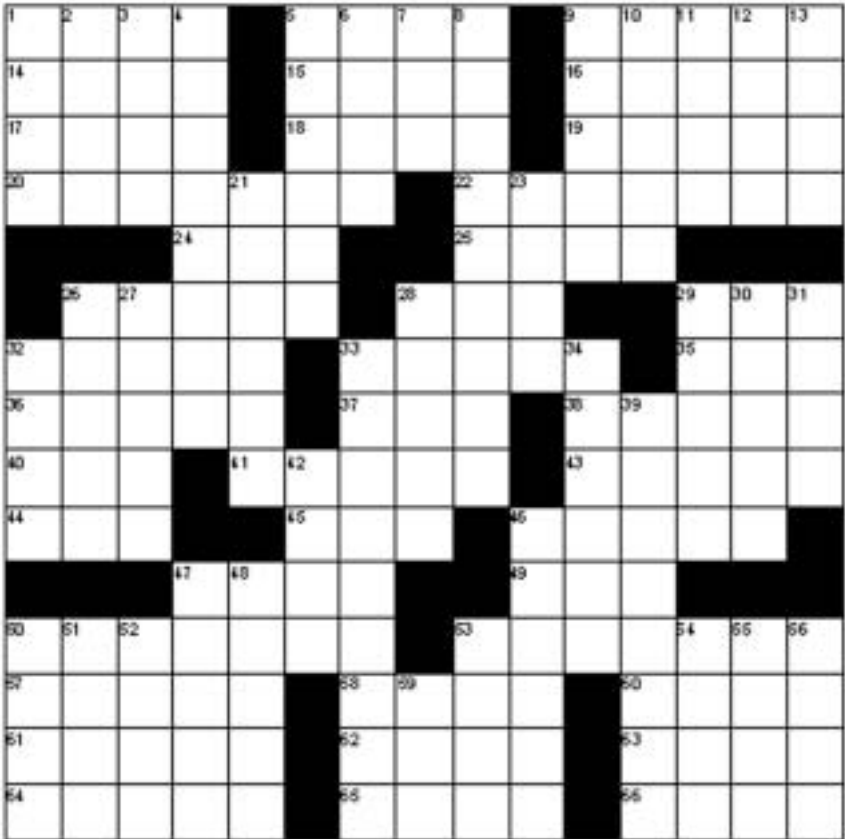
Across  
1 Aroma  
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9 In progress  
14 Leash  
15 GS  
16 Get worse  
17 Swiss-like cheese  
18 France & Germany river  
19 Hair care product brand  
20 Jewish King  
22 Alcohol  
24 Sticky black substance  
25 African nation  
26 Body part  
28 School group  
29 Brew  
32 Leafy salad green  
33 Lopes  
35 Man  
36 Island nation  
37 Hearing part  
38 On fire  
40 Highs  
41 Blemishes  
43 Cat family  
44 Clock time  
45 Vase  
46 Gave a lavish party

47 Allows  
49 Boxer Muhammad  
50 Glued  
53 Amino Acid  
57 Manhattan’s neighbor  
58 Spoken  
60 Belief  
61 Popular Key  
62 Item for sale  
63 Points  
64 Alaskan territory  
65 Northwest by north  
66 Otherwise

Down

1 Mined metals  
2 Extinct bird  
3 Opaque gem  
4 Most distant  
5 Harmonize  
6 Greenish-blue color  
7 Wing  
8 Leaders  
9 Greek ‘A’  
10 Unit of electric capacitance  
11 Ajar  
12 Capital of Norway  
13 Recount

21 Geology  
23 Not this  
26 Dice game  
27 Armed robbery  
28 Shrimp  
29 Nimble  
30 Sensational  
31 Looked at  
32 Crony  
33 Razes (2 wds.)  
34 Without harm  
39 Illegal abortion  
42 Pear shaped stringed instrument  
46 Dropped  
47 Jargon  
48 Gas company  
50 Efficiently  
51 German “Mrs.”  
52 Knife’s partner  
53 Attire  
54 Movie star  
55 Fish catchers  
56 Soothe  
59 Crude



Solution on page 17

# The Reigning Queen of Everything

## VAH-GY-NAAAAAH. Part One

By Sarah Blakemore, RQE

I crack open my eyes as my phone starts buzzing at me.

Or is that my head? I think the fifth cocktail did me in last night. Was out with the mantourage – my piano teacher and his boyfriends – at some gay bar in Hells Kitchen. Gay boys don’t shy away from a party, especially the shirtless ones who were serving me drinks.

I fumble around for my phone. Who the hell would call me before noon? Don’t they know I work nights? I find my phone underneath my pillow, its usual hiding spot when I have to get up in the morning. The phone isn’t ringing, the alarm is going off. Huh? Today is Sunday so I know I don’t have to move the car. All my volunteer work is on Saturdays...what the hell did I drunkenly decide I have to get up for?

Must be meeting someone. Wait. Having memories of a cab ride last night. Drunken phone call. Terror grips my heart. That guy I just dumped? No. No. NOOOOOOOO. Check call history. Nope. Breathe easier. But wait.

Call to Elise. 3:57a.m. What the hell for?

My mind kicks into gear. Damn.

Promised Elise I would go to a party at her director’s house today at one in the afternoon today. Elise got cast in the Vagina Monologues and her director is having some sort of fete to celebrate this. Wheeeeeee.

Well, I’m always up for free wine and cheese and meeting a few new people. She asked me if I would go, sent me the relevant email (which I didn’t read) and then told me to meet her on the corner of 48th and 2nd Avenues – some area of town real estate agents are trying to call Mid Town East or Turtle Bay or something.

Director woman’s apartment is small and I immediately begin to feel claustrophobic. I am then asked to remove my shoes. Woulda worn the clean socks without holes in them if I knew we were all going to be this intimate. I remove my shoes and search for a couch or somewhere to sit. I spot the couch. Above the couch are 60, count ‘em 60, 11 by 14 inch close up shots of vaginas.

Oh for the love of God.

I sit on the couch munching on crackers underneath the vaginas. Mid-40s hippie woman, swathed in multiple ethnic scarves and wearing toe socks, comes over to me. “Are you sitting here because you are uncomfortable with the VAH-GY-NAAAAAAHS?” she asks.

“Uh, no. I’m a stripper. I’ve seen plenty of pussy, thanks.”

Ethnic scarf woman looks horrified and slinks away.

I lean over to Elise. “If anyone, at any time, gets out mirrors for the



purpose of us looking at our vaginas, I’m outta here. Immediately.”

Elise nods.

“Okay women,” a frizzy haired, mid-30s woman calls to us, extending her hands. We all get up and form a circle around the “altar,” which is a bowl of water set on some gauzy cloth with some rocks around it.

Great. Just great.

Ethnic scarf woman decides she needs to hold my hand. Now everyone is holding hands. Frizzy Hair and her short, pudgy friend lead us in a meditation. I am told to release my inner woman.

My inner bitch really wants to laugh.

After some breathing and meditating we sit down for a writing exercise. Write what your dreams are, what stops you from reaching your dreams and some other touchy feely stuff. Well, that’s nice. I look out the window to watch a spectacular sunny winter slowly disappearing.

I have really got to start reading my email more carefully.

Now we have to share. Ethnic scarf woman is my partner. She drones on about bad energy or something.

Frizzy Hair and Pudgy Friend get out a drum.

“I told you so,” says my inner bitch. “There is always a drum made of animal skin at these things. Always.”

Frizzy Hair gets up. She takes a deep breath and looks ceremoniously at the ceiling and then at the sky. She holds up her fist. Pudgy Friend slowly beats the drum.

“I WALK IN ANGER!”

Oh, Christ Almighty.

“I WALK IN ANGER!”

She moves around the circle, shaking her fist.

“I WALK IN ANGER BECAUSE I AM NOT RECOGNIZED FOR WHO I AM.”

She pauses again for dramatic effect.

“I WALK IN ANGER BECAUSE THE WORLD WILL NOT LET ME BE WHO...I...AM,” she repeats, still shaking her fist. The other women in the group nod in agreement.

“You are a white, ivy league educated, wealthy woman living in New York City. Who the F&^% is stopping you,” my inner bitch wonders. Is this really the best you can do with yourself? Sitting around and complaining about walking in anger?

Stay tuned for the next installment as the RQE learns to walk in anger.

~~~~~

I offer my opponents a bargain: if they will stop telling falsehoods about us, I will stop telling the truth about them. -- Adlai Stevenson

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### Vashon Library June 2007 Programs

**ESL: English as a Second Language**  
**Wednesdays, June 06, 13, 20, 2007**  
**10:00 AM ~ For Adults**  
**Presented by Celina Yarkin**  
Celina Yarkin will present three sessions of a new, free ESL program at Vashon Library. Students will be grouped by language skill level, and introduced to self-instruction resources in the Library. Celina and students will determine the best day and time to hold classes from September to December. No classes in July or August.

**ESL: English as a Second Language**  
**Thursdays, June 07, 14, 21, 2007**  
**6:30 PM ~ For Adults**  
**Presented by Celina Yarkin**  
Celina Yarkin will present the first three sessions of a new ESL program. Students will be grouped by language skills and learn about Library resources for self-instruction. Students and teacher will decide the best times of day and week to hold fall sessions. No classes in July or August, but classes will resume from mid-September to mid-December.

**Microsoft Word Level 1**  
**Saturday, June 09, 2007**  
**9:00 AM ~ Presented by Chris Purpus**  
Learn Microsoft’s popular word processing program, Word. Prerequisite: Introduction to Computers, or Basic Skills Level 1 classes, or some basic skill, such as knowing how to use a mouse, would be helpful.

**Behind the Myths:**  
**Exploring Romani/Gypsy Culture**  
**Sundays, June 10 and 17, 2007**  
**2:00 PM ~ For Adults**  
**Presented by Morgan Ahern**  
Gypsies/Romani are a people mostly represented through stereotypes and myths. Little is known about the true lives of Gypsies, historically or in present day. Morgan Ahern, a Romani woman and founder of Lolo Diklo/Red Bandanna: Roma Against Racism, will present a program of exploration of the history and culture of the Romani people. Together we will journey “beyond the myths” to arrive at an accurate depiction of the experience of the Roma.

**Sunday, June 10, 2 p.m.: Opre Roma: Gypsies in Canada**, this documentary celebrates the vibrant culture of Gypsies and their tenacious struggle for freedom. Produced in association with the Western Canadian Romani Alliance,

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*Opre Roma* explores the history of the Romani people and their haunting music, born from centuries of persecution and exile.

**Sunday, June 17, 2 p.m.: Suspino–A Cry for Roma**, this award winning film captures the human face of suffering and oppression. An intimate portrait of a Romani refugee family who fled persecution in Romania only to find it again in Italy. *Suspino* was chosen by Amnesty International for inclusion in its Annual Seattle Human Rights Film Festival.

**Preschool Story Time**  
**Tuesdays, June 19 and 26, 2007**  
**10:30 AM**  
Ages 3 to 6 with adult, younger siblings also welcome. Please join us for stories, songs and fun! Registration not required.

**LateNight @ the Library for Teens: Games & Seattle Knights**  
**Saturday, June 23, 2007**  
**6:00 PM ~ For Teens only**  
Seattle Knights will clash in sword fights on the grass starting at 7 p.m. Guitar Hero and Dance Dance Revolution open play will be available as usual. Participate in the Vashon Library Cyber Cafe and surf the web, or play a game of Monopoly, Chess or Checkers. Refreshments! Door prizes! Security will be provided. Sponsored by the Friends of Vashon Library.

**Archeologists:**  
**Modern Mystery Solvers**  
**Wednesday, June 27, 2007**  
**2:00 PM ~ Presented by Interactive History Company ~ Ages 6 and older**  
“Dig up” history as you search for artifacts at a mysterious archeological site. What are the clues to the past when you find things like Medieval-style armor, Greek pottery, Colonial pewter and Civil War letters? Registration required beginning Wednesday, June 13. Please call (206) 463.2069. Sponsored by Friends of the Vashon Library.

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## The Post-It Approach

An Essay by Alice Orr

I encounter a lot of exhausted people. I've prided myself on not being among them. Yet, as we all know, pride goeth before a fall, and lately my Energy Bunny is a lop-eared, droop-tailed mess.

"What's the matter with me?" I ask.

"You're not as young as you used to be," my husband responds. This is hardly the politic thing for a man to say to his wife. If you run into him, please, mention that.

The fact is, I don't feel old; I just feel tired. Individuals with medical, as opposed to marital, credentials credit my weariness to "health challenges exacerbated by stress." Once upon a time, when I heard an ailment referred to as "stress-related" my eyes would roll. "Stress, schmess," I'd say to my pompous ass self. In the not-so-happily ever after, the scales have been ripped from my bloodshot eyes. Stress, while pressing its dead weight upon the psyche, definitely does a number on the rest of our faculties as well. My improved vision arrives tardily to say the least, particularly since I must confess that a variation on this phenomenon happened to me once before. The primary symptom of that episode was bouts of spontaneous weeping.

I had undergone a major geographic displacement, from the East Coast to this one. The bouts of weeping began shortly afterward and most often occurred in parking lots. In fact, I suffered a tearful breakdown in just about every parking area on Vashon. At Thriftway, next to the library, in front of the Variety Store, outside church, even in the gravel space to the south of Blue Heron Arts Center after dropping my granddaughter off for ballet class. Without warning, I would begin to sob. Not loudly, not even audibly. My shoulders might tremble a bit, but other than that and my wet cheeks, you could have walked straight past me and not noticed a thing.

I'd say to myself, "Get a grip. You're weeping in the Thriftway parking lot."

Meanwhile, my fingers had taken "get a grip" literally and latched on to the steering wheel as if they intended to strangle it. Thus firmly attached to the automotive mechanism, I would drive slowly home. Such occasions reminded me of the phrase in the Washington State Drivers' Manual that cautions against operating a vehicle when emotionally upset. Unfortunately, Karma Kab — remember them? — was out of business by then, and I didn't yet know anyone local on quite the right terms to call up and say, "I just fell to pieces in the library parking lot. Could you please rescue me?"

Well, guess what? There's been another great displacement in my life. From shore to shore again, but with only Puget Sound rather than a continent in between. The rift seems almost as wide all the same, the feeling of loss equally profound. A part of my existence that was full has emptied out. The ache of that vacant spot assails me when I least expect it and am least prepared, but with weariness this time rather than weeping.

I've felt compelled to write about this behavior but held myself back from doing so. "Why should anyone be expected to read such sobby, whining stuff?" I wondered. Until I heard Vanessa Redgrave, a personal icon of mine, speaking of a realization she had while acting in *The Year of Magical Thinking*, a play adapted from Joan Didion's marvelous memoir.

"We're all more traumatized than we think," Vanessa said.

That told me my own story was appropriate to share because it might be somebody else's story, too, whatever their dislocation, geographic or otherwise, happens to be. Which meant I should come up with an insight, as essays are supposed to do. In this case, an illumination of our universal traumatization and the exhaustion it can make us feel. The burden of this writerly responsibility made me more exhausted than ever. Nonetheless, I was determined to be what we currently call "proactive."

I knew I wasn't capable of much insight or illumination at the moment, but maybe I could figure out an approach to the syndrome and try it on myself. That's where the Post-Its came in. Each morning, on a single two-by-two-inch sticky note, I write down something I can do that day to make myself feel less traumatized. A larger surface would be unrealistic. Four square inches of healing at a time is, in my opinion, enough to expect of oneself.

Some days I do what I have written down; some days not. Still, I persist, and, though I don't wish to sound like a proselytizer, I recommend the effort. If you resonate with Vanessa's assertion as I did; if you suspect that we could all be more shaken up by life and loss than we dare acknowledge; you might want to acquire some Post-It pads of your own. I am pleased to report they come in a variety of cheerful colors these days, even day-glow tones. That can't help but be good.

*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.*

When a stupid man is doing something he is ashamed of, he always declares that it is his duty. -- George Bernard Shaw



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## Vashon Library Summer Programs for Children 2007

**Preschool Story Time (Recurring)**  
**Tuesday, June 19, and 26; July 3, 10, 17, 24.**

**10:30 a.m.; ages 3-6 with adult (younger siblings welcome)**

Please join us for stories, songs and fun! No registration required.

**Archeologists: Modern Mystery Solvers Presented by Interactive History Company**

**Wednesday, June 27 - 2 p.m.**  
**Ages 6 and older**

"Dig up" history as you search for artifacts at a mysterious archeological site. What are the clues to the past when you find things like Medieval-style armor, Greek pottery, Colonial pewter and Civil War letters? Registration required and begins Wednesday, June 13. Call 463-2069. Sponsored by Friends of the Vashon Library.

**Marvelous Mysteries of Science: Mystery Mixtures**

**Monday, July 02 -- 11 a.m.**

**Presented by Barbara Gustafson For ages 5-7.**

Join us in exploring the mysterious world of science. Learn some basic chemistry, physics, biology and magic! Lots of hands-on building, experimenting and fun! This week we'll learn about some of the chemical and physical properties of liquids, solids and gases by making mixtures and solutions using harmless kitchen chemicals. It'll be messy fun! Registration required and begins Monday, June 18. Call 463-2069. Co-sponsored by the Vashon Park District.

**Brown Bag Story Times (Recurring)**  
**Tuesday, July 3, 10, 17 & 24**

**12 Noon Ages 5-10**

Bring a sack lunch to eat while you enjoy great stories read aloud! No registration required. Sponsored by Friends of the Vashon Library.

**Marvelous Mysteries of Science: Mammal Mysteries**

**Thursday, July 5 -- 11 a.m.**

**Presented by Barbara Gustafson For ages 5-7.**

This week we will investigate our favorite mammal -- ourselves! We'll examine our skin and fingerprints closely, as well as challenge our five senses. How well do you really know yourself?

Registration required and begins Thursday, June 21. Call 463-2069. Co-sponsored by the Vashon Park District.

**Who Stole the Queen of Hearts' Tarts?**

**Saturday, July 7 -- 2 p.m.**

**Presented by Last Leaf Theater Productions -- Ages 5 and older**

When Alice tumbled down the rabbit hole, she met a lot of strange characters,

including one thief. Now she needs you to help solve a crime! Program will be held in the Ober Park performance room next door to the library. No registration required.

**Marvelous Mysteries of Science: Mystery Machines**

**Monday, July 9 -- 11 a.m.**

**Presented by Barbara Gustafson For ages 5-7.**

This week: machines that make music, machines that lift loads, machines that are powered by stored energy- we'll build them all. Put on your engineering cap!

Registration is required and begins Monday, June 25- please call 463-2069. Co-sponsored by the Vashon Park District.

**Marvelous Mysteries of Science: Magic Mysteries**

**Thursday, July 12 -- 11 a.m.**

**Presented by Barbara Gustafson For ages 5-7.**

This week: be ready to amaze and amuse your friends and family once you learn these secrets of chemical reactions, magnetism, energy and more. Bring your magic wand!

Registration is required and begins Thursday, June 28. Call 463-2069. Co-sponsored by the Vashon Park District.

**Thinking Outside the Box**

**Friday, July 20 -- 2 p.m.**

**Presented by Eric Herman All Ages**

Learn to solve puzzles, create jokes and think in creative, new ways at this show bursting with comedy, fun and music. Show will be held in the Ober Park performance room next door to the library. No registration required.

**The Shoemaker and the Elf**

**Sunday, July 29 -- 2 p.m.**

**Presented by Mary Shaver's Marionette Theater All ages welcome**

Who could be making shoes for the elderly shoemaker? Maybe you can solve this "whodunit" tale, which features a magical elf, a devoted daughter with baking issues and a Queen who collects shoes! Show will be held in the Ober Park performance room next door to the library. No registration required.

**Who Stole Minnie and Moo's Donut?**

**Tuesday, July 31 -- 11 a.m.**

**Presented by Ursula Schwaiger, Children's Librarian, For ages 5-8.**

Solve the mystery, make a disguise and get ready for super silliness!

No registration required. Sponsored by Friends of the Vashon Library.

**For more summer activities, see Summer Arts Camp possibilities on page 18.**



# LoOpEd

## A Message from Tanzania

By Mark A. Goldman

On May 6, 2007, I was in church most of the day. The church was in Tanzania. The service was conducted in Swahili and I didn't understand a word that was spoken. In attendance were about seven or eight choirs from various Tanzanian churches, one of which was led by my step-son. He and his family now live in Tanzania as missionaries. My wife and I were his invited guests. A week later we were in a different church. This time the service was in English. The following day we were on our way back to the US.

In the week sandwiched between these two church visits our family had gone on two safaris, attended a poisonous snake museum, visited a Maasai village where we were invited to sit inside a Boma (a round domed hut where a Maasai family lives). We had shopped at various markets and had even purchased some artifacts from young street vendors who try to eke out a living from tourists. (Their persistence suggests these kids could one day make an excellent talent pool for a new generation of used car dealerships.) I spent the better part of one day at the UN mission in Arusha where I sat in on several still ongoing trials pertaining to the Rwandan genocide of 1994. We had met friends, students and associates of my step-son and his wife. My step-son plays keyboard with one of best jazz groups I have ever heard. The drummer graciously gave up his seat so I could sit in for a couple of tunes. Luckily I didn't play long enough to ruin their reputation. Near the end of our visit we all suffered from some gastrointestinal malady.

As we drove down some of the main and not so main streets of Tanzania we had an opportunity to see some of its people up close, a great many of whom work harder every day, day in and day out, than I ever have. Most do not own cars. The bikes they ride are for the transportation of people and goods rather than just for the fun of it. But most walk from place to place in the sun and in the rain, the women carrying loads on their heads that I wouldn't attempt with a wheelbarrow. Somewhere along the way the question came up as to whether the people of the West and the people of Africa would ever really understand one other, which is to say, speak the same language. Here's my answer to that:

It is true that when I was in church the first week, I didn't understand a word of Swahili. But while I don't understand Swahili, I do understand a smile. And I do understand when someone graciously welcomes me to their home or personal space. I understand the look in someone's eyes when they are glad to see me. I understand patience and kindness when it is given and I understand enthusiasm and joy when people sing and dance with abandon. And as for love and kindness: these I understand. Love and kindness: it is both a language and a message. It is a language and a message we all are able to understand. This language is God's message to each of us. It is part of who we are. It is a language and a message that is closer to us than our own breath. And so what is this message...

Love one another. Be with other people in a spirit of brotherhood. Treat one another as you yourself would want to be treated. Have patience and compassion for others. Learn to forgive. Be slow to judge. Seek justice.





## The Dorsal Spin

The Dorsal Spin is undergoing a major transition and will return soon. Please continue to report whale sightings to the VHP at 206- 463-9041. Thanks to everyone, especially ferry commuters, for recent reports.

This is not hard to understand. God's understanding might be infinite, but that does not mean it has to be complex. In fact it is simple: love one another. Be kind to one another. Treat others as you would be treated. This is profound wisdom, yet not beyond our understanding.

You know, when Jesus walked on this plane he was not a Christian or a Lutheran. There was no church, no bible that he said everyone should read or try to understand. No. He simply said he had come to share what he had learned from his Father. And what was that? It was the same as I have already stated. Love one another. Be kind to one another. Do not judge. Learn to forgive. Simple message. Not hard to understand.

So what is all this about religion? Why religion? Well, I would say that the message is very simple: speak and live in the language of love and kindness. Everything else is commentary. And that's what religion is...commentary on the message. Whether you are a Christian, a Jew, or a Muslim, or anything else, the message is the same because the message is already written on every heart. We only need to acknowledge it. The purpose of religion is to remind us of this message. Love one another. Be kind to one another. Treat one another in a spirit of brotherhood.

When I visited the UN and attended the genocide trials, it reminded me how easy it is to forget this message. So we need reminding. If the religion you practice reminds you and supports you and encourages you to live the truth of God's message, then your religion serves a useful purpose. Just calling yourself a Jew or a Christian or a Muslim, reading scripture, or following orthodox traditions does not guarantee that you understand the simplicity of what God has to say. And what is that? Love one another. Treat one another with kindness. Seek justice. Forgive. Do not be quick to judge. Use your abilities to understand and strive to become all that you can be. Be with others as you would want them to be with you.

So what am I saying? I'm saying that God's message is already written on the scrolls of your own heart.

Religion can be a good thing... if your practice of it inspires you and others to love, to be kind, to have compassion, to forgive.

And so I now can say to you, that I traveled half way around the world. And do you know what I found there? I found people who speak my language. It was worth the trip.

~~~~~

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# PANDORA'S BOX

Spring has officially sprung,  
the hunt for summer is on.  
If you have any Sensible Choice dog food in a  
chicken flavor, please contact us. It was added  
to the recall list late last week as a precautionary measure.

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## Book Review

### Who Are The Three Villains of *The Hidden Fortress*? The Films of Toshiro Mifune and Akira Kurosawa

By Jessica Wetzstein, guest reviewer for Rachel Bard

*Tahei: Don't touch me, fool! It's uncomfortable enough.*  
*Matashichi: It's your face that makes me uncomfortable.*  
*Tahei: Leave my face alone.*  
*Matashichi: I hate the way you blink all the time. There you go again!*  
*Tahei: Shut up. Put your filthy teeth away. Show them to me once more and I'll bash them in.*  
- *The Hidden Fortress*, dir. Akira Kurosawa, 1958

I don't know if I told you already but I'm really into the film collaborations of Toshiro Mifune and Akira Kurosawa. Many of us have seen Kurosawa's *Dreams*, but unfortunately actor and director had fallen out by then. I haven't yet seen *Drunken Angel*, their first gig together, however, I understand that Kurosawa began that project with intent to explore elder-apprentice themes, got distracted, and subsequently didn't get back around to the idea until *Red Beard*, their last project together.

Anybody seen *The Magnificent Seven*? I haven't, but it's a remake of one of the best known of the Kurosawa-Mifune collaborations; another of which, *Yojimbo*, was remade in several permutations including *A Fistful of Dollars*. (By the way, even if we don't yet know it, *Zatoichi Meets Yojimbo* is hands-down one of our all-time favorites.)

Among the many pleasures of Kurosawa is to note subtle post-war reflections on Japanese-Occidental relations. For example, in the opening passage of *The Hidden Fortress*, Matashichi derides Tahei for thinking they might have made a fortune "at the war," and a howling Tahei retorts that "it's all funny!" with "the funniest thing [being] your foolish face!" As the two squabble, a stricken solder staggers into the scene and expires, paralyzed in convulsion — a sublime shift in tone from comedic to tragic which is very characteristic of Kurosawa.

Kurosawa has described Mifune as being extraordinarily quick; that Mifune could communicate in three frames what most actors would take ten frames to express. During his childhood, Mifune's family lived in Manchukuo, and one may imagine that Mifune's keenness of expression may have developed through



his experiences growing up an expatriate.

If you appreciate archery or Shakespeare, why not have a gander at *Throne of Blood*, possibly the most superlative film adaptation of the Bard ever and which is transposed, in particular through the character of Lady Asaji, by way of Noh conventions, while Mifune plays counterpart to the character of Macbeth.

Something especially admirable about *The Hidden Fortress* is the caliber of character of our Princess Yuki. Recurrently and so insistently she leads with humanism, as in when she chides General Rokurota Makabe for presenting his inscrutable "noble face;" when she purchases a woman of her clan out of prostitution, and when she contends with the warrior Hyoe Tadokoro about the subject of his new scar: Princess Yuki: Fool! Are you the great Hyoe Tadokoro? What you make of another's kindness is up to you. You and your lord. Evidently you're both fools. To punish you so for losing to an enemy even I do not dare such a thing.

General Rokurota: Your Highness, this Rokurota cannot apologize enough. You endured so much and it was all in vain.

Princess Yuki: You're wrong, Rokurota. The happiness of these days I would never have known living in the castle. I saw people as they really are. I saw their beauty and their ugliness with my own eyes. I like that song:

*The life of a man  
Burn it with the fire  
The life of an insect  
Throw it in the fire  
Ponder and you'll see  
The world is dark  
And this floating world is a dream...*

Once we fall in love with the many expressions of genius available to us through the Kurosawa-Mifune films, we can grieve the loss of their rapport by juxtaposing *Samurai Banners* and *Kagemusha*; the noble ambitions of the former surely would have been better realized in Kurosawa's hands, while one can only wonder what center of gravity and charisma Mifune would have brought to the latter, and to *Ran*.

Yet another pleasure of these films is that of lending an ear to the film scores of Fumio Hayasaka, Masaru Sato, and, later, Toru Takemitsu. Kurosawa's *Rashomon* won the Golden Lion at the 1951 Venice Film Festival, which award constituted his breakthrough to the West. Methinks Ennio Morricone may have tuned in.

The gentle reader may perhaps wonder, "Wasn't this column supposed to be a book review?" Ah...How about let's just call it "brief thoughts on an oeuvre."

~~~~~





## Pirates is Forever

By Lauri Hennessey

*This is the day that you will always remember as the day that you almost caught Captain Jack Sparrow.* — Johnny Depp, aka Jack Sparrow

When I was a kid, we went to Disneyland. Sure I remember the long lines in the heat. I remember the Mattahorn, and the It's a Small World ride. But nothing is as vivid memory as Pirates of the Caribbean, the amazingly scary, very cool ride that scared the bejeezus out of untold kids in the '60s and '70s.

When I first heard they were coming out with a movie based on the Disney ride about five years ago, I was, to put it mildly, hacked off. Not another bludgeoning of a great memory! Not another stupid movie that won't live up to its hype.

I was, as Captain Jack Sparrow would say, bugged. Boy did it live up to the hype.

I love Captain Jack Sparrow. I love Will Turner. I even love Elizabeth "Oh can I please look thinner in each movie" Swann. I love the writing. I love the special effects. I love Jack's gross teeth. I love the way the ladies keep slapping him. I love the soundtrack, and the thrills and chills.

And, oh what a shocker, so do my kids. *Pirates of the Caribbean* has always felt to me like a classic that isn't yet known to be a classic. When I sat and watched it the first time, I felt like I did when I watched *The Matrix*. I kept thinking, "Do people know how amazing this is?"

My kids love Captain Jack and the gang, too. My son loves his pirate ship, with his Captain Jack and Will Turner action figures. He loves brandishing a sword and saying "Arrrrgghhh" in a scary way.

But not every parent feels this way. I was talking to some kids the other day, and was surprised to learn that none of them will be allowed to watch *Pirates*, because their parents say it is too scary. Yeah, I get it. To each his own. But I thought it might be helpful to offer to Vashon parents a different view of why they should consider taking in this amazing movie when it opens this Friday night at the Vashon Theatre.

Reasons to see *Pirates* this weekend:  
#1 — *Pirates of the Caribbean* is more fun for you to watch than most kid flicks. Seriously, isn't it time you thought of yourself? How many times do you really want to sit through *Flushed Away*, *Barnyard*, or any other kid cartoon? Man, I have seen enough to last me a lifetime. Take them to see the pirates. No comparison. After all, isn't it really all about you?

#2 — Jack Sparrow is hot. Barney isn't. How many of us have harbored secret crushes on Bert the chimney sweep in *Mary Poppins*, or on the dad on *Chitty Chitty Bang Bang* (oops. Same guy. Man, he was cute...)? Fact is, we women want to enjoy a movie as much as the next guy. Go to *Pirates* and you get the twofer of Johnny Depp and Orlando Bloom. Trust me. I have sat through many kid flicks. They start getting in your head. Last year I realized I was getting a crush on Troy Bolton in *High School Musical* as he was doing the "getcha, getcha head in the game" number. Then I realized I am not just twice but almost three times his age. That was

depressing. Go with Jack Sparrow and have no shame.

#3 — Nightmares Schmightmares. C'mon, what's life without a little nightmare now and then to keep you on your toes? So what, people disappear, and creatures emerge from people's chests, and hearts are kept in boxes, and rotting fish guts are coming out of people's bodies? So what? Nightmares build character. When's the last time you met a person of quality who did not suffer greatly as child? I rest my case.

#4 — *Pirates* is an equal opportunity employer. I love Will and Jack and the pirates gang. But, as a politically-sensitive woman, I also love *Pirates* for having a diverse employment policy. Elizabeth Swann is a chick. Well, to be honest, she is also a minor, so you get two points for having her in the movie. You have one guy with no tongue and a guy with one eye, so you cover disabilities. You have a parrot, so animal rights people are happy. You have diversity aplenty with the Bob Marley chick who is one of the main cast this go-around. And let's not forget, you have the elderly, since Keith Richard is appearing as Jack's dad in this show.

#5 — *Pirates* is forever. There are some basic tenets of happiness that all children know. Kids love snow days when school is closed. They love ice cream, preferably in a float or a sundae. They love Christmas morning and 4th of July. And, well, to be honest, kids love pirates. Why did it take so long to make a great pirates movie? Arrrrgghh!

Suffice to say, I will be there Friday night at the theatre with my three kids in tow, our "Mickey Mouse" snack tray for the kids, and our seats warm and ready for a little Captain Jack and his friends.

Hope to see you there. If your kids get scared, I apologize in advance. As for my kids, they have been waiting for this for a long, long time, and they are ready to go.

Now if I could just explain to them who the old wrinkly guy is who is playing Jack's dad...

***Pirates of the Caribbean 3, At World's End, opens at the Vashon theatre this Friday night and plays for two glorious weeks. Lauri Hennessey will be there four times.***



Top Row: Dick Paulsen, Rick Skillman, Robert Teagarden, Richard Person, Mike McDevitt, Brian Schott, Ron Goldman. Front Row: Accompanist Linda Lee, Zubine Goldman, Lynn Boettger, Rebecca Graves, EarthSong, Cynthia Becker, Judy White, Susan Parker, Patty Campbell. Seated is Director Joe Framer.

## Spring Vashon Voices Concert: An American Quilt

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 8:00 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 has developed a loyal following since its creation over 10 years ago by Islander Emma Amiad, who long had an interest in starting a small vocal ensemble on the Island. The group performs two major concerts each year, offering up

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A snapshot of Anita Halstead's garden, one of the five gardens on this year's Garden Tour. Photo by Jenn Reidel

## The Garden Tour Is Coming!

By Janice Randall

Plan to attend Vashon Island's annual Garden Tour, **Saturday and Sunday, June 23 – 24**. Featuring something for everyone, Garden Tour tickets are available now for \$25 per person; call Blue Heron, (206) 463-5131 to reserve. All proceeds benefit Vashon Allied Arts. Tickets (good for both Saturday

and Sunday) are also available day of the tour at Blue Heron Art Center. Garden Tour is generously sponsored by John L. Scott.

Stroll five private gardens and see a mix of established and new plantings, stunning views and personal touches added by their owners. Get inspired in free informative seminars offered by landscape designer and author Terry Hershey; landscape architect Michael Lee; orchardist Dr. Robert Norton; and botanist Patty J. Campbell. Garden art, music and poetry will also be featured in the gardens. This year's Garden Tour features a specially-designed tile created by Irene Otis.

"Secrets of the Garden," a new event for serious gardeners, will be held on **Friday, June 22**, 1 to 4 p.m. and will offer in-depth, on-site presentations in small group sessions with gardeners Cindy and Steve Stockett, and Sylvia Matlock and Ross Johnson (owners of DIG Nursery) about their gardens and garden designs. Complimentary Refreshments provided at DIG. Tickets are \$55 or \$70 (includes Saturday/Sunday Garden Tour ticket).

In addition, 'Make a Splash for Art,' a delightful fundraising project, generously sponsored by SPLASH will feature a dozen watering cans artfully decorated by Island artists—available by silent bids to highest bidder.

Thanks to additional sponsors: Vashon Thriftway, Puget Sound Energy, DIG, SPLASH and JR Crawford. Please match their generosity by coming out for the 17th annual Garden Tour, and help keep the arts flowering on Vashon!

everything from standards to jazz, from folk music to Broadway tunes. Most recently, they braved the elements following the Hannakuh windstorm and were able to proceed with their annual secular Christmas concert on December 16 complete with a rousing encore of Jingle Bells in Hawaiian complete with leis and beach balls for the audience!

Joe Farmer, Director of Vashon Voices, has over a decade of performance experience with the Seattle Men's Chorus, Philandros, and The Esoterics. He has always been a fan of choral interpretations of American Folk music and for this concert has chosen some notable compositions and arrangements by some of America's finest composers, songwriters and arrangers, including Aaron Copland, Irving Fine, Stephen Foster, and Jackson Berkey.

"This is an excellent concert to showcase not only the broad spectrum of folk music in this country, but many of the finest choral arrangements of these folk

songs," Farmer said. Farmer states the group has had to rise to the challenge of a more demanding repertoire. "I'm very proud of the hard work and enthusiasm that each member has contributed to preparing this concert. The music is fun, but challenging, and the level of participation and focus on learning has exceeded my expectations," he said.

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.

So put June 1st or 2nd on your calendar and join the group for a journey through America's folk history!

I'd rather be a great bad poet than a bad good poet. -- Ogden Nash





Hot Spots in Pets

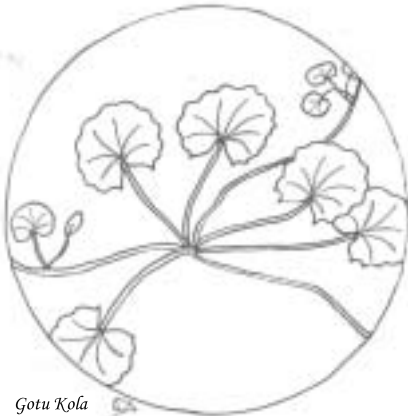
By Kathy Abascal

As summer approaches, fleas multiply, and many pets end up with hot spots. Hot spots are skin infections caused by an imbalance in the bacteria on the animal’s skin. As the dog licks an itchy spot, the pH balance of the saliva changes the normal skin flora. Hot spots appear, often in circular patches with hair loss. These red spots usually ooze pus. They are painfully itchy, setting up a vicious cycle where the animal increasingly scratches, licks, or bites to the point of self-mutilation. Untreated hot spots can spread and provoke a normally even-tempered dog to growl or nip when touched.

Dogs seem more susceptible to hot spots than cats, especially dogs with heavy coats and histories of allergies, ear infections, flea infestations, irritated anal sacs or hair tangles. Dogs in warm, humid climates may develop hot spots when they shed their undercoats if the dead hair is trapped next to the skin. Nervous dogs may engage in constant licking that permits an infection to become established. Hot spots are most common on the legs and feet, flanks, and rump — areas that can be reached by licking or biting — but these infections can appear any part of the body the dog is continually scratching.

Antibiotics, steroids, and Elizabethan collars are typically used to help the dog heal. But you can also use herbs to treat hot spots. My favorite treatment combines three herbs [(*Echinacea angustifolia*), gotu kola (*Centella asiatica*) and skullcap (*Scutellaria baicalensis*)] in a spray. The spray works quickly; the licking and itching will often subside after only a few applications, and complete healing follows soon after.

The spray is easy to apply even if the animal won’t let you touch the wound. It may sting slightly for the first few applications but is not painful. (I know because I use the spray on my own wounds and itchy bites.) Many dogs dislike being sprayed but they tend to dislike ointments, Elizabethan collars, and vet visits more. The herbs in the spray work both topically and



Gotu Kola



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](http://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>.



internally. As a result, it is good if the animal licks off the medicine – unlike pharmaceutical preparations that are not meant to be eaten.

Echinacea is a wonderful skin herb and traditionally was actually used more for skin disorders and bites than for colds. It helps prevent the skin bacteria from using the enzyme hyaluronidase to break down the integrity of the animal’s skin tissue. Echinacea, applied topically on the wound, stimulates the animal’s local white blood cells to limit the infection.

Gotu kola is an herb that thrives in warmer climates. I also think it is vastly superior in its fresh form so I use gotu kola flown in from an organic farm in Hawaii. The wound healing ability of gotu kola and several of its constituents has been fairly well validated by modern research. These studies show that gotu kola contains compounds that promote wound healing and help healing in people with keloids (a type of scar formation), leprosy, and phlebitis. It is the only herb I know of that has shown some ability to prevent stretch marks in pregnancy. Italian plastic surgeons use gotu kola because it helps limit scar formation and the inflammatory reaction around the wound. In wound studies (where poor rats are wounded and then treated), gotu kola drew antioxidants to the newly formed tissue and promoted healthy new skin growth.

The third herb in the mix is skullcap. Skullcap has strong antimicrobial properties. In one study, it was almost as effective as tetracycline at reducing oral pathogens similar to many of the bacteria colonizing the skin in hot spots. It is also strongly anti-inflammatory. Skullcap and its various flavonoids had an effect similar to prednisolone on certain aspects of inflammation. It also inhibited prostaglandins and

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Early Alert:  
Benefit for  
Backbone Campaign

A benefit for the Backbone Campaign will take place on **Saturday, June 9**, at Bishop’s, most likely starting around 8 p.m. This event will be a fundraiser to help send a big contingent to the U.S. Social Forum in Atlanta at the end of June, as well as organizing a Progressive Cabinet Summit with leaders from all around the country.

It’s the Backbone Campaign’s most ambitious project ever. Things are really picking up nationally for the Backbone Campaign, so this event at Bishop’s will be an update on what’s up and coming. You can also read more about it on their website located at <http://www.backbonecampaign.org>

In addition to the fun and games, this will be an evening of music, brought to you by some of the most unbelievably talented musicians on Vashon Island.

It should be fun and something a little different than the norm.

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Planet Waves

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



**Aries (March 20-April 19):** What was all the fuss about? It is odd to think that in this world, we can forget who we are. You are remembering with a vengeance. Just don't be too vengeful about it. Mars in your sign over the next few weeks has the power to spur all your darker emotions as well as your more impassioned and creative ones. What I recommend is that you allow this unusual enough factor to push you in the direction of your freedom. Freedom takes guts, and Mars will at least offer you some confidence. Make sure it's the kind of confidence that comes from your heart, not your head. This will likely be a two-step process, done consciously. Consciously is the key. Remember. Okay?

**Taurus (April 19-May 20):** Lately you have trod the mirrored path. It is a road where you see yourself, and where your self sees you; a phase of life where the experiences of others are highly instructive in what you are learning about yourself, or rather, where they can be if you will allow the wisdom into your spirit. At times that wisdom may come in the form of what initially feels like fear, then you use that fear like a lever. That fear may involve passion, or desire, or aggression. More to the point, it's going to seem a lot bigger than it is, all while you would love nothing more than to settle into the comforts of home. It will be an odd mix, but you can have it all.

**Gemini (May 20-June 21):** Big ideas. They are likely to arrive in a storm over the next few days, and you are likely to have the focusing power to do something about them. I just don't suggest you talk about them too freely; rather, work your plans out silently, collecting information wherever you go, and allowing the most pointed questions to gather. You may feel compelled to speak up, but I propose instead that you take action of some kind, and if you want to discuss your idea or ambition, make sure the person is as impartial as possible, not directly involved, and basically someone who will let the subject go as quickly as he or she heard about it. Unlikely events will ensue from the right meeting or discussion, and these are likely to shift your whole orientation.

**Cancer (June 21-July 22):** You're in one of those moods where you can read

your own mind. This is a feat of which not too many people are capable. It would be nice, right? It would be the cure for cluelessness. Anyway, you have it at the moment, and you wear it well. It's a subtle kind of intelligence, arriving with the actual sense of being beautiful or at least attractive; of prosperity, or at least guidance in the right direction; and of the unusual freedom that comes from knowing your own mind. Now, if you can do this and at the same time remember all that you're wanting to accomplish, you will most likely find that it seems to just happen. You are not being passive; you're being aware, and your awareness has a most unusual kind of influence.

**Leo (July 22-Aug. 23):** Success requires change, and it compels us to change. The two proceed in parallel, often with a good deal of tension between them and you in the middle. There's plenty of energy contained in this equation, and it may be exerting a perfectly balanced pull in two different directions. At some point you're going to need to yield to one of those directions, perhaps experiencing the fear that you have to give up something crucial in the process. I don't think you will have to. But I do think you'll need to feel and fully experience the pressure to be in some way out of balance, specifically in order to get the creative result or the holistic benefit of dealing with making an important, if uncomfortable, adjustment.

**Virgo (Aug. 23-Sep. 22):** A relative, perhaps an uncle or close older male friend, may provide precisely the help you need to turn a professional dream into a practical reality. Remember, though, that manifesting one's dreams rarely follows an orderly plan. In your particular situation, you can expect some factor to change your thinking somewhat suddenly, perhaps radically. The bigger the revision, the better the development. If this factor causes you to digress from a carefully laid plan or strategy, I suggest you welcome this with an open mind. Let's put it this way: you are likely to think at some point soon you have a discovery on your hands; but that sense is merely the harbinger of the real development.

**Libra (Sep. 22-Oct. 23):** Take steps now to foster cooperation and open the channels of communication. Then,



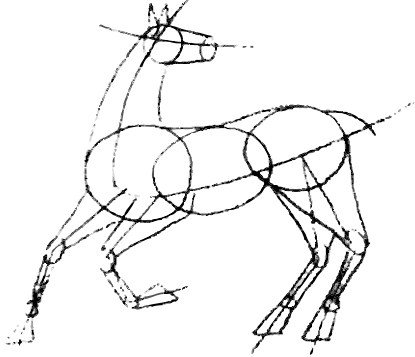
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prepare to use them. In a similar way, prepare your mental space and your physical space for creative expression, then make sure you put actual energy into using the space you prepare. The process you're in now will not proceed automatically, and the opportunities that are coming are fairly easy to squander. Yet I am sure you'll discover that what you put in, you get back, maybe many times over. The greater ease with which you seem to be proceeding, the greater investment of energy I suggest you make. This is the time to turn potential into reality.

**Scorpio (Oct. 23-Nov. 22):** A partner, close friend or loved one holds the key to an issue with which you've been struggling. For them, it's easy; for you, it's a challenge, but what you're here to learn is how to accept the factor of ease and flow. This is about the movement of ideas, and that requires fluidity rather than fixity; it calls for asserting yourself rather than being passive. Given all you've been through the past few weeks, you may be feeling a little cautious about pushing too hard — and I don't propose you do so. Rather, what you're about to learn is the correct proportion of push energy, flow energy and receive energy is involved in a highly productive creative situation. You are a student right now, and you're learning through direct experience.

**Sagittarius (Nov. 22-Dec. 22):** Someone is ready to meet you face to face, and as you know, the encounter will be profoundly influential. If you are in the mood to hold back key information, or to package it in a more acceptable form, I don't recommend that course of action. Just don't exaggerate or be dramatic; direct and clear will suffice. Bear in mind that what this person is grappling with is a sense that they must sacrifice something important to them. Your role is to guide them away from that idea, and in the direction of receiving a blessing, an initiation, or an enhanced level of awareness. Propose the idea of a win-win situation, and such will become more real as a possibility for you as well.

**Capricorn (Dec. 22-Jan. 20):** You continue to fumble with the key in the

lock, or to tinker with the formula. More power to you. I suggest, however, that you track your work, so you don't go in circles. Even if this effort has gone on a long time and you fear you've lost weeks or months of precious observations, don't worry. If you record your ideas and experiences for a few days, you will immediately see a pattern, and this happens to be the same pattern you've been following all along. From this point, the solution you're looking for cannot be far away, but it's likely to come in a very different form than the one you're expecting. This is the nature of discovery.

**Aquarius (Jan. 20-Feb. 19):** Behold the messenger, and be nice to her. The news may be a little odd, and the prediction may seem to suggest you will have to alter the course of your life radically. This is not exactly the case; what you need to do is change your mind about something, and then allow your environment to change. Usually we forget that the main environment in which we live is precisely our mind, and we are carefully trained to think that our mind holds no influence at all over any other kind of environment, physical, emotional or whatever. We live in unusual times at the moment, when much that visionaries and mystics have suspected is possible is actually available to us.

**Pisces (Feb. 19-March 20):** You are having a greater influence over a close partner or loved one than you may yet recognize. At the same time, their experience of opening up, of demonstrating their authentic flexibility, and of their stunning ability to grow and change, is teaching you something about life that you may once have learned but seem to have forgotten. Now is a brilliant time to remember, because the knack you're picking up is a skill that you can apply to every situation in your world. You are at this stage of your life working to influence your world in ways large and small, and there are easier and more difficult ways to do it. Pay attention to what happens this week and you will discover, or remember, the easier ones.

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






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Island Epicure



Cooking for  
the Two of You

By Marj Watkins

Have you noticed how many Island households, including ours, consist of only one or two people? Yet the conventional cookbook recipe is written for four, six, or eight. If you're cooking for two and the recipe is for four, you can eat half and freeze half. You can invite friends and neighbors in to help scarf down your culinary masterpiece. Or eat half, wrap, label, and date other half and stash it in your refrigerator for a later meal—but not more than 3 or 4 days later. Mysterious toxic aldehydes begin to build up in protein foods after day 4.

Even in summer, we get some days cool enough for oven meals. Here is the old-fashioned main dish, the meat loaf, updated to match today's nutritional concerns. This one features ground turkey for less fat, but you could make it with very lean ground beef or lamb, substituting a glug or two of merlot for the white zinfandel wine.

Cooking for one? And the ground meat comes in 1-pound packages? Repackage half, date and label the package and freeze it. Make two mini-loaves of the other half, using the whole egg. You could go a little lighter on the salt, pepper, and herbs. Cut wine or broth to 2 or 3 tablespoons.

**Turkey Loaf** — Makes two 2-serving loaves  
Preheat oven to 375 degrees  
12 ounces ground turkey  
1/3 cup oat bran  
1/4 cup finely chopped onion  
1 teaspoon poultry seasoning or a dash each of dried thyme, marjoram, and sage  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground black pepper

1/4 cup white zinfandel wine, or water, or chicken broth  
1 egg, beaten  
Combine all ingredients well. Divide them between two 5-inch Pyrex bowls or other small baking dishes of similar capacity. Bake approximately 30 to 35 minutes, until a knife inserted in the center of one of them reveals no rare meat inside. For faster cooking, make individual serving mini-loaves in custard cups.

Serve one turkey loaf for dinner. Turkey is a bit bland; try a little salsa on it. Refrigerate the other loaf for a meal a couple of days later.

A wedge-cut sweet potato or yam, oiled and baked alongside the meat loaf is the perfect accompanied to this meat dish. Sprinkle potato wedges with salt, cayenne and paprika if desired. Bake them on a foil lined pie plate. After supper, toss the foil, and have only the meat loaf dish to wash.

Steamed broccoli or cauliflower, or a colorful duo of both, sprinkled with grated cheese is one vegetable option for this meal. Fortunately, these are good keepers. You can cut a few florets off, wrap the rest in paper toweling and refrigerate in a plastic bag for another two or three meals.

Another good choice is sliced celery in velouté sauce. A head of celery keeps a long time in a refrigerator's vegetable bin. The same paper towel and plastic bag prevents wilting and absorbs the vegetable's sweat.

**Celery in Velouté Sauce** - 2 servings  
1-1/3 cups sliced celery, 3 to 4 ribs, scrubbed and sliced  
3/4 cup water  
1 scant teaspoon chicken broth crumbles, or to taste  
Pepper to taste  
Bring to boiling, reduce heat, cover and cook until celery is tender, about 10 minutes. Combine, stir in and stir-cook until sauce clears and thickens:  
1 rounded teaspoon cornstarch or Mochico rice flour  
1 Tablespoon cold water  
Taste and adjust seasonings if necessary.  
Happy cooking and good eating!

oooo



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Madame Toujours

Dear *Madame Toujours*,

Please help me to resolve a crisis which has arisen in my marriage. I should mention that I have been married to Richard, a sweet, dear man, for seven years, and we have two children. The problem is that recently, while scrubbing the grout behind the toilet, I received the revelation that I am actually Monumenta, Feminarch of the Megaverse. I immediately blasted the grout behind the toilet with a thunderbolt.

Richard was not amused about the thunderbolt and feels I am being unnecessarily grandiose, but the children, little Bethany the Destroyer and Jeffrey, Trasher of Living-rooms, seem perfectly comfortable with my revealed glory.

What can I do to reassure Richard that I have no intention of crushing him like the contemptible mortal he is?

Sincerely,  
Monumenta, Feminarch of the Megaverse

*Chere Mme.* Megaverse,  
Congratulations regarding your newly discovered majesty. Always I am recommending for the wives to be having the careers and interests outside of the home so that they can be expanding the minds. Clearly, you are expanding the mind more than the usual. This is being the kind of dramatic revelation you can be expecting while you are crouching head-downward and inhaling the volatile, tile-cleaning vapors in the enclosed space.

I am understanding that the omnipotence, it is the intoxication for you. You are drunk with the

satisfaction of crushing entire galaxies to destroy the person who was cutting you off in traffic three years ago, but you must be remembering that *M. Richard*, he is naturally feeling the little bit threatened by your new interests. Possibly, he is concerned that you are growing apart from him. He is not wanting to be looking for the new love at this stage of his life. He is out of shape and his hair, it is receding. It is being too much work to be getting back in the condition for the dating.

It is being up to you to reassure him. Look for the ways that you can be making him to feel included. For example, give him the empty, meaningless title such as Throngar, Imperial Prince Consort to the Feminarch. Include a gold lame costume with some kind of crown.

Give him a planet — a nice one, possibly with the natives which he can be oppressing after the hard day at the office.

But perhaps you are wondering if you are even wishing to keep *M. Richard*. Perhaps you are thinking that after the long day of blasting things and supervising les enfants, it would be nice to be coming home to the husband who is having the appreciation for how difficult is the job of the Feminarch.

This is the foolishness. Before you were Monumenta etc., was *M. Richard* appreciating the difficulty for the job of the housewife? *Non.*

*Bon Chance*, *Mme.* Megaverse. Even if you were crushing *M. Richard* into the pits of destruction and marrying Gargantuon, Dominator of the Cosmvoid, you would still feel unappreciated. This is being the fate of the Feminarch.

oooo

And now a word for dog lovers:  
kinky. -- heard on BBC radio



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Positively Speaking

When Sisterhood is Powerful

By Deborah H. Anderson

The tugboats in the middle of the night were the most powerful metaphor. Moving at almost no speed at all, the engines groaned deliberately as they dragged cargo ships almost ten times their size, behind them.

When burdened with a load that is crushing, center yourself into the Godly strength within and lean forward. The pile behind you will move.

I could hear them from my bed in the house of a sister in faith and education who had taken me and my family in when I broke a gender barrier in my career path and appeared to have been murdered in the process. For someone raised with three brothers, and a mother who, although she owned and operated two private schools, told me to remember to hide my intellect when I was around men because it scared them, this sister was about to change my life. Unabashedly smart, and organized, and full of all the expression of leadership a woman of her time could express, she walked beside me while I gathered my wits.

The day I moved my young daughter and myself into that room, and my son into another room, there was placed on

the headboard a pad of notes emblazoned with the motto of the school this sister and I had attended. "Remember who you are and what you represent."

Though I see her infrequently now, life is still easier knowing that her energy and presence, warm wit and dry sardonic observations are flowing through her wise living somewhere. I measure every day by the standard she set for me. Every word I ever write for public consumption emanates from the deeply embedded empowerment that comes from the process of remembering who I am and what I represent.

It's a less than stellar moment publicly for women on the Island right now. A petty power struggle between two women has embroiled the lives of thousands of people. Having watched it brewing for years, my heart is sad that in this time of post women's movement, we still sometimes embrace the worst that traditional male roles used to view as sacred. Watching a linear power struggle reminds me of the imperative to bless the world with our best.

Our best is supporting each other. We are not a cat fight. We are life givers and

that same driveway. He said he went down to check the mail. Perhaps he was expecting a package.

It is my worst fear that we will lose a child. The fear never leaves me, and it will probably never leave me. It's hard-wired, a species-survival thing.

It'd be great if you, readers, remember to avoid running over my kids with your car. I promise I'll make it a point to not run over your kids, either. It's a pact. But I'll still fear losing a child. One of our kids flattened by a speeding car is only one of my worries.

It'd be great if readers who grow, bake or butcher our food remember to not adulterate my family's food with loads of yucky chemicals, unhealthy food additives, or meat contaminated with feces. And I promise I'll do the same for you when you come to my house for supper. Or at least put that stuff on the side so you can sprinkle it on if you wish.

It'd be great if those perhaps international readers who favor any means necessary to get a political point across remember to not blow my kids sky-high. Of course, I'll do the same for you, but further, I'll try to make sure my country doesn't blow your family to smithereens without a good reason.

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nurturers connected to the process of life in unique and creative ways. Thankfully we are now in an age where we do not have to hide those best of attributes. They are no longer seen as weakness.

X needs to take Y out to coffee and apologize. Y needs to accept and get back to work. Then a line item needs to be added to the budget, a designated and allotted two thousand dollars, labeled "community incentives," that is money spent for "atta girls" and "atta boys" and life changing meals at fast food stores where people open up their hearts in an unguarded way. X needs to say to Y, "So you went to school to learn how to do this?" and acknowledge expertise in a supportive way. And then this whole fiasco needs to be stopped dead in its tracks. I want to say that. It needs to be said.

It's okay for smart women who carry little personal baggage and hence are able

It'd be great if those readers who prefer to chart a more independent scientific course on the subject of man-made global warming remember that saying it isn't so isn't science. If you, reader, do what you can to reduce your petroleum usage, my family will do the same. Apparently, the time to do something is pretty much now.

It'd be great if all families vaccinated their children. A vaccine isn't an antibiotic; it actually strengthens the immune system. It's been proven that the preservative in vaccines does not lead to autism. Widespread immunity can weaken a particular strain of virus, and conversely, widespread susceptibility can strengthen a virus and increase the overall mortality rate.

Human beings aren't happy just keeping bad things from happening. We're Born for Adventure, as the old Styx song says. From time to time, our family eats at Macdonald's, which in some parts of the world can be dangerous on a lot of levels. We eat McNuggets, we feel bloated, we move on.

In spite of the threat of drowning, poisonous insect and reptile bites, lightning strikes, earthquakes, volcanoes and meteors, Maria and I are convinced of the goodness of God's creation.

to accomplish a great deal, to work hard and do well at what they are trained and educated to do. Sure, some days they make the rest of us feel like we're not trying, but it is 2007; it's time for it to be okay. And yes, it is that simple.

To my sister who gave me a room where I could hear tugboats in my hour of need, thank you. The only way I can ever repay you is by living my best and writing boldly with my own voice that you showed me should not be silenced. It is a wonderful burden.

Love  
Deborah

These are the ways we women need to support each other:

Intellectually...critical thinking, witty observations, decisive moments based on astute observation need to find moments that are bigger than book clubs. The use of our brains is equal to the use of our hearts. In everyone from doctors to smart athletes, we bless. Celebrate another woman's brain.

Emotionally...by the same token, we get to embrace our hearts and our nurturing selves. Hiding our ability to care naturally and calling it a weakness is as abrasive as hiding our intellect. Cherish your female friendships. If another woman hurts you, do not pass it on. Break the cycle. We are not each other's enemies anymore.

Socially...if you're in an affair, get out. We don't hurt another woman by stealing her intimacy, or lack of it, as the case may be. If every woman involved with a person in a primary relationship with someone else said, "Go home and talk about it. I'm out of here," the world would be a better place. Yes, he will be angry. As Jan McCormick once said to me, "a man scorned is...well, just ridiculous." Refuse the invitation anyway. Go out to dinner with girlfriends. THAT builds the world better, not a roll in the hay with some guy who's lying through his teeth that you're wonderful. What he meant to say was, "you're other."

Professionally...support the woman who's better at doing something than you are. Don't try to impress men. Say kind things to the women you work with. Give positive feedback. Speak openly and directly. Keep small things small and bring your best game.

When you have a disagreement, go out for coffee. If you see a woman doing something fantastically say so, knowing she is expressing her femininity powerfully.

And we trust that almost everyone is basically good, but not always chock full of good intentions. It's our carelessness and the carelessness of others that I fear the most; to allow harm to happen, by neglecting the consequences.

We have a lot of kids. We'd like to keep it that way.

oood

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We've Got  
a Lot of Kids  
We'd Like to Keep It  
That Way

By Kevin Pottinger

On a sunny afternoon a few days ago, our almost-three-year-old daughter ran down our long driveway chasing a rolling basketball. When the ball bounced across the road, she stopped, wavering tipsily for a few seconds on the gravel shoulder.

We live on a blind turn on a busy road. To the west, traffic can't be seen or heard until cars at speed appear suddenly, seemingly from nowhere. Drivers routinely barrel past our house at well over the legal limit and safe braking distance, looking to regain lost time, or perhaps to road-test their new racing suspensions.

As it happened, a friend of ours was driving by, saw Gracie in danger, pulled over and grabbed her and walked her safely back up the driveway. She had been out of our sight for thirty seconds.

When our eldest was roughly the same age, he wandered down



Learn more about this local talent by coming to Best of Open Mike on Wednesday Night, May 23rd at the Vashon High School Theatre! He's a totally normal guy who just looks a little bit funny in pictures, that's all.

**BOOM (Best Of Open Mike)**  
**Wednesday, May 23 at the**  
**High School Theatre - 7 p.m.**  
**Star performers will be Greg**  
**Pendergast, Julian Park, Reese**  
**Lazarus, Nelle Horsley, Sami Ressler,**  
**Sam Kenyon, David Gordon, Boots**  
**Hoagland, Greg McElroy, Dom**  
**Wolzcko, Dessa Faker Boyle, Wiley**  
**Voker, Greg Horner, Micah Sohl,**  
**Halley Pearson, Claire Hesselgrave,**  
**Taylor Butz, Noah Greene, and lots,**  
**lots more.**  
**Come out and support the many**  
**talents of Vashon High School!**



Local Man (Steamboat) nods off during the opening lecture by Construction Specialist, Baby Face Baconstruction— “How to have a cute face and be tough, at the same time!”

**Sport Shorts:**

Baseball Wins Playoff Game vs. Meridian, the first playoff win for coach Steve Hall. Congrats on a great year, baseballers!  
Soccer qualifies for state in Yakima. Good luck, futbol!

**Poetry:**

Here are a few pass around poems from Creative Writing Students at VHS. One student writes a line, then passes on to the next writer. This continues until there are at least five lines completed.

**Poem 1:** Micah, Susannah, Leslie, Alyssa, and Sophie  
*Jazz flows through me. I am Jazz.*  
*blood pumping to the tune of Billy Holiday.*  
*I am sent to a club in New Orleans*  
*Tunes spreading over torn households*  
*healing them, putting a patch on torn jeans.*



Local Man talks seriously about business on the phone. He says serious stuff like: “I hope the Yanks can beat the Red Sox” or “Location, location, location!” or “Nic, suddenly my biceps seem enormous. You should come down to check them out.” The cactus in the background was unavailable for comment.

**Poem #2:** Alyssa Sibbers and her group.  
*Tractor engine invades the*  
*privacy of the solemn*  
*atmosphere*  
*as if it were the US*  
*Governments itself*  
*stomping on little ants.*  
*Destroying our peace and*  
*tranquility.*  
*The disturbing noise stalls*  
*my movements—*  
*I hope it's low on gas.*

**Poem #3:** Natalie Hoyt and her group.  
*I'm like that kid in Family Circus*  
*it smells like chicken soup,*  
*the chunky kind*  
*the kind my bro' pulls the carrots out of.*  
*There are starving people in, well, you know*  
*I send them soup on Thursdays.*

ooooo

I know there are people in this world who do not love their fellow man, and I hate people like that! – Tom Lehrer



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Thank You Seniors! L-r, Ben Hanusa, Lester Gannaw, Eric Anderson, Max Bean. Another baseball season has ended so it is time to say good-bye to our Seniors. We thank you for all your contributions on and off the field during the past four years. And we wish you much success in all your future endeavors.

**Pirates' Baseball I Digest:**  
**Pirates Open District**  
**Play With Victory**  
**By Larry Allman**

The Pirates of Vashon traveled to the northern outskirts of Bellingham on 5/8 to face off against the Trojans of Meridian HS in the opening round of District playoffs. It was an intense and exciting game with the Pirates prevailing in the end 6-4. It was the “small ball” of Vashon vs. the “long ball” of Meridian. Justin Calhoun started on the mound for the Pirates and pitched five innings of three hit ball. Calhoun struck out ten and had five walks, four of which came in the 5th when he started showing signs of fatigue. After falling behind 2-0 in the first on a home run by opposing pitcher Bryan Black, Vashon responded by scoring two runs of their own in the second. Meridian regained the lead in the third with a solo HR and added another in the fifth via the four walks. Trailing 4-2 entering the sixth and with the bottom of the order coming up, the boys from Vashon got busy. Chris Pieterick was hit by a pitch, Byron Starkey had a single, Ben Hanusa got on via an error, Matt Amick delivered an RBI single, Max Bean was nailed by a pitch, and Calhoun hit a ground ball which scored a run. And just like that the Pirates manufactured 3 runs and took the lead 5-4. They added an insurance run in the seventh on a double by Pieterick and a single by Hanusa. Eric Anderson closed the deal in fine fashion by pitching the final two innings allowing only one hit and striking out two. He was credited with the victory. DH Matt Amick led the Pirates in hitting with a 2 for 4 afternoon. Strong execution by the offense certainly helped the Vashon cause. Bean had a perfect “slash” single and Starkey laid down a nice sacrifice bunt.

**Pirates Run To State Comes To an End**  
The Pirates lost a heartbreaker on 5/12 to the Wolverines of Friday Harbor, 2-



Pirates  
Baseball

Vashon Island High School

Keep Up To Date On Everything Related To Pirates Baseball :  
[www.vhsbaseball.blogspot.com](http://www.vhsbaseball.blogspot.com)

1. The loss eliminated the team from the District playoffs. This was a classic pitchers’ duel. The Wolverines scored a run in the first on an error, a bunt, a fielder’s choice, and a sac fly. The Pirates answered with one in the fourth on a Max Bean single, a base on balls, a fielder’s choice, and a ground out. So the score was knotted at one going into the bottom of the seventh inning when Friday Harbor took advantage of a couple of Pirate miscues and some fortunate bounces of the ball to score the winning run. After a one-out single, a walk, and a wild pitch, the Wolverines had runners on second and third. The next batter attempted a squeeze bunt but the runner was out at the plate on a great block by catcher Tom Schumaker. There were now two outs with the winning run on second and the No. 9 hitter coming up. However, against the odds, he calmly laced the first pitch over the outreached glove of first baseman Lester Gannaw and into right field for the winning hit. Pirate senior Eric Anderson turned in a solid performance on the mound scattering six hits over seven innings and walking only two batters. Unfortunately, the Pirates had a total of only three hits. Bean had two singles and Tom Schumaker added an infield chopper. So, another Pirate baseball season has come to an end. The team finished third in the Nisqually league with a 8-3 record. They were 1-1 in the District playoffs and 11-9 for the entire season. It was a good year. And building upon the accomplishments of this season, the coaching staff and team has much loftier goals for 2008.

Baseball in ninety percent mental. The other half is physical. – Yogi Berra



# Loopy Laffs

Cowboy Wisdom  
Worry is like a rocking chair—it gives you something to do but it don't get you anywhere.

## One Liners

A jail is arrest home.  
As ye sew, so shall ye rip.  
Never buy a car you can't push.  
A KGB keyboard has no ESC key!  
All food is fat-free - if you don't eat it.  
Abundance: Big party held in a bakery.  
The best argument for logic is stupidity.  
A penny saved is a Congressional error.  
A penny for your thoughts; \$20 to act it out.  
A little inaccuracy saves tons of explanation.  
All general statements are false, except this one.

I tried working in a muffler factory but it was exhausting.  
Life's too short for chess.  
We were called to be witnesses, not lawyers.  
Cheese: milk's leap toward immortality.

In writing a novel, when in doubt, have two guys come through the door with guns.  
— Raymond Chandler

Dear God: Maybe Cain and Abel would not have killed each other if they had their own rooms. It worked with me and my brother. - Larry

Who was the guy who first looked at a cow and said, "I think I'll drink whatever comes out of these things when I squeeze 'em?" — Bill Watterson

Do I know what rhetorical means?

A child develops individuality long before he develops taste. I have seen my kids straggle into the kitchen in the morning with outfits that need only one accessory: an empty gin bottle.  
— Erma Bombeck

I think I've worked out how medieval armies broke through the defenses of castles. The chose the weakest spot – the gift shop. All a determined enemy had to do was overpower the two old ladies who work there and the whole castle was taken. – Bill Bailey

Infatuation is when you think he's as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Connors. Love is when you realize that he's as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger and nothing like Robert Redford -- but you'll take him anyway. — Judith Viorst



I would rather be exposed to the inconveniences attending too much liberty than to those attending to too small a degree of it. —Thomas Jefferson

Money can't buy happiness, but it helps you look for it in a lot more places.

Loopy Zen: Learn of the pine from the pine. Learn of the bamboo from the bamboo. Learn of the bagel from the bagel.

## OFFSHORE



ODOR	ACAD	AFOOT
ROPE	SYLI	LAPSE
EDAM	SAAR	PRELL
SOLOMON	ETHANOL	
TAR	CHAD	
CHEST	PTA	ALE
CRESS	TROTS	GUY
HAITI	EAR	AFIRE
UPS	FLAWS	FELID
MST	URN	FETED
LETS	ALI	
AFFIXED	GLYCINE	
BRONX	ORAL	IDEA
LARGO	WARE	DOTS
YUKON	NWBN	ELSE

Solution to puzzle on page 7



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





Loop Arts



Angela Reed. Courtesy photo

Angela Reed plays at Cafe Luna

Angela Reed returns to Café Luna on **Saturday, May 26**, playing from 7:30 to 10 p.m. Angela Reed’s music is soulful and engaging acoustic rock/pop. She performs with strength and class, and lyricizes through a voice that is angelically fluid.

“It’s both rare and gratifying to find a writer this young with such a keen eye on the big picture. As if the world’s weight were divided and meted out in lovely ounces of detail and color, this is the writing of a conscious soul.” - Kenny White, songwriter/producer.

“(Angela) has a voice and a feel for her music, giving a strong and compelling performance. Excellent in all areas!” — Julian Priester-Revered trombonist (Herbie Hancock/Sun Ra)

You can learn more about Angela and hear her sing at: [www.angelareed.com](http://www.angelareed.com); [www.cdbaby.com/cd/angelareed](http://www.cdbaby.com/cd/angelareed); and [www.myspace.com/angelareed](http://www.myspace.com/angelareed)



Just Fiddlin’ Around. Photo by Haley Scheer

JFR on Fisher Green Stage at NW Folklife Festival This Year

“Just Fiddlin’ Round,” Vashon’s homegrown fiddle band, is receiving a big promotion at the Northwest Folklife Festival this year. Having participated for the first time last season, the group drew the attention of some vocal fans, who wrote the programming staff saying, “We were at Folklife for two days...toured nonstop and saw many different groups. Our number one favorite group is Just Fiddlin’ Round...Good music and fun to watch!” The programmers must have listened because JFR will be front and center, **Saturday, May 26**, 11 to 11:30 a.m. on the Fischer Green Stage.

Members of the band are: Megan Hackett, Hannah Scheer, Lanora Hackett, Stan Voynick, and Dan Brown.

Hannah and Megan are busy polishing their boots and their songs for the big event. “The girls really enjoy Folklife as much for the chance to see other musicians as for the chance to perform,” says Lanora. JFR CDs can be purchased at Vashon Island Music Store, and will be available for sale at the festival. Contact Lanora Hackett, (206) 463-2114, for bookings.

Right now I feel like I’ve got my feet on the ground as far as my head is concerned.



Photographer Ric Wallace will participate in the Archives Art Sale at the Blue Heron, Memorial Day Weekend. Photo by Susan Sullivan

Archives – An Art Sale

By Janice Randall

Come early for one of the most fabulous art sales ever to take place at Blue Heron Art Center, **Memorial Day Weekend, May 25, 26, and 27**. Starting Friday evening until

Sign Up Now for Summer Art Camps

By Janice Randall

Register now to ensure a spot in Blue Heron summer art camps. A variety of art, pottery, theater, dance and photography camps are available for pre-school, elementary, middle school and high school age students. Call or drop by the Blue Heron for complete schedule without delay as space is limited and camps fill quickly. Scholarships are available; forms may be picked up at Blue Heron Art Center.

New teen camps this year include a Theatre Intensive for teens (ages 14 to 19) featuring instructor Kathleen Collins, who holds an M.A. and M.F.A. in Theatre from University of Washington. One of the founders of Seattle Children’s Theatre, Collins has directed over 70 professional productions. In addition to teaching at Cornish, she has also taught at Lesley University and University of Washington.

Also new for teens (ages 11 to 17) is a photography camp with instructors, Ray Pfortner and Christine Beck. In addition, Hip Hop for teens will be included as part



Caravan Gogh. Courtesy photo

Caravan Gogh Plays Café Luna

Portland quartet Caravan Gogh brings their unique and original acoustic sound to Cafe Luna for the first time on **Saturday, June 2**, at 7:30 p.m. Caravan Gogh features nationally know bop cellist Gideon Freudmann, Jim D’Ville on ukulele, Tim Connel on mandolin and Calen Uhlig on bass. The band has created a new genre blending acoustic string styles with doses of rock, swing, funk, jazz and misterioso. The band’s repertoire includes energetic beautiful original songs ranging from gypsy waltzes to all out acoustic-rock, from calypso-inspired dance tunes to serene soundscapes. Caravan Gogh is touring in support of their recently released self-titled debut CD.

Jeff Rosenberg of Portland’s *Willamette Week* says, “Capable of extreme delicacy,

[www.vashonhorseproperties.com](http://www.vashonhorseproperties.com)

Sunday afternoon, nearly 90 of Vashon’s best and favorite artists (and a few off-Island ones, too) will offer “archived” works at greatly reduced prices.

Artists are releasing many works they’ve kept until now. Have you always wanted a piece by Carol Schwennesen? Or Donna Romero? Art Hansen or John Anderson? How about Julie Speidel, Darsie Beck, Valerie Willson, Kim Farrell, Penny Grist, Ilse Reimnitz? Karen Hersh? Cindy Koch? Karen Dale? These are but a very few of the gifted artists who will contribute their archived work. All art will be offered at prices that guarantee you will walk out with something you love. This open gallery event will include paintings, prints, photographs, textiles, jewelry, beads, sculpture and pottery. Participating artists will contribute one or more pieces.

*Archives – An Art Sale* begins **Friday, May 25** from 5 to 8 p.m. for Blue Heron members (if not a member, you may join at the door). Doors open for general public **Saturday, May 26**, 10 a.m. to 4 p.m., and **Sunday, May 27**, 11 a.m. to 4 p.m. For more information, call Janice Mallman, 463-5131 ext 224, or Susan Sullivan, 463-4164.



Kids of all ages love Blue Heron Summer Art Camps. Photo by Janice Randall

of Blue Heron Dance camp. And Teen Clay Camp (ages 11 to 17) will explore different cultures through pottery projects.

Camps for younger aspiring artists include the favorite week-long camps where each day offers a different medium to learn and enjoy, theater and pottery.

For more information, please call the Blue Heron Art Center, (206) 463-5131.

Caravan Gogh can turn themselves into a symphony at a moment’s notice. In the very notes they play, you can hear grins traded back and forth. You could imagine this modern string band playing 60 years ago or 60 years from now.” Caravan Gogh has performed at The Bite of Oregon, the City of Portland’s Summer Concert Series, and was featured on OPB’s popular Oregon Art Beat television program. The new CD is available at CDBaby.com.<http://www.caravangogh.com>

The Wonderfully Raucous 8 Word, 8 Day Poetry Open Mic

By Devon Atkins

For those of you who have a fondness for words and great entertainment, listen up; because here’s a little something you won’t want to miss. The next Poetry Open Mic, an Island tradition that’s come and gone and come back again, seems to have found a new home at Café Luna.

Last month as I set up the sound system, I found myself talking to Natalie Sheard, the fabulous new owner of Luna, lamenting that only a few people might come to that night’s Poetry Open Mic. The next thing I knew, the place was packed and the audience was passionate. Many of them had responded to the invitation to write an 8 Word, 8 Day Poem, using the 8 words I suggested (plus as many of their own as



Pirates of the Caribbean 3

May 25 – June 7  
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](http://www.vashontheater.com)

Our 60th Year!



Anders Blomgren. Photo by Preben Martin

they wanted), in just 8 days. Who would have guessed that more than 40 poets would show up to read poetry?! The crowd was a typically rich mix of Islanders, and everybody got into it; so much so that we all decided to do it this one more time. The audience was fun, and the poets were funner.

So, here’s the scoop: Write a poem using these new 8 words: the one-armed man, a ferris wheel, (and) stealing cannolis, with no variations in grammar, spelling, or phrasing; plus, as many of your own words as you like. (For you over-achievers, there’s extra credit for asking and answering at least one question in your poem!) Once you’ve had as much fun as possible and no later than **Thursday, May 24**, bring your poem to Café Luna to be posted. Make sure you keep a copy, if you’d like to present it (or, any poem) the evening of May 24. (Sign-ups start that day!) Or, just sit back, relax, and be part of the fun-loving audience. It’s entertainment at its most casual and most fun. Want more? The talented Brenda Howald will be on hand to write poems by request, before the reading begins and during the intermission, right there on the spot!

It’s that easy, it’s that fun: The 8 Word, 8 Day Poetry Open Mic, **Thursday, May 24**, 7 p.m. at Café Luna. Don’t miss it; this is your last chance. Cause chances are, it won’t be back until after the summer. Questions? Call me at 353-9227, rain or shine, night or day; and, meanwhile, go to Luna and sign up to read your poem!

# Barnstormin’ for Art

By Margaret Heffelfinger

Karen Hersh-Crozier was lying on her back in the green, green grass of her yard, looking straight up at the sky. It was spring at last and color and warmth of the afternoon had stopped her.

I was surprised. I didn't actually know anything could stop this tiny, mile-a minute dynamo. But there she was and I took advantage of the moment to ask her about her upcoming show at Silverwood Gallery, *Barnstorm*, which opens **Friday, June 1** at Noon, with a reception with the artist, 6-9 p.m.

She grew up loving all things art, but left college to find a career as a successful architect. Her own art was never far from her sense of expression and eventually it took over. She found happiness combining her love of both shape, form and medium first with oil pastels. In fact, it was these oil pastels that caused a small sensation when she moved from Sante Fe to Vashon over eight years ago. Her gentle touch, impactful colors and softly told stories were unforgettable.

But several years ago, she decided to tackle the demands of oil paints and it was about that time, as she searched within herself for the courage to completely change mediums, she happened upon old barns as subject matter for her new work. It all made perfect sense. Those who know her know Hersh-Crozier does nothing in a small way.

Her successful move to oil painting was celebrated with a show at Silverwood Gallery last year and included were several paintings of the barns. Like her patrons, Hersh-Crozier was hooked. Before the paint from that show was barely dry, she was back in her studio with renewed enthusiasm for her subjects, especially after a discovery on Vashon.

“It was Van who thought of it,” she says about her involvement with the King County Historic Preservation Program. “He saw the

articles in the paper about the historic barns on Vashon and the attempt to document them. The next thing you know, I was calling Holly, (Taylor, of Northwest Culture Services) and was out with her seeing these incredible treasures on Vashon Island.”

Taylor herself told me that the group is thrilled that Hersh-Crozier is painting the Island barns. She thinks it's a perfect way to celebrate these nearly-century old buildings, to share them with everyone. She also told me that last Friday Governor Gregoire signed a bill creating a statewide barn preservation program.

As for Hersh-Crozier, she says many of the barns are still in use for horses or storage. Most are closed up. But all are grand in their soaring-ceiling cathedral-like architecture. Many

**Barnstorm opens  
Friday, June 1 at Noon.  
Reception with the artist,  
Karen Hersh-Crozier, 6-9 p.m.**



Bronson Bank Barn

will be open for consideration June 1 at Silverwood, in the oil paintings of Karen Hersh-Crozier, whose passion for barns is as grand as her ability to capture their beauty.

## Dance!Vashon Presents All-ages Alladin High School Seniors’ Farewell Performance

By Sally Leonhardt

Two years ago I took my daughter and her friend to the Dance!Vashon production of *The Wizard of Oz*. We got the last three seats in the house. I sat next to the woman working the sound cues, a nice volunteer-type, I thought, but probably just proud of her dancer. After being wowed by the incredible talents of principals and the other dancers of The Vashon Dance Academy, the off-the-charts dance numbers, and costumes that put a certain professional Seattle ballet company to shame, I turned to the girls and to Volunteer-Type Lady and said, “That was the best show I have seen since I left New York City.”

How embarrassed was I when Volunteer-Type Lady was then called to the stage to receive her well-deserved accolades for phenomenal choreography and direction? How thrilled was my daughter when the principals, especially a darling and tearful Toto, received scholarships in a dramatic and emotional presentation by the director, Cheryl Krown?

Needless to say, my daughter immediately enrolled in classes at Vashon Dance Academy. Last year she was a part of the pond in *Peter and The Wolf*, which my in-laws came from Tennessee to see. At the conclusion of that show, my mother-in-law turned to me and said, “That was

Dance! Vashon presents  
**Alladin**  
At Vashon High School Theatre  
Fri. June 8, 7:30 p.m.  
Sat. June 9, 1:30 p.m. and 7:30 p.m. Sun. June 10, 1:30 p.m.  
Adults/\$10, children 18-under/  
**\$9. Tickets at Books By The Way or at the door.**  
Early ticket purchases suggested;  
most shows sell out.

the best recital I’ve ever seen. And I’ve seen a lot of recitals in sixty-five years.”

This year’s production of *Aladdin* promises much more. On **June 8, 9 and 10** the principals return, more seasoned and more talented. They will perform, as will all the dancers — of all ages, shapes, sizes and colors — an incredible revival of a show that Dance!Vashon presented seven years ago, now completely updated to their specific talents, with contemporary Middle Eastern music added. Seniors Claire Hesselgrave and Aaron Bergman will honor us with their last performances with the Academy before they head to the University of British Columbia and the University of Redlands, respectively. Hesselgrave wrestles both good and evil by playing two roles: Jasmine (Friday evening/Saturday matinee) and “Jafara” (Saturday evening/Sunday matinee). Bergman is Aladdin. Laura Hicks plays Jafara (Friday evening/Saturday matinee); and Ravenna Koenig is Jasmine (Saturday evening/Sunday matinee). Nelle Horsley is the Genie, Wilson Abbott the sultan, Anne Dulfer the queen, Lisa Mitchell-York Jasmine’s attendant, and Leanne Anderson is Aladdin’s little sister. Expect an emotional final performance on Sunday, June 10.

How can I explain the explosion of talent through this dance production? As always, Cheryl Krown and instructors/choreographers Julie Gibson and Heather Sorter wisely allow their dancers to co-choreograph each step, allowing for the miracle of mind-body-music fusion. As always, Krown refuses the more typical directorial decision of showcasing “dancers’ bodies” rather than “dancers.” As always, all teachers bring the abilities of the dancers beyond their years.

I decided to interview my own child to help me (and you) understand what will be in store on that stage in June. My girl will play a ray of sun and a bat.

“What can you tell the readers about the performance?” I asked as she entered the house after her “Modern III” class. She was still trying to catch her breath. “Well, she said proudly,



Cave Guardians (left to right) Aziza Edelman-Moyer, Maggie Raymond (pointing) and Ruby Joyce spot Aladdin and Jasmine on the magic carpet.



**Karen Hersh-Crozier**  
Opens Friday,  
June 1  
at Noon.  
*Reception with the artist,  
June 1, 6-9 p.m.*

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“We have one minute and twenty-eight seconds down!” “How long is the number?” I asked. “We have another minute and twenty-five seconds to learn.” Goodness. They’d been choreographing this number for two months. I decided to spy on a rehearsal to try to count the number of movements these younger dancers make in a minute and a half; watching, I felt dizzy. The movements do not break down into visible counts. They flow. The dancers’ movements are so swift, so fluid, that I could not believe I was watching children in the 10-12 year age range. How can such young people rise to this level of performance? The rapid tempo of the Middle-Eastern music made the dance that much more exciting and almost wild.

Those are only three minutes of what you will be lucky to see.

I realize this tells you nothing about the principals’ elaborate choreography and their swan songs with this company (every “Level 5” dancer is a principal in the company). I withhold this information from you, reader, because with a Dance!Vashon production, only seeing is believing. You will never forget what you see in *Aladdin*; you might not believe your eyes when you behold what talent lies in our community.

So back to show days. I suggest buying tickets early. May 23rd is your first chance to get them at Books By The Way. You don’t want to get the last three seats in the house; it can’t be serendipitous for everybody. My in-laws will be returning from TN to adore my daughter, and to see the best show they will see this year (or maybe ever). As for me, how thrilled am I to be the Volunteer-Type Lady helping backstage at the 2007 Dance! Vashon performance of *Aladdin*? Few words come to mind other than, I do believe this is going to be the best show I have seen since I left New York City.

## So, Exactly What Is A Salon?

By Devon Atkins

Since our distant ancestors first gathered around the fire, most cultures have had some social form that’s just basic to being human; people need to get together and talk about those things that make them question and think.

The first “salons” took place in Ancient Greece, in special rooms built for that purpose called “andron.” These rooms were in every

**Vashon Poetry Salon**  
**Wednesday, June 6 at 7 p.m.**  
**At the Vashon Bookshop**

house, from the wealthiest Athenians to those of the poorest workers. Egalitarian in subject and membership, these gatherings brought together a mix of people that encouraged creative exchanges between members of many different disciplines.

During the 1800’s, the French held literary circles in their homes. These half-private/half-public gatherings would not generally be called “salons” for another century; but, the activities were essentially the same.

The first “American” salons actually took place in France in the early twentieth century, where American women like Gertrude Stein began to host conversational gatherings for their artistic friends. Later, as struggling artists and writers — people who had neither the room to accommodate large groups nor the money to feed them — began holding salons in America, gatherings in public places became increasingly popular. During the past hundred years, many American salons have been held in cafes, libraries, hotels, and bookstores, as well as private homes.

Here on Vashon, the tradition of the Salon continues. Beginning about six years ago, Islanders Barb Adams and Ken Miller welcomed people into their home for the love of poetry. Once a month, a large or small crowd would share what they had written or read, sharing intelligent lively conversation. Eventually, the group moved to Vashon Bookshop, and beginning next month, it will continue there, but on First Wednesdays. The evening is always rich with the variety of people who come; the atmosphere is laid back, irreverent, and stimulating. Some come every time; some come a few times a year. Some are old, some are young. Some talk, some don’t. It’s the sort of group where most everything works. If you love poetry, or want to find out if you could, this is definitely the place to be. Want a monthly reminder? Call me at (206) 353-9227 day or night. Or, just show up: **Wednesday, June 6th at 7 p.m.**

At twenty years of age, the will reigns;  
at thirty, the wit; and at forty, the judgment.  
– Benjamin Franklin





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