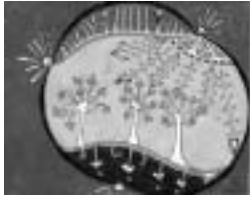


**In This Issue:**  
Correcion, Climbing Mt.  
Burton, Toys, Prayers,  
Flippers Fatales, Youth  
Baseball and more!



**The good  
Hummers  
are in town**

Page 7



**Eat organic and  
lose your  
pesticides**

Page 12



**Fly like an  
eagle! Sing two  
notes at once!  
More arts!**

Pages 18 & 19

# THE LOOP

Vol. 4, # 5

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

February 28, 2007



Student Alexa Hunt shows off the new biology text. Photo by Marian Wachter

## PTSA Auction: It's All About Curriculum

Vashon's PTSA's 2007 auction, which is titled *Abundanza*, will be held at the Veteran's Hall (formerly the VFW Hall) on **Saturday, May 19**, and will feature an elegant sit-down Italian dinner. Bidders will be able to have alcoholic beverages during the auction for the first time.

The PTSA is accepting donations for the auction, and is also looking for sponsors to underwrite the expenses of the auction so that all proceeds will go to the schools.

PTSA spokesperson Anne Atwell said, "We're taking a different approach and hoping for a higher return. We've done a good job promoting the auction, but people don't understand what we

*Continued on page 4*

## School District Wants to Hear from You

By Mary Kay Rauma

The Vashon School District has dedicated the next year to discussing with the people of Vashon what the 20-Year Master Plan should be for school buildings and other facilities. The goal is to put a capital bond measure before voters in February, 2008.

What values and principles do you think should guide the creation of a 20-year facilities plan? The Vashon Island School District is asking ALL community members to provide their opinions by one of three methods between now and Sunday, March 4:

*Continued on page 4*



Einstein and Smith (Patrick McManus, left, and Rod Smith, right) announce Smith's EcoLogicArt exhibit this Friday. Story, page 18. Photo by Richard Lipke

## Poulsen Introduces Three Bills to Preserve Island Shoreline Environment

By Mary Litchfield Tuel

On Friday, February 16, and again on Tuesday, February 20, a group of Islanders from Preserve Our Islands went down to attend State Senate and House hearings on bills introduced by Eric Poulsen.

"It was pretty interesting," said POI board member Marnie Jones. "We have a terrific ally in Eric Poulsen."

"Both the House and Senate are likely to pass (the Bills)," Jones said, "but we don't know if Governor Gregoire will sign it. Glacier is fighting the bill (6011) tooth and nail because it would stop them."

"To date, Governor Gregoire has not come out for or against the project, but because she has dedicated herself to restoration of the Sound, it would seem inconsistent of her not to support the bills."

"We need to put the spotlight on the Governor."

"Who's going to win? We're fighting for the environment," Jones said.

The main bill, Senate Bill 6011, sets up an aquatic reserve. The Department of Natural Resources

*Continued on page 2*



Sunrise on Maury Island. Photo by Marnie Jones

## Fares Up, Service Down Revive Fair Ferry Fares

By Jay Becker

Greg Beardsley and Marilyn Omev urged Islanders at the Vashon Maury Island Council meeting February 19 to revive the successful Fair Ferry Fares organization of the late 1980s and early 1990s.

"We have to fight if we want to keep the service we have," Beardsley told the VMICC meeting. He's on the official Vashon Ferry Advisory Committee.

We need to talk legislators into providing stable funding for the ferry system now that car license fees no longer provide enough to operate ferries, Omev said.

Reelected to the council's board last November, she's official liaison for the board to the Council's Transportation standing committee. That committee has been studying and sounding alarms about ferry failings in recent years.

Costs to operate ferries are rising faster than sources of income are rising. So the ferry system is proposing an overall four percent fare increase and some other changes May 1. But that won't be enough to keep the system from sinking deeper into the red.

As a group, legislators think we are "just a bunch of affluent retired folks who choose to live on Islands,"

*Continued on page 4*



Kate Hunter, right, at United for Peace and Justice Rally. Courtesy photo

## The Second Superpower: Give Us Peace

By Kate Hunter

Some of us pro-peace/anti-war folks, feeling discouraged, ask what is the value of a peace march, if Congress isn't listening? Having recently returned from the massive United for Peace and Justice Rally

*Continued on page 4*

# Get in The Loop

Are you and your family  
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## PTSA Accepting Auction Donations

The PTSA Auction committee will be accepting donations beginning **this week through April 15** for the Abundanza auction.

All sorts of goods and services are welcome. Lend your professional skills, tempt someone with your culinary talents or offer a sunset cruise on your sailboat. Vacation rentals, fine art and crafts, tickets to cultural and sporting events are also great auction items. All donations, large and small are welcome. You can also donate cash to directly support the auction and PTSA programs.

Donation forms can be found at any of the Vashon public schools, or you can fill one out online at [www.vashonptsa.org](http://www.vashonptsa.org).

## DOIT Board Meets Thursday Night

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on **Thursday, March 1st** at the Sunrise Ridge Conference Room at the Voice of Vashon building. Youth and interested adults are welcome! Development of Island Teens (DOIT) supports and develops unique potential and contributions of Vashon Island youth through funding of activities by and for youth, educating the community about youth empowerment, and advocating on behalf of youth. For more information, please see our new web site [www.doitvashon.org](http://www.doitvashon.org). Reasonable accommodations for people with disabilities and directions are available by calling Stephen Silha at 567-4363.

## McMurray Science Fair

The McMurray Science Fair this year will be on **Saturday, April 21**, from 10:00 a.m. to 3:00 p.m. at McMurray Middle School. Entry forms and information packets available at the Vashon Library. Scheduled events: Inventor and author Ed Sobey will have a demonstration and workshop. Don Ehlen from Insect Safari will have a display and discussion groups. There will be a workshop of spinning tops by Barbara Gustofson. The Audubon Society and Ham Radio Club will also have displays. There will be lots of hands on activities to enjoy.

## Acting Head of Animal Control on Vashon This Friday

Al Dams has been named Acting Head of King County Animal Control and will come to Vashon for the Public Safety Committee meeting **Friday, March 2**, in the courtroom of Courthouse Square at 10:00 a.m. Dams says that he wants to provide the service Vashon needs. This is our chance to meet with him and give him information about how Vashon Island is unique in the area of animal control. It will also provide an opportunity to ask him how we should proceed when we are faced with various problems, particularly involving out of control dogs. If you are unable to attend you can send questions and comments to pass along. Jennie Hodgson, 463-5408, [jollyoctopus@comcast.net](mailto:jollyoctopus@comcast.net).

News is the first rough  
draft of history. — Ben  
Bradlee

## VIPP Spring Garage Sale

Vashon Island Pet Protectors' Spring Garage Sale will be on Saturday, March 17, from 9 a.m. to 3 p.m., and Sunday, March 18, from 10 a.m. to 1 p.m. at the Firefighter's Association Building on SW Bank Road. Donations will be gratefully accepted Friday, March 16, from 10 a.m. to 4 p.m. Unfortunately, we're unable to accept the following: large appliances, mattresses, clothes, computers and exercise equipment. For more information please call Victoria 463-5381.

## VIPP Adopt-A-Cat Days

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

## Featured Cat



Shadow

Shadow is an 11-year-old female tabby. She is a sweet and friendly cat looking for a sweet and friendly home.

## Stop Stealing Newspapers

The local vendor of single copy newspapers – the papers you buy in the store or from a box on the ferry, or ferry dock – reports that people stole over \$1,300 worth of newspapers from him last year.

C'mon, people. You wouldn't want anyone to steal \$1,300 from you. Stop stealing newspapers. *The Loop* is free, but the *Times*, *P-I*, *News-Tribune*, *USA Today*, and the *Beachcomber* require coin. You're taking money right out of a working man or woman's pocket when you steal a newspaper. Don't do it.

## Poulsen Introduces Three Bills

*Continued from page 1*

would not be able to authorize any portion of the Maury Island aquatic reserve “for mining or industrial activities or transportation of materials from mining or other industrial activities, nor authorize the construction of docks or other improvements associated with these uses.”

SB 6010 would, in effect, give King County veto power over the dock permit.

SB 6012 has to do with the Hydraulic permit which Glacier was granted in 2002, but which will expire this year. This same bill would raise the bar for activities permitted under shoreline master programs which pertain to islands in Puget Sound.

If you would like to read the bills in their current state, go to <http://apps.leg.wa.gov/billinfo/> and put in the numbers (6010, 6011, 6012). Preserve Our Islands email: [mediacom@preserveourislands.org](mailto:mediacom@preserveourislands.org) Website: <http://www.preserveourislands.org>

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## New Owners at BLOOMS and Things

Vashon Island's premiere floral shop, BLOOMS and Things, has been purchased by Jim Freebourn and Javier Sotelo. While they are in the midst of a complete remodel they are already creating exquisite arrangements for various functions. BLOOMS is open Mondays through Saturdays, 9 a.m. to 6 p.m.

Freebourn and Sotelo's main focus is on flowers, but BLOOMS will continue to be a place to find unusual items. They are currently importing merchandise from faraway places like Mexico and Vietnam. By summer they plan to open up doors into the front of the shop and create a European style open-air market that sells fresh flowers and fruit.

BLOOMS will also provide gallery space to local artists. Geri Peterson's watercolors are on display through the month of May. Open house is **Friday, March 2**, 5 to 9 p.m. Islanders are invited to drop by during the Gallery Cruise to meet the new owners and the artist.

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## Fair Ferry Fares

*Continued from page 1*

and should pay the cost of operating the ferry system without complaint, Omeý told a dozen Islanders at Monday’s forum.

She was reinforcing what state Transportation Commission member Bob Distler had said earlier this year, but more euphemistically. It was his group, a kind of board of directors for the ferry system, which disbanded a special fare advisory panel recently. The panel had disagreed with the commission’s proposal to boost fares four percent May 1. Fare box recovery for the past year has hovered around 75% depending on fuel costs, and it should be 80 percent according to some.

Omeý said the legislators she’s talked to pay attention when ferry users show up to speak to legislators directly. That’s true, recalled Islander Jo Ann Bardeen, who participated in a similar, successful effort some 20 years ago.

Beardsley’s committee likes the 2.5 percent increase the governor and the disbanded Tariff Policy Committee recommended.

Beardsley’s Ferry Advisory Committee recommended early this year that the current legislature establish a stable source of money to “adequately” pay for ferry operation “including restoration of service” to what it was before voters took away the vehicle licensing funds. He characterized the ferry system funding and spending as a “mess.”

Ferry fares have risen 62% while service to Vashon declined by 28%, according to Community Council Transportation Committee research. How much the Ferry System’s costs have increased is unknown.

The Fair Ferry Fares organization got its momentum by speaking to legislators and Transportation Commission members face-to-face, said Jo Ann Bardeen. She ran FFF until citizen interest faded in the early 1990s. Ray Aspiro and George Eustice were among Vashon-Maury Islanders active in the group.

“We got many of the things we wanted” she said. Those things included the passenger-only service directly to downtown Seattle; stable funding for operations from car license sales, and official ferry advisory committees, one for every community served by ferries.

The FFF organization had active members on all islands in Puget and Washington Sounds. They visited face-to-face with legislators often. Sometimes they demonstrated in Olympia, complete with placards on sticks to wave in the air. Legislator Peter von Reichbauer helped trigger creation of FFF using the same logic used Monday; legislators listen, and sometimes act, if you talk with them face-to-face.

Our basic appeal remains similar: stable funding, debilitating

economic impacts from cuts in service despite increases in fares, fare increases should be based on a fair plan, and the ferry system should listen better to users.

FFF is long gone. Meanwhile a casual network may offer some inter-island communication. Where Bardeen mostly used a telephone, faxes and nascent email back then, you can try <http://groups.yahoo.com/group/4FCP/> now. That 4FCP stands for Ferry Community Partnership.

Omeý said she was hopeful Ferry Advisory Committees are “beginning to speak out” and may even help organize ferry users into a voice legislators will listen to.

One thing to help rally ferry users and help convince non-ferry legislators that stable funding must be developed would be a study showing the economic impact the ferry system has on the whole state, Omeý said.

That’s much like the study von Reichbauer got the state to produce which pointed out beneficial economic impacts of ferry service were more than farm-to-market roads, for example.

Other action at the February 19 Community Council meeting included Rick Wallace, president of Vashon Preparedness, telling us that neighbors helping neighbors performed admirably during the big December 2006 storm that cut power for so long to the Island. His group and others are working to improve plans to cope with a similar troubling event in the future including telling PSE about the need to put the health center (and the community care center) on the first priority power restoration list.

There were no motions to debate and vote on.

## PTSA Auction

*Continued from page 1*

do with the money we make. Our strategy is to support the District’s curriculum priorities. While we’re spending more money on a sit-down dinner and alcohol, we hope to get a higher return than in the past.”

The District’s budget priorities have been supporting teachers and having smaller classes. That leaves nothing for curriculum.”

“We aligned our funding with the School District’s strategic planning in 2001. The priority then was math, and PTSA spent \$90,000 for math books throughout the district. Some of the old books were 25 years old.”

“We wanted the District to know what they were doing, so math teaching would be progressive through the years and make sense to the kids.”

“Now the priorities are science, and literacy (reading and writing). Last Christmas the high school received \$17,000 worth of new biology texts. The previous texts were so old, and there were not enough of them for all students.”

“People do not understand the difference between PIE (Partners in Education) funding and PTSA funding. PIE provides special grants for classes and teachers. PTSA is trying to improve the curriculum.”



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## Give Us Peace

*Continued from page 1*

and lobbying effort in Washington D.C., I think I have an encouraging answer.

But first, let me summarize the words of Phyllis Bennis, author of *Challenging Empire*, who spoke to us Sunday in preparation for lobbying the following days. She reminded us that the *New York Times* called the twelve million of us world wide who were in the streets opposing the war before it began, the “second superpower.” The Guinness Book of World Records called it “the largest mass protest in world history.” Responding to citizens’ demands and in spite of enormous pressure from the U.S., the United Nations **did not approve a resolution for war.**

As I marched in the streets of D.C. with half a million others from all over the U.S. and other countries, I felt renewed. Though the signs folks carried spoke primarily to bringing the troops home now, stopping the funding of the war, and stopping the rush to war with Iran, we were joined by those with messages of support for immigrant rights, civil rights, anti-torture, Lt. Ehren Watada, impeachment, Dept. of Peace, anti-globalization, and others. Speaking to the crowds, Representative Dennis Kucinich urged us to keep the pressure on Congress.

So we did. There were meetings in Congressional offices of all but three states (Attended by 100 from California and 40 from Washington). Senators and Congress people knew we were there and knew why we were there though many were not in D.C. A small group of us took bouquets of flowers to the courageous Congresswomen Lynn Woolsey, Maxine Waters and Barbara Lee, thanking them for sponsoring HR

508, which outlined a plan for withdrawal from Iraq.

And the media knew we were there. In the east coast press we were recognized as a continued important movement, countering the Bush administration.

I came home with a renewed desire to keep up the struggle, to keep the pressure on Senators Cantwell, Murray and members of the House of Representatives to include letter-writing, phone calling, sitting in their offices, and other creative non-violent responses to American foreign policy. Five hundred thousand others returned home with the same purpose. We must not forget that all of us who act are part of the second super-power.

## Corrección

En la edición del *Loop* del 31 de Enero, 2007, yo incluí nuestra primera titular en Español, lo cual provocó inmediatamente una llamada telefónica de una persona quien habla Español. Esa persona me explicó que el titular tal como era no tenía sentido. Yo había esperado dar una traducción literal del titular en Inglés – “Usted no esta sola” – pero en vez de eso dije “Tu eres no solamente.” Eso es lo que me pasa por incluir información en un idioma que no conozco.

Espero que nuestra comunidad Latina haya disfrutado con risa de mi tentativa a la comunicación. La lectora quien llamó, Remony Henry, ha accedado a ser un recurso para nosotros con la traducción del Inglés al Español, empezando con este artículo. Gracias Remony.

La idea detrás del titular era de informar a nuestra comunidad Latina que la organización, DAWN, ofrece servicios en Español, y que individuos interesados pueden mirar el website de DAWN en Español al:

[www.dawnonline.org/español.htm](http://www.dawnonline.org/español.htm)  
DAWN ofrece apoyo a mujeres sufriendo de la violencia domestica.

Aparte de eso, espero incluir información en Español en el futuro, con la asistencia de Remony Henry, por nuestros lectores de habla Hispana, además de los lectores quienes estan intentando aprender Español.  
¡Gracias a todos por su atención!

It usually takes me more than three weeks to prepare a good impromptu speech. – Mark Twain



Pictured left to right: Chautauqua Principal Kate Baehr, Superintendent Mimi Walker, Director of Facilities/Safety Janine Ducharme, and Technology Director Peter Serko. Courtesy photo.

## Loop Letters

Editor, *The Loop*:

I was fortunate enough to be at the Youth-Adult Dialogue on Tuesday, February 6, where the theme of the evening was “The Crisis of Culture, the Genius of Youth.” As a concerned observer of the culture, and midway between youth and adulthood myself, I was listening pretty carefully. The lively dialogue between the 80 or so attendees—about 1/3 of whom were youth—was too far-ranging to paraphrase in a letter. But one central theme that emerged from the discussion has kept me thinking ever since, and that is the potent idea that the youth of a culture carry the dream of the future, and thus the unique ability to keep the culture alive.

Like many people there, I already knew the truth of this on some level, but the Dialogue gave me a greater appreciation for the amazing young people on this Island, and for why they have grown so important to me as I move further into adulthood. I am blessed to work with young folks here in several capacities, and their optimism and creativity give me great hope for the local culture here and even, dare I say, for the culture at large.

The Vashon Youth Council, which is comprised mainly of people under 25, is a fabulous example of younger and older people working together to further youth projects that benefit people of all ages. They are also working to coordinate a local mentoring program in the coming year, to facilitate more learning partnerships between youth and adults.

At the Young Women’s Forum, which is co-facilitated by myself and fellow 20-something Bonny Price, I am constantly impressed by the imaginative, positive, and articulate ways in which these teen-aged young women express themselves and envision their futures (and along with them the future of the world).

These are simply the folks I have the privilege of interacting with on a daily basis, and there are countless other young groups and individuals making outstanding contributions to the culture of our Island.

But, it seems almost daring to assume young people might play such an important and positive role, in a larger culture where the teen years are generally cast as at best awkward, and at worst misguided

## District Wants to Hear from You

*Continued from page 4*

Call (206) 463-1457 and input your responses via your phone keypad.

Fill out an on-line questionnaire at [www.vashonsd.org](http://www.vashonsd.org).

Mail your responses to the Vashon Island School District, 18850 103rd Avenue SW, Vashon, WA 98070.

Facilities Planning will be discussed at 7:30 p.m. at future Board of Director meetings, the public is encouraged to attend. Meetings begin at 7 p.m. at the Vashon High School library on the second and fourth Thursday of each month; the next meeting will take place at 7 p.m. on **Thursday, March 8**. Updates and information on the progress of the planning process can be found at [www.vashonsd.org](http://www.vashonsd.org).

and the actual source of some of society’s troubles. As Hannah Berliner’s op-ed piece about the attitude toward teenagers makes clear (in the February 8 issue of the VHS Riptide), the same old stereotypes still stand in the way of open communication and understanding between the youth and adults of Vashon.

The Youth-Adult Dialogues are addressing this issue head-on, with great results. I encourage all to attend the next one, on May 8. And I encourage you adults to look around, if you haven’t already, and take note of the outstanding young people in your sphere, and let them know in some way that you’re watching. As someone who was recently a teen, I can tell you, a little encouragement goes a long way.

Annie Brulé

*Annie Brulé is a Vashon Youth Council board member, a Young Women’s Forum co-facilitator, and on the Youth-Adult Dialogue planning committee. The next Youth-Adult Dialogue is **Tuesday, May 8**, at the Presbyterian Church, across from Zoomie’s. Please contact Annie at [annie.brule@gmail.com](mailto:annie.brule@gmail.com) about any of the above groups or events.*


# Vashon Island School District

## What values and principles do you think should guide the creation of a 20-year facilities plan for the Vashon Island School District?

VISD is asking ALL community members to provide their opinion between now and Sunday, March 4:



Fill out an on-line questionnaire accessed via [www.vashonsd.org](http://www.vashonsd.org)



Call 463-1457 and input your responses via your phone keypad

Facilities Planning will be discussed at 7:30pm at future Board of Directors meetings, the public is encouraged to attend. Meetings begin at 7pm at the Vashon High School library, the first and third Thursday of each month; the next meeting will take place on March 8.

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## Hosts, Airline Miles Needed

Editor, *The Loop*:

Hawe!

Wolftown has two interns, college age, coming to train at Wolftown during the summer. They are a young man and woman from Uganda, Africa, who are going to need host families to provide them with a room and two meals a day. Can you help? Please email me at

[wolftown@centurytel.net](mailto:wolftown@centurytel.net) We also need folks that are willing to donate there airline miles to help with their airfare.

T Martino  
Wolftown

Two people getting together to write a book is like three people getting together to have a baby. One of them is superfluous. -- George Bernard Shaw





It is amazing how long you can live without asking the most fundamental questions about your everyday reality. After almost six decades on this planet, it was only this morning that I paused to wonder, why does it make noise when you...uh...hm...how can I say this? When you make a rude noise, if you catch my drift.

After all, the propellant is invisible. The, ah, substance itself has no sound. It has no vocal cords. So, why?

I found myself speculating that it is all about embouchure, and subsequent research proved that I was right.

When you play what is called, interestingly enough, a “wind instrument” —trumpet, trombone, French horn, clarinet, oboe, saxophone, etc. — you use embouchure. You purse your lips and blow into the mouthpiece, forcing air through the instrument and making the sound which we hear as music, if the person blowing is sufficiently trained and talented.

You can create the effect with your mouth without an instrument – just put your lips together and blow, as the saying goes. If you purse your lips and blow forcefully you’ll get a squeak, a whistle, a trumpet sound, or a “puh,” all at whatever volume you choose, depending on how much air you’re expelling. So I think that would be the mechanics of the most basic of human noises – sort of a back door embouchure.

I am thinking of Victor Borge’s famous punctuation routine – he manufactured a number of mouth noises to represent punctuation marks as he told a story, ending with the “well known sound of his departing horse.”

That always got a big laugh. I believe that Kurt Vonnegut, in one of his novels, observed that passing gas is the first and still most sure-fire (so to speak) human joke.

## Climbing Mount Burton

By Gordon Fisk

One of Vashon Island’s most unique features is towering Mount Burton rising majestically more than a mile high above the crossroads at Burton. Unfortunately, many Islanders fail to pause and look upward as they rush through this historic town, thus missing what might change their lives forever. Those who do take the time for exploration find there are folks living in the foothills seeking beauty, spiritual and otherwise, in the shadow lands of this peak, and that it is possible to reach the summit.

A viewer’s gaze sweeps upward. Often the summit is lost in clouds. Draining the mountain’s slopes is Mystic River, carrying rain and melted snow into Serendipity Harbor.

Put on good hiking shoes and a day pack with food, water, an extra jacket. The main trail is easy to find as it winds upward just west of the Burton coffee stand, Burton church, and Harbor Mercantile. Don’t look back. Soon you’ll find yourself surrounded by the joys of nature – trees, small meadows, wildflowers, birds, an occasional mammal, always the unexpected.

It is one of the things that binds us together as creatures, all those of us with gastro-intestinal tracts.

If you live with dogs you know that there is no self consciousness or discretion. A dog lets it rip, or lets it slide, and we humans with our high standards of air purity are left to deal with the consequences.

There is a rich trove of colorful nomenclature for the phenomenon. My husband’s dad has a ratings system: a fizz, a fuzz, a fizzy fuzz, a poop, a terrapoop, a tearass, and a rattler. My husband said he always thought that “the foghorn” should be somewhere in there. He also said that in Ohio he heard his mother’s relatives call it a “winder,” pronounced like “window” ending with “er” instead of “ow.”

There is the rather clinical term, flatulence. Beyond that you can enjoy the unlimited scope of human creativity in describing this common occurrence: breaking wind; butt burp; barking spiders; sat or stepped on a frog; trombone solos; silent but deadly; room clearer; someone light a match; cut the cheese; back talk; crepitate; fluff; honk; pocket thunder; and my late Uncle Art’s “malafloofus of the blowhole,” a personal favorite of mine.

I wanted to write something high-minded. Something thoughtful, edifying, or illuminating. Maybe something about politics, or faith, or self-reflection, or even an amusing story from my past, like the time in 1970 Truman Capote drove a VW Beetle into the back of my Chevy on Fairfax Avenue.

But no.

I’m tired, our grand daughter is sick, and deadline is past. This is it. Maybe I’ll get to the illumination and edification next issue.

ooooo

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a mountain of the spirit. That’s what attracted us to it when we left Burton almost a century ago. It’s a learning mountain for the spiritual quest. Seekers come from all over the world to find its peace.”

Mr. Beaven spoke up. “So many denominations and religions have emerged throughout the world; it’s often hard to sort them out. We get confused as do many who climb the mountain and share their thoughts with us.”

“You must hike the trail again,” said Mrs. Beaven. “Something new to discover every time. As you go up Mount Burton you’ll find many trails, many paths. Each trail to the summit has its own name: Baptist, Episcopal, Hindu, Orthodox, Methodist, Evangelical, Catholic, Unitarian, Mormon, Judaism, Buddhism, Muslim, Quaker, Lutheran, Freethinker, Presbyterian – and many more.”

“We’ve found,” added Mr. Beaven, “that whatever a person believes to be true is truth for that person – and has the ability to change a life or lives. When folks reach the summit they joyously share these truths, and learn to love and care for one another as never before.”

Said Mrs. Beaven, “So many times we’ve hiked the summit to find such joy as folks from faiths around the world hold hands and sing in so many voices their own versions of that old hymn, ‘Blest Be the Tie That Binds.’”

Hiking the trails of Mount Burton – a life-enhancing experience. Mount Burton is real – can be real – for those who hike the trails. Drive to Burton, pause, gaze upward, and make your own plans to reach the summit. Questions, anyone?

### Audubon Speaker on Wild Alaska

A great upcoming event is Vashon Audubon’s guest speaker and National Audubon’s Alaska Field Coordinator Taldi Walter presenting slides and a talk about Wild Alaska. The title of the presentation is “From the Black Oystercatcher to Black Gold: Challenges and Opportunities in Wild Alaska.” The slides will showcase some of Alaska’s brilliant birds and stunning vistas. The Audubon program will be **Monday, March 12, 2007**, at 7:00 p.m. at the Firefighter’s Association Building located across the street from the Vashon Maury Island Land Trust building. The address is 10011 S.W. Bank Rd. As usual, the presentation is free and all are welcome. For more information, please call Laura Bienen at 567-4613.

I’m at the age where my back goes out more than I do.  
– Phyllis Diller



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## Don't Forget the Birds

### Time for Hummers to Return

By Ed Swan

It's that time of year to hear the high pitched buzz of a Rufous Hummer zooming by. In fact, I'm surprised I haven't received a call yet about the first returning Rufous Hummingbird of the season. For the last several years, they have been reported as early as the first three weeks of February.

Rufous Hummingbirds used to be our only regular hummingbird in Western Washington. Several decades ago, they used to arrive in mid March, but they seem to be arriving gradually earlier the last decade or so and especially over the last five years. They nest beginning in mid-April and continue on sometimes into June. By mid August, most leave and only a few, usually migrants from farther north, pop up through early September.

The Rufous Hummingbird is a habitat generalist. They live off a variety of flowers from the shoreline up into the mountains, in open shrubby areas and both deciduous and coniferous forests. The arrival of the Rufous in spring is usually timed to coincide with the flowering of pink salmon berry or currant flowers. Besides adding insects to its diet, the Rufous Hummingbird will also drink sap from the wells created by Red-breasted Sapsuckers on tree trunks. These wells not only provide sap but attract insects for the Rufous to glean.



Rufous Hummingbird  
Photo by Jim Rosso



Rufous Hummingbird Photo by Jim Rosso

Rufous Hummingbirds can be a real favorite for their behavior as well as their bright colors. The males are quite territorial and will fight to keep others from their favorite flowering bush or feeder. Any speck of bright red will attract them, whether they are looking for food or chasing off a potential competitor. They'll inspect a scarf an inch from your face or check out the bright red toy fire truck on the lawn. Many times I have had them land two or three feet away on the branch of a shrub in order to get a bath as I watered the plant. Both male Rufous and Anna's Hummingbirds make loud, J-shaped power dives past the female that they are wooing. The Rufous is heard mostly as a loud buzzing sound as it flies around but the Anna's can also be heard making a loud chittering song from a branch.

Anna's Hummingbirds added themselves to the Washington State bird list relatively recently. They are Californians that came north as more people put out hummingbird feeders and planted exotic plants blooming at all times of the year. The first Anna's appeared in Seattle in 1964 with the first breeding record coming from

Tacoma in 1976. They now show up as far north as Alaska. Anna's Hummingbirds stay year-round so that now we see hummingbirds fairly easily in winter on Vashon. The last Christmas Bird Count for Vashon found 78 birds, the highest yet. If you keep your feeder up after the summer around here, Anna's will eventually come. These birds aren't found far from human habitation and the feeders and exotic plants that come with development. Anna's Hummingbirds eat insects more than any other North American hummingbird which may allow them a greater ability to overwinter by supplementing their diet.

The Anna's Hummingbird looks superficially similar to the Rufous. Close observation shows a number of obvious differences. Anna's are larger by about a half inch overall. They have none of the reddish brown that gives the Rufous its name and that appears on both the female and male of the Rufous Hummingbird. Both male and female Anna's Hummingbirds are light grey/white below and green above. The male has a red/purple chin, forehead and crown. The female may show some red or a dot on the chin. Male Rufous Hummingbirds show a bright to dark red-brown back, sides and front, depending on how the light hits them, with a bright, ruby red throat. The throat may appear dark, almost black when the light doesn't reflect off the iridescent feathers. Some males show varying amounts of green on the back. Females are green above, white below with light brown sides and

brown and black tails. The telling factor between the two species is the brown color that both the male and female Rufous possesses. Anna's have no brown or brownish-red anywhere, and their red is a magenta-like color only on the throat and head.

When feeding the hummingbirds, use a feeder already colored red and don't add food coloring to bird food, as some of the coloring ingredients possibly harm the hummers. Make sure you clean the feeder each time after it empties. When making the food for the hummers, boil sugar and water at 1:1 ratio for a minute or so and then add 4 parts more cold water. So for example take a half cup each sugar and water, boil, then add two cups cold water. Any more sugar in the water

is too rich for the hummers and can harm them.

Reports were few and far between over the last couple of

weeks but Bent and Marie Blichfeldt sent me a photo of the Winter Wrens that wintered under the eaves of their porch in an old Barn Swallow nest. The birds must have appreciated the shelter this winter. If you have an interesting sighting to report, a good bird photo to share or a question about local birds call me at 463-7976 or email at edswan@centurytel.net.

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Winter Wrens Photo by Bent Blichfeldt



Winter Wrens Photo by Bent Blichfeldt

# We've Got a Lot of Kids Toys in the Attic

By Kevin Pottinger

We've got a lot of kids, and our kids have a lot of toys. They are everywhere: they litter the living and dining rooms, the hallways, the bathrooms, the front and back yards and the kitchen counters of our home. We have three rooms that we use pretty much exclusively to house toys.

I believe we have, at one time or another, owned every toy ever donated to Granny's. We've secretly re-donated vanloads of toys back to Granny's after the kids got bored with them. It's becoming harder to take the kids to the toy section at Granny's because they recognize their favorite toys that have been "disappeared" while they weren't looking, and the re-donated toys come back to our house again. I once was lost, but now, I'm found.

We've got lots of really big plastic storage containers full of Legos, Duplos, little pirate guys with fierce expressions that belong to the large pirate ships; their close cousins the rebellious serfs and jousting knights that belong to the large plastic castle with a cannon that shoots grey plastic cannonballs; the molded plastic vegetables and spaghetti with meat sauce and hot dogs with mustard and all the rest, that belong with the compactly designed play kitchenette; and my favorites, the Rescue Heroes, who live in a half-full Maytag refrigerator box which has to be dragged around because it's so heavy. One of the Rescue Heroes Command Centers repeats in a pleasant robotic monotone, "No -one -gets -left -behind," which might be where Mr. Bush found inspiration for his public education legislation.

With all those toys to choose from, most of the time our kids play with everything except toys. For several days two-year-old Gracie possessively dragged around a brightly colored pamphlet about natural family planning that a relative had mailed us before the twins were born. The pamphlet arrived a little late; yet the sentiment was clearly sincere.

My wife Maria has boxes and bags of toys in the attic that the kids haven't even seen yet. As none of our kids can read very well yet, I can confirm in confidence that the best toys are still upstairs. I don't know what the kids are going to have to do to gain entrance to this Golden Circle of all the best toys. Maybe make their beds every morning for ten years, or win a Nobel Prize. Hey kids! These toys are so much fun that Mama had to hide them upstairs, for your protection more than anything. You'll never find them, so don't waste your time looking. You'd best start making your bed now and hope for the best.

This morning, our four-year-old daughter Meredith burst into tears when I mentioned we were having



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oatmeal for breakfast. We do have oatmeal rather often. It's such a sensible breakfast. The kids sat looking at me sullenly on the shabby green couch in the TV room, eyeing the oatmeal as if they were looking at bowls of hot horse dung topped with brown sugar and butter.

I have a recurring obsession that at some point things will get easier with the kids. Our life is certainly easier today, a couple years after the blurry time when all four kids were not yet four years old; yet it's becoming clear that my version of "easier" will not likely happen. There will always be more of them than there are of us.

They will continue to make up their firmly-held opinions about everything: what's for breakfast, lunch or dinner; what pajamas to wear, or whether to wear pajamas; whether to put their hands or their napkin, or both, in their water glass; whether to enjoy a particular public activity completely naked, or in their brother's or sister's underwear.

We will always be outnumbered. God willing, we will always be outnumbered.

### VIFR's Public Committee Making Progress

Vashon Island Fire & Rescue's Planning Committee has made progress in defining and prioritizing major projects needing attention.

Now is the time for community members with experience in Emergency Communications, Financial Planning for Emergency Services, and Recruiting and Retaining Staff to come forward to help build a stronger Fire District and Community. Because there is only room for 2-4 members in each committee. If interested please call VIFR's Business Office soon, 463-2405.

Committees seeking volunteers: Communications Committee will evaluate VIFR's interface with dispatch as well as the radio and pager reception issues.

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Financial Committee will be looking at ways to meet the challenges of increasing costs due to inflation and equipment replacement. They will be examining our budget process; funding resources; as well as apparatus, equipment and facility needs. Suggestions from the committee will help the Board determine how best to keep the fire district on stable and sound footing through the next decade.

The Staff Committee will be exploring ways to attract, recruit and retain active firefighters and emergency medical technicians (EMTs), while trying to encourage Vashon residents to participate in these programs.

While Communications, Staffing and Finances are the projects needing the main focus at present, other committees will be formed to address Disaster Preparedness, Interagency and Public Relations, Response Times, and Apparatus Procurement-Replacement. If you are experienced in these areas and would like to volunteer please call and add your name to the list for future projects. For questions or to sign up, call Barbara Cooper at 463-2405.




Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 9**




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# Essay

## Mary Muzio's Prayer

A Personal Essay by Alice Orr

I once had a friend named Mary Muzio. We've lost track of one another, decades and geography in between, but I still remember her well. Mostly, I remember hours spent at her formica table which was designed for a kitchen but stood in her dining room because the kitchen was too small and cluttered to afford table space. The formica was not the finest grade and bore visible evidence of hundreds of coffee chats. Nests of circles linking, overlapping and intertwining. Each circle was a memory left by one of the many who trekked from near and sometimes fairly far to sit at that table.

We came to talk to Mary and be listened to in a way we might never have been listened to before. As if what we had to say and, by extension, who we were, had validity worthy of the serious consideration and respect not always accorded to virtually powerless single moms, which most of us were. We would speak our piece, drink our coffee and leave behind a cup ring no amount of scrubbing could erase. Always we walked away less burdened than when we arrived.

I must confess that, more often than not, we neglected to contemplate the burden Mary herself bore, primarily because she carried the weight with so much

grace and good humor. She had several children with multiple problems linking, overlapping, intertwining into a thicket of trouble and worry pretty much impenetrable for a mother alone with few resources beyond her own generous nature. Yet, only once did I ever see her allow the bramble scratches to show. The details of that particular day's dilemma, and why it was more of a calamity than the many other dilemmas, were lost in time long ago. The indelible part is the image of Mary and what she did.

She sat perfectly still for a while, suddenly incongruously calm. When she finally rose from her chair, she did so slowly and deliberately. She turned without saying a word or looking directly at any of us and walked to the window. She struggled with the sash which was wooden and swollen tightly closed by years of moisture and lack of repair.

I started to move toward helping her, but something in her manner told me I should not. That whatever had drawn her there to shove at the sash, she had to do on her own. I watched as she gradually forced the window upward and leaned out. It was a brisk Northeast autumn day. The wind whipped her short red-brown hair and must have stung her eyes as she turned her face skyward. She stayed like that for a moment, halfway in the room, halfway out, before uttering a single word.

"Help," she said, almost but not quite shouting.

She pulled her head back in then, shoved the window down and returned to her chair.



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"Does that really work?" I asked mostly because I didn't know whether to laugh or cry and needed to say something rather than do either.

When Mary looked at me, her eyes were clear, her face was free from tension. "I think so," she said.

I have told this story as an amusing anecdote several times, but I don't really think of it as funny. I think of it as one of the most elegant exercises in faith I have ever witnessed.


We all experience times when troubled situations link and overlap and intertwine to press and stress us against one wall or another. Mary Muzio's prayer would come in handy for us then. I am currently in the midst of one of those times myself, which I may tell you more about in another musing. Right now, however, I must look for a window that isn't swollen shut.

~~~~~

If you can't say anything nice about a person, come over here and sit right next to me. - Alice Roosevelt Longworth

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### Children of the Revolution

The Children of the Revolution bring their message of global and cultural unity through music to the Vashon Theater this Saturday, March 3, at 7 p.m. in a concert benefiting the children of disaster-stricken Panabaj, Guatemala. - Alice Orr

# The Dorsal Spin

## Asesina Ballenas on Ice and Flippers

### Fatales

By Orca Annie Stateler

*Asesina ballenas* is an antiquated Spanish term for “whale killer.” *Ballenas* means “whales” and *asesina* means, of course, “assassin.” Elegant but deadly sounding, the label probably originated with Basque whalers and morphed eventually into “killer whale.” How sacrilegious to consider Granny and Ruffles assassins! Perhaps to Chinook salmon they are, however.

On February 21, we attended a fascinating ACS/PS talk by natural history illustrator Uko Gorter about Antarctic killer whales, based on research by Robert L. Pitman and Paul Ensor. The 2003 paper by Pitman and Ensor is, “Three forms of killer whales in Antarctic waters,” published in the *Journal of Cetacean Research and Management*, 5:131-139. Uko’s illustrations accompanying my article show, from top to bottom, three Antarctic orca ecotypes: A, B, and C.

We have a parallel in the North Pacific with three unique ecotypes: Resident, Transient, and Offshore. Physical characteristics, feeding ecology, dialects, cultures, and social structures differentiate our killer whales. North Pacific Residents, Transients, and Offshores do not interact, and neither do Antarctic Types A, B, and C. Types B and C have distinctive calls and are significantly smaller than Type A. Type C is among the smallest orcas in the world and may qualify as a dwarf form.

The Antarctic Type A is similar to our Transients. Type A is black and white with a medium-sized eye patch, closed (all gray) saddle patch, and a more angular, pointed dorsal fin. Type A preys on Antarctic minke whales, travels in groups of 10 to 15, and favors open water farther from the pack ice.

Type B is black, white, and gray with a pronounced dorsal cape and a pinstripe connecting the saddle patch to a huge oval eye patch. These orcas can appear yellow from diatoms (phytoplankton) that grow on their bodies. Type B eats seals, travels in an average group size of 12, and prefers loose pack ice.

Type C is also black, white, and gray with the ‘way cool dorsal cape



and pin striping. These whales have an exotic eye patch that is narrow and forward-slanted. Type C is a fish eater, specializing in Antarctic toothfish, and inhabits dense pack ice. Type C has been observed in groups of 10 to 150.

Uko’s illustrations are featured in “Killer in the Kelp,” a captivating article by Mark Schroepe in the February 15 issue of the journal *Nature*. It describes the Antarctic orca populations and probes a controversial, unproven theory that alleged prey switching by killer whales in Western Alaska disrupted the entire ecosystem.

Please support the work of the Vashon Hydrophone Project (VHP):



Antarctic Orcas, top to bottom: Types A, B, and C. Illustrations © 2007, Uko Gorter.

REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. I had an intriguing chat with Leda, a longtime Islander, about a potential early February sighting of Transient killer whales in East Passage. Last year during the first half of February, Transients visited Island waters. They could easily be slinking around here undetected.

On behalf of the VHP and Wolftown, we are most grateful to Virginia, a true defender of wildlife, for purchasing Odin’s *Night Song* wolves carving at the Vashon Island Coffee Roasterie.

In a cosmic coincidence, the same day the carving sold, the VHP and Wolftown took a day trip to Port Townsend to attend a class for marine mammal stranding responders. T Martino is one of our favorite people. She seldom leaves Wolftown because of the enormous responsibilities there, so we felt privileged to have a few hours to discuss many issues, from the lofty and philosophical to the mundane, with her.

# PANDORA'S BOX

Lots and lots and lots of new stuff has been ordered and will be arriving soon! Don’t miss out - be first in line to see the new satin pads and fancy spring neck wear!

Horus’ pick of the week:

The new yogurt dipped extra special treats - even if the package says they’re for canines. He loves the frosting!



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17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch

I was shocked to learn from the class that, in 2006, 64 harbor porpoises stranded in the Northwest region, mostly in Washington. That is an alarming increase from 30 to 34 in the previous three years. Moreover, unusual marine mammal mortality events occurred around the US with sea otters, manatees, bottlenose dolphins, and humpback whales. These deaths were from multiple causes yet to be determined, but I think Mother Ocean is sending us a potent distress signal.

From the truth is stranger than fiction category, the Navy seeks public input for an environmental impact statement on the proposed use of Atlantic bottlenose dolphins and California sea lions to protect Kitsap-Bangor submarine base from “suspicious” divers and swimmers. So twisted is this proposal, where do I begin? Here is a short list of concerns: dismal lives in captivity; warm water dolphins from another ocean in Hood Canal; and ethically challenged recruiting of innocent species to partake in sordid human affairs — war and terrorism. Does the idea of a Flipper Fatale squad sit well with you, dear readers? For the youngsters, Flipper was a famous, gentle Atlantic bottlenose dolphin on TV when I was a kid.

Kindly tell the Navy to pursue alternatives like remotely operated vehicles or specially trained HUMAN combat swimmers. Comment in person at a Seattle meeting on **Wednesday, March 28**, 5:30 to 8:30 p.m., at the Holiday Inn, 211 Dexter Ave., or by email to NBKEIS@spawar.navy.mil. Explore divergent sides of the issue online at <http://knittingfordolphins.com> and <http://www.spawar.navy.mil/sandiego/technology/mammals/>, the Navy’s Marine Mammal Program.

Contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com). ☎☎☎☎



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Lauren Ockinga, Ella Mildon and Anya Quig (L-R) warm up their arms during a recent Vashon Youth Baseball and Softball player clinic. Photo by Lance Morgan

Must be spring:

## Vashon Youth Baseball and Softball Start Up

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Book Review

Isabella, Isabella, You're Certainly Not a Fella

By Guest Reviewer David Steel

Let's get one thing straight. I'm not what you think I am — a history buff. So why am I reviewing *Isabella—Queen without a Conscience* by Burton



resident and *Loop* columnist Rachel Bard? Because it's an absorbing, fast-moving novel that makes me want to know more about Europe in the (ummm, middle

ages? Medieval ages? Futile Ages—no, that's the age we're in) anyway the 1200's.

Rachel is an old friend who can spin an edge-of-your seat tale, based on meticulous research on places she's actually traveled – England, France, Cyprus, Sicily, Spain. This one is a natural follow-up of her earlier novel *Queen Without a Country* around the same period — about beautiful young Berengaria of Navarre (think Basque) who marries Richard the Lionheart, King of England (think Clint Eastwood).

Not to give it away, but Richard and Berengaria head for the Holy Crusades. On his return this god-like, golden warrior dies from a crossbow

wound while storming a French castle, she lives to a ripe old age of 65, but never gets to England — and that's all you need to know about that.

But even before she succumbs, who do you think succeeds her on the English throne?

Isabella (think Catherine Deneuve). Hers is a fascinating story on an unbelievably Shakespearean scale that you can now relive. Interestingly, the chapters are short, snappy and written in first person voice. You think you're there.

John, brother of Richard, becomes King of England and that's when the fun (and the novel *Isabella*) begins. The

year is 1200. She's a 14-year-old innocent daughter of French Count Aymer who had quite a fiefdom in Angouleme, which happened to lie within a larger area called Aquitaine (think California) in southwest France. In them days the English ruled about one-third of present day France and were clawing at the rest of it. Now, the French King Philip, the darty-eyed little fox, did not hanker to be English one bit.

You must understand, the French court and magnates were like high chic, whereas the English, who came from Nordic-Roman ancestry, were big, crude lumps who threw dinner bones to the dogs.

This novel springs to life the English, French, Catholic Church roil in a time when the English hegemony in France was at its peak.

There were a lot of pre-arranged marriages in those days, in those courtly circles, all based on greedy land grabs. You never knew whose kid was going to end up in whose bed — gawd, the gossip mill was worse than *Entertainment Tonight*.

Hugh le Brun (he's kind of dashing, we like him, he's got vassals) has an arrangement to marry sweet Isabella. Amazingly, they fall for each other. Hard. The wedding day is penciled in. Then King John of England shows up at the castle, is smitten, rethinks his promised betrothal to a Portuguese princess who looks like a horse, and does a real nasty to Hugh. With thugs.

We might tell you a little bit about John. He was an ass. Think of a cowardly Anthony Hopkins e.g. throws a tantrum, then kissy, kissy; runs away from a duel, melts-down when the going gets tough, momma's boy — momma being the rapacious she-dragon, Eleanor (Kate Hepburn in *Lion in Winter*.) And he was short.

Nonetheless, our lithe blonde beauty, Isabella, sticks by her man. According to the nuptial agreement hammered out by her folks, John was not to have connubial rights until she was 16. Ha. Ha, ha — just try to say no to the King of England. Must say, she rather enjoyed it though, so the bed was John's redeemer. She bore sons and a daughter.

They were so love drunk that John neglected his kingly duties. She was

accused of sorcery. And Old Soft Sword John (that's what they called him, because he ran from a fight) lost most of France, turned the country over to the Church and ended up falling off his horse fording a river, literally losing his crown and, worse, drowning.

Well, that was the end of Isabella in England. She was asked to leave. But that isn't her end by any means. Did I mention that, back in France, she married the son of Hugh (remember her first love?) who was engaged to her daughter (so dysfunctional, ugh), and then they were accused of trying to assassinate the King of France.

As a friend of mine might say, that's weirder than Dick's hatband.

One thing about history is we're bound to learn from it. Why, I can't imagine all this warring and crusading against infidels and power-mongering political insanity happening today. Can you?

oooo

Isabella Queen Without a Conscience

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If we have accidentally omitted or misspelled your name in this list, please accept our sincere apology and do let us know so that we may make the correction and recognize your contribution





# Organic Food Makes a Difference

By Kathy Abascal

A few friends and I have formed a group to modify our eating habits or routines and lose some weight. One of the topics we looked at recently was how toxins can interfere with metabolism and make it difficult to lose weight. As you no doubt already know, we are exposed to a substantial amount of environmental toxins ranging from heavy metals to solvents, pesticides, herbicides, and food additives.

Even very “conscious, clean living” people have many of these toxins in their system. In a recent study, ten Washington residents were tested for phthalates, PBDEs, arsenic, lead, mercury, perfluorinated chemicals (used to make Teflon), pesticides, PCBs and DDT. Every person tested had at least 26 and as many as 39 toxic chemicals in their bodies. Every one of them tested positive for perfluorinated chemicals and PCBs. The participants included the founder of Earth Day, a breast cancer surgeon, a toxics policy expert for the Washington Toxics Coalition, and members of the Washington state senate. The sources of their toxins included food, personal care items, consumer electronics, stain-resistant furniture, and contaminated soil, water, and air.

Even among these ten people, however, life style choices made a real difference. For instance, the toxics policy expert avoids chemicals as much as possible and eats organically grown food. Her body showed no signs of pesticide residues. One of the senators eats conventionally grown food. Her body contained significant amounts of pesticide residues (You can read more about the study at <http://www.pollutioninpeople.org>).

This is important because studies are increasingly showing that many of these toxins and pesticides are endocrine disruptors that affect our metabolism in many ways. They disrupt our sex hormones and are the likely cause of early puberty in girls as well as other hormonal disorders in both males and females.

They also affect hormones involved in weight control such as thyroid, cortisol, insulin, growth hormone, and leptin (Leptin is what is commonly referred to as the satiety hormone as it helps inform the brain when you are full). The most recent study I have read found that mice exposed to endocrine disruptors in utero were born with a low birth rate but rapidly put on weight after birth and had a tendency to become obese later in their lives.

Personally, I pretty much only eat organically grown food. Several members of my group, however, winced at the way switching to organic might affect their food budget. They asked me to look into which foods typically have the highest pesticide residues so they could at least avoid those.

I found two good studies on this. The first is based on government data and ranked the 12 worst foods from highest to lower pesticide residues: Strawberries, bell peppers & spinach, cherries, peaches, cantaloupe, celery, apples, apricots, green beans, grapes, and cucumbers. In the second study, Consumers Union tested for residues and found these to be the worst foods: Peaches, winter squash, strawberries, grapes, spinach, apples, green beans, pears, cantaloupe, tomatoes, and potatoes.

The first study found that brussel sprouts, avocados, cauliflower, bananas, plums, watermelon, potatoes, carrots, kiwis, broccoli and green peas had the least pesticide residues.

Of course, you will notice that one study found little residue on potatoes while the other found a high amount. The amount of pesticides used no doubt varies with the season (less may be needed when the food is grown in season) and where the produce was grown. Interestingly, sometimes produce from Mexico tested better than its American counterparts.

One study found 12 different carcinogens, 17 different neurotoxins, and 11 different pesticides that disrupt the endocrine or reproductive system in just 12 fruits and vegetables tested. Another reported that it found illegal pesticides to be common enough in some produce, such as green peas, pears, and apple juice, that someone who consumed five servings of fruits and vegetables a day would eat an illegal level of pesticides “at least 75 times per year.” According to Consumer’s Union, children who eat non-organic tomatoes, strawberries, pears, green beans, or winter squash have odds ranging from 2 to 66 percent of getting more than a safe dose of at least one pesticide.

The Environmental Work Group that did the first study claims that switching to organically grown food could reduce your pesticide exposure by almost 90%. And, if

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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](mailto: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>.

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Planet Waves



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

**Aries (March 20-April 19):** Talent is potential, until it manifests in you. Then this quality you seemed to have an external relationship with, as if you were reaching for it, appears inside you as a tangible awareness with the strength to change the world. It may be that developing your gifts is about taking them back from the outer world into your inner one, or it may be that what you saw outside yourself is simply who you are. This same property can work in your relationships, though it's difficult and not really appropriate to keep an inner focus entirely. For the moment, I suggest aiming for one-third outer world, two-thirds inner world. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Taurus (April 19-May 20):** You are learning, and by all indications you are learning well. Venus in Aries says that a new phase of your life has begun quite suddenly. Here was the trick you did. It involved discovering your chameleon-like quality, and giving yourself the freedom to experiment with identity, your role in the world and in the lives of your friends, your responses to life circumstances and moreover, who you believe yourself to be on the inside. That led to a discovery, mainly the one that you're actually free to be the person you want to be — and nobody can hold you to it. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Gemini (May 20-June 21):** Focus on your friends. They are amazing, and they are showing their fire of a thousand colors. You have some extremely interesting stuff going on for you professionally, and I don't suggest you neglect it; indeed, indulge yourself. But the reason the whole trip is worth the paper your birth certificate was printed on is because of the people you love, with whom you can share energy and experiences. The world is in an outrageous state at the moment, and yet you have your moment to grow with it, to change it, to become as it becomes. Make your contribution well, and then keep going. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Cancer (June 21-July 22):** Try not to judge your progress, your lack of

progress, or your relationship to a particular long-term goal. Mercury retrograde, particularly the current one, is for you one of those moments where you can't quite assess what is what or who is who. There is a great deal of value in living with the mystery of it all, though you will need to be strong not to jump to any conclusions. Indeed, conclusions need to be the last thing on your mind, because in truth you've just arrived at the beginning of something, or that indescribable time before the beginning. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Leo (July 22-Aug. 23):** Someone whose feelings may have made no sense at all is suddenly making a lot of sense. Someone you feel may have been neglecting you suddenly shows up as protecting you and providing a dependable source of wisdom. It's funny how perceptions can change, how they can be wrong, and how they can make no sense at all until that moment when they add up to something perfectly reasonable. What's more interesting is how logic can exist on two levels, one which is internally consistent, and one which makes sense in the outer world. Occasionally there is a moment when the two intersect. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22):** Distance matters not; awareness is what counts. People can be in the same room and have no awareness of the other's true experience; they can be in different continents and engaged in perfect empathy. Often this paradox is the source of sadness. In these unusual days, allow it to be a testament of what is possible. The deepest gift you can receive now is feeling how real you are to the people around you. Set your own experience aside and notice what they are observing, feeling and becoming as a result of connecting with you. Feel your own feelings influence the whole environment of the relationship, and let this remind you how gentle to be. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23):** You can experiment with the idea that every

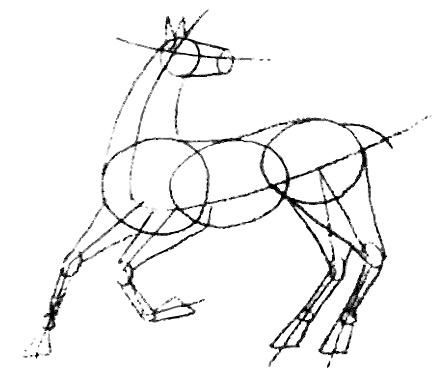
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meeting is a meeting with yourself. This may seem boring, but if so, you haven't figured out how interesting you are, and how interesting you become when self-awareness is the meaning of your existence. What is most surreal about meeting "you" is how different you are than the person you previously thought of as yourself. You are meeting you in the true present, not the you who has carried around the weight and uncertainty of the past; its sorrows and its fears. Know yourself as you truly are, and remember every day to meet yourself again. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22):** Often the people closest to us can lead us out of our pain. If we resist the changes they go through, we also resist the process of allowing freedom. We may fear that when someone changes or grows, that will shock us out of our reality — which is precisely the point. You are learning to relate to life, to people and to yourself from your very depths. You have agreed to honor only what is most important to you. The revelations of someone you care about deeply will be your faithful guide to keeping this promise to yourself, and will only bring you closer. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22):** Every new creation helps open the way to personal rebirth. Many people resist the creative process specifically because it compels us to be in the moment, free of history. You are not faint of heart, but there are times when even you fear the disorientation that would come with total honesty with yourself. You are not being compelled to admit something to someone else, or to betray any confidences. Rather, you are being asked only to admit your true feelings, your deepest needs and your most basic fears. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20):** Small decisions mean a lot now. Seemingly subtle choices to align with your deepest truth, or even basic truths, will take you further than they ever have. You've been in this place before, and you've forgotten

before. Never has the potential for progress been so strong, though. Never has something that so easily hides, is obscured or forgotten been so conscious, tangible and available. Another way to put it is like this: safety is a choice, but the reality of this choice is very rare to feel and even rarer to acknowledge. Try it and see what happens. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19):** To understand growth, we need to understand the role of denial, and be vividly honest about it. Our entire way of life is based on denial, and as a result, our psychological constructions are supported by denial. You can rarely mention this because the moment you do, everyone typically refuses to admit it, at once proving and obscuring the point. This game is only possible if you look to others to validate your own revelations. You don't need to, and whether anyone cares or notices what you are becoming aware of in truth does not matter. What matters is that you remember, and that you put your revelations to work in your life. Your choices will speak a lot more loudly than your ideas. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Pisces (Feb. 19-March 20):** Suddenly it's become ridiculously easy to love yourself. What you don't need to doubt is how effective that faith can be at healing your life, healing your world, helping the people you care the most about, and most of all, setting you free from doubts you may have lived with from the first conscious thoughts that went through your mind. It is fair to say that you are discovering your true nature in these very days, and the truth of your value to the world. Since your life is all about giving yourself to the world, rejoice that you're discovering all you have to give. Eric Francis has more of your astrology for you at PlanetWaves.net.

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Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, March 9**






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Island Epicure



Chicken Dishes for the Thrifty Gourmet

By Marj Watkins

A bachelor in our family claims to spend only a hundred dollars a month on groceries. Asked how he manages that he says, "I never pay more than a dollar a pound for anything. I eat a lot of chicken."

That same day I bought drumsticks, six to the pound, for under a dollar. The easy baked-chicken recipe below creates the basis for several choices of morphed recipes, spin-offs from the original. By making a flavorful, mineral-rich broth from the bones, and tossing in some cooked rice and a few vegetables you have the nucleus of a fourth meal.

Chicken gives you cysteine, a protein that bucks up your immune system and helps prevent colds and flu. The cysteine is in the skin, so keep it on the meat.

Herb Baked Chicken

Prep time: 5 minutes; Cooking time: 40-45 min. Servings: 3  
Preheat oven to 425 degrees  
6 to 8 drumsticks or 4 chicken legs or meaty thighs  
Salt and pepper to taste  
Herbs, choose one set:

**English herbs:** 1/2 teaspoon each dried marjoram, basil, and tarragon.

**French herbs:** 2 teaspoons *fines herbes* mix, or 1 teaspoon tarragon, or 1 sprig fresh tarragon, 2 sprigs fresh thyme, 1 peeled and minced garlic clove.

**Greek herbs:** 1 teaspoon dried oregano, 1/4 teaspoon dried thyme, and a fat garlic clove, minced.

In a 9x9-inch baking dish place the chicken pieces in one layer. Sprinkle the salt and pepper over them then strew them with herbs of your choice. Bake 25 minutes at 425 degrees. Reduce heat to 350 degrees. Cover and bake 20 minutes more, until chicken is very tender and juices run clear when pricked with a fork.

Chicken with Rice Pilaf

Servings: 3 to 4  
1 cup white rice  
2-1/4 cups boiling water  
1 teaspoon cinnamon  
Dash ground cloves  
1 Tablespoon dried onion flakes or 3 Tablespoons finely chopped onion  
1/4 cup raisins

3 or 4 cooked chicken pieces  
Optional Garnish: Parsley or cilantro, cherry tomatoes, olives.

Bring water to boiling. While stirring, pour in rice. Stir in spices, onion, and raisins. Cover and simmer 20 minutes or until rice no longer tastes starchy and water has been absorbed. Transfer to serving dish.

Meanwhile, microwave chicken pieces 3 or 4 minutes to re-warm if refrigerated. Or re-warm in heavy skillet, covered, on low heat. Arrange heated chicken pieces on hot cooked rice. Garnish if desired with parsley or oregano sprigs, and/or halved cherry tomatoes, and black olives.

Chicken with Tomatoes

Prep time: 15 minutes; Cooking time: 45 minutes; Servings: 4  
1/4 cup (1/2 cube) butter  
2 tablespoons olive oil  
1 frying chicken, cut up or 4 chicken legs

1 onion, wedge-sliced  
2 garlic cloves, sliced  
1 (15-oz) can diced tomatoes  
Salt to taste

Pat the chicken dry. Brown the pieces in the butter and olive oil. Sprinkle with salt. Tuck the onion wedges and the garlic slices among the chicken pieces. Pour the tomatoes over all. Cover and cook slowly until the chicken is fork-tender, about 45 minutes.

Serve over warm rice. Brown rice started before you begin cooking the chicken will be done at the same time.

Chicken Rice Soup

Servings: 2 to 3  
Broth:  
Bones from 6 chicken pieces, or one chicken back and 2 wings  
Water to cover  
1 Tablespoon dried onion flakes or 3 Tablespoons chopped yellow onion  
1 small bay leaf, crumbled or broken in pieces

1/2 teaspoon dried tarragon  
2 slices or a small knob of ginger root  
Bring first six ingredients to a boil, reduce heat, and simmer covered for an hour or more. Remove bones. Measure broth. You need 2-1/2 cups. Add water to make up the difference if you haven't that much.

Add:

1/2 cup frozen baby peas or 1 cup cooked white beans, pinto beans, or drained, washed black beans  
2 green onions, slant sliced  
1/4 cup cooked rice  
Cooked chicken meat, up to 1/2 cup diced  
Garlic salt to taste  
Bring all ingredients to boiling. Taste and correct seasoning. Serve hot with garlic toast.

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Solution to Puzzle on page 16

Madame Toujours

Dear Madame Toujours,  
Okay, I know this isn't exactly your schtick. I mean, I realize you're all about the relationship — not so much about the nitty gritty down and dirty and whatever, but I've just got to know, and I guess you're just about the best person to ask barring Doctor Ruth, and I haven't heard much from her lately, so I figure you're it. Here's what I want to know:

Why the heck is it that men just will not believe that we really mean it when we say we want foreplay? I mean, it's been decades since the sexual revolution, but just because they're married, they seem to think the courting is over and they ought to be able to just give us a poke and a tweak and get off to the races. They know that doesn't work. They've read the books. They've heard the talk shows. Why don't they believe it?

Sincerely,  
Exasperated

Chere Mme. Exasperated,

Possibly you are supposing that you are observing the irritating but trivial difference between *les femmes* and *les hommes*. *Mais non*, this is being the essential conflict which is at the root of the war of the sexes.

Possibly you are remembering my last column in which I was explaining to the hapless fellow about the concept of the marriage hole-in-the-backyard in which the family savings are being kept. The masculine persons are mostly not worrying about the big, gaping hole in the azaleas which is keeping to get bigger all of the time. Possibly,

he supposes that if it is getting too big, he can be convincing *Mme. Le Wife* that this is eventually being the backyard swimming pool which is improving the values of the house.

It is never occurring to him that the hole-in-the-backyard is having anything to do with the romances in the bedroom. He goes frolicking about the merry way never thinking for the future. If he is not wishing to have the sex on Tuesday, it is simply never occurring to him that he might have the mood for the sex on Friday and he is being wise to trap *Mme. Le Wife* up against the kitchen counter and nibble her on the neck making enthusiastic growling noises. Just in case. This is like running out to the backyard and shoveling the little dirt into the hole-in-the-backyard, *non*? And the sensible fellow, he is having no intention to do this if he is not being forced — possibly at the gunpoints.

There is, of course, being no point to explain to the masculine persons that the female persons are different. *Les hommes*, they are knowing perfectly well that this is your perverse way to make their lives difficult and force them to think about trivial, unimportant things such as the courtships when they are being more interested in the sports contests on the televisions.

*Bon Chance, Mme.* Exasperated. And remember that the masculine persons are liking everything to be very clear and detailed. Simply explain to *M. Le Husband* that if he is thinking that he might ever wish to have the sex again, he should be nibbling you on the neck now whether he is liking it or not. He will grumble and feel ill-used, but he will be grateful for the clear instructions.

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Positively Speaking

Words Worth Speaking

By Deborah H. Anderson

The round face with the slightly tanned porcelain skin and the gem like blue eyes turns to me while his body stops.

“Do I have a diaper on?,” the sweet voice asks me with every ounce of trust anyone could open up.

If my answer is “yes,” his body will relax and he will let the river flow. If it is “no,” he will dash to the big boy potty and hurry to get everything off before he can climb on.

The moment is not lost on me. In my hands I hold his dignity, his peace of mind and his self-esteem. My words are very important to him.

We as a community had a lot of fun with words a couple of weeks ago. Gathered in the Vashon Theatre, 300 or so of us who love words held ourselves in silence as people attempted to spell “portcullis,” “fimbriation,” and “splemetic,” among others.

And two weekends ago I had the bittersweet experience of attending a memorial service for a man who loved poetry as much as he loved science. He passed that love of a well-turned metaphor on to his children and grandchildren and all of us who attended his service.

Some words can slice you to pieces. Miss Fox in fifth grade told me two lies. “You just can’t do math so you shouldn’t even try,” and “Debby, the other children would like you more if you didn’t raise your hand first all the time.”

It took me until graduate school to sort those out. Thank God for a professor who loved to answer my questions, and a Family Circle test that showed my strongest aptitude was linear. They pointed me in a different direction and reset my assumptions.

Other words are meant to discourage. My children laugh at

the doctor’s words that stated I could never get pregnant and if I did I would never carry to term. They are 19 and 28 now.

The best words are those which give the most positive of defining moments. When I was feeling my most defeated, a friend said to me, “You know you have greatness in you.” I still hear her voice on certain days when greatness seems elusive and I want to quit.

The truth is there is greatness in all of us, but we all need someone to speak into it so we can claim it. The words we speak effect change in others’ lives every day one way or the other. We need to listen to ourselves speak.

My most astute observation is that most people don’t know how to offer an encouraging word. When they were soliciting ideas for classes at Vashon College I thought there ought to be one on “The Gift of Encouragement: Giving and Receiving.”

There are two stumbling blocks to the encouraging word on the Island. One is familiarity and business protocol. Sometimes we dilute the genuine call to higher ground with politically correct affirmations meant to keep the waters from rippling and business flowing.

Secondly, verbal intimacy can be considered inappropriate sometimes. Here on the Island we are more intimate than over town. I.e., when the clerk at Thriftway asks how we are, frequently we actually tell them and a conversation ensues. It’s a plus we need to build on.

If we see each other in our insecurities and speak into our strengths or honestly sit next to each other in our failings and tell each other to get up, we will discover a level of humanity that connects us in an eternal way.

May it be said of you “You encourage people more than they believe they are worth encouraging.” Because...at some level...we all wear diapers.

Love,

Deborah

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The Break-Up

By Jonathan Shipley

Viewers will wish for a break after watching the somewhat atrocious Vince Vaughn/Jennifer Aniston comedy. Viewers will also break away from it and think of their own unfortunate break ups through the years. Saying that...

Lori M.: Why would you say you’d go steady with me in 4th grade and then change your mind the next morning? What a terrible terrible break up! What made matters worse, Lori, was during P.E.

class when you gave me that vicious, nearly coma-inducing kick to my crotch.

Kelly McC.: 7th grade was bad enough, Kelly. I was ridiculed for my hair (“Planet of the Apes” comes to mind), my face (“Pizza Face” comes to mind), my interests (what’s wrong with liking Duran Duran?) and it wasn’t like you were a “hot catch.” You were bulky, for one.



And you liked foosball more than you should have. Anyway, dumping me was rude. At least you could have waited to dump me in 8th grade when I finally had a normal haircut.

Kris S.: You liked me. I know you did and you were waffling on if you should go out with me after the Homecoming Dance. Then, stupid impetuous me, I kissed you, or more like Shop-Vac’d your mouth, and you didn’t give me the time of day afterwards.

Lisa R.: Just like the Kris Shelton thing. Stupid stupid me!

Tracey A.: It was a long distance relationship. It was doomed to fail. You, of all people, should have known that. But no you had to go into a rage, and cry, and stand up in the living room and bolt towards me. Oh, Tracey, why did you have to sock me in the face? I never saw it coming! At least you could have said, “I’m in such a rage I could sock someone in the face!” Then I would have at least “been on guard.” But no. Swat! It stings, Tracey. It still stings.

Olivia F.: You’re the one who asked me to get married. Whatever. You dumped me and I became suicidal, thank you very much. At Christmas, too. On top of all the stuff you pulled you dump me on Christmas? Good tidings, indeed. In my stocking that year? An abyss of depression, self-doubt, self-loathing, and a Duran Duran greatest hits album. What? Duran Duran rocks, dude.

Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, March 9**

I wish you’d keep my hands to yourself. – Groucho Marx



Wrestling championship tournament for 2007. Vashon brings home 4th place trophy. Rogan Lopez takes 1st @ 130 lbs. Micah Sohl takes 1st at 160 lbs. Tyler Gateman 3rd @ 125 lbs. Dominick Wolczko 3rd @ 189 lbs. Alex Stemer 4th @ 135 lbs. Wiley Volker 5th @ 140 lbs. Sam Chapman 7th @ 103 lbs. Josh Corliss participated.



Megan Thorn participated in first Washington State Girls wrestling tournament.



Hey Ernie,  
Can you give me some quick winter sports stats? Thanks,  
Captain Don Juan

Don Juan,  
Take some time out from your ladies to read the following statistics and see the incredible pictures.  
Ernesto  
**Vashon Wrestlers Take 4th at State and Set a Team Record, scoring 118.5 team points!**

Vashon Wrestlers finished the year in true Pirate style, placing 4th in the very competitive 1A state tournament! 7 wrestlers placed. Read highlights below:  
1st place: Micah Sohl. (Behind by 3 points in the 3rd round, Air Jordan. Sohl puts his heart and sohl to the test, winning 8-7 for the 160 pound state title.)

1st place: Rogan Lopez (Beats 2x returning state finalist in the quarters, then beats two wrestlers that have beaten him in the last 2 weeks to take home the 130 pound state title (a very talented weight class). 3rd place: Tyler Gateman (Loses a heartbreaker in the quarters to a returning state champ, then comes back to pin or major decision all his opponents. Freight Train Gateman helped rally the team after his loss). 4th place: Alex Steamboat (Wins his 1st two matches and pins his KB opponent in closing seconds). 4th place: Dom Wolczko (Comes back from Quarter final loss to win 4 straight matches, losing his last match on the

burrito criteria). 5th place: Wiley Volker (Wins 4 of his last 5 matches, redeeming his 1st round loss by beating Cashmere opponent for 5th place. Also wins the most protested match of the tournament, pinning his Liberty opponent to end all debates!)

7th place: Slam Chapman (Our 1st freshman state placer since PL Blomgren in '92. Slam comes back from 7-2 deficit in closing seconds vs. Lakeside, winning 8-7 at the buzzer).

Participant: Josh Corliss (A 1st year wrestler, helps Vashon at League and Regionals and qualifies for state through hard work and courage).

Girls State: Meg Thorn finishes one match away from a top 4 finish. Meg is Vashon's 1st official Girls' State participant.

Other notes: The Wrestling Team compiled a 27-11 match record at the tournament. A very impressive total.  
Also, Academic All State Members: Alex Stemer, Dom Wolczko, and Meg Thorn.

Lastly, thanks to all the fans all year, particularly at the state tournament. Our fans were some of the loudest and most supportive.

**Basketball Teams Win Districts!**  
VHS Boys Basketball: The team wins the District Tournament, beating Chimacum 57-51 in the finals.  
VHS Girls Basketball: The girls beat Seattle Christian 52-51 in overtime in the finals to avenge 2 earlier losses.



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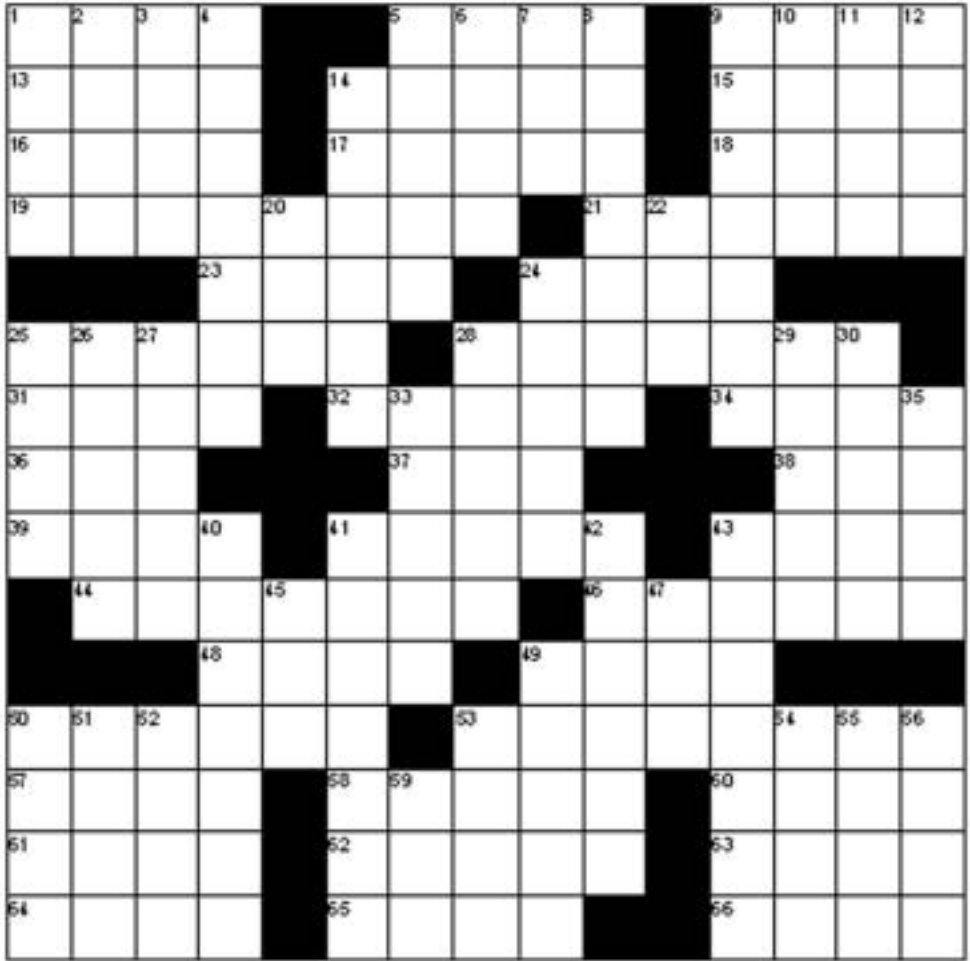
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- Across**

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  - 5 What needs to be mowed
  - 9 Shed
  - 13 Singing voice
  - 14 Defense
  - 15 Opera solo
  - 16 Don
  - 17 Chili con \_\_
  - 18 Shallow area
  - 19 Brain removal
  - 21 Freed (2 wds.)
  - 23 Italian money
  - 24 Spot
  - 25 Hot
  - 28 Dauber
  - 31 Mountain lion
  - 32 Hair cutting place
  - 34 Load
  - 36 Only
  - 37 Entrance rug
  - 38 Tint
  - 39 Labels
  - 41 Merits
  - 43 Computer memory unit
  - 44 Dry
  - 46 Pacified
  - 48 Acquired Immune Deficiency Syndrome (abbr.)
  - 49 Bare
  - 50 Poached
  - 53 Arrogance
  - 57 Potter's oven
  - 58 Frosting
  - 60 Sand pile
  - 61 Lazy
  - 62 \_\_ buckler
  - 63 Canal
  - 64 Origination
  - 65 Well
  - 66 Decays
- Down**

  - 1 Cry
  - 2 Margarine
  - 3 Prick
  - 4 Inner floral leaves of flower
  - 5 Horse-like animal
  - 6 Incorporeal
  - 7 Compass point
  - 8 TV rating
  - 9 Those who die for the cause
  - 10 Dunking cookies
  - 11 In \_\_ of
  - 12 27th U.S. president
  - 14 Squirrel's dinner
  - 20 Draw
  - 22 Government agency
  - 24 Display emotions
  - 25 Blemish
  - 26 Canned meats
  - 27 Greek 'Z'
  - 28 Thin flat strips
  - 29 Type of alcohol
  - 30 Way
  - 33 Accumulate
  - 35 Unwanted plant
  - 40 Produced eggs
  - 41 Ruddy
  - 42 Sledge
  - 43 Mixer
  - 45 Palter
  - 47 Pot
  - 49 Parsonage
  - 50 Snow gliders
  - 51 Brand of laundry detergent
  - 52 Women's magazine
  - 53 Small bottle
  - 54 European monetary unit
  - 55 Irritation
  - 56 Observes with eye
  - 59 Communication Workers of America (abr.)



# Lopy Laffs

*Madness does not always howl. Sometimes, it is the quiet voice at the end of the day saying, "Hey, is there room in your head for one more?"*

No single raindrop believes it is to blame for the flood.

Power corrupts. Absolute power corrupts absolutely. But it rocks absolutely, too.

Saving is a very fine thing. Especially when your parents have done it for you. – Winston Churchill

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

It costs me never a stab nor squirm To tread by chance upon a worm. "Aha, my little dear," I say, "Your clan will pay me back one day." – Dorothy Parker

It is a sin to believe evil of others, but it is seldom a mistake. – H. L. Mencken

*How many reference librarians does it take to screw in a lightbulb? I don't know. I'll have to check on that and get back to you.*

*The reason New Yorkers are depressed is because the light at the end of the tunnel is New Jersey.*

*Stress wouldn't be so hard to take if it were chocolate-covered.*

I couldn't wait for success, so I went ahead without it. – Jonathan Winters

*When asked if she had posed for a 1947 calendar with nothing on, Marilyn Monroe replied, "I had the radio on."*

You know what nostalgia is, don't you? It's basically a matter of recalling the fun without reliving the pain. – Bette Davis

*I used to work in a fire hydrant factory. You couldn't park anywhere near the place. – Steven Wright*

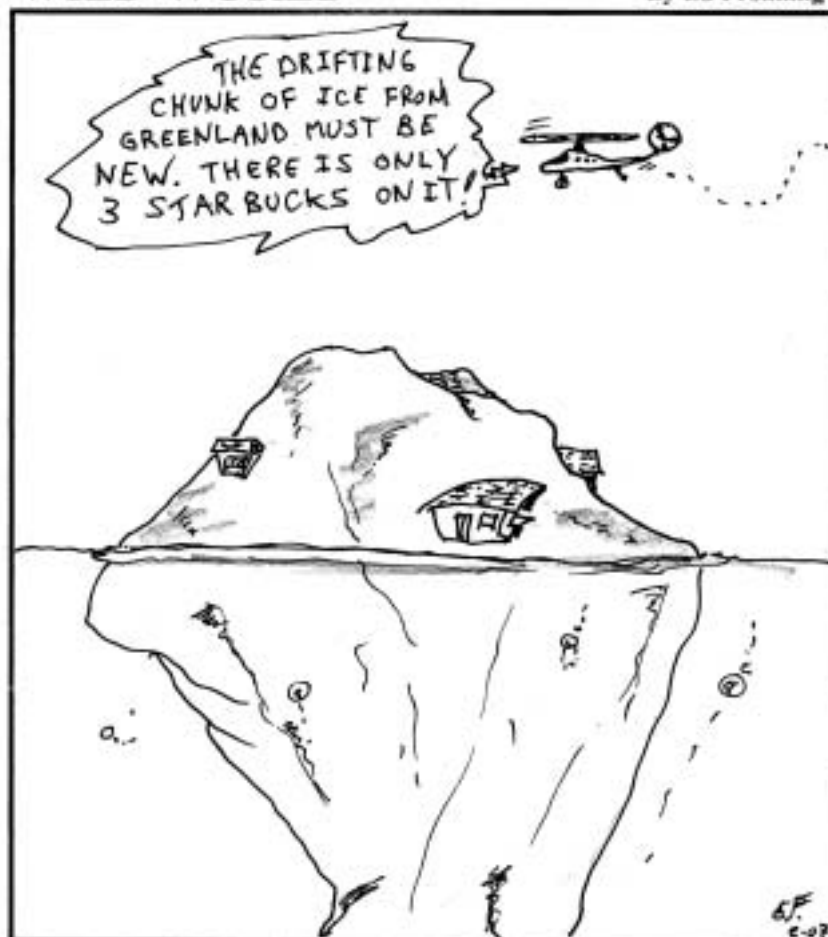
Hyman Goldfarb went to Buckingham Palace to be knighted by the queen. When he knelt for her to put the sword on this shoulder, he was supposed to say something in Latin, but he forgot it. So instead he said something in Hebrew, a question from the Passover seder: "Ma nishtana ha leila haze." And the queen turned to her chamberlain and said, "Why is this knight different from all other knights?"

A young lawyer was attending the funeral of his former boss. Another lawyer who worked for the same corporation arrived late. He slid into the pew behind the first lawyer and whispered, "Where are they in the service?" The first lawyer gestured toward the minister and replied, "He's just opening for the defense."

A company that will go to the ends of the Earth for its people will find it can hire them for about 10% of the cost of Americans

## WILD WORLD

By Ed Frohning



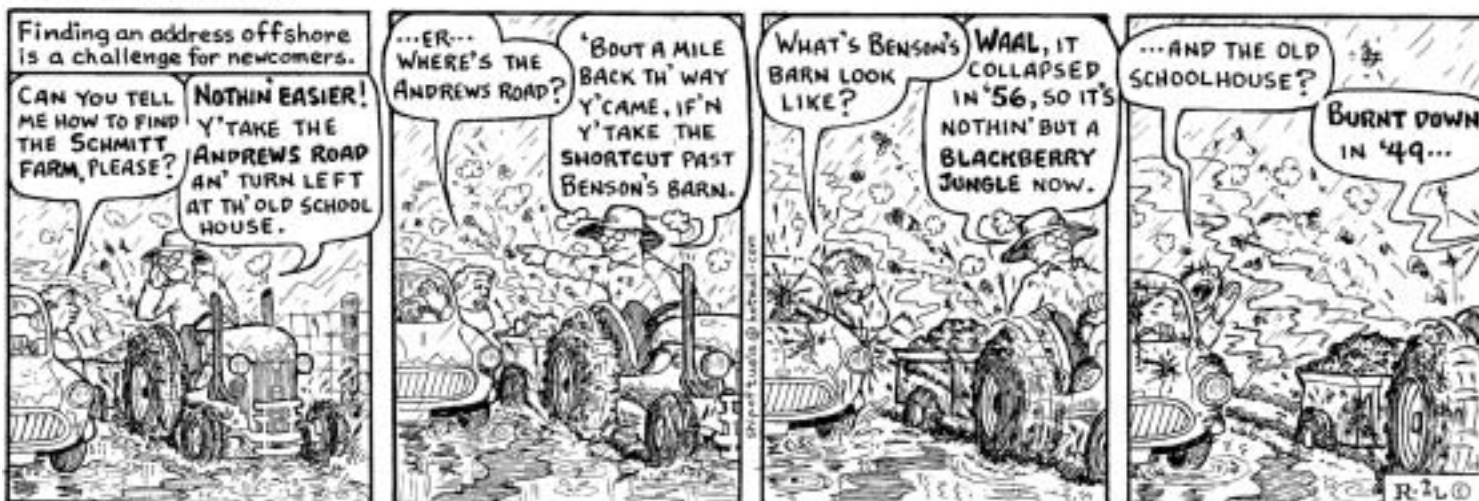
Swimming isn't a sport. It's just a way to keep from drowning. – George Carlin

Every society honors its live conformists and its dead troublemakers. – Mignon McLaughlin

*No operatic tenor has yet died soon enough for me. – Thomas Beecham*

What do you get when you cross a Lutheran and a Buddhist? Someone who sits up all night worrying about nothing.

## OFFSHORE



## VIPS



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

## LOGJAM





Loop Arts

Vashon Island  
Photographer Cindy  
Koch at the Back  
Bay Inn

By Geri Peterson

The March art show at the Back Bay Inn features Vashon photographer Cindy Koch. The show is primarily photographs of Alaskan bears and eagles. Cindy captured her heart-warming images of bears at Katmai National Park in Alaska. Also in Alaska, at Kachemak Bay, she photographed eagles in all their magnificent glory.

Around the time of the new millennium Cindy decided to figure out what she would most enjoy doing with her time. After some thought she realized that she had always wanted to be able to capture fabulous images with her camera so she became serious about, and began studying, photography.



The viewer will find it difficult to believe that photography is a new passion for Cindy as her captured images are of professional quality and wonderful. Cindy attended The Santa Fe Workshops, a year-round educational center for film and digital photographers. There she was encouraged to create work that flows from her heart and soul as well as from her eyes. She learned that lesson well as the photographs in her current show demonstrate.


Cindy prefers Canon equipment and often uses long lenses for her wildlife




Daughters of Tuva  
Perform on Vashon

You can hear the Tuva Kyzy (the Daughters of Tuva) at the Vashon Theatre on **Sunday, March 11** at 3 p.m.

The Daughters of Tuva is the first and foremost all-women's group in Tuva, performing all styles of Tuvan throat-singing. This multiple-tone harmonic singing is the most well-known of Tuvan performance folklore and has attracted many enthusiasts. The mantra of Tuvan male authority is that women shouldn't perform throat-singing in public. Some of the older generation feel it is a form strictly reserved for men. Part of this thinking is that throat-singing causes infertility in



Robert Michael Pyle, nationally-known nature writer and well-known to Vashonites, will read from his new book *Sky Time in Gray's River* Friday, March 9 at 7:30 p.m.



Books by the Way

'round the corner on Bank Road  
463-2696



Reception for artist: March 2nd,  
7-9 p.m., during the March First Friday  
Night Gallery Walk. Show Dates:  
March 1st thru March 30th.

photographs. That way she can observe the animals' natural behavior without disturbing them. On a recent trip to Alaska, Cindy's guide informed her that she could expect to see 10 moose in the next hour. She laughed, replying she would rather spend the next 10 hours with just one moose. Cindy says it is important not to disturb the animals in order to capture their true nature. She adds that she loves to sit quietly near them and allow the animals to create once in a



lifetime moments she can then capture to keep and share, forever.

Visit the artist's website at [www.cindykochphotography.com](http://www.cindykochphotography.com)

women. It is also thought by these detractors that the manipulation of facial muscles involved in throat-singing contorts a woman's face and spoils her beauty. Underlying these explanations, however, is a more basic objection that rests on grounds of unnaturalness: "Women are not supposed to make those kinds of low guttural sounds - it's embarrassing." None of this invective against female throat-singers deterred the long-braided and delicate featured women who are members of Tuva Kyzy.

In 1999 they made their first trip out of Russia to the Gdansk Festival in Poland. Later they performed in Osaka, Tokyo, and Berlin, and toured Finland, Switzerland, Denmark, Belgium and the United States. This is their second tour in the United States. As challengers of gender taboos embedded in traditional expressive culture, they will continue performing as long as they believe in what they're doing and feel the spirits will support them. Tuva Kyzy dares to publicly perform this ancient art of singing in a unique "feminine" style. Atmospheric and mesmeric, throat-singing is almost too difficult to describe in words. The music, produced by resonating low sounds in the throat,

Get Your Epistemology On:  
EcoLogicArt

By Islander Rod Smith

I'd like to invite everyone out on the **First Friday of March (March 2)** to see the first comprehensive show of my work. This project is very much the product of my 18 year adventure on Vashon interacting with the extraordinary community of artists, artisans and thinkers we have here. I'm really excited about sharing it for the first time. I'll be in the large corridor space that forms the entrance to the Vashon Bookshop and Kronos for ONE NIGHT ONLY.

There also will be a special appearance by The Einstein Clone®, Vashon's own Patrick McManus.

On the following **Sunday, March 4**, at 2 p.m., I'll be conducting a salon in Joan Hanna's barn. The subject will be *Music as an Ecological Model*. I'll be demonstrating my music instruction instrument, The Harmonochord, custom built by Island guitar wizard Jason Lollar.

I call my project *The Natural Philosopher — A Curriculum for Ecological Intelligence*. I call what I do "cognitive art," a term borrowed from Yale information designer Edward Tufte. My pieces are a fusion of blueprint drawings, Tony Buzan's mindmapping concept and the information design principles of Edward Tufte, producing a right brain friendly, modern incarnation of the medieval illuminated manuscript.

My work is an ongoing experiment in epistemology, the branch of philosophy concerned with the theory of knowledge. I've modeled my efforts on the ecological epistemology of British anthropologist and cyberneticist, Gregory Bateson. Bateson's lifelong intellectual quest was to answer the question, "How does Nature think?"

creates a middle note and a haunting flute-like harmonic.

Today, Tuva Kyzy is at the forefront of establishing women among the great Tuvan throat singers. The group sings ancient folk songs in the Tuvan language and plays hand-made instruments, including their own signature instrument, the chadagan, which resembles a hammered dulcimer. Many of their songs are very old and rarely, if ever, have been heard outside of Tuva.

Their performances bring to life the traditions and sonic landscapes of Tuva with humorous joy, nurturing sweetness, and thundering power.

On Vashon, the group will participate in the P.I.E. artist-in-the-schools program. On Friday, March 9, they will speak and sing a one-hour program at the Vashon High School, McMurray Middle School, Chautauqua Elementary, and the Harbor School.

Don't miss this unique opportunity to hear the Daughters of Tuva perform. Tickets, \$20 general admission, are available at Books By The Way and Vashon Bookshop. All proceeds from the concert will go to support the service learning project at Casa Hogar in Guadalajara, Mexico. For further information: Martin Koenig, 463-1238.

I'm not back in five minutes,  
just wait longer. – Ace Ventura

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Said So

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Notes on A  
Scandal  
March 9 - 15

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Vashon Theatre  
463-3232 for more



Or, for show times and info,  
check [www.vashontheater.com](http://www.vashontheater.com)

The show will include 18 large art pieces, models, custom musical instruments, t-shirt designs, pages from my design notebooks and works in progress.

Available for purchase will be copies of the first press run of *Music 201: Visual Representations of Western Musical Structure*.

Thank you, Vashon. If not here, then where?

Wayne Roller  
Returns to Cafe Luna

Seattle-based up and coming singer/songwriter, Wayne Roller, aka "Roller," will be washing up on the shores of beautiful Vashon Island for his tidal wave return visit promoting his newly released LP titled *Thrown for a Loop to Loop*. A plate of emotions served on a disc emanating his high powered vocal passion that shines a light on the lyrics with a lot of soul dripping through. The merger of styles and clear influences form a sound easily brands his own distinct signature style. So come heed and witness the captivating performance of this undeniable rising artist at the intimate setting of Café Luna, **Friday, March 16th 2007**. Check out: <http://cdbaby.com/cd/rollermusic> for a full LP review; <http://www.myspace.com/therealroller> for free downloads; or <http://www.sonicbids.com/ROLLER6>. Contact: E-Mail: [roller2121@hotmail.com](mailto:roller2121@hotmail.com)

Naidus at Two Wall

Beverly Naidus presents digital collages of social commentary narratives based on antique corporate commercial propaganda at the "Two Wall Gallery" from March 2 through April 1, with an artists' reception on **Friday March 2**, from 6:00 - 9:00 p.m.



## Tamara Lewis at Luna

Tamara Lewis, American singer/songwriter, will be performing at Cafe Luna on **Saturday, March 10**, beginning at 7 p.m.



Tamara Lewis

Tamara is a very engaging performer who writes songs with heart, depth, and humor in the folk, country, and country blues traditions. Her recently released CD, *Long Time, No See* is receiving stellar reviews. You can listen to clips at: [www.tamaralewismusic.com](http://www.tamaralewismusic.com)

## Larry Murante at Luna

Award winning Seattle singer/songwriter Larry Murante will perform an intimate acoustic concert at the Cafe Luna, **Saturday, March 9th**, 7:30 p.m. Larry Murante's powerful voice and songwriting



Larry Murante

have been compared to such artists as Lyle Lovett, Hal Ketchum and Michael McDonald. His first CD, *Kiss Me One More Time*, and his most recent CD, *Water's Edge*, have gotten rave reviews.

## Double Bill Showcases Island Talent

By Janice Randall

Don't miss an eclectic evening of music at **8 p.m., Saturday, March 3**, when two Island groups launch VAA's 2007 New Works Series at Blue Heron Art Center.

Outback Jazz, formed last July during a wedding at Point Robinson, will feature Marsha Morse, piano; Nancy Morgan, flute; Scott Fischbaugh, didgeridoo; and Greg Pendergast, drums. Jason Everett will sit in with electric bass. Mindy Manley Little will bring her vocal talents to the evening. "We'll be doing a variety of Latin and jazz standards," says Morse who brought the group together.

Tunes will include well known and lesser known traditional jazz tunes by Miles Davis, Gershwin and others. Morse invited Mark Wells, who will be joined by Luke McQuillin, to perform an original Wells' tune, "Rearview Mirror." Outback Jazz would like to thank the Lutheran Church for their rehearsal space.

Guitarist Ken Jacobsen, still fairly new to the Island and most recently from the Bay Area, will perform music not typically heard on string instruments — music he has transcribed from piano music by the likes of Erik Satie and Bela Bartok. Michael Whitmore will join in on 10-string guitar and a surprise cello player will round out the trio. "It will be an eclectic evening of music with some improvisational elements," he says.

Jacobsen has taught music at the Bronstein Music School, San Francisco, and 1the Peggy Still School of Music, Atlanta, among many other hallowed music institutions. He has worked as a studio musician and played many San Francisco venues. Jacobsen currently teaches guitar and cello here on Vashon.

Tickets are still available for the double bill performance, \$12/\$14, by calling the Blue Heron Art Center, 463.5131.

Ambition is a poor excuse for not having enough sense to be lazy. -- Charlie McCarthy (Edgar Bergen)



Ken Jacobsen Photo by Jenn Reidel

## See Me Naked

Don't miss *See Me Naked*, an award-winning one woman (and one drummer) show, with playwright/actress, Maria Glanz, at the Blue Heron Art Center, **Saturday, March 10**, 8 p.m., one night only. A humorous, poignant meditation on nakedness in all its forms through the ages, Maria Glanz will leave you with a smile and a new way of looking at things (more in next *Loop*).



Outback Jazz Photo by Phyllis Smith

## Imagine This:

JiJi Saunders,  
Ivonne Escobar de Kommer,  
Terri Fletcher, Donna Romero,  
Al Bradley.

Continues through March.

**SILVERWOOD  
GALLERY**

## See Me Naked

Don't miss *See Me Naked*, an award-winning one woman (and one drummer) show, with playwright/actress, Maria Glanz, at the Blue Heron Art Center, **Saturday, March 10**, 8 p.m., one night only. A humorous, poignant meditation on nakedness in all its forms through the ages, Maria Glanz will leave you with a smile and a new way of looking at things (more in next *Loop*).

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## Vashon Bookshop

March Events at the Vashon Bookshop

**Friday, March 2** at 7 p.m. Rod Smith's EcoLogicArt, one night only  
**Sunday, March 11** at 5:30 p.m. Author Rachel Bard reading from her new novel *Isabella: Queen Without a Conscience*

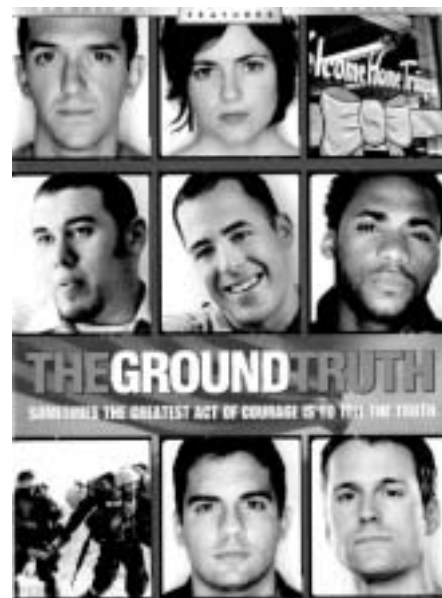
**Friday, March 16** at 7:30 p.m. Author Barry Grosskopf, MD, reading from his book *Hidden in Plain Sight: Getting to the Bottom of Puzzling Emotions*

Open Monday through Saturday, 9 a.m. to 7 p.m.  
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## For Word Film Series: *The Ground Truth*

On **Saturday, March 10th**, the *Ground Truth* will be shown at Havurat (15401 Westside Hwy) at 7:30 p.m. as the second film in the For Word series. From Director Patricia Foulkrod, *The Ground Truth* is a series of interviews with Iraq War vets, and it offers a surprising and at times disturbing look into this conflict and how it has changed the lives of the soldiers who served during this latest Iraq war. What we are shown here is a far cry from the picture portrayed in the mainstream media. The screening will start with the short film *Fallen Art* and a discussion will follow the main film with anyone who wants to stay and talk. Admission is by donation. \$5 suggested. For more info contact Peter Ray at 567-4542 or [pgr42@att.net](mailto:pgr42@att.net).





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