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VASHON

Vol. 4, # 4

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

February 14, 2007



Paparazzi camera man Marty Schafer, far left, films last year's Oscar Night stars on the red carpet. Pictured left to right, Ryan Crotty (dressed as Napoleon Dynamite), Leslie McMichael interviewing Molly "Snow White" Crotty and Annie Crotty. Courtesy photo

## Oscar Night on Vashon

By Lauri Hennessey

Every year, the Vashon Theatre is transformed into a glamorous Hollywood pavilion as movie fans young and old flock to the Academy Awards. This year's extravaganza is slated for **Sunday, February 25**. As a diehard fan of this production, I want to share with you the Top Five Reasons to go to the Oscars this year.

Reason #1: Food, glorious food. The Vashon Film Society does a fabulous job of pulling together great Island food for this esteemed crowd. This year, there will be gourmet light fare provided by Michael Angelo Masi and Bonnie Arthur and Island restaurants, including Ferrara Ristorante, The Hardware Store, Gusto Girls, Sound Food, and Bobs Bakery.

*Continued on page 9*

## School District Facilities Up for Community Discussion

By Mary Kay Rauma

The Vashon Island School Board has launched its first phase of discussions with the Vashon Island community about the future of school district facilities in preparation for establishing a 20-year capital facilities bond. Conversations with students, staff, administrators and faculty will precede discussions with the Vashon community at large.



Old Vashon Elementary gym. Loop photo

"The people who come in contact with our school facilities on a daily basis are critical to this planning process," explains Superintendent Mimi Walker. "We want to give the learning community the first opportunity to respond to questions about the principles and values that will guide how we shape and prioritize the facilities plan."

For example, people will be asked what aspect of the school facilities they believe are the most important in generating community ownership and pride. Another question asks what aspects of the school district are the most important in supporting the education of students. Another inquires how important a role school facilities play in helping support a quality education for VISD students.

*Continued on page 6*

## Get in Line! Granny's is Open

Granny's Attic, everyone's favorite place to shop, reopened on Saturday, February 10, after being closed since late January for their annual cleaning and restocking.

"We appreciate everyone's patience during the recent storms. There were several days we could not open because staff and volunteers were unable to get to work," said Jeannine Rampe, Board President.



Waiting for the door to open at Granny's. Loop photo

A new shipping container has been installed, which increases Granny's storage capacity. This will serve as storage for seasonal clothing and goods.

The Health Center Volunteers (the folks who operate Granny's Attic Thrift Store) held their monthly Membership Meeting on January 27, 2007. Granny's is always looking for great volunteers. Information about volunteer opportunities can be obtained by calling 463-3161 and talking with Richard Lipke or Dan Richardson. Anyone wishing to donate a vehicle to Granny's Attic should call 1-800-404-8284.

## Children of the Revolution Benefit Children of Panabaj

By Alice Orr

The Children of the Revolution believe they can change the world through music with their message of global and cultural unity. They bring that message to Vashon Theatre on **Saturday, March 3** at 7 p.m. in a concert benefiting the children of disaster-stricken Panabaj, Guatemala, suburb to Vashon's Sister Community, Santiago-Atitlan.

The Seattle-based band practices what they preach in terms of musical diversity, mixing multiple influences including Flamenco, Greek, Middle Eastern and Native American into sound and dance. They even sing in several languages. Eric Jaeger (Flamenco guitar, bouzouki, electric guitar, vocals) and Encarnacio'n (Flamenco dance, guitar, vocals, palmas) recently returned from a Seville, Spain immersion in Flamenco culture, residing and studying in a barrio permeated by the rhythms of Flamenco life, movement and music. That trip is sure to resonate here March third.

Children of the Revolution  
in Concert  
at Vashon Theater  
Saturday, March 3, 7 p.m.

100 Premium Tickets available at \$100 each, include Concert plus After Party and Auction of traditional Panabaj T'zutjil weavings at The Hardware Store. To reserve, call Rex Stratton at (206) 682-1496. Additional Tickets at \$25 for the concert only. All tickets available at Books By the Way, Vashon Theatre and Vashon Island Coffee Roasterie. Visit [www.sister-community.org](http://www.sister-community.org) for more information.

The personnel is equally diverse. They describe themselves as "the world on stage." Vassili (lead vocals, Flamenco Guitar, Native American flute, Palmas) is Greek; Encarnacio'n aka Encarna is from Spain; Eric is homegrown; Mustafa Alkhedairy (Dubek and Latin percussion) is from Iraq. Others

*Continued on page 6*

# Get in The Loop

Are you and your family  
protected by a  
Neighborhood  
Emergency Response  
Organization?

Do you live on a steep hillside, on top of a bluff, at the bottom of a bluff or at the end of a narrow road that could be subject to land slides? Do you live in Magnolia Beach, Glen Acres, Rosehilla, Northilla, Ellisport, Bates Landing, Luana Beach, Madrona West, Manzanita, lower Gold Beach, lower Sandy Shores, Sylvan Beach or along Hake or Burma Roads?

If “YES”, Call Joe Ulatoski  
at 463-1321

about organizing a NERO  
in your neighborhood.

We are “Neighbors Helping Neighbors”  
as part of the Vashon Disaster  
Preparedness Coalition.



## Learn How Childhood Education Affects World Economics

All are welcome to join Vashon Island Democrats this **Saturday, February 17**, in the Land Trust building: potluck social at 6:00 p.m., meeting 6:30 p.m. Please bring your own, non-disposable dinnerware.

We will learn about the connection between early childhood education and world economics. Vashon Island educator Dan Kaufman will tell us how recent research on early brain development has implications for the success of our nation in the future. Many people in government and education circles increasingly believe that we owe it to each child and to ourselves to ensure that every person has what he or she needs to be a fulfilled adult and to contribute to making our country the best it can be in the circle of nations. To accomplish this requires providing quality care and education early in each child's life. If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at (206) 669-9459. We meet

## Shoreline Management Review Workshop

A public workshop has been set for **Thursday, February 15**, on Vashon to provide interested citizens with an opportunity to learn about King County's Shoreline Master Program update. The workshop is scheduled for 5:30 p.m. to 8:30 p.m. at McMurray Middle School, 9329 SW Cemetery Rd. King County is in the first stages of updating its Shoreline Master Program, a set of policies and regulations that determines how major shorelines are managed. County officials have said that significant changes to existing environmental regulations are not expected as a result of this update. King County has established a Web site, <http://www.metrokc.gov/shorelines/>, to provide citizens with a wide range of information about the Shoreline Master Program update. The Web site also includes an online public comment form. Comments can be submitted in writing at the workshop, via e-mail at [shorelines@metrokc.gov](mailto:shorelines@metrokc.gov) or through the comment line at (206) 205-8090.

## February Is Fix-A-Cat Month

Vashon Island Pet Protectors & Fair Isle Animal Clinic are offering LOW COST spay & neuter for cats during the month of February. Spays are \$25, Neuters \$ 15. Call Fair Isle Animal Clinic 463-3607 for an appointment. Please take advantage of this offer and help VIPP in its goal that there are “no more homeless pets” on Vashon.

## VIPP Adopt-A-Cat Days

Vashon Island Pet Protectors will host an Adopt-A-Cat Day on **Saturday, February 24**, from 11 a.m. to 2 p.m. and **Sunday, February 25**, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.



Photo by Hawk Jones/Kotagraph

## Henna Healing Body Art at the Tea Shop

We'll be doing henna body art at the Tea Shop on third Fridays, February 16, and March 16, from 3 p.m. to 6 p.m. Sign up sheets are at the Tea Shop counter. Just pick your fifteen minute spot and sign up. The cost is \$15/person per 15 minute session. Come get decorated with Kara of HennaHealing.com! If you are the first 3 p.m. appointment, please come a few minutes early so you have time to look at designs before henna session.

## DIG Class on Tomatoes

Come to *Tomatoes in February!* with Leda Langley, **Saturday, February 24**, 1 p.m. It may be cold and gray right now, so let's think summer tomatoes. Leda of Langley Fine Gardens will discuss her favorite varieties for our climate and will give pointers on getting them off to a good start. You can pre-book your favorites. Now is the time to plan and prep that veggie garden. Really! Classes are free except where noted. Pre-registration is required, (206)463-5096. DIG is located at 19028 Vashon Hwy SW, Vashon Island; see our website: [www.dignursery.com](http://www.dignursery.com) for directions. Please be prompt and wear weather friendly clothing.

I wonder if other dogs think  
poodles are members of a weird  
religious cult. - Rita Rudner

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## Annual Chamber Meeting

All are welcome to attend! The annual Chamber of Commerce General Membership meeting will be **Thursday, February 22**. The meeting will be held at Courthouse Square at noon. Light lunch provided. At the close of this meeting the voting for the Chamber Board of Trustees will end. Members with voting rights must have their ballots submitted by 1:00 p.m. on that day. Hope to see you all there!

## League of Women Voters Present Panel on Saving Puget Sound

On **Thursday, February 15**, at 2:30 p.m., in the meeting room of the Vashon Library, three leaders in the effort to save Puget Sound will comprise a panel to which the public is cordially invited. They are Lisa Jaguzny, deputy director of People for Puget Sound; J.W. Turner, president of Preserve Our Islands; and Pat Collier, a homeowner. All three of these Islanders have devoted themselves to saving our magnificent moat and will tell us of the challenges and the solutions we need to know.

Members are asked to read the Foreword to *Saving Puget Sound* by John Lombard, which appears in our newsletter, the Voter. Others who want to read this excerpt can get the link or a paper copy ahead of the meeting by calling Jennie Hodgson, 463-5308, or by emailing [jollyoctopus@comcast.net](mailto:jollyoctopus@comcast.net).

## The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Marie Browne, MEARTH, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Weslie Rodgers, Jonathan Shipley, Ed Swan, Mary L. Tuel, Marj Watkins  
Intern: Morgan Wegner  
Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley  
Ad sales and design: Barbara Stratton Email: [ads@vashonloop.com](mailto:ads@vashonloop.com); (206) 463-4004  
Editor: Mary Litchfield Tuel  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com); (206) 463-3327  
Publishers: Marie Browne and Troy Kindred  
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\$50 a year gets The Loop delivered to your mailbox every two weeks. Call (463-3327) or write (PO Box 253, Vashon) or email [editor@vashonloop.com](mailto:editor@vashonloop.com)!



# Troy and Marie and Lorna Launch Property Management

*Finally – we are ready to launch our newest client service. Starting March 1, we will be offering property management services for Vashon, under the name of Glendale Property Management.*



**Troy:** I am really excited to be able to offer property management for Vashon. There sure seems to be a great need for the service.

**Marie:** I agree, And I think the timing is right. It's almost déjà vu all over again. When I first moved to the Island 34 years ago, there were lots of people who came just for the summer. Then everyone converted their summer homes to year-round homes. Now those year-round homes are vacation homes and rentals again!

**Troy:** You've lived on the Island for 34 years? Wow, you must have moved here when you were very young.

**Marie:** Nice try. You must want a Perry burger for dinner. Anyway, let's tell people more about property management.

**Troy:** Sure. We are launching the service on March 1. Lorna Cunningham will be running the day to day operations.

**Marie:** Lorna has lived on the Island even longer than you and I have. She's been a licensed agent for several years, and has extensive experience in facilities management from her years of managing the Community Care Center. She knows lots of contractors, and just about everyone else.

**Troy:** Plus, she is conscientious and a really nice person. I'm glad she agreed to be our Property Management Manager.

**Marie:** Hmmm... we may have to find a better title for her. But regardless of her title, clients can rest assured that Lorna and Glendale Property Management will take good care of their properties.

**Troy:** We'll share more details about our service and our fees in the next issue - including our competitive rates and first time client incentives.

**Marie:** That's right. It will have to wait till the next issue, because this week we will be in Las Vegas for the annual Keller Williams convention, appropriately called Family Reunion. Last year, it was the most intense, inspirational, and motivational week of my year.

**Troy:** And it was a lot of work. I don't think I even put a single quarter in a slot machine, we were working so hard. Not so this year. Yo, eleven. Can I have a little cash for my gambling stake?

**Marie:** I suppose. Just don't try to write it off. The IRS would not find that amusing.

**Troy:** Deal. Hey, let's remind people that even when we are out of town, our team is right here. Sarah, Jackie, and Corinne are at the home office, ready to serve. Call 206.463.LIST if you need real estate services, or to learn more about our new property management services.

Check out our new searchable map on our website, at [www.kwvashon.com](http://www.kwvashon.com).

*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). If you are thinking of buying or selling, either on Vashon or elsewhere, please give us a call. We would love to help! 206.463.LIST (5478).*



## On Island Properties

### Rare Burton Loop

Rare opportunity to own a darling, single level home on Vashon's highly desirable Burton Peninsula. This pristine three-bedroom rambler is bright and airy, yet cozy and comfortable. Imagine curling up in front of the gas fireplace, watching the snow fall on the Burton Marina. In the summer, enjoy the fully fenced and gated yard and its mature and lovely landscaping. Just steps away from the kitchen door are a two-car garage and a spacious workshop/studio with lots of natural light. Hardwood floors, a large inviting kitchen and beautiful details throughout complete the picture of your perfect Island home.

\$629,000



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➤ 1640 Sq Ft ➤ 1.75 bath ➤ .69 Acre ➤ MLS# 27008910  
➤ 3 bedrooms ➤ Harbor View ➤ 2 Car Garage



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MLS# 27006933



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### Bright and 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.

\$729,000

➤ 2580 Sq Ft ➤ .71 Acre  
➤ 2.5 Bath ➤ 2 Car Garage  
➤ 4 bedrooms ➤ Hardwood Floors  
➤ 100' Waterfront ➤ Mt Rainer View



#### Other HTR Properties

##### Tramp Harbor Tidelands

Unusual opportunity to own your own tidelands off Tramp Harbor, just north of the fishing pier. This property is tidelands only, not waterfront. \$9,000

Back on Market

MLS # 26201915

##### Vacant Land

Build your dream home off Island. 3.84 acres of privacy. Power, water and 3 bedroom septic all on property. 2 tax parcels \$149,000

MLS # 26196309

##### Two New Construction Homes

Live in charming downtown Issaquah within walking distance of shops, restaurants, galleries – and yet be just minutes from I90. Great 2338 square foot floorplan includes four bedrooms, 2 1/2 baths.

\$649,000

MLS # 26070946

\$649,000

MLS # 26070962

 Loop Letters

WA Wolf Management  
Plan Needs You

Editor, *The Loop*.  
Wolftown needs people to come to the first Washington state wolf hearing. This meeting will affect our wolf management plan. It is Wednesday, March 8, in Spokane. We will be car pooling. Please come. Call 206-463-9113 for more details.  
Wolftown

Arts and Crafts Needed  
for Wolftown Fundraiser

Wolftown needs artwork of all kinds donated to raise funds for Wolftown. Painting, sculpture, wood...and fiber artists! Knitting, tapestry, etc! This event will take place on Saturday, March 3, from Noon to 3 p.m., at the Backbay Inn. The fundraiser will consist of a silent auction; a slideshow; a talk on Wolves of the Pacific Northwest; and, a wine tasting! It doesn't get any better than this! Please contact Wolftown to contribute art: (206) 463-9113.

Nurturing Spirituality  
in Children

By Julia King Tamang  
Spirituality is found in many aspects of both religious and secular life, including all sacred aspects of art, worship, the context and way in which people live; and their choices and relationships. Spiritually nourished children become powerful adults, full of patient confidence, joyful creativity and fearless compassion. At the upcoming events on Vashon you may learn small steps and simple principles to create the moment-by-moment unfolding of rich adult-child relationships, resulting in stronger individuals, families and communities.

The spirituality of young people can be developed in many ways—for example, through the practice of contemplation, dialogue, prayer, meditation and ritual. For some, spirituality is awakened through feelings of curiosity and awe. For others, it comes through creating or experiencing positive relationship with themselves and others. Even apparently negative experiences such as suffering, and mental or physical pain can contribute to the development of spirituality.

Slide Show Presentation on Trip to  
Germany and Prague

Recently members of the Vashon Lutheran Church visited sites of Luther's Germany. It included visits to the cities of Wittenberg, Erfurt, Worms, Eisenach (Wartburg Castle), as well as visits to Leipzig, Dresden, and Prague (Czech Republic). On **Saturday, February 17**, at 7:30 p.m., there will be a slide show presentation of their trip in the Fellowship Hall of the Vashon Lutheran Church (18623 Vashon Hwy. SW). All are welcome. Refreshments will be served. For more information please contact the church at (206) 463-2655.



Wartburg Castle, where Martin Luther translated the New Testament in 1521

If I have any beliefs about immortality, it is that certain dogs I have known will go to heaven, and very, very few persons. - James Thurber

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, February 23**



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**Brunch Noon- 3:00pm**



**463-6302**

Green Gardening Can  
Keep Our Water Blue

February almost always offers us that window of spring-like weather when we rush out to plant our peas. Of course, they'll rot and we'll replant later in the season, but the itch to dig around in the dirt remains. Now is the time to think about gardening practices that protect our drinking water sources. The Vashon-Maury Island Groundwater Protection Committee has been working with our local garden businesses to develop a program to help consumers make water-friendly choices when they buy products to use in their garden. Using a list of products available at garden businesses on the Island and information from the Washington Toxics Coalition, Michael Laurie categorized the products as "low, medium, or high environmental impact." You will be able to find these easy-to-use cards at DIG, Kathy's Corner, Island Lumber, The Country Store, Thriftway, and True Value next week.

There are lots of strategies you can take to reduce the use of toxics in the garden. Top dressing lawns with compost will help rebuild the soil, encourage healthier growth, and hold water. Using organic or "slow release" fertilizers instead of water soluble inorganic varieties will impede excess nutrients from getting into our surface and ground waters. If Weed and Feed is your habit and the thought of pulling weeds makes you queasy, try spot-spraying instead of broadcasting the weed killer in places you don't need it.

Next week, the Groundwater Protection Committee, with funding from the Puget Sound Action Team, will be mailing a postcard coupon to each Island household that can be redeemed at our garden businesses for \$3.00-off a "low environmental impact" product or

selected hand weeding tools. Now is the time to: Garden Green and Drink Clean!  
Bring the postcard coupon into an Island garden retailer; make a commitment to take some small steps or a giant leap to protect our community's water supply, and save money on a Garden Green-Drink Clean product. You may redeem the coupon only on the Island at DIG, Island Lumber, Kathy's Corner, The Country Store, Thriftway or True Value. So, not only do you save money and protect our water, but you can buy local.  
You can make a real difference; take the pledge and remember: Garden Green and Drink Clean!

Compassionate  
Communication  
Workshop

Would you like to raise money for your favorite Island charity/organization AND learn new skills to bring the power of compassion into the world? The Vashon Island Unitarian Fellowship is sponsoring a workshop in Compassionate Communication (also known as Nonviolent Communication) the evening of **Friday, February 23**, and all day **Saturday, the 24**, at Lewis Hall (behind the Burton Church).  
Developed over 40 years ago by Dr. Marshall Rosenberg, Compassionate Communication is a set of tangible strategies that help create the conditions where people can connect compassionately no matter what the circumstances.  
Suggested donation for Friday evening only — Basic Concepts: \$25  
Suggested donation for complete workshop (12 hours): \$75. From your donations, 50% will benefit the organization of your choice. Registration limited — Save your space now with a \$25 deposit.  
For more information, call Wendy Wharton at 463-2342 or Mike Yates at 219-3766.

## LoOp Ed

### We Don't Need Affirmation, We Need Healing

By Mike Ivaska

*"Hear me, all of you, and understand: There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him...For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these things come from within, and they defile a person."*

- Jesus Christ, cited in Mark 7:14, 21-23

These are simultaneously some of the most offensive and yet most freeing words that Jesus ever said.

The context was a conversation that Jesus was having with the religious (and therefore, in that culture, social) leaders of his day. They had confronted Jesus over the issue of whether it was right or not that Jesus' disciples did not ceremonially wash their hands before eating. Jesus turned the argument on its head by pointing out that the religious leaders (in this case the Pharisees) would make such a big deal about tradition and yet totally disregard God's commandments in the Law of Moses. The Pharisees assumed that a person's goodness consisted in his or her faithfulness to rabbinical tradition. Jesus then went on to address the people who were gathered around him with the words quoted (in part) above.

It is distressing to look at our own spiritual climate on Vashon and see people so mesmerized by tradition and ritual, by "sacred music" and eastern philosophy, all the while seeking to find something of God (or whatever they call Him) inside themselves, or in a spiritual experience, or in a religious ceremony.

It is distressing to see people conclude that if they could just change their environment, their job, or their relationships, then somehow everything would be just right.

It is distressing to see people not even think about anything beyond what is right in front of them. To see people not care, or just give up. To see people conclude that true peace comes from either accepting or "transcending" their circumstances.

To all of this Jesus would tell us that we need to wake up. Those who are seekers are looking for all the wrong things in all the wrong places. In essence, we've all got a disease and we have either not bothered to think about it or we have misdiagnosed our sickness. The problem is not our environment. The problem is inside of us. It is in our hearts. The problem is that old, unpopular word: sin.

On the other hand, the solution is absolutely not inside of us. That would be like telling a cancer patient to heal herself by dwelling on her "inner-cancerousness." The cancer patient needs a doctor, a physician, a Healer. And so do we.

Mike Ivaska has lived on the island since 1988 and considers it home. He graduated Vashon High School in 1998. He currently serves as the youth pastor at Vashon Island Community Church (VICC).

### Lent at the Episcopal Church

The Episcopal Church of the Holy Spirit is recognizing Lent 2007 in several ways, all of which are open to the community. **Ash Wednesday** is the first day of Lent, falling this year on **February 21**. Holy Communion and the Imposition of Ashes will be offered at 12:30 p.m. and 7:30 p.m. on that day. On **Saturday, March 10**, from 9 a.m. to noon, it is our privilege to have Jamal Rahman as our guest speaker, presenting, "Understanding Islam and the Koran." March 17th brings an all-day workshop with author Alice Orr, helping us to tell our stories in "The Testament According to You." This workshop runs from 9 a.m. to 4 p.m. On **Saturday, March 31**, we are honored to host Rabbi Michael Latz from 9 a.m. to noon, who will share with us, "The People of the Book: The Jewish Encounter with Law and Love." There is no charge for any of the events; all are welcome.

Sarah Browne



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### Lent at Vashon Lutheran Church

Vashon Lutheran Church begins the Season of Lent with a Worship Service on **Ash Wednesday** (with the imposition of ashes) on **February 21** at 7 p.m.

This year's Lenten Devotional will reflect on the items as they pertain to the "Cross of Jesus." We will meet on **Wednesdays, starting February 28** with a soup supper at 6 p.m. The Lenten Devotional follows at 7 p.m.

**Lent, Holy Week, and Easter Services:** Ash Wednesday Feb. 21 7 p.m.; Lenten Devotional with Soup Supper Feb. 28, March 7, 14, 21, 28, at 6 p.m. (Soup Supper/ 7p.m. Devotional). Palm Sunday Service will be April 1 at 10:30 a.m. Triduum Services: Maunday Thursday, 7:00p.m. (with foot washing); Good Friday, 7:00 p.m. (solemn remembrance of the crucifixion); Easter Vigil, 8:00 p.m. Saturday

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(new life in Christ); Easter Morning, April 8, 10:30 a.m.

### Healthy Relationship Workshop

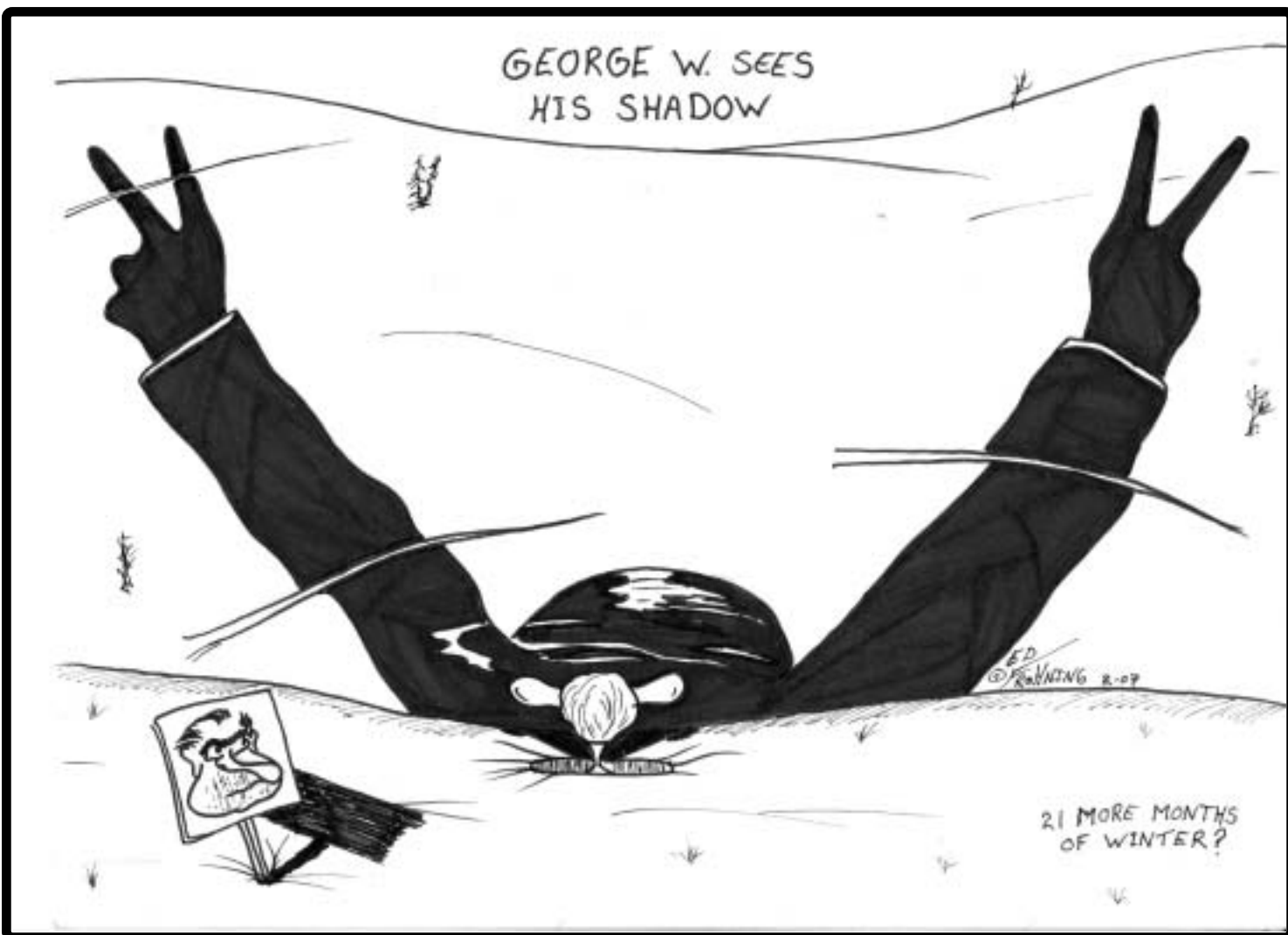
The Domestic Abuse Women's Network (DAWN) will be presenting a workshop on healthy relationships at the Vashon Library on Thursday, March 22, at 6 p.m. This is an interactive workshop for couples looking to enhance their relationship. Topics to be covered include: building a deeper relationship connection; strengthening the relationship foundation; research-based relationship skills; and reconnecting and building an intimate friendship. The workshop is free and there is no need to RSVP. For further information, you can contact me at (206) 450-0186 or by email at: Joanna@dawnonline.org

Now booking for Summer 2007!



Email: loose-change@comcast.net

(206) 794-9451 ~ Troy





# Spiritual Smart Aleck

## Must the Games Begin?

By Mary Litchfield Tuel

I work hard not to be cynical, really I do, but friends, the presidential race has begun, and it won't end until a long, long time from now, in November, 2008, if then. So duck, 'cause here come the stones, brickbats, buckets o' mud, and balls of slime. Whee. Don't you just love politics?

With Sen. Hillary Rodham Clinton's official announcement that she is running for President, the mudslinging has begun. First Hillary-bashing joke in my email box, recycled from her Senate race: a bumper sticker that says, "Run, Hillary, Run." Democrats put it on the rear bumper, and Republicans put it on the front bumper.

Bada-boom.  
There are no W-bashing jokes,

because after six-plus years of the Bush politburo's tender mercies we are not only broke but in massive debt; the good old Yankee dollar is weeping quietly, weakly, in the corner; we're mired in a war that never should have happened in the first place, and are doing squat-all to deal with genuine threats to the nation; at the same time we're exhorted to "support the troops," many vets who suffer from their service are blown off by this administration; and after all the stolen elections and the speeches telling us that lies are truth and war is peace, well, W just isn't funny, like Auschwitz wasn't funny.

Democrats, however, are almost always a rich source of humor. Bill Clinton turned out to be a buffoon – a brilliant guy who couldn't keep it in his pants, and though not keeping it in your pants has traditionally been one of the perks of office, the rules were changed for him. He responded with some of the most incredible legal and political doubletalk we've ever seen. As comic Lewis Black said, "Is oral sex not sex? Maybe I wasn't in school that day..."

So when I saw Hillary Clinton being interviewed the other night and the interviewer asked her directly if she thought Barack Obama would make a good president, and she smiled and said, "Oh, there are so many great candidates in this race," and when the interviewer pressed her to answer his question, she repeated that very political answer, with a big

smile, it gave me a bad feeling in my stomach. Please, Senator Clinton. You are trying to be elected by a people who are sick to death of political double talk.

A few nights later, I caught her on C-Span, talking to a crowd in a high school gym in Iowa. It struck me that she is so articulate and intelligent, and how much I've missed that in the Presidency. She also has a sense of humor and a great laugh. It also struck me as being a staged event with a hand-picked crowd. Cynicism or realism?

I think Republicans are dancing in the streets at the thought of Hillary as the Democratic candidate. I believe they think they can beat her with one lie tied behind their back.



I think if Hillary Clinton was elected president, with a Democratic majority in Congress to support her, we'd be out of the war, our budget would be balanced, our vets would be taken care of, and leaders around the world would get a lot of practice saying, "Yes, Ma'am!" I think she's brilliant, and she's ruthless, and she Gets Things Done.

I also think that anyone who wants to run for President of this country has a hole in the head through which the parts of their brains containing common sense have dribbled out.

We have almost two years before the election, and we all know how much can happen in that time. I wish the poop and palaver wasn't starting so soon, and I don't know how long we can all go on pretending that we have real elections when we vote for people based on how they come across on TV. Thank you, JFK and Richard Nixon, for turning us on to that. Sigh. I've really got to watch that cynicism.

*This column is dedicated with love and gratitude to Molly Ivins.*



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## School District Facilities

*Continued from page 1*

Last week, the school district Leadership Team, composed of twenty members, met to participate in the first round of discussions. The group used instant-response keypad technology facilitated by Islander Charles "Buzz" Blick, owner of Change Forward, the proprietor of this cutting-edge technology.

In the next two weeks, Blick will provide all district staff an opportunity to share their opinion on the values and principles that should guide the decision making process. The list includes: bus drivers, custodial staff, cafeteria staff, teachers, administrators, and office staff. Students at all three schools will have an opportunity to participate via the internet and a phone-in response system during hours outside of the school day.

"We want to have people's understanding of the facility problems that need to be solved before we start talking about the options for solving them," said Bob Hennessey, who chairs the Board's Facilities Planning Steering Committee. "Process is important in this community and it's important that we take the time to do this right. Once there's a common understanding of what we're trying to achieve it will be a lot easier to discuss the multiple ways to get there."

On Wednesday, February 21 discussions with the Vashon community at large will be

launched. Discussion questions will be posted on the VISD web site (www.vashonsd.org) and in local newspapers to serve as a road map for those who choose to provide their input via an automated system reached by calling a phone number. Blick will also facilitate meetings with the PTSA, Vashon Chamber of Commerce, and Vashon Rotary.

Nearly 1,600 students are enrolled in the Vashon Island School District. The District employs 110 certificated teachers, 8 certificated administrators, and 79 support staff.

## Children of the Revolution

*Continued from page 1*

represent the breadth of North America, including Geoffrey Castle (violin), Andy Zadrozny (stand-up and electric bass) and Dale Fanning (drums). Guest musicians can be from all corners of the planet and generally are.

Bass line: their music moves as readily through the veins as it does across geographic and cultural boundaries. I listen to the CD *Life, Love and Guantanamo Bay* as I write this and have a tough time staying in my chair. Fingers itch to snap or grab a tambourine. Some cuts heat the blood; others pluck heartstrings. The Children of the Revolution have been said to "represent the future of American popular music." I can hardly wait to experience that future in-person, on-Island March 3rd. Maybe I'll even pick up some of those moves Encarna learned en Sevilla. See you there. Ole!



Vashon High School coppertops: they can't be rebuilt if damaged by bad earthquake

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## Don't Forget the Birds

By Ed Swan

With the turn of the solstice in late December and finally some nicer days in late January, our local resident birds began singing again recently. Song Sparrows, Winter Wrens and Brown Creepers are all starting to burst out into song from time to time. Anna's Hummingbirds and Great Horned Owls will actually be nesting in February.

The loudest songster that will soon get going is the Hutton's Vireo. From mid-February through April this vireo's "wheo wheo wheo" call, a two note strong whistle, resounds throughout Vashon. Singing continues to a lesser extent into the summer and occasionally even in the midst of winter. They breed earlier than most of the migrants. Rich Siegrist found a nest being built on 4-6-2002, placed on an alder branch. He later saw the female sitting on the nest at Maury Island Regional Park.

The Hutton's Vireo proves almost as common as the Warbling Vireo on the island. It resides in mixed deciduous and coniferous, a common habitat on Vashon. It would have lived in some numbers before European-American settlement. Those numbers would have increased significantly as the Island went from predominantly coniferous woods to successional hardwood and mixed deciduous and coniferous woods.

During the winter they forage singly or in the company of mixed species flocks of kinglets, chickadees and nuthatches. Hutton's Vireos look much like the Ruby-crowned Kinglet but have a thicker, vireo bill, blue legs, generally much slower movements and the eye-ring isn't complete. Paradise Valley, Pt. Robinson, Westside Highway in the Colvos and Cove areas and the Island Center Wetlands make some of the best places to search.

Hutton's Vireos look remarkably similar to Ruby-crowned Kinglets, the latter however is much more common. They both hang out at times in mixed species flocks of chickadees, kinglets and nuthatches. The bright red crown



Hutton's Vireo. Photo by Jim Rosso



Warbler at a hummingbird feeder.  
Photo by Rebecca Strong.

on the Ruby-crowned Kinglet fails to show up easily much of the time, so the best field marks to distinguish the two birds are overall shape, bill, and legs. The vireo is almost a full inch larger and is stockier in appearance than the kinglet. Also, vireos have short, stubby, thick looking bills whereas a kinglet's is short and thin-rapier like. As to legs, the Hutton's Vireo possesses thicker, bluish legs while those of the Ruby-crowned Kinglet are thin and black.

A number of interesting reports came in during the last week or so. Alan Huggins found an Orange-crowned Warbler feeding on suet as well as the more usual Townsend's Warbler at his house recently. We only get one or two reports each winter of Orange-crowns, usually on the Christmas Bird Count. They are common breeders here in spring and summer. Rebecca Strong sent me photos of a Townsend's Warbler feeding at a hummingbird feeder. Warblers feed predominantly on insects, supplementing that in winter with suet and sunflower seed occasionally, as mentioned above.

This is the first I have heard of one drinking from a hummingbird feeder. I have seen House Finches do so in summer and have heard of orioles visiting hummingbird feeders as well. My wife Linda suggested that it possibly might have been attracted to the feeder by bugs coming to drink. Continuing the warbler thread, Rick Sanders saw a Townsends X Hermit Warbler hybrid in his yard Saturday, face like a Townsend's but breast white and little streaking on the sides like a Hermit Warbler. I don't think we've had any other reports of hybrids on the Island though I would expect them from time to time. There is a Hermit Warbler population fairly close by in Kitsap County but we have no Hermit Warbler records for Vashon. Several times some local birders have heard odd sounding warblers that may have been Hermit Warblers but we have never been able to visually confirm one. Rich Siegrist watched a juvenile Peregrine Falcon hunt from his yard above Colvos Passage for a very good yard bird list addition. John and Ellie Friars found a Semipalmated Plover at KVI Beach for the first winter record for Vashon. They usually show up only for a week or so in spring and several weeks in late summer. If you have an interesting sighting to report or a question about local birds, call me at 463-7976 or email at [edswan@centurytel.net](mailto:edswan@centurytel.net). □□□□

# Garden the World

## Mexican Corn Crisis

By MEarth

Corn was born in Mexico and, the story goes, Mexicans were created from it when the gods mixed blood with cornmeal. Many still call themselves “Children of the Corn.” The poorest residents get more than 40% of their daily protein from corn.

However, a combination of carefully calculated economic manipulations and unfortunate coincidence has led to the biggest corn tortilla crisis in Mexican history, making it increasingly impossible for the poor to afford to eat the most basic food, in a country where half the people live on \$4 a day or less and survive largely on tortillas and beans.

For years, since the North American Free Trade Agreement (NAFTA), the heavily subsidized American corn farmers have been unfairly dumping huge amounts of corn onto Mexican markets for substantially less than it costs to produce it.

The pressure on local producers to compete with these subsidized corn imports has had serious economic and environmental consequences. Farmers traditionally used locally adapted strains of corn seed to ensure that the plant was well suited to native growing conditions. However, the Mexican government supported companies such as Monsanto in their distribution of hybrid seeds, which they claim give higher yields. The government also sponsored programs that encouraged corn producers to use hybrid seeds, the benefits of which are largely illusory: not only must farmers purchase hybrid seeds ever season, unlike heritage seeds which can be saved and used from year to year, but yields decrease rapidly after the first year.

As a consequence of this “fair trade,” the bottom fell out of the domestic corn market, driving rural farmers out of business and pushing the ones who were able to remain in the marketplace even closer to the economic edge. Many farmers who had been able to support their families and grow enough additional corn to feed their own families had to sell every bit of their crop just to make ends meet.

Max Correa, secretary general of a campesino group called the “Central Campesina Cardenista,” estimated that, “for every five tons bought from foreign producers, one campesino becomes a candidate for migration.” In 2005, Mexico

exported 137,000 tons of corn but, last year, imported over 800,000 tons, likely eliminating more than 150,000 jobs in the rural sector.

Rural people were earning less money and were forced to spend more just to survive. Farmers lost their land, whether on ejidos or in long-held family plots that have been sold to cover mounting debts. The disruption was massive. Some observers estimate that one Mexican in six lost his or her home as a direct result of the US corporate invasion of Mexico’s corn economy.

Between 1993 and 2002, Archer Daniels Midland’s annual profits tripled — at the same time, Mexico’s Instituto Nacional de la Nutrición estimated that one Mexican child in five suffered malnutrition as a direct result of this crisis. The genetic diversity of Mexican corn, which once boasted thousands of distinct varieties, dwindled under the onslaught of hybrid, and genetically modified, corn, and millions of displaced Mexican farmers came north to find work work to feed their desperate families — and to become a political football of the far right (there are now two classes of people who can be condemned with impunity — gays and illegal aliens).

By embracing NAFTA, Mexico lost their corn production to the North American market and now, Americans want all the corn they can get as part of a dubious strategy to supposedly make cleaner gasoline while rewarding Agribusiness by pouring huge subsidies into corn-based ethanol production. The fact is, food crops are the least efficient source of alcohol for fuel — the Brazilians are using sugarcane waste and there are many other waste products from our agriculture would fit into a much better use plan.

Corn prices have increased dramatically, which leads to expensive tortillas, lower sales for vendors, and angry protests by consumers, *The Washington Post* has reported. Some areas have seen tortilla prices quadruple since last summer—again, in a country where the minimum wage is \$4.50 A DAY. The new president, Filipe Calderon, made agreements with business leaders in the industry to freeze tortilla prices but these were verbal agreements, not laws, and have been largely ignored.

How is it that the world has let the people of the corn, living in the birthplace of the corn, be economically unable to afford their perfect food, and be forced to subsidize on cheaper and less nutritious noodles made from white flour? Something is very wrong here—the gods will not be pleased.

ooooo

People tell me that the movies should be more like real life. I disagree. It is real life that should be more like the movies. – Walter Winchell



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## MarchForth! a Celebration of “We the People”

What do Benjamin Franklin, hip-hop, and a giant U.S. Constitution have in common? They are all scheduled to be part of “We the People March Forth: A Day of Dialogue, Action and Celebration” being held at Seattle Center on **Sunday, March 4**. The event will take place at the main stage of the Center House at Seattle Center from 12:30 p.m. to 4:30 p.m. Admission is free to the public.

The MarchForth! celebration is scheduled to mark the date in 1789 when the Constitution first went into effect. Billed as a day of “dialogue, action and celebration” it is being sponsored by the Backbone Campaign and co-sponsored by Seattle Center.

Backbone Campaign Executive Director Bill Moyer reaffirms that, “The Constitution, as the foundation of our nation, needs vigilant defense to serve present and future generations.” Moyer continues, “The intention of the March Forth festivities is to celebrate this day that unites us, a day to gather together on behalf of our children to embrace the aspirations of ‘a more perfect union.’” Moyer says that the date is being celebrated across the country with a wide range of activities planned in over 15 cities.

While the Seattle event has a serious purpose, Moyer notes it will be fun and informative, with activities for kids and families. “Benjamin Franklin will emcee, and there will be hip-hop and spoken word performances along with music from Emma’s Revolution, Ian Moore and others,” Moyer said. Video greetings from Rep. Jesse Jackson Jr. and Rep. Ron Paul of Texas are also expected.





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A centerpiece of the event will be a huge painting of the Constitution’s Preamble that everyone is invited to sign. Steffon Moody, a scenic artist based on Vashon Island, is creating the mural-sized canvas of the Constitution. “The painting is going to be more than twenty feet wide,” Moody reports. The “We the People”

preamble will be suspended from the Center House ceiling and gradually hoisted throughout the event as it collects signatures of attendees. “The finished height of the project could be as much as fifty feet depending on public participation. The more people that sign it, the taller this Constitution becomes,” Moody added.

For additional information see the event website at [www.wethepeplemarchforth.org](http://www.wethepeplemarchforth.org).



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, February 23**

# Oscar Night

Continued from page 1

Reason #2: The glamour of it all. A limo ride on Vashon? You bet. The last few years I have watched as my young daughters circle the block in the stretch limo and have pictures taken as they exit. What are the chances of doing something like that, other than if you are Angelina Jolie?

Reason #3: The love of the movies. How can you beat sitting back in a large audience of movie-lovers and watching whatever fabulous host (Last year: Jon Stewart.

This year: Ellen Degeneres) crack wise? The stars? The fashion? The bad production numbers? Who could ask for anything more?

Reason #4: The fun traditions. The Vashon Film Society has some fabulous traditions I look forward to every year, including flashing limo arrival photos on the screen during commercials, and holding a ballot contest.



Oscar night organizer Mike Masi accessorizes his tuxedo shirt with two Oscar statuettes.

and cowboy hat (vive la Brokeback Mountain). She won Best Child Costume and didn't stop grinning for a week (Except to grin even more widely when a photo of the winners ran in *The Loop*). This year's judges will be Susan McCabe from Vashon Park District, Lisa Breen from Drama Dock and Jennifer Sullivan from Vashon Allied Arts. May the best costumes win!

Of course there are many other wonderful reasons to go to the Oscars. Mistress of Ceremonies Karen du Four des Champs is fantastic. The Vashon Rotary sells wine (proceeds go to their Scholarship Fund, tips to the Food Bank) so you have something nice to go with the popcorn. And besides seeing such a great show, your ticket money goes to the Vashon Community Scholarship Foundation.

And organizers have come up with a fun new spin this year — they know that the evening grows long, so they have added a pajama party seating section for those that are used to watching the Oscars from bed.

Perhaps my favorite reason to go to the Oscars is because of some very important anniversaries I want to celebrate. The first one is the ten-year anniversary of the Vashon Film Society holding this event. I can't

say enough how much my entire family looks forward to it. It takes a lot of work, and man, are the results worth it!

An even more important anniversary is being celebrated this year. This year is the 60th anniversary of the Vashon Theatre. Now, I don't want to think too carefully about the hours I spend at that theatre each year. But I know this: when we thought of moving to this community six years ago, my first question to my husband was, "Do they have a

theatre?" I can't imagine being on Vashon without one. I see chick flicks, kid flicks, and adventure flicks. I see concerts. My son had his birthday party there this year. The Wolcotts, and before them Carolyn Youngblood, have made something truly special of our little local theatre. So if you are going to the Oscars, and watching those actors up on screen, think about how it would feel to not have a place to see movies. And then take a moment to look around for Eileen or Gordon Wolcott and tell them thanks for giving us our home away from home. For more information, contact Leslie McMichael at 567-4768



## The Long-Time-Together Tango

A Personal Essay by Alice Orr

In March my husband and I will have been together thirty-five years, counting our first tentative week or four spent circling one another from afar. The rhythm was sort of twitchy-jittery-nervous then. I recognized the signals from his side of the floor and expected an approach at any moment, but he was the shy type so twitchy-jittery-nervous continued long after the band should have packed up and gone home. Finally, my patience worn thin, I made the first unmistakable move, and our dance in earnest began.

We have stepped through an Arthur Murray catalog of styles since then, including the Bickering Bossa Nova. Which brings me to the six arguments. I have a theory that every long-term relationship engenders (pun intentional) six signature arguments, three pretty serious, three rather silly. The serious ones are better suited to the boxing ring than the dance floor, but the sillies are good for a whirl. The specifics vary from couple to couple. Sometimes we stomp and strut; other times we glide deliberately out of reach; always we engage in choreography uniquely our own.

To clarify, I share our three frivolous fight scenarios starting

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with the Full Moon Minuet. Whatever particular geography we may currently inhabit, our heckle over the heavens remains the same. He says, "The moon is full tonight." I look up and shake my head. "Not quite," I say, pointing out a flatness at the lower edge, usually to the left. We've carried on in that vein, month after month, year after year. Somehow we are seldom together when agreement on the fullness issue might be possible. Perhaps those nights are generally overcast. Next, the Tuning the TV Tarantella. The notes of this number shift a bit with each technological advance. Our present

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debate quick steps back and forth between whether or not it makes a difference in performance to activate the DVD player, #1, entirely from either the cable box or the remote, #2, in whatever mix of buttons and gadgets comes to mind at the moment. I take the former stance; he takes the latter. I've heard that variations on this one are among the bicker banter repertoire of many couples.

Finally, the Time and Distance Drag, which is a drag because, trivial or not, it can sometimes take on heat. The contention revolves around what route from one point to another takes less time. When we lived in New York City, subway options were the issue. Uptown, downtown, crosstown, we each had our pet patterns, and when we were underground together, as I said, hot heads could ensue. Here on Vashon, I say the quickest route south from our place is down 107th, east on 204th, south on the highway. He insists straight east on Cemetery to the highway then directly south is decidedly faster. Again, driving together can involve grumbling on both sides. Luckily, we are headed north more often than not.

We could easily settle each of our signature silly arguments. Check the calendar phases of the moon; read the DVD player manual; clock travel time from one point to the next, riding together to avoid suspicion of cheating where miles per hour are concerned. Simple as that, decades of atonal music would fall silent. We would leave the dance floor and sit down. On the other hand, as our long time together grows longer, I suspect we should hang onto every form of exercise we can, even exercise of the small bones we pick with each other, one gradually slowing step at a time.

~~~~~

Michael Douglas likes to have Catherine Zeta-Jones dress up in a French maid's outfit, complete with feather duster. How old is your husband when you have to dust him? - Craig Kilborn

# The Dorsal Spin

## Peripatetic Paisley Pod

By Orca Annie Stateler

K Pod whales have logged a few miles in search of a hearty salmon feast since we last saw them in December. California orca expert Nancy Black recognized that the killer whales photographed near San Francisco by local boaters on January 24 were not Transients. From the photos, the Center for Whale Research confirmed that Southern Residents K20 (Spock) and her three-year-old calf K38 (Comet) were in the group of at least 15 orcas. K20 and K38 are the only two positively identified thus far.

Since January of 2000, members of K and L Pods have been documented five times in Central California waters, as far south as Monterey Bay. The attraction is salmon runs returning to the Sacramento and San Joaquin Rivers. The Southern Residents' visits to California underscore the need to designate some areas of Pacific coastal waters as critical habitat for our endangered orcas.

Spock (K20) and her calf Comet (K38) are dear to the Vashon Hydrophone Project because Comet is a "Vashon Baby." In December 2004, Mark Sears discovered K38 snuggled beside K20 in north Colvos Pass. Based on some intriguing behavioral clues, we consider it a strong possibility that K38 was born in Island waters.

Read more about the Bay Area encounter in Peter Fimrite's January 30 San Francisco Chronicle article, "5 Dozen Killer Whales Believed to be Hunting off S.F. Coast" and in the January 31 Seattle Times article, "K Pod Mother, Calf Spotted near San Francisco," by Lynda V. Mapes. Find links at [www.tidepool.org](http://www.tidepool.org).

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. The VHP is grateful to Jennie for her thoughtful donation. Thanks to Pat, Ray, and Mary Ellen for calls about fins; also to Lesley and Melanie for their help with a mystery sighting.

In addition, we thank Carole for inviting us to chat with her third grade Cub Scouts about orcas and the VHP. You can see from our photo here that the Cub Scout Pod was in a playful mood. These future



Cub Scouts with Odin Lonning's cutout orca. VHP photo

environmental stewards and whale advocates can already define the terms "endangered," "cetacean," "mysticete" and "odontocete."

To refresh my readers, cetaceans – as in American Cetacean Society – are whales, dolphins, and porpoises. Mysticetes are baleen whales, such as humpbacks and grays. Odontocetes are toothed whales, including sperm whales (think Moby Dick), orcas, other dolphins, and porpoises. Yes, orcas are big dolphins.

The Center for Whale Research assigns alpha-numeric IDs to the Southern Residents (e.g., K20 and K38). The Whale Museum holds public naming contests for year-old calves through its Orca Adoption Program; hence, names like Spock and Comet.

Need a killer whale fix? Come learn about the three ecotypes of Antarctic orcas at a free ACS/PS lecture on Wednesday, February 21, 7:30 p.m., when natural history illustrator Uko Gorter presents "Antarctic Killer Whales," based on research by Robert L. Pitman and Paul Ensor. We meet at the Phinney Ridge Neighborhood Center, Room 6, 6532 Phinney Avenue North, Seattle.

Check [www.acspugetsound.org](http://www.acspugetsound.org) or call (206) 734-4737 for directions and more information.

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# PANDORA'S BOX

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## Book Review

### Death and Devious Doings in Venice

By Rachel Bard

*Blood from a Stone* by Donna Leon. Penguin, 2006, paperback

Allow me to introduce Commissario Guido Brunetti, and suggest you take him along the next time you travel. You'll find him good company to help you while away the hours between, say, JFK and Sea-Tac; or while waiting in a ferry line.

The gentleman in question is the protagonist of *Blood from a Stone*, a novel by Donna Leon. He's a durable chap, having starred in fourteen of her detective yarns. You'll like his wife Paola too, especially when the family sits down to a dinner of linguine with scampi, sole fried with artichoke bottoms, grilled radicchio and a rucola salad. Followed, perhaps, by a small glass of grappa.

Brunetti, bless him, isn't one of those Sherlock Holmes types, omniscient and miraculously intuitive, able to spy a thread on the carpet of the crime scene and deduce that the murderer was a middle-aged stockbroker from Kensington who wore three-piece suits from a certain tailor in Savile Row. He bumbles a bit and suffers from uncertainty, like the rest of us. When he finds a trove of glassy chunks hidden in a box of salt, he doesn't exclaim "Aha! Diamonds from Angola!" but takes the box to a trusted jeweler friend for an opinion. When his teen-age daughter distresses her liberal, right-thinking parents with a thoughtless racist remark, they reprimand her, which naturally solidifies her rebelliousness. They agonize for days on whether to lecture her, or let her figure things out for herself (They choose the latter course, which works. This is a functional family).

The venue is Venice, where Leon has lived for years. For the minutiae-minded, she provides a map showing canals, vaporetta routes, the lagoon and islands, not to mention San Marco and a clutch of palaces. With a good magnifying glass a tourist could find it an adequate guide. But it's not necessary for enjoyment of the city as you accompany Brunetti while he makes his way along the narrow streets and twisting canals. Thanks to Leon's considerable descriptive talents, you have no trouble following along whether you know Venice or not.

You may, however, have a little trouble sorting out all the characters, what with so many names like Vianello, Cuzonni, Bertolli, Rizzardi, Lombardi. No problem, though, in recognizing Signorina Elletra every time she bursts

on the scene. She's the administrative assistant to Vice-Questore Patta, Brunetti's boss, and a dedicated clotheshorse and a genius at the computer. Or so thinks Brunetti who is just the opposite. He's amazed when he finds she can store photographs in her computer and send them electronically to the other side of Venice. Elletra is his ally in efforts to conduct investigations behind the back of the corrupt and obstructionist Patta.

The investigation in *Blood from a Stone* begins with the shooting of a Senegalese, one of a group of illegal immigrants who sell fake Vuitton, Prada and Gucci handbags to tourists. There seems to have been no reason to gun down this harmless *vu cumprà* (One of the rewards of reading Leon is learning fascinating new stuff. The term *vu cumprà* comes from the Algerian and Moroccan French-speaking immigrants who sold their wares in the squares of Venice, calling out "Vous comprez!", that is, "You buy!" to passersby. Eventually Senegalese replaced the North Africans, but the name stuck).

Brunetti tracks down the dead man's companions and finds, hidden in his room, the box of salt and diamonds. This complicates things still more: why did this impoverished man have such a treasure? With the help of computer-savvy Signorina Elletra and that of his trusty assistants and the many useful contacts he's nurtured over the years, Brunetti begins to arrive at a theory. Then his boss calls him off the case. The Ministry of the Interior is going to take it over.

That's the red flag that signals to Brunetti that there's much more going on than he thought. When he finds the Foreign Ministry is also interested, he begins to suspect Italian protection for merchants of death who finance arms purchases with what we've come to call blood diamonds. Surreptitiously, he continues his investigations.

The denouement confirms his worst suspicions of the corruption at the highest levels of government. But disillusioned as he is, he keeps on doggedly doing his job, toiling to maintain law and order even when hindered from above.

Which, as long as Donna Leon is willing to abet him, means that we can look forward to more of her elegant Commissario Guido Brunetti mysteries. Avanti!

*Note: A few weeks ago I commended to Loop readers Redmond O'Hanlon's travel tale of exploring the Amazonas. I've just finished his earlier book, Into the Heart of Borneo, which is fully as much fun, replete with leeches, ants, river rapids, headhunters, a knowledgeable native crew of guides and boatmen, and another mysterious mountain to climb as the goal. His two subsequent books are Congo Journey (1996) and Trawler (2005). Look him up on www.meetttheauthor.com and hear him talk about this last, the story of his voyage on a fishing trawler to the Polar ice cap.*

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# Computer Graphics: The Magic Behind Today's Technology

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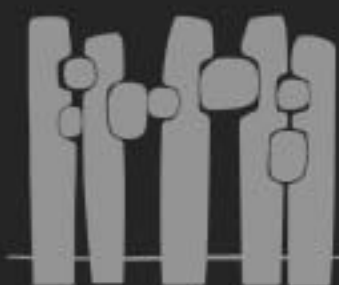
**LA Daily News:**  
"...one segment alone could serve as a five-minute graphics primer for every school in the country...many of the graphics are just eye-popping when on the big screen."

The Center for Digital Communications at Vashon College is a reality. To celebrate, the public is invited to its first class, Introduction to Digital Communications, for a 35 mm screening of the feature length motion picture *The Story of Computer Graphics*.

This fascinating film tells the story behind today's incredible technology through the eyes of the people who developed the tools in use today. It's not to be missed.

Narrated by Leonard Nimoy, the film includes interviews with pioneers who paved the way: George Lucas, John Whitney Sr., Pixar founder Ed Catmul, the filmmakers from the movie *TRON*, and the inventor of the mouse, among many others.

Frank Foster, director of *The Story of Computer Graphics*, will introduce the film and answer your questions after the screening. Mr. Foster, also director of the new Center for Digital Communications at Vashon College, will outline some of its future plans and courses.



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## Herbal Treatments for Irritable Bowel Syndrome

By Kathy Abascal

Irritable bowel syndrome is a common disorder, and one that modern medicine is unable to tackle effectively. The classic symptoms of IBS are abdominal pain, abdominal distention, and alternating periods of constipation and diarrhea. In general, constipation is more common than diarrhea but over half of IBS patients report fecal or mucous incontinence. Other common symptoms include nausea, fatigue, low back pain and a variety of non-intestinal problems. As each IBS patient will experience a variety of symptoms, a single herb will seldom be able to provide complete relief. Instead, it is best to get a formula designed for you particular version. If you want to design your own, you should combine herb from the following groups to effectively address IBS.

### Bitters

Bitters are important in IBS as they help the body digest food properly which in turn balances the intestinal flora and reduces flatulence and bloating. Bitters are usually taken shortly before meals and work best if tasted because that causes a healthy reflex response that begins with increased salivary secretions. Although many initially balk at using bitters, most change their minds once they have experienced the benefit of improved digestion. In my experience, bitters that also stimulate the liver and gallbladder (such as dandelion (*Taraxacum officinalis*) or artichoke (*Cynara scolymus*) leaf tincture) work best in IBS.

### Cholagogues

Cholagogue herbs, herbs that increase the flow of bile, can be very helpful. Many IBS patients have abnormal patterns of gallbladder emptying and improving gallbladder function often will provide significant relief. Dandelion and/or artichoke gently stimulate the gallbladder and are an excellent choice.

### Carminatives (Anti-flatulents)

Flatulence, abdominal distention, and associated symptoms are common in IBS. Regular use of a bitter will substantially help reduce flatulence by improving digestion but herbs with carminative activity like enteric-coated peppermint (*Mentha x piperita*) oil are usually needed as well. In addition to taking peppermint capsules, you should drink a carminative, anti-spasmodic herbal tea throughout the day. Teas that combine German chamomile (*Matricaria recutita*), peppermint leaf, dill (*Anethum graveolens*), fennel (*Foeniculum vulgare*), and anise (*Pimpinella anisum*) are ideal.

### Anti-spasmodic herbs

Abdominal pain is a predominant symptom in IBS and I usually include several antispasmodic herbs for IBS. In addition to peppermint and chamomile, I recommend the use of stronger antispasmodics for IBS like *Dioscorea villosa* (wild yam) root and *Viburnum opulus* or *V. prunifolium*. (crampbark or blackhaw) bark. These can be added to your carminative tea but sometimes a strong dose of wild yam tincture will be more helpful.

### Antimicrobial herbs

Research indicates that infection is an issue in some patients with IBS and I think it makes sense to include a berberine-containing plant especially if you are in a predominantly diarrhea-phase of the ailment. My favorite choice is *Mahonia aquifolium* (Oregon grape). Oregon grape contains berberine, is strongly antimicrobial, is bitter, and herbalist Michael Moore recommends it as a liver tonic for people with sluggish digestion. Thus, it has several aspects that will be of value in IBS.

### Astringents and Anti-diarrhea Herbs

Diarrhea, sometimes causing fecal incontinence, is one of the most troubling aspects of IBS. There are a number of plants that work well for both constipation and diarrhea, and any IBS formula should include them. One of the best herbs to begin with is psyllium (*Plantago spp.*) seed. Psyllium delays gastric emptying, reduces the acceleration of colon transit in patients with IBS, and helps prevent diarrhea. If that is not enough, add a mild astringent like bayberry (*Morella cerifera*) root bark or meadowsweet (*Filipendula ulmaria*).

### Aperients

Aperients are mild laxatives that are used to relieve the constipation. In general, psyllium will be all that is needed but other fibers that may be helpful are partially hydrolyzed guar gum and whole flax (*Linum usitatissimum*) seed. Remember that fiber use requires an increase in water intake which also helps



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>.

overcome constipation. And do not turn to strong laxatives in IBS because of the real possibility that they may shift the disease into the diarrhea phase.

### Nervines and Adaptogens

There is often a strong emotional component to IBS, and panic disorder and fear of public or open places (agoraphobia) occur more frequently in people with IBS. It follows that both calming herbs and adaptogens should be used in IBS. I like using either valerian (*Valeriana officinalis*) root or the more mood-elevating nervine lemon balm (*Melissa officinalis*) as both have a mild antispasmodic action that is helpful in IBS. However, there are many plants that help soothe frazzled nerves and you might want to explore which plants work best for you.

Adaptogenic herbs help us cope with long-term physical and emotional stress. I strongly recommend the inclusion of an adaptogen in IBS, both because the stress of a chronic ailment is depleting, and because it tends to cause an exaggerated stress response. Good choices include Eleuthero (previously Siberian ginseng, *Eleutherococcus senticosus*) or rhodiola (*Rhodiola rosea*). Finally, but an important first line of defense (as might be expected with a digestive disorder): Learning to eat the right foods and avoid those that distress the gut. And learning to cook with the many carminative, antimicrobial, and delicious herbs and spices will take you one step closer to closing the book on IBS.

## Senior Center News

### Senior Center Members Meet

Vashon Island Fire and Rescue Chief Keith Yamane will be the speaker at the Senior Center's membership gathering at 1 p.m., on Monday, February 26, at the SC. Everyone's invited to come and bring a friend.

Have you had a chance to check out the Resource Wall in the SC's

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### Exercise in the Slow Lane

A new series of Enhanced Fitness workouts led by YMCA instructor Stacy Datin starts February 21 to March 26 at 7:45 a.m. or 12:45 p.m. and runs for an hour at Ober Park. Participants work at their own pace with individual attention. The exercises increase flexibility, strength and balance, as well as mental and cardio fitness, studies find. Fees are \$42 for non-Senior Center members, \$34 for SC members or free for Group Health members with Medicare Parts A and B. Sign up at the SC.

### Board Games for Everyone

Are you passionate about Scrabble, Monopoly, checkers or any other board game, and want to play with others? Are you willing to "host" a game hour? Then bring your game in at 12:45 p.m. on Thursday, February 15, to the Senior Center, and have fun. Everyone's welcome. Or come to the SC at 12:45 p.m. on Friday, February 16 for Mexican Dominoes, which may result in mental aerobics. Everyone's welcome.

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Planet Waves

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

**Aries (March 20-April 19):** Before you reverse an important decision, you may want to give the situation a chance to work itself out. What you are dealing with are for the most part your own doubts and insecurities, not facts. One or two key facts are about to emerge, and I suggest you take your time evaluating their significance. What first appears as a level of discord in your environment will more likely turn out to be a way you were out of accord with yourself. Before you attempt to set things right around you or find out who could be playing a cleaner game, make sure you understand your own viewpoint and your own way of seeing the world. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Taurus (April 19-May 20):** Your public role continues to be visible and this arrives at a truly meaningful turning point in your life. You may feel like you're in a situation that you cannot get out of, but I assure you its roots go a lot deeper than what is apparent now. Your commitment to taking care of other people and moreover, to helping them find their way, is working out to be a good way for you to take care of yourself and find your own way. Make sure you keep awareness of this seemingly dual role, however, so that you can from moment to moment sort out what is yours and what belongs to someone else. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Gemini (May 20-June 21):** This may be a time to practice your gift for understatement, and to keep your other gift for saying a lot tucked away for another time. In particular, I suggest you refrain from making promises or predictions that are likely to be based on incomplete or incorrect information. Mercury's forthcoming station retrograde in Pisces will shake the tree, and as each one of those apples lands on your head, you will feel a little like Sir Isaac having a profound cosmic and scientific revelation based on something ordinary and earthy that happens. Collect those apples in a bushel basket, and keep them cool and dry. You'll be very glad you have them once Mercury stations direct in early March. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Cancer (June 21-July 22):** Please don't succumb to the feeling that you've

worked your way from one corner and into another. I suggest, rather, that you mark your progress consciously, and what you've learned in making that progress. Look at all the opportunities you have to be free, to express yourself, and to share yourself erotically or emotionally. By now you've figured out that you need to make some choices, but they will be a lot easier if you keep in touch with your own needs and maintain continuous awareness of how you feel, inside the wrapper of how you think you feel. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Leo (July 22-Aug. 23):** Realism has always been one of your strong suits, but now you seem to be caught between striving for a totally objective point of view and swimming in an ocean of your own opinions, fears and feelings. I suggest you keep it logical for now. As the Sun, your astrological stand-in, makes its annual opposition to Saturn this weekend, you may have a tendency to see things in the most limited or sober terms. Remember that just a few days ago, your imagination was rich with ideas for solutions. They are worth every bit as much today as they were yesterday, if you take the time to remember what they are. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22):** Beware of any situation in which you end up in the role of pursuer. It's a game of chase you are unlikely to win. It would seem that what you really want is for someone to chase you, but on a deeper level, what you want is for someone to understand you. The problem here is that attempts to explain yourself may really be attempts to pursue and/or be pursued. When Mercury stations retrograde in a few days, your priorities will become clearer, and you will understand something about how you engage in relationships that you could never quite put your finger on before. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23):** You don't need to justify your activities, though I wonder why you might be doing so. Your astrology suggests that you may be reluctant to take on a commitment that someone else is keen to have you accept. There is part of you that wants to do it as

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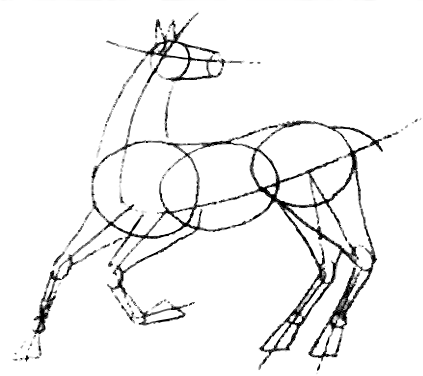
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well, and you know you have a lot to offer the situation. Consider this. Even if you don't formally accept a certain set of responsibilities, you will be having a positive effect on the situation, by bringing your energy and also by setting an example. In essence, you will assist more by being than by doing, which happens to be the perfect solution for a person with a lot else on her mind these days. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22):** You're in a truly rich space in life right now, and your chart tells me you're a magnet for good things. Even if you're carefully pondering whether you want some of them, I suggest you enjoy the moment and what it's offering. In a word, it's offering options. The fact that you can actually pause and decide whether you want to dance with some of them is something to celebrate, not feel reluctant about. The more you experiment, the more you will discover. But here is a clue, maybe a big one: your ideas about a situation or thing, and that actual situation or thing, are two entirely different somethings. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22):** You keep wading your way through a boggy, wet forest where you would prefer to be scaling a high mountain. I suggest you notice the rather unusual weather patterns within the ones you think you notice. The climate is changing faster than you can imagine and in point of fact you are not really stuck anywhere. This week is leading to some kind of profound lesson that you will be happy you learned, and which you will be determined to feel you learned for good. This is probably true; but you will need to take special care to remember, and it would seem the most effective way is a discussion with the people you consider your closest friends. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20):** You have two strong advantages in this situation, which are your imagination and your flexibility. But you also understand something about the

relationship that has so far eluded whoever you are dealing with, and which is unlikely to be apparent to others around you. The fact is, nobody is holding anything over your head. Nobody has any special power, and they cannot force your hand or do much at all. All you need to do is embrace the fact that you are basically equal with this person or situation and you will feel a heck of a lot better. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19):** You seem to be on an important quest for resources. Try starting with the idea that you have everything you need right at this moment, including enough money, and the only real puzzle is how to put it to work for the maximum combined benefit and the minimum waste. One seemingly small but effective decision will lead to another. The goal is economy, not size; intelligence, not impressiveness. You still may be responding to your fears more than your sense of what is possible, but at least you're discovering just what those fears are. That is always an asset — and it comes from you alone. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Pisces (Feb. 19-March 20):** The important thing is this: don't expect others to go along with your plan 100% all the way right at this moment. You can, though, trust that people know you're onto something, and reasonably expect them to do a little thinking and catch up. Meanwhile, keep your focus on appreciating life and doing your part to feed your own happiness. No law requires you to be happy, but no law prevents it, either. Some say that the key to contentment is compromise, and I would agree that this is one ingredient; the lock itself is knowing what matters to you, and keeping your focus there with no guilt, only love. Eric Francis has more of your astrology for you at PlanetWaves.net.

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The length of a film should be directly related to the endurance of the human bladder. – Alfred Hitchcock




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# Island Epicure



## Nuthin' Says Lovin' Like—Chocolate!

By Marj Watkins

Whoa! Valentine's Day is here! And two Presidents' birthdays happen this month; Abe Lincoln's birthday just passed on the 12<sup>th</sup>, and George Washington's birthday is coming up on the 22<sup>nd</sup>. They had to wait for June for strawberry shortcake and cherry pie, but with the miracles of fruits from Mexico, Texas's Big Bend country, and southern California, strawberries are already hitting the markets, and the frozen kind, and red tart cherries in cans, are available all year around.

Please your honey and honor the Presidents with a dessert combo like they never imagined. It's quick and easy with these drop scones, frozen berries or canned fruit, spray-on whipped cream, and a drizzle of chocolate syrup. Left-over scones are great for breakfast or tea, and may be frozen for later.

### Drop Sour Cream Scones

Makes about 18  
Preheat oven to 400 degrees  
2 cups sifted all-purpose flour  
or 1 and 1/2 cups barley flour  
1 Tablespoon baking powder  
1/2 teaspoon salt  
1/4 cup light olive oil or canola oil

- 2 eggs  
1/2 to 3/4 cup dairy sour cream\*  
2 Tablespoons honey
1. Sift flour, baking powder and salt into mixing bowl.
  2. Fork-beat in a small bowl the eggs, sour cream and honey
  3. Stir into dry ingredients. Drizzle with oil. Stir in.
  4. Spread foil on baking sheet. Spray with Pam.
  5. Drop dough onto foil with a tablespoon.
  6. Bake 15 minutes, or until a toothpick inserted into the center of the biggest scone comes out clean.
  7. Transfer baked scones onto a rack or upside down on a clean tea towel to cool, or place in a napkin lined basket to serve warm.

\*Plain yogurt may be substituted to cut down on saturated fat. Reduce baking powder to 2 teaspoons and add 1/3 teaspoon baking soda.

### Cherry Sauce

Makes 4 servings  
1 (14.5 oz.) can red tart cherries  
1 Tablespoon cornstarch  
2 Tablespoons honey or Splenda®

Mix cornstarch with 2 tablespoons of the cherry juice.

Drain remaining juice from cherries into a small saucepan, . Bring to a low boil. Stir in cornstarch mixture. Continue to stir and cook until the sauce clears and thickens. It will be thin, but thickens somewhat more as it cools.

### Cherry Shortcake

For each serving, halve a scone horizontally and place on a dessert plate. Top with sauce below. Garnish with a dollop or spritz of whipped cream. Drizzle with chocolate syrup if desired. ☺☺☺

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Solution to Puzzle on page 16

# Madame Toujours

Dear Madame Toujours,

I am getting pretty mad at my wife, and I don't know what to do about it. We had a perfect marriage until about six months ago. See, about a month before we got married, I had an affair with Wanda's best friend who was also going to be the maid of honor at our wedding. It only lasted about two weeks, then I came to my senses and quit taking her calls. The wedding went off without a hitch, and I forgot all about it until Wanda's friend got mad about something and told Wanda about our affair. I was afraid Wanda would divorce me, but she said she forgave me, and we moved on.

The thing is, I think she lied about forgiving me. Ever since she found out, she's more touchy about everything. Any time I say something a little insensitive, she broods for days. She never used to do that. I think if she really forgave me, she wouldn't keep punishing me for something that's long over. I've tried to explain this to her, but she just stares at me kind of incredulously. What can I do to make her see how destructive it is to hold a grudge?

Sincerely,  
Henpecked

*Cher M.* Henpecked,

Clearly, you are failing to grasp the important principle of the marital relationships. Let me explain for you. Because you were the exemplary husband before the revelations, *Mme.* Wanda forgave you for the

extremely silly misbehaviors before the wedding. However, this is not being the magical, frolicsome forgiving where you are prancing gaily about and everybody is forgetting everything bad you have ever done. This is the difficult, painful forgiving where you must be earning back the comfort and the happiness of *Mme.* Wanda which you were destroying with the shortsighted lustings after the traitorous bridesmaid.

In the *psychologie populaire*, the modern psychological persons are talking about the "love banks." When I was the girl, we were not having the banks, and all of our moneys were being kept in the hole in the backyard. When you had the betrayal of the wife, you were digging the very deep hole in the backyard. *Oui, Mme.* Wanda was forgiving you for the vandalisms, but there is still the vast, enormous hole in the garden. If you are wanting *Mme.* Wanda to have the happiness again, you must be filling in the hole and restoring the landscapings.

From now on, you are making the point of informing the wife very frequently that she is being the wise and ravishing creature and your life would be meaningless without her. Every time you are saying this, it is the shovel of dirt into the "Love hole in the backyard." Now you must be remembering that every time you are making the insensitive remark or forgetting the birthday, you are taking the dirt back out of the hole.

*Bon Chance, M.* Henpecked. With the hard works and the grovelings, you can be expecting be back in the good graces in as little as the twenty or thirty years. ☺☺☺

Joanna Gardiner

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Positively Speaking

Loving It All

By Deborah H. Anderson

When he looks at me from across the room, there is the faintest smile on his lips. It pleases him we are soul mates. When I speak, or laugh, or pause in thoughtful repose, he expresses immeasurable respect. When he takes me in his arms to dance, we move as if we were created together.

Unfortunately, I haven't met the guy yet. I'm sure he's out there somewhere. Maybe. I'm not sittin' around waiting. If he's not out there, so be it. Single is good.

What then is the place of Valentine's Day in a single woman's life? It's still about love.

Freed from the conversation with a loved one about chocolates or flowers or whether it truly reflects the relationship, I spend the day contemplating all the love in the world around me. Our most exciting and joyous ability is the impulse to love and sustain love. Think on this:

Friendship— There is a person who believes in you better than you believe in yourself. They call you to higher ground and give you a list of top ten best qualities when you're down on yourself. In a world where pretense greases the wheels, friendship keeps us human. THAT is love.

Family — Brothers, sisters, moms, dads, aunts, uncles, grandmas, grandpas and cousins. OK, so odds are there's a little dysfunction. Only 3% of families are

supposed to be healthy and researchers think they're lying. Yet we either find the member who gives us kinship or choose a new family; strangers become relatives. THAT is love.

Fellowship — There's nothing better than a group hug. The clubs and service organizations we experience are the sum and substance of the joy of shared interests and activities. THAT is love.

Love somebody. Put your life on the line for somebody. Love yourself. Take care of yourself well. Count your blessings. No matter what you are going through it could be worse. Look for the places where life is adding to life. In the deepest darkest bleakest moments, it's happening. It is the nature of God to overcome evil with good.

If Mr. Right shows up some day I'm going to have to tell him that Valentines Day isn't about us and our love for each other. That will be called our anniversary. Valentines Day will still be about celebrating the impact love has on the world.

We all know whatever grants we are writing, products we are selling, charities we are supporting, services we are rendering, Love happens one to one. No doubt you have discovered by now, whatever love you give comes back double and triple. Given and received generously. It transforms the world.

Happy Valentines Day.  
Love  
Deborah

New Owners for  
Village Fitness Center  
Vashon's 24-Hour Gym

The Jon Garriott family has bought Vashon's newest Fitness Center and is excited to share this "best kept secret."

The tidy gym is located in the back of "the Village" across the street from the Library, in suite A2. Six cardio machines and nineteen other pro-quality weight stack machines placed in muscle group categories make for an efficient workout. Each member has 24-hour key-code access and with the membership cap policy it feels like your own private gym. Other amenities include 24-hour video surveillance, central location, wall-mounted fans, heating/AC, filtered



drinking water, and air purification, with satellite TV soon to come.

Here's what some members have to say:

"The greatest asset is the convenience and that it is always clean. Good equipment, too. Keep up the good work!" — Dave

Rates: \$50/ month. Registration by appointment only. Call Jon at: 567-5438 or e-mail villagefitness@gmail.com.



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Film Flam

Unknown White Male

By Jonathan Shipley

It's morning in New York City. It's early July in 2002 and Doug Bruce finds himself lost. Riding alone on a New York subway he doesn't know his name, where he works, who his friends are, who his family is, who he is. *Unknown White Male* is a documentary, directed by Bruce's friend, about Bruce's total amnesia and his life, pre- and post-incident, and it's riveting.

Amnesia. It doesn't seem so bad. Total amnesia? Well, that'd be weird but selective amnesia? I can think of a few things I'd rather forget...

"The Run" – circa 1978. I don't remember what I did but I sure pissed my brother off. "I'm going to kill you!" Mark said as he chased me through the house. I believed him, too, because just that summer he tried to strangle the life out of my sister on a picnic table outside Calgary. He's not to be crossed. "You crossed me!" Because of that early sprint away from certain pain (he never did catch me as I darted through bathroom to kitchen, kitchen to hallway, hallway to bathroom again) I'm speedy to this day. That's good but my brother is such a jerk.

"The Mud Incident" – circa 1980. My family is on summer vacation in California. We've been crammed (the 8 of us) in a blue VW bus for much too long. REST STOP, PLEASE! Ah, everyone's out of the car. I'm hungry but I have no money for the vending machine. That's when my brother comes up to me and says, "Jonathan, you want some chocolate?" "YES!" I squeal happily and take the chocolate and jam it into my mouth. It's dry mud. My brother is such a jerk.



"The Penny Fiasco" – circa 1991. Me and my roommate are enjoying ourselves in our dorm room at Washington State University. We're residents of Osmer T. Waller Hall. Anyway, we're just being silly and our neighbors don't appreciate our casual witticisms and warm jovial personalities. That's why they stick

pennies in the door so we cannot escape our dorm room. We're trapped. Jump out the window to freedom? Hard to do when you're four stories up. Our neighbors don't realize, however, that my brother lives two floors down. We call him up. He roars into the hallway. "WHAT THE \$%& IS GOING ON HERE?!" He bellows and rips at the door until it opens. "YOU MO\*#! (\$!%\*#!)" He spits at my neighbors. Well, maybe my brother isn't such a jerk.

"The Kayak Mistake" – circa 2004. Kayaking is such a peaceful way to spend an afternoon! The sun is shining! The birds are singing! The ride over to Blake Island is so marvelous! Ahhhh....That is unless, however, you think it might be cool to watch the ferry boats dock while in your kayak RIGHT UNDER THE DOCK. We flipped. Hypothermia! Blood! Angst! Anguish! I'm fairly new to this kayaking experience. "So," I say, "these things don't flip do they?" "Oh no, never." My brother is such a jerk.

Two quotes from Burt Reynolds:

1. My movies were the kind they show in prisons and on airplanes, because no one can leave.

2. I haven't had a film hit since Joan Collins was a virgin.





The VHS wrestling team celebrates a 71-6 win over Cascade Christian.

Hola Ernestito,  
I was at a home wrestling match and a few basketball games last week and I saw this madman photographer. A true artist getting shots from all angles; silently slinking between referees and players, administrators and fans. Do you have any copies of his pictures for *The Loop*?  
Grizeg “G-Mac” McElrizoy



Soul brother Mike Mattingly and Carl Blomgren come out to support the basketball teams with their cronies.

G-Mac,  
Indeed I do have some copies. His name is PETER SERKO, and he is a massively cool photographologist. And he's a photographer, too. I'll include a number of his pictures and add a few captions.  
Ernestito  
ps. All photos by Peter Serko. More photos are available for viewing on the sports section at vashonsd.org  
pss. Quick Winter Sports News: This is probably the best sporting season ever for Vashon! Check it:  
The Boys Basketball team is 1st in the Nisqually League and ranked in the top 3 at state.  
The Girls Basketball team is in 2nd place in the League and looking better every week with a young line-up.  
The Boys Wrestling Team finished 2nd in the Nisqually League and 2nd in the Districts, sending 14 wrestlers to Regionals next week. They are currently ranked in the top 10 in state.  
The Girls Wrestling Team finished 3rd in the Sub-Regionals, crowning Sylvie Shiosaki and Meg Thorn as champs.



Micah “Air Jordan” Sohl hits his patented flip in the wrestling warm-up.



The wrestling cheer squad cheers extremely loud, thanks to their their coach's training methodology. They are coached by Kara Sears and Katie Horner.



Taylor Butz thinks deeply on the political implications of the Hilltop Hoods' album, The Calling. The Pirates also won the game.

2x6 \$1.50  
2X8 \$2.00  
2X10 \$2.50  
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# Organic Produce Delivery

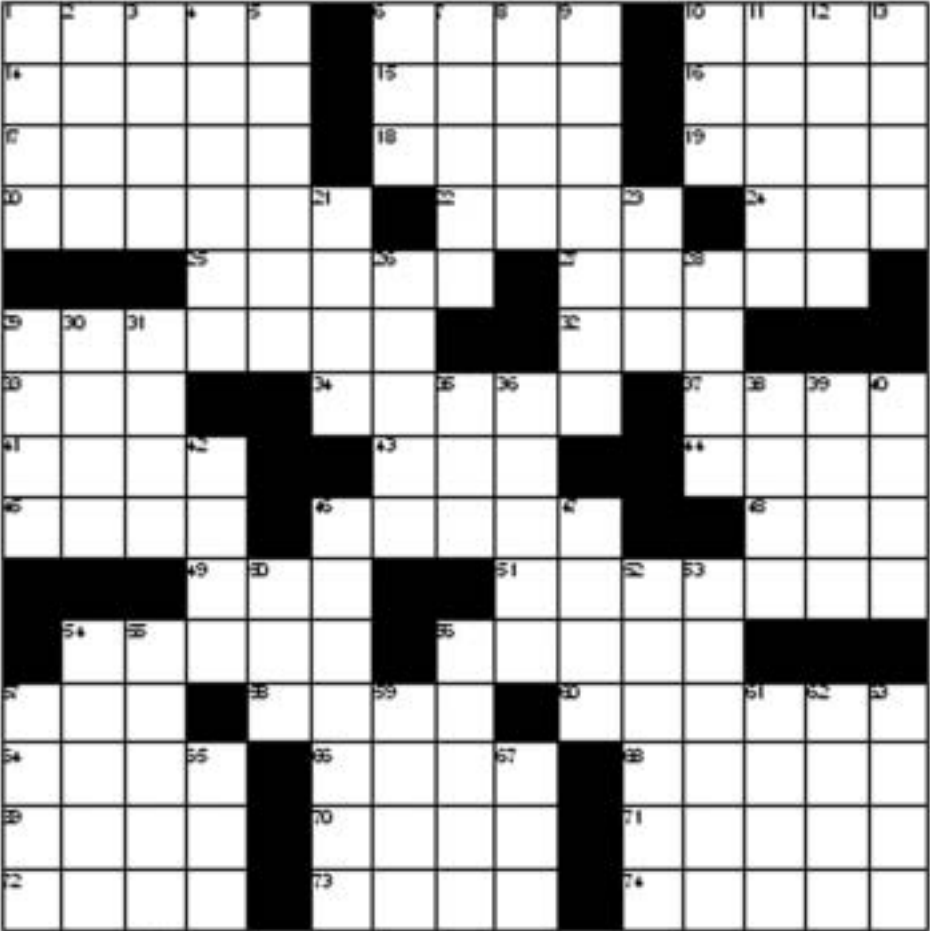
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# 19529 Vashon Hwy SW



- Across**

  - 1 Tribulation
  - 6 Coalition
  - 10 Soft white cheese
  - 14 Eastern religion
  - 15 Rolled chocolate candy brand
  - 16 Car rental agency
  - 17 “The Jungle” author Sinclair
  - 18 A cozy room (2 wds.)
  - 19 Fats
  - 20 Director Lucas
  - 22 Heavenly beings
  - 24 X
  - 25 Uncanny
  - 27 Tiny amounts
  - 29 Harmonize
  - 32 African antelope
  - 33 Goddess
  - 34 Warning whistle
  - 37 Mommy
  - 41 Invalidated
  - 43 Cause of sickness
  - 44 Cosy
  - 45 Helen of \_\_\_
  - 46 Garden tool
  - 48 Also
  - 49 Football assoc.
  - 51 Spurting
  - 54 Cursed
  - 56 Dwarf
- 57 Package

58 Plateau

60 Drained the energy

64 Adrenocorticotrophic hormone

66 Rip

68 Slide

69 Certain

70 Set down

71 Soft drink brand

72 Despot

73 Song by the Village People

74 Snitch
- Down**

  - 1 Felon
  - 2 Aged
  - 3 Not out of
  - 4 Worshiper
  - 5 Moved forward
  - 6 Undergarment
  - 7 Beaver’s house
  - 8 Fake butter
  - 9 Deserved
  - 10 Food and Agriculture Organization (abbr.)
  - 11 1997 Madonna movie
  - 12 Floor coverings
  - 13 Association (abbr.)
- 21 Long time periods
  - 23 Male offspring
  - 26 Book by Homer
  - 28 “Calciums” antacid brand
  - 29 Penny
  - 30 60 minutes
  - 31 Capital of Norway
  - 35 Set up
  - 36 Lament
  - 38 Opposed
  - 39 Electron, for example
  - 40 Eager
  - 42 Wildcat
  - 46 Old
  - 47 Carpets
  - 50 Female (abr.)
  - 52 Spanks
  - 53 Dash
  - 54 \_\_\_ pocus
  - 55 Unnecessary
  - 56 Chaos after alarm
  - 57 Plant fiber used in ropes
  - 59 Sew together
  - 61 Unsullied
  - 62 Gas burner
  - 63 Writing table
  - 65 Possessive pronoun
  - 67 Genetic code

# Loopy Laffs

Classic phone machine messages;  
“I can’t come to the phone now because I have amnesia and I feel stupid talking to people I don’t remember. I’d appreciate it if you could help me out by leaving my name and telling me something about myself. Thanks.”

*“Answer the phone, please, Hal.”* *Either write something worth reading or do something worth writing.* —Benjamin Franklin  
*“I’m sorry, Dave, I can’t do that.”*

## One (or so) Liners

It’s too bad that stupidity isn’t painful.  
When things go wrong, don’t go with them.  
Many folks want to serve God, but only as advisers.  
Anything worth doing well is worth doing in excess.  
Ever get the feeling your stuff strutted off without you?  
I diet religiously; I eat what I want and pray I don’t gain weight.  
Know how to prevent sagging? Just eat till the wrinkles fill out.  
He who laughs first also laughs last if nobody laughed in the middle.  
We have over 35 million laws trying to enforce 10 Commandments.  
All men make mistakes, but married men find out about them sooner.  
I used to have Saturday Night Fever...Now I just have Saturday Night hot flashes.  
My memory’s not as sharp as it used to be. Also, my memory’s not as sharp as it used to be  
Any woman can have the body of a 21-year-old...as long as she buys him a few drinks first.

*There’s a dance called the Politician. You take three steps forward, two steps back, then side-step, side-step and turn around.*

Cowboy Wisdom: It does no good to be the fastest draw if your aim is bad.

*You moon the wrong person at an office party, and suddenly you’re not “professional” any more.* —Jeff Foxworthy

When asked what he looked for in a script, Spencer Tracy replied, “Days off.”

*Mr. Speaker, I withdraw my statement that half the cabinet are asses. Half the cabinet are not asses.* — Benjamin Disraeli

A joke we like so much we’re running it again: Three engineers are arguing about which is better, mechanical, electrical, or civil engineering. The mechanical engineer says, “God must’ve been a mechanical engineer; look at the joints in the human body.” The second says, “No, God must’ve been an electrical engineer; look at the nervous system.” And the third says, “God had to be a civil engineer; who else would’ve run a waste disposal pipeline right through a great recreational area?”

*I never go to movies where the hero’s bust is bigger than the heroine’s.* — Groucho Marx

*Do not go where the path may lead, go instead where there is no path and leave a trail.* —Ralph Waldo Emerson

The tragedy of Canada is that they had the opportunity to have French cuisine, British culture and American technology. Instead they ended up with British cuisine, American culture and French technology.

*Either write something worth reading or do something worth writing.* —Benjamin Franklin

It doesn’t do any good to put the breaks on when you’re upside down.

Accident is the greatest of all inventors. —Mark Twain

*Loopy Zen: Try not to Ying when the other person is Yanging.*



*Fresh meanings for stale words;*  
*Alphabet: The most aggressive wager on the table*  
*Approbation: Fear of early release from prison*  
*Defibrillator: lie detector*  
*Ineffable: A guaranteed Grade-A term paper*

## OFFSHORE



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



# Loop Arts

## Al Bradley: Grace in Stone

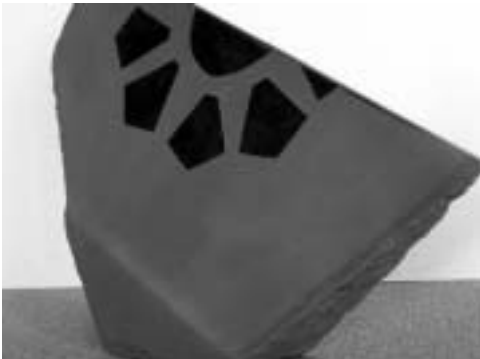
Text and photos  
by Margaret Heffelfinger

The quiet grace and dignity of Al Bradley's stone sculptures grace Vashon Island like no other art.

In Ober Park, the tribute he created to Island servicemen who gave their lives in Viet Nam stands, and lies, as a solemn presence. Along Vashon Highway SW, you drive by several more. In fact, Bradley says he has been carving stone on Vashon Island part time for the last 15 years, and at last count had over 200 pieces spread out over the Island, all permanently in place and patiently waiting for the next glacier.

And just as Bradley's work never ceases to amaze, so does Bradley himself. For example, being the lucky recipient of a stone carving on Mother's Day several years ago, Al told me the name of a small, delicate wildflower he purposefully protected in setting the stone in place. And in the next breath commented that he had built the house where I live.

Bradley's building and contracting business doesn't leave as much art-making time as his art patrons and collectors would like. A chance to acquire an Al Bradley sculpture is relatively rare, so his



"Seed Pod," columnar basalt, by Alan Bradley



Al Bradley discusses his work with a patron at his Silverwood opening. Photo by Margaret Heffelfinger

contributions at the VAA auction and Silverwood Invitational are snapped up quickly. Wielding his hammer and chisel to complete an entire body of work was something.

Bradley thought long and hard about for at least five years before saying yes to Silverwood Gallery's February exhibition. But say yes he did, and he is one of the five remarkable talents in the show all this February at the Silverwood Gallery. Join Bradley in the exhibit are JiJi Saunders, Terri Fletcher, Donna Romero and Ivonne Escobar de Kommer. For more details, please call the Silverwood Gallery at (206) 463-1722.

## Vashon and Seattle Artists Team Up for Encore Performance of *Goldaline*

By Amy Morrison

The 25 Vashon and Seattle musicians, dancers, puppeteers, and filmmakers who produced last year's *Goldaline* are offering an encore performance of their show in Seattle, **Saturday, March 3**, 7:30 p.m., at the Youngstown Cultural Arts Center, 4408 Delridge Way SW.

*Goldaline* is a surreal and poetic cocktail of shadow puppetry, modern dance, fuzz folk music, and film. With the music of Neutral Milk Hotel's concept album, *In the Aeroplane Over the Sea* as a backdrop, the show features choreography and dance by Ronly Blau and Stacey Hinden. The band, featuring Kim Thal (violin and vocals), Rick Vanselow (guitar and vocals), Jim Farrell (accordion and vocals), Fletcher Andrews (drums), Jef Smith (bass), and Jeremy Davidson (bagpipes), plays each song from *Aeroplane* in succession. There are shadow puppet shows by Cry of the Rooster Puppet Theatre; and film featuring Island actors. As if the ensemble wasn't large and spectacular enough, they have

added an aerialist to the show, Lynelle Sjoberg, who will perform to the song "Ghost."

The show is directed by Jim Farrell.


The show is a benefit for the Backbone Campaign. Tickets are \$20/\$10 students. Call (206) 567-5815 to reserve a ticket.

## Irish Ceili Dance at the Grange Hall Saturday Feb. 24

On **Saturday, February 24**, the Vashon Celtic Dance Society will host a community Irish Ceili dance at the Grange Hall. The dance will be held from 7 p.m. to 10 p.m. and will feature live, traditional Irish music by The Gold Ring. Kathleen O'Grady-Graham will teach and call the dances. The suggested donation is \$8 (\$6 for students and seniors). The Grange Hall is located in the ferry dock parking lot at the north end of the Island. Ceili dancing is a "barn dance" style accessible to nearly everyone. No partner or

# Harry Potter


Harry Potter and the Deathly Hallows, the **final** book in the Harry Potter series, will be released at 12:01 a.m. on July 21, 2007



To ensure the earliest possible delivery, pre-order now to reserve your copy, then plan to attend our Midnight Release Party Friday evening, July 20, 2007


Pre-ordered books will be delivered first — any remaining books will be sold on a first-come, first-served basis

Pre-orders prior to July 1 receive 2 full credits on your Books by the Way Bonus Card



## Books by the Way

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463-2696





Carter Castle, far right, and band mates Paul, Wally, Gordan, and Doug. Not pictured: Randy Bruce. Photo by Janice Randall

## Castle Sings Winter Blues and Ballads

By Janice Randall

Island singer/songwriter/guitarist, Carter Castle will play Winter Blues and Ballads **Saturday, February 17**, 8 p.m. at Blue Heron Art Center. His first full-length concert since 2002, Castle will be joined by Island musicians: Paul Caldwell, composer, mandolin and guitar player; Wally Bell, guitar and cittern; Gordon Millar, pennywhistle; Doug Ringer, songwriter, bass player; Randy Bruce, fiddle and vocal harmonies.

"We'll all do vocals and perform in pairs, solo and as a group," says Castle. "We'll play a lot of traditional music, songs about mining disasters to anti-war songs, folk ballads and blues, music of the 1930's and contemporary stuff."

Tickets, \$12/\$14, are available now for Winter Ballads and Blues with Carter Castle and Friends, at Heron's Nest and Blue Heron Art Center. This show is sponsored in part by Vashon Thriftway, VAA's family performance sponsor.



experience is required. Photos of past dances can be found at [www.hoilands.com](http://www.hoilands.com). For more information about the Vashon Celtic

Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Malczyk at (206) 304-1452.

## Felt Hats at Luna This Friday

The Felt Hats will appear at Café Luna on **Friday, February 16**, starting at 7:30 p.m. If their music is as off the wall as their bio, it should be a lot of fun. Here's the Bio:

The Felt Hats were conceived in the foothills of the Transylvanian plateau, next to the hot coals of a dying fire and after a bottle of local red wine. Haunted by wedding music in minor keys, the Hats grew up secure in the knowledge that pleasure and pain were two sides of the same coin.

And while the old country could offer 78s of Django and Grappelli, the new world contained visions of iPods and Death Cab. So, armed with electric mandolin, viola, guitar and papi's homemade cough syrup, The Felts Hats made their journey to the land of Bill Monroe and Jimi Hendrix.

Today, The Felt Hats can be found in the dark corners of small pubs seducing old men to buy rounds for the young couples with long hair and no money. Tomorrow, they will catch the next train filled with rich folks eating in a fancy dining car, drinking coffee and smoking big cigars.

The Felt Hats are Noah Dolan, Shane Jewel and Andre Sapp. They play and sing original songs, ancient melodies, AM radio hits and MTV favorites.



Tuva Kyzy (*Daughters of Tuva*) Courtesy photo

### Early Alert:

## Daughters of Tuva Perform in March

If you missed them at their sold out show at Meany Hall in January, you can hear the Tuva Kyzy (the Daughters of Tuva) at the Vashon Theatre next month. Mark your calendar for **Sunday, March 11** at 3 p.m., when the first and foremost all-women group of Tuvan throat-singers perform their atmospheric, mesmeric sounds on Vashon. Tickets, \$20, are available at Books by the Way and Vashon Bookshop. For further information: Martin Koenig, 463-1238.

## Local Author Seeks Collaborators

Vashon author Rondi Lightmark is a published author who has written on topics as varied as gardening and travel, as well as psychology, the arts, parenting, death and dying, spirituality, education, and dog training. Lightmark is looking for between four to six Vashon women to



Angela Reed Courtesy photo

## Angela Reed Brings Her Soulful Songs to Café Luna

Angela Reed will appear at Café Luna on **Friday, February 23**, starting at 7:30 p.m. This is an all ages show — come one, come all! FREE!

Angela Reed's music is soulful and engaging. She displays the songwriting prowess of Joni Mitchell, the freedom of Ani DiFranco, and the passion of Jeff Buckley, with her own unique pop sensibilities. Angela cuts to the core, performs with strength and class, and lyricizes through a voice that is angelically fluid. Angela's sound fits comfortably nestled in between such rock and

pop veterans as Sheryl Crow and Marc Cohn, and younger, energetic acts like Brandi Carlile and Guster. For more information go to: [www.angelareed.com](http://www.angelareed.com) or check out [www.cafelunavashon.com](http://www.cafelunavashon.com).

## Four Shillings Short at Café Luna

Four Shillings Short, a Celtic, Folk, and World music duo, will be playing at Café Luna on **Saturday, February 24**, starting at 7:30 p.m.

"Like a medieval fair in New Delhi, the music of Four Shillings Short is intriguing and worth investigating. Their music is a global potpourri....(New Times, Miami FL)

Four Shillings Short live as modern day gypsies touring since they met 11 years ago. Bringing together the influences of Ireland and India on an ever increasing array of musical instruments the husband and wife duo of Aodh Og O'Tuama from Cork in Ireland and Californian Christy Martin perform all over the US and Ireland. Their 2007 tour itinerary will include



Four Shillings Short courtesy photo

concerts from California to Maine and everything in-between.

In a single night, Four Shillings Short perform Traditional Irish and Scottish songs, tunes and airs, Indian Ragas, Folk Ballads, Old-Time songs, Medieval and Renaissance instrumentals and a cappella numbers as well as contemporary folk and original compositions. Their sound has been described as "wondrously diverse", "truly refreshing" and "alternative neo-Celtic folk of the first order."

## For Word Film Series

Three 2006 documentaries will be screened on Saturday nights at Havurat (15401 Westside Hwy) over the next three months. On **Saturday, March 10**, the *Ground Truth* will be shown. It is a series of interviews with Iraq War vets and offers a look into this conflict that we do not see in the mainstream media. Global climate change and ExxonMobil's influence on the way they want it viewed in the media is the subject of the second film, *Out of Balance*, which will run on **Saturday, April 7**. And finally, *Saturday, May 5*, will bring *9/11 - Press for Truth*, a film about four women widowed by the collapse of the Twin Towers and their search for answers that our government wasn't willing to give them. All films will start at 7:30 p.m. Admission is by donation; \$5 suggested. For more info contact Peter Ray, (206) 567-4542 or [pgr42@att.net](mailto:pgr42@att.net).

collaborate with her on a book project focusing on the issues of Boomer-age women.



Rondi Lightmark

Participants should be interested in learning about the publishing business: specifically how to develop an idea and create a non-fiction book proposal. One of the first lessons is that there are no guarantees; writers can spend more than a year on a project and never see any return for their time and effort! That said, Lightmark is looking for Boomer-age women with a spirit of adventure and a passion for learning who are willing to commit to a two-month schedule that includes one 2-hour meeting with the group per week, plus four to six hours of research time in between.

Email: Rondi Lightmark at [lightmark1@mac.com](mailto:lightmark1@mac.com) for more information, and describe your interests, availability, and background.

## Dinner and a Movie

**\$25 every Wednesday night!**  
Dinner at Sound Food  
5 - 6 p.m.

Movie at the Theater 7:30 p.m.  
Call Sound Food, 463-0888,  
for reservations

History of Computer  
Animation. Feb. 18 ~ 2 p.m.  
FREE to Public

Oscar Night! Feb. 25 ~ 4 p.m.

## Children of Men Dream Girls

February 16-22

## Pan's Labyrinth Volver

February 23-March 1

Vashon Theatre  
463-3232 for more



For show times and info on  
theater rentals for birthdays,  
check [www.vashontheater.com](http://www.vashontheater.com) or  
call (206) 463-3232

## Arts and Crafts Needed for Wolftown Fundraiser

Wolftown needs artwork of all kinds donated to raise funds for Wolftown. Painting, sculpture, wood...and fiber artists! Knitting, tapestry, etc! This event will take place on **Saturday, March 3**, from Noon to 3 p.m., at the Backbay Inn. The fundraiser will consist of a silent auction; a slideshow; a talk on Wolves of the Pacific Northwest; and, a wine tasting! It doesn't get any better than this! Please contact Wolftown to contribute art: (206) 463-9113.

## 1,000 Faces of Mother Henna



Design by Kara L. C. Jones. Copyright  
2007. Excerpt from 1,000 Faces of Mother  
Henna

I've done my bit for motion  
pictures. I've stopped making  
them. - Liberace

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