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# THE VASHON LOOP

Vol. 4, # 8

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM April 11, 2007

## Walker Placed on Administrative Leave

Susan Lofland, Chair of the Vashon School District Board of Directors, released a statement on Monday afternoon saying that the Board had decided "...to place the District's superintendent, Dr. Marguerite Walker, on administrative leave with pay while an independent investigation of school district finances is conducted."

Walker could not be reached for comment.

Donna Donnelly, currently Administrative Assistant to the Superintendent, has been tapped to serve as Acting Superintendent until an Interim Superintendent can be hired.

"The action is not disciplinary in nature, and no conclusion has



Dr. Mimi Walker

been reached that any misconduct or impropriety has occurred," Lofland's press release said. "...however, the Board needed to take this precautionary measure."

"The nature of the concerns being investigated is not being disclosed at this time in an effort to protect the interests of all involved, pending completion of the investigation."

"The Board expects District operations to continue...with as little disruption as possible."

## Young String Players Featured in VMCO Spring Concert

The Spring concert for the Vashon-Maury Chamber Orchestra will be **Sunday, April 15**, at 7 p.m. at the Vashon Methodist Church. The program includes three sprightly baroque pieces with fabulous young soloists and the operatic/episodic *Don Quixote Suite* by G.P. Telemann.



Kyla Hills. Photo courtesy Hills family

Kyla Hills will be playing the *Concerto No. 1 for Cello* by Georg Mathias Monn. She is principal cello with the Seattle Youth Symphony and

was principal with the Debut, Classical, and Junior Youth Symphony Orchestras. She has played in numerous chamber music programs including the Aspen Music Festival and ENCORE School for Strings, and is currently auditioning for college music programs. Her present teacher is Page Smith.

The next baroque piece, *Concerto Grosso No. 1* by G. F. Handel, will feature violinists Makena Johnson and Stephanie McConnel. Makena is a freshman at Vashon High School and has studied for several years with Gaye Detzer. He is also a computer whiz and co-founded Vashon Tech Support. Stephanie is

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L-r, Ramsey Walker, Clara Kappelman, and Makena Johnson (not shown - Stephanie McConnel) will be featured musicians at the VMCO concert on April 15. Photo courtesy Vashon-Maury Chamber Orchestra.



A group of quilters (l-r Elsa Mae Williams, Joanne Helsby, Marilyn Fox, Barbara Trenary, Lorraine Kimmel, and June Langland) hard at work preparing for the upcoming Quilt Show. Courtesy photo.

## Quilters Sew Up a Show

By Jo Ann Bardeen

Two years worth of handiwork by Island Quilters will be on display at their biennial Quilt Show on **Saturday, May 5 and Sunday, May 6** from 10 a.m. until 5 p.m. in Gresham Hall at Camp Burton. Suggested donation for admittance is \$3. The Show is titled *A Carnival of Quilts* and will feature over 150 quilts of all sizes, plus hand-made dolls. Many quilts and other items will be for sale.

Well-known Pacific Northwest quilters Elizabeth Spanning (LaCenter) and Kathie Kerler (Portland) will be judging the show entries on Friday, May 4. Each of them will also display a quilt at the Show. Prize ribbons will adorn the winning entries during the Show. Visitors to the Quilt Show on Saturday will be asked to vote for their favorite item in the Show. The

*Continued on page 6*

## Vashon 101: The Silent Cries of the Hidden People

By Susan Wolf

Our instructor for Vashon 101's class demographics, Dr. Alice Larson, compiled data from several sources to give us a well-rounded, general look at the demographics of Vashon. But numbers only tell part of the story.

Dr. Larsen also invited a couple of folks to give us their perspectives. Realtor Beth de Groen told the story of a middle-aged Vashon resident, who after losing his job, had to sell his home and move away from here to survive. Yvonne Pitrof of the Vashon Food Bank explained that high housing, medical and transportation costs drive the working poor - that is, families with children - to obtain groceries from the food bank. They serve 180-200 families PER WEEK. If 1% of us contributed \$30 a month (\$1.00 per day) to the food bank that would be \$30,000 a month. Yvonne said that



Alice Larsen, Statistician; Beth de Groen, long time Realtor; and Yvonne Pitrof, Director of the Vashon Food Bank. The above team gives Vashon 101 students a clearer picture of today's residents on our island. Photo by Susan Wolf.

if 25% of the Island bought a \$5 food card once a week at Thriftway, they wouldn't have any problem meeting the overwhelming need.

If you have a car and it's reliable enough to trust off the Island, can you afford Island-priced gas if you're at the poverty level? I've long

*Continued on page 6*

# Get in The Loop

VashonBePrepared.ORG

Neighbors Helping Neighbors

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



Pictured from left to right are: Michelle Houston, Diane McGaha, Sue Weston, Kate Smith, Dan Houston, Diana Lilje, Jim Lilje and Beverly Skeffington. Not pictured but planning to go is Bob Spangler. Courtesy photo

## Rebuilding Homes, Rebuilding Lives

Several Mission teams from Vashon Presbyterian Church are heading to Mississippi during the month of April to help people in the Bay St. Louis area who are still recovering from the devastation of Hurricane Katrina. A range of construction tasks will be completed while victims' stories and burdens are shared, even for only a short time.

If you are able to make a contribution for building supplies or have something more personal (and portable) that you would like to send with the Mission teams, please contact Beverly Skeffington at 463-9012.

## Homework Help at the Library

The Vashon Library recently introduced The Study Zone, which happens on Tuesdays and Thursdays after school, from 3 to 5 p.m. A tutor is waiting to help students figure it out! This service is free, and no appointment is necessary. If you would like to volunteer as a tutor, go by the Library and speak to Hester Kremer.

## Pest Control Workshop

Eliminate wormy apples and rotting stone fruit! **Sunday, April 15**, at 1:30 p.m., Vashon Island Fruit Club is conducting a workshop on pest control. The hands-on field workshop for members will focus on the life cycles of apple maggot and codling moth and the disease cycles of scab and brown rot. Organic pest control measures will be suggested, although the emphasis will be on interrupting the life cycles of these pests (however you want to do it!). Apple maggot and codling moth fruit barriers will be for sale (pack of 300 for \$15 for members and \$25 for nonmembers). To reach the field site, take Pt. Robinson Road to 47th Avenue, a right on 47th, and then a right into the second driveway. Park in the open field, or park on Pt. Robinson Rd. Bring a plastic grocery bag! You'll be able to make your own sticky red ball trap for monitoring apple maggots. For further information, please contact Mary Orntstead at 463-0565.

## Bring a Dahlia to Market

Island farmers and gardeners have an opportunity to help Hmong flower farmers recover from last November's devastating floods by bringing dahlia tubers to the VIGA Market on **Saturday, April 14**. Island flower farmer Richard Odell will be collecting dahlia tubers at his Saturday Market booth from 10 a.m. to 2 p.m. "What the Hmong farmers need," said Odell, "are tubers of dahlias that make good cut flowers. Please bring tubers that are of high quality, dirt and disease free, preferably with their colors tagged." Both single and clumped bulbs will be accepted. If you would like more information about the county-wide effort to help the Hmong farmers, contact Karen Kinney, at (206) 263-6429, or email: karen.kinney@metrokc.gov

See page 8 for Market Opening Day photos.



Richard Odell discussing dahlias with customers at the opening day of the Farmers Market. Loop photo

## VIPP Plant Sale

Come on down on **Saturday, April 21**, 9 a.m. to 2 p.m. at the Firefighter's Association Building. Here's your chance to pick up a few of our Island-grown plants or, if you'd like to make a little space in your garden, contribute a few. (Drop-off on Friday, April 20, 9-3 p.m.). For more information please call Judy at 463-1810.

## Adopt-a-Cat Days

Vashon Island Pet Protectors will host Adopt-A-Cat days on **Saturday, April 14**, from 11 a.m. to 2p.m., and **Sunday, April 15**, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP 206-389-1085.

## Pet Licenses on the Island

You can obtain pet licenses on the Island at the King County Community Service Center, which is located at the King County Courthouse. The Center is open only on **Tuesdays**, from 12 noon to 3:30 p.m., and from 4 to 7 p.m.

## Science Fair at McMurray April 21

Please attend the 13th Annual Science Fair at McMurray Middle School on **Saturday, April 21**, from 10 a.m. to 3 p.m. This is a community wide free family event sponsored by the Vashon PTSA. There will be projects from the 6th and 8th grade classes as well as other entries submitted by members of the community interested in participating. Ed Sobey, author and inventor, will give a demonstration in the gymnasium at 1 p.m. followed by a workshop at 2 p.m. to make and race your own balloon powered car. Don Ehlen from Insect Safari will have a large display and conduct discussion groups all about insects. There will be other hands-on activities and fun for all ages.

## Island Tall Tales Fest

We are celebrating the art of storytelling! Come and spin your wildest yarn or just sit back and listen to others' tales of wonder, woe, and whimsy on **Sunday, April 22**, 3 to 5 p.m., at the Vashon Theater. Featuring some of our great local storytellers with special guest MC, Steffon Moody. Food, prizes and surprises guaranteed! Tickets: \$7-10 per person or \$15-25 per family, sliding scale. Tickets available at Vashon Bookshop For more information, call Leslie at (206) 567-5748 or Kathryn at (206) 567-5389. The fest is a fundraiser for Madrona School. The fine print: This is an all-ages event, please plan subject matter accordingly.

## "Great Decisions" Series: Global Warming

Can anything be done to slow climate change and global warming? Does it make sense to try? These are among the questions to be raised at the next "Great Decisions" discussion at 2 p.m. **Monday, April 16** at Vashon Library. A 30-minute background video prepared by the Foreign Policy Association opens the program. A background book, also prepared by the FPA, is available at the library reference desk; it explores "Climate Change and Global Warming" in depth. Facilitators are Rhoda Karusaitis and Deirdre Petree.

## Address Correction: Qi Gong Location

Please note the corrected address for the following notice:

There will be a free Qi Gong self healing massage and meditation session every Tuesday from 7 to 8:30 p.m. at 12411 SW 248th Street. Please RSVP Katharina at (206) 463-6151.

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## VIPP Featured Cats



Obie and Parker. VIPP photo

Sister and Brother, Obie and Parker are 2 months old. They are sweet little white kitties with brown tabby markings, who would like to stay together in their new home. VIPP# 1187-07; VIPP# 1188-07. For more information on these or any of our other cats (or if you have a lost or found animal), please e-mail us at cats@vipp.org or call (206) 389-1085.

## VIPP Featured Dog



Max

Max is an almost two-year-old black Chow/Lab mix. Neutered and has had all shots. Well tempered dog, friendly, loves to play with other dogs and LOVES

children! Needs room to run and play and likes trips to the beach. Comes with an invisible fence and collar. Call Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee. For more information on this or any of our other dogs, call (206) 389-1085 or e-mail us at dogs@vipp.org

## Found: Glasses

Prescription glasses found on beach between Pt. Robinson and the County Park April 2. Call Pat: 463-3552.


## The Vashon Loop

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- \$50 a year gets The Loop delivered to your mailbox every two weeks. Call (463-3327) or write (PO Box 253, Vashon) or email editor@vashonloop.com!



# Troy & Marie Hire a Contractor

*We frequently get asked to recommend contractors for various jobs, especially now that we have a property management division. (Licensed and insured, of course.) The reasons vary: sometimes home sellers need to fix something before putting their house on the market, sometimes buyers purchase a house with a known problem that they want to fix, sometimes homeowners just want something spruced up. Regardless of the reasons, there are some steps you can take to protect yourself from the nightmare of hiring the wrong person for the job.*



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- Troy:** Marie, I found some good tips in *Realtor Magazine* that our readers might find useful when hiring a contractor.

**Marie:** I knew leaving that magazine in the bathroom was a good idea. Let's hear them.

**Troy:** Some are common sense, and pretty basic. For example, you should get three written estimates before hiring someone, especially for a major job. Also, you should check with the Better Business Bureau, and also check past client references on anyone you are considering hiring.

**Marie:** It's amazing how many people feel that checking references is somehow insulting to the contractor. But if you think about it, any contractor who is reputable and capable will be *proud* of his or her references – and *proud* of his or her work! So go ahead and ask to see some examples

**Troy:** Exactly. Less obvious, but equally important, is to get a written contract that states exactly what the scope of work is that needs to be done, when it should be completed, what materials will be used, and whether subcontractors will be doing any of the work.

**Marie:** Good point. You may think it goes without saying that the deck you want built should be made of recycled barn siding, should include a wrought iron railing, and should be completed in time for your Fourth of July party, but the contractor might have a different idea. A detailed written contract eliminates misunderstandings and hard feelings.

- Troy:** And maybe even a lawsuit. And speaking of lawsuits, you should ask the contractor – in writing - to indemnify you if the work does not meet building code. You should also make sure the contractor agrees to clean up after the job, and that he or she take responsibility for any damage. You should also be sure the contractor has the necessary permits, licenses and insurance to legally do the job.

**Marie:** Fair enough. What about paying for the job?

**Troy:** The article I read suggested making as small a downpayment as possible, so that in the unlikely case the contractor fails to do the job, you are not out a lot of money. Also, don't make final payment until you are satisfied that the work has been completed.

**Marie:** But what if the job has changed since you started? It does not seem fair to hold back payment if your job started with replacing a kitchen sink but then grew to a complete kitchen remodel.

**Troy:** You are so subtle. I know you still think we need to remodel our kitchen. But if we wait long enough, gold flecked Formica will be back in style!

**Marie:** I await the day with bated breath. Anyway, it seems to me that it would be fair to pay the contractor for the original job, then hold back the money until the rest of it is completed.

**Troy:** I agree. But you should get the modified agreement in writing. And a handshake never hurts. Whether choosing a contractor – or any other person you will be hiring - you're always better off doing business with people you know, like, and trust.

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

## Sunny Waterfront

A terraced yard leads to 100 ft of waterfront with a 200 degree view of Commencement Bay, Mt. Rainier, and the picturesque Tahlequah ferry. Light, bright rooms take advantage of the view and southern exposure. The master suite is on the main floor, and the living room features vaulted ceiling, a wall of windows and a cozy built-in pellet stove. Two levels of wrap-around deck add plenty of outdoor living space. Plus, two car-garage with a partially finished workspace and fenced dog run. ~~\$699,500.~~



New Price  
**\$649,000**

- 2580 Sq Ft
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  - 4 bedrooms
  - 100' Waterfront
  - 2 Car Garage
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## Time to Switch Fuel

By Tom Herring

We should withdraw from gas furnaces by the fall of 2008. If that sounds like a phrase in the news a few weeks ago then that’s intended, because I need your attention: we must stop installing gas furnaces now, not next year. Gas combustion creates fossil carbon dioxide, and fossil carbon dioxide will end life as we know it by 2050 unless we begin to cut back now. Some uses, like the Tacoma buses with the tank on the roof, must continue but home use need not. The alternatives are solar and wood.

The carbon cycle is the basis of life: Carbon dioxide in the air is taken up by plants. The plant uses the carbon for strength and releases the oxygen back into the air. We eat the plant and breathe the oxygen. Then we combine — combust — the carbon from the plant with the oxygen to release energy. This forms carbon dioxide which we exhale back into the air. Meanwhile, forests burn, and grass fires are started in the spring, which suddenly releases large amounts of carbon dioxide — as if a huge animal takes a deep breath. But, these amounts are minor perturbations in the vast storehouse of air, and over time the loss of forest by fire is exactly balanced by growth. Accordingly, the carbon dioxide ratio in the air has varied within a narrow range at a level which maintains plant life by trapping just the right amount of warmth from the sun — nature’s perfect greenhouse. Until now, that is.

Stored in the Earth are prodigious amounts of carbon left by forests that once covered the land. When this fossil carbon is burned, the resulting fossil carbon dioxide unbalances the natural carbon balance and the dioxide ratio increases: there is no compensating growth. Even so, fossil burning might continue without harm if restricted to a few peat fires in some huts. Even if expanded to include a few locomotives spewing soot. Even if expanded to include some 1957 V-8 Chevrolet Impalas. But not to torching billions of barrels of oil each year. The carbon dioxide ratio went above natural fluctuation around 1960 and is now a third higher.

Home use of natural gas, oil, and propane is small compared to

transportation’s use of gasoline and diesel, so why shouldn’t homes continue to enjoy still-economical and convenient natural gas heat? Indeed, the PUD people did not argue withdrawal from gas. So why this fuss? Why? Here’s why: the report just noted removes all doubt that we are the frog in Al Gore’s documentary that stays in the pot of water slowly heating on the stove.

The economics of switching to solar plus electric heat are favorable. Here are some numbers: The present prices of electricity and gas for a kilowatt hour of energy are 8.2 cents for electricity and 4.5 cents for gas. To get that number multiply the therms by 28.3 kilowatt hours per therm. But gas is not burned at 100 percent efficiency, so if a furnace runs at 80% (a good number for a non-condensing model), then the real cost of a kilowatt hour of gas is 5.4 cents. So even then, few homeowners will want to pay half again as much for the sake of the future. But if solar can cover 40% of the heating bill, a consensus figure for this climate, and if the rest of the heat costs 8.2 cents, then the comparison is 5.4 cents to 8.2x0.6 or 4.9 cents.

No surprise there. The rub of course is initial cost, and here a solar system of comparable quality to an 80% gas furnace costs about twice as much. Pay less, and you won’t get that 40%. Here is where words have to complete the case. Initial cost will come down when solar installers have run out of rich clients and begin to compete for the rest of us. Also, check with a realtor and you will find that solar investment will return when you sell. Not last year, maybe, but this year.

If shade trees rule out solar then heat pumps are a more expensive option. A better option is the masonry wood heater. Less desirable are the controlled draft and pellet burners for their efficiency is poor. Worst of all is the open fireplace whose efficiency borders on zero. But be clear about heating with wood; burning wood does not contribute to global warming.

A final comment on solar. I think it is overpriced, partly because there is as yet little competition, and partly because solar is still a rich man’s foible. When handypersons get into it the cost will be slashed. If you doubt this, recall typical photos of solar houses: they are mansions. In order for handypersons to get into solar we need help from the King County Library, and from Vashon College. The standard text on solar heating, Duffie and Beckman, is \$100.

## Making the main drag into less of a drag

Editor, *The Loop*:

Lee Ockinga and I were talking the other day. The county comprehensive plan review is coming up. I was wondering what we could do about traffic on Vashon Highway.

We used to call it the main drag. (Can you imagine translating that into another language?) The main drag didn’t used to be such a drag. For some hours of the day we can’t get down it, up it or across it. Lee persuaded me that driver and pedestrian education would make a significant difference. So let us, once again review the rules.

This is Vashon. Make a full stop at a stop sign. This is not California. We don’t roll through stops.

Put your foot on the brake until it is your turn to go through the intersection or crosswalk.. Stop. *Full Stop*. There is a lot to notice at a four-way stop: what is stopped and what and who is going.

Intersections are not good places for distractions. Put down the phone and pay attention to the road. If there is any doubt about whose turn it is, it isn’t yours. Establish eye contact with the car that is waiting. Look for clues of intent. If it was stopped, and begins to roll, rightly or wrongly, it thinks it is its turn.

During pm commuting hours a few cars may be able to avoid the 4-way stop by turning right at Giraffe or left at Subway. If these detours go your way, take them, cautiously, slowly, and respectfully, and reduce the number of cars at the 4-way. Use your signals. If your lights don’t work, use your arm as we did when it was the main drag. Waving someone on, giving way, waiting, is respected here. Rude driving isn’t respected anywhere except in some imaginations. If we all know where we all are going, we can, occasionally, double up: I’m going north. You can go south. If I, going south, leave you space, and you are going west, lucky you, you get a free right turn at the bus stop. If you, going north, go north in your lane, I, going east, can safely turn right. Don’t turn left from Vashon Highway to the Thriftway mall when there is any other traffic.

Right turns are always safer than left turns. The safety is worth the extra moments. Approach the shops in the mall from the south access on SW Bank Road or the east access on 97th Avenue SW.

Pedestrians. Since my eyes and I are growing old, I’d be grateful for a blinking yellow light in the pedestrian crosswalks.



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Not over. In. In the asphalt. One of those little ones. Just one. In the middle. When there are cars parked on both sides of the street, a pedestrian isn’t apt to be noticed until she is in the path of a car. Somebody better be paying attention. If the oncoming car is stopped at the crosswalk, does that tell you anything? As drivers we beg the pedestrians to seek eye contact with us. Please don’t exploit your right of way by stepping into the intersection without looking, while in profound dialogue with another person or on a cell phone). Make sure the driver sees you and is in the respect-the-pedestrian attitude and not late for a ferry.

Bikes. Bicycle shoulders the length of Vashon Highway have been in The Plans for years, Shall we ask again? Shall we ask that the bike path have a bike painted in it? Drivers ask bikers to look at themselves from the drivers’ view. We know you are morally more righteous than we because you aren’t putting carbon in the ‘sphere. But, like the pedestrians you are vulnerable, and drivers would appreciate help seeing you. Wear white, silver or yellow at night and use lights and reflecting tape.

The teens who love black are pushing their luck riding bikes at night. In black. Same goes for over-30 adolescents riding bikes at night in dark colors with faint lights. We admire your vigor. The farther away we can see you the more careful we can be.

Speeding. Enforcement of driving speed laws is random and sporadic. Since, apparently, safety does not suffice to lighten lead feet, which enforcement strategy would you prefer? An officer in a car; an officer on a motorcycle; a sign indicating speed (as on Fauntleroy Way) a camera recording speeders (tickets pay for the camera and the billing process)?

Speeding to a ferry is not The Island Thing To Do. Vashon is still, officially, at least for a while longer, rural. We may not have sheep in the road, but we have people and dogs on roads without sidewalks. Socially responsible commuters use buses and van pools and plan for safety’s sake.

Drive time to the ferry is not how long it takes nonstop at 60 mph. Drive time to the ferry is your miles divided by 35 and multiplied by 2. If you end there with time to spare, you have time to be serene.

How cool is that? Or: Always Carry a Book (ACB).

If you forgot your book, touch your thumbs to your fingertips and go *om*. Here’s a paragraph from a book in the library, *You and the Island* (711.58; Documents Shelf), p. 25:

“Each person brings to this place some of what he or she left behind. Try to keep in mind the things about the Island that attracted you. Do you really want to change the Island to be more like where you came from?”

“If you decide to live here understand and accept the Island for what it is. Contribute to its sense of community. Care for the land. Enjoy your life here. Become an Islander!”

Barb Roberts



## Another Vote for Library As Is

Editor, *The Loop*:

In the March 14, 2007, *Vashon Loop* there was a sensible letter from March Twisdale which asked, “What’s wrong with our Library as it is?”

The Library is super already. The writer mentioned: loss of use during construction; a reflexive desire for “more;” the idea that \$4,000,000 could possibly be spent more wisely (not to mention the habit of there so often being vast cost overruns on government projects).

I am loath to cover more ground with structures and pavement.

I didn’t like the open-style noisy Library when I first began to use it in 1989 but I have since come to love the Library because of the great people who work there who make it such a strong community knowledge center. Actually, the Library, to me, is still underused and I feel no need for a “larger” one. It’s far from broken, so don’t fix it.

K. Brice

Space isn’t far away at all. It’s only an hour’s drive away, if your car could go straight upwards.

# LoOpEd

## Ferry Workings: The North End Dock

By Penny Kimmel

What is going on at the bottom of parking lot hill? Why is there sometimes a King County Sheriff there telling us we have to move on and threatening us with tickets? Where are we supposed to drop off and pick up our ferry riders? We are already not allowed on the dock during certain hours. And why has there been no notification of change of policy from either the Sheriff's Office or the Ferry System? I've seen nothing in either Island paper.

Granted the drop off/pick up is dangerous. The roads around the ferry are just an accident waiting to happen. I remember being in a school bus waiting for the ferry traffic to end to be able to turn left on to the dock and cars going around the bus into the oncoming lane to try and get on the dock. This happened more than once and I've seen cars turn towards the espresso stand to avoid head-ons. Add to the mixture pedestrians and bicycles and it looks like the traffic rules in China! Not to mention the drivers who can not read the signs and drive down the main highway in the oncoming lane past the waiting cars in their ignorance and hurry to get to the dock! I just shake my head in disbelief.

We can all agree that it is a mess especially when the traffic for the afternoon boats going to Southworth

backs up 103 Avenue SW. What's to be done?

I have some ideas. It involves change and some folks aren't comfortable with that but here goes. Why not make 103rd Ave SW one way going down hill from the entrance to the parking lot to the bottom of the hill. That will give two dedicated lanes to the passenger problem. The right lane to a passenger pick-up holding lane and the left to passenger drop off and left and right turns.

On the main highway at SW 112th Street continue to have the Fauntleroy holding lane on the road, but the next lane over have the Southworth holding lane, and make it one lane going up the hill. This hopefully would end the speedway mentality of racing off the boat and up the hill, even though from SW 112 south for two or three blocks there would continue to be the passing lane.

The boat would still unload with two lanes that would merge by the end of the dock. The dock could then hold two waiting lanes, one for Southworth and one for Fauntleroy. Also pedestrians at the crosswalk would have only one lane of moving traffic to try to stop.

Another crosswalk would need to be added to the bottom of 103 Avenue SW and a number of overhead X signs like on the dock would have to be added at the entrance of the parking lot and at SW 112 Street.

Sure signage and paint would cost money but it would be worth it. And there are a number of minor inconveniences for folks getting a ride to the parking lot, to those who live on Cowan Road, and to traffic increases on SW 112th Street, but I think it would improve the overall safety of this problem area.

## Key Club Cleans Up at Senior Center

Vashon Key Club Members pitched in with spring cleaning at the Vashon Senior Center as part of the group's public service commitment.

"The students were delightful: hard workers and full of creativity," Senior Center Director Abbie Nielsen said. "In order to clean the memorial plaques, we borrowed an old boat builder's trick, and used ketchup — however, the rain kept washing it away before the acidity could work. So several students having remembered hearing about salt and lemon juice having the same qualities, eagerly purchased lemons and salt, and scrubbed away."



Vashon High School Key Club members who helped with cleaning and gardening at the Senior Center recently are Kate Straube, Chrissy Swope, Clara Kappelman, Chelsea Wagner, Rebecca Snyder, Charles Mahady, Graham Mayshark and Max Burnham, assisted by Key Club Adviser Maggie Albertson and Senior Center Director Abbie Nielsen. Courtesy photos/Deirdre Petree

## Heritage Museum to Open Saturdays

The Heritage Museum on SW Bank Road will be open 10 a.m. to 1 p.m. on Saturdays, beginning **Saturday, April 21**.

If you haven't seen this representation of Island Life recently, you're missing out. Additional items are added as they become available. All the photos and slides are being indexed so they can be quickly recovered. Those looking for a shot of their house as it appeared in 1900, or maybe a portrait of Great Grandpa Pete can get a copy, if the museum has it.

This Museum is a treasure of Vashon and Maury Islands. Open hours will continue to be added as volunteers are available to host the visitors. If you would like to learn more, give the folks at the Heritage Association a call, (206) 463-7808, or call Yvonne Kuperberg, 567-3004 to find out how to volunteer a bit of your time. In any case, come visit the exhibits on **Wednesdays**, 1-3 pm or **Saturdays**, 10-1, beginning April 21.

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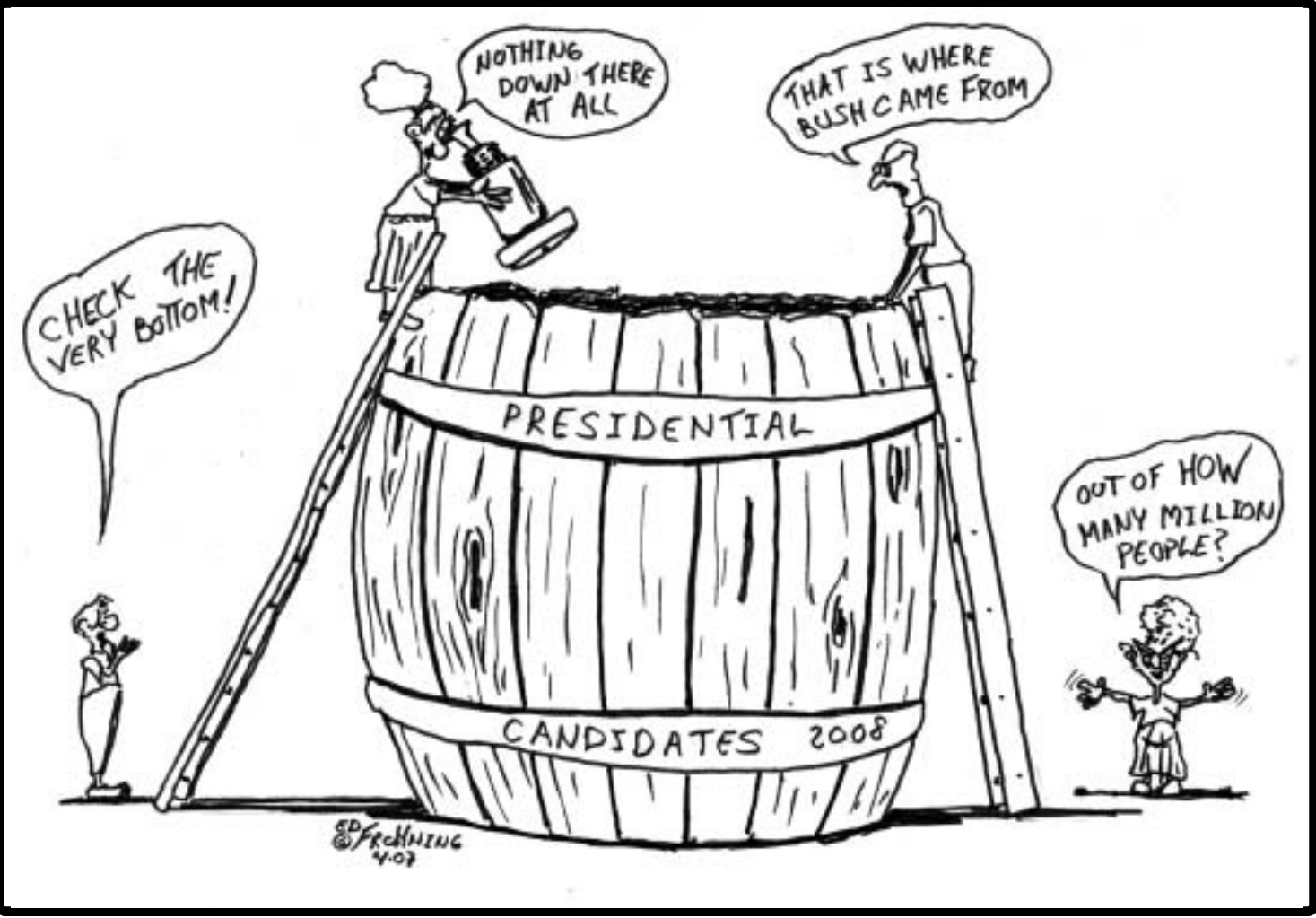
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## Youth Baseball Turns a Double Play

Vashon Youth Baseball and Softball is hosting a "double play" of special events in April to usher in the new season. The 2nd annual Backyard Baseball Social takes place **Saturday night, April 21**, 6 to 9:30 p.m. at the Little House. This adults-only social is an evening of great food, drink and live music by the The Arithmetic Monsters.

Tickets for the Baseball Social are \$40 per couple or \$25 for individuals and all proceeds benefit VYBS. Space is limited and reservations are required. Please call (206) 463-9033, or stop by the Little House for more information.

A more traditional celebration happens on the morning of **Saturday, April 28** as VYBS presents its 5th annual Opening Day Ceremony at Vashon High School. Festivities begin at 9:30 a.m. Complimentary donuts and coffee will be served and a Pony League game begins at 10 a.m. so fans can get a glimpse of the next generation of teenage talent. The highlight will be the ceremony itself, beginning at 11:30 a.m. with the parade of teams and special guests. \$1 hot dogs will be offered from 11 a.m. to 1 p.m. Fans and families are all invited to come join in the best celebration of Spring, Opening Day!





# Spiritual Smart Aleck

Old Vashon,  
Middle Vashon,  
New Vashon

By Mary Litchfield Tuel



While listening to the radio the other day, I heard an interview with Beth Whitman, a Seattle writer who recently published a book titled, *Wanderlust and Lipstick*, a guide for the woman traveling alone. She spoke of the joys and horrors of traveling solo. She stays in hostels and enjoys meeting the locals wherever she goes, as well as other travelers from all over the world.

Following a few travel tales about India and Southeast Asia, the interviewer asked, “Are there any one-day getaways in the Seattle area?” “Oh, absolutely!” she chirped. “I like to go out to Vashon Island and stay at the hostel there!”

Erg. She went on to praise the covered wagons and teepees which are part of the ambiance at the hostel, while I was thinking, “Oh, great. Someone asks you where to go to get away from it all and you send them to my house.”

OK, not my house, but close to my house. It was a sharp reminder that Vashon is seen by people who don’t live here, but know it exists, as a world apart, not quite the real world. I have to cede the point because, after all, that’s why I moved here, and that’s why most of us who weren’t born here ended up here. An island! *The Island!* Paradise!

It made me think, as I have thought occasionally over the years, where do you go to get away from it all when you live in Paradise? Somewhere else, but for each Islander the answer is unique. I was listening to this radio show while driving back to the Island from a little two day getaway of my own. I went over to Soap Lake to visit my cousin.

Soap Lake is a dot on the map, just north of Ephrata. You go through Ephrata and Soap Lake on your way to the Grand Coulee Dam. It is Out There, in what my husband tells me is called the “channel scablands.” Oh, there are people there, just not so many as here, and not so close together.

When I am staying with my cousin in Soap Lake, the first thing I notice is the silence. You hear birdsong, and the occasional dog bark, and the occasional car drive by, but mostly, there is silence.

The second thing I notice is the limitless sky. If you go up on one of the hills that embrace Soap Lake, you can look out and see all the way to God’s belly button. My cousin says she can see the curvature of the earth when she drives to work in Moses Lake.

Standing on a hill looking to the east, at the “miles and miles of nothing but miles and miles,” at the array of clouds, at the apple trees covered in ice because the sprinklers were going all night, I thought, it is easier to think all is right



New Vashon Gothic, by R. Tuel

with America out here. I thought that up until I read the story on the front page of the Ephrata paper about a meth user who attacked her infant son. Ephrata was the site of a school shooting a few years ago, too. On this earthly plane, there is always trouble in Paradise.

Thirty-five years ago I came to the Island to get away from it all, and what I learned from that is that when you get away from it all, you bring it all with you.

While speaking with a friend the other day, I described someone as being, “...part of the New Vashon.” “Say no more,” my friend said.

The New Vashon. The Vashon of McMansions, and a servant class, and wifi and brie and very good wine. The Vashon where million dollar houses are common. The Vashon that has become something completely other than the economically marginal, isolated, summer home, farm, and bedroom community it was when I got here. The people who lived here then bemoaned the arrival of the hippies, craftspeople, and artists who changed the character of the Old Vashon. We got away from it all; we brought it all with us. We created Middle Vashon, as the rather well-off people who arrive here now bring it all with them and create the New Vashon.

As the whales said when the Salish people arrived, as the Salish people said when the white man arrived, as the white settlers said as they saw cities grow up...well, you get my drift...”There goes the neighborhood.”

Vashon is still Paradise, still a world apart, troubles and all. Even when you live in Paradise, though, it’s nice to go somewhere else occasionally.

I wonder how many people were listening to that interview, and I wonder if they’re all going to show up this weekend. I’d better stock up on snacks and dips.

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## Hidden People

Continued from page 1

fumed at Island gas prices, even though I want to keep my business here. According to www.washingtongasprices.com, our gasoline is usually \$0.30 - \$0.60 more per gallon than in Ruston or West Seattle. In fact, at one point the website reported Vashon Island prices were the most expensive in the state. I know that overhead can be expensive in unexpected ways, but if it only costs \$0.07 per gallon to ferry it over here, I fail to understand the huge mark up.



Craig Harmeling discusses changing demographics on Vashon Island with Bonnie de Stigeur and Alice Larsen. Photo by Susan Wolf

And while we’re at it, why are all the stations within a few pennies of each other? When I asked the Federal Trade Commission about it, they said to ask the manager first to

## Island Quilters

Continued from page 1

most popular entry will receive the “People’s Choice” award and will have the coveted ribbon displayed on it on Sunday. The 2005 People’s Choice winner “All That Jazz” by Sue Nebeker will be hung for display also.

Another feature of the show will be “The Store” with many craft items, fabric grab bags, patterns and unfinished projects for sale. The 2007 Vashon Allied Arts Community Quilt will be on display with \$1 tickets available for purchase for the July 14 raffle drawing. For additional information about the Quilt Show, call Jo Ann



Where the elite meet and greet: the Food Bank. Loop photo

lower the prices. O.K, so I’m asking, “C’m on, do the right thing here.” Families are going hungry and people are sleeping in their cars. I have a hard time understanding the justification, It’s not like there’s a concierge with a cup of hot cocoa waiting when you drive in. To be fair, I’d like the managers to give us their reasoning. A call to the Island Mart manager was not returned.

And while I’m on my soapbox, why are low-income, subsidized apartments plumbed without hookups for washers and dryers in the units? 18 apartments can’t use one washer and two dryers! That means regular, expensive trips to the Laundromat. Right. It might be cheaper to just throw dirty clothes away and buy more at Granny’s. We’ll have more about Vashon’s 101 class in the next edition, but right now I have to go write a check for the Food Bank.



Quilts are hanging at the library once again to remind people to attend the upcoming Quilt Show. This photo is from 2005. Drop by the library to see this year’s quilts. Courtesy photo

Bardeen at 567-5841 or Peggy Scaramastra at 567-5694.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 20**

# Don't Forget the Birds



At the Masaai village. Photo by Linda Barnes

**Travel Birding**  
By Ed Swan

On a recent trip to Tanzania, I confirmed to myself again how birding makes a great hobby in so many ways. First, birding encourages one to go and see new things and meet people that one would never have experienced. Second, when encountering people with whom one shares neither culture nor language, showing them a field guide with their local birds in it always seems to bring a positive response. Finally, enforced down time (like when your transportation or guides appear to have jumped to an alternate universe) is just an extra opportunity to look around for another bird.

Our family's recent trip began with the first morning spent hanging out in the front drop-off and pool area of the Arusha

Impala Hotel. After almost daily contact with the safari tour company for about a month, the drivers for our party were out and around doing something instead of meeting us at the agreed time. The manager of the company also wanted to meet first because the lodge they had set up for us for the next couple of nights had way over-booked. While my wife Linda worked on pinning down the manager to fix it all, I, nominally responsible for watching the boys, picked up about 10 new species of birds. Several species of swallows and swifts had built nests under the roof of the hotel. A Peregrine Falcon was perched on the peak of the roof, not one of the species I had expected to see so far from home. Variable Sunbirds, Africa's answer to hummingbirds, were flitting through the shrubbery. Meanwhile the boys and their new friend Kanyi from Nairobi had found a cool squished lizard being worked on by ants. The rest of our group were bored and tired of sitting around, but I was having a great time in between keeping the boys from falling



Preening Lesser Flamingos. Photo by Ed Swan, Sr.

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into the swimming pool and recording new species.

It was the same on our flight over with its stop at Amsterdam's Schiphol airport. Someone had joked to my wife that the planes land in Belgium and taxi all the way into Holland. Once we were on the ground, the "Sunday drive" in the plane was so long (about a half hour of steady driving) that I had to look at a map afterwards to make sure the joke wasn't true. However, during that runway excursion I saw Common Coots, Tufted Ducks and Carrion Crow along the ditches around the airfield.

Once our safari was finally on the road, birding turned out to be kind of an infectious activity. Our group consisted of my family, parents and then several people I didn't know well or at all connected to the AIDS prevention

study that brings my wife regularly to Africa these days. Bird watching skills transfer well to finding other wildlife, so people were appreciative of Linda and me spotting a lot of animals as well as birds. Because there were so many bird species, so many colorful cranes, storks, egrets, hornbills, sunbirds and on and on, everyone was looking for the birds instead of just trying to see the occasional zebra or giraffe. I think we successfully converted several people to birding.

One of the parts of the safari I enjoyed the most was a stop at a Masaai village. A few of the villagers could speak English and told us somewhat about their culture and way of life. Most couldn't speak more than a few words of English and I was a



Blacksmith Plovers amid flamingo feathers. Photo by Ed Swan, Sr.

little at a loss as to how to proceed. A convenient acacia tree filled with noisy weaverbirds feeding young in their nest provided an opening to show their picture in my bird field guide. Immediately smiles came out all around as they looked at the weaverbirds and pointed out other birds they knew in the area. A boy held the book, proudly and slowly pronounced his way through the title. The time flew away quickly until Linda asks me, "Have you seen the boys?!" Fortunately, a knowing Masaai parent had escorted them to the village school where they bridged cultures unabatted by adults.

If you have an interesting bird to report or a question about local birds, call me at (206) 463-7976 or email at [edswan@centurytel.net](mailto:edswan@centurytel.net).

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

00000



Abdim's Storks check out a field in Tanzania. Photo by Linda Barnes.

**Across**

1 Jewish scripture  
6 Some (2 wds.)  
10 Sky light  
14 Lament  
15 Male parent  
16 Not out of plumb  
17 Domain  
18 Layer  
19 Past times  
20 Instant  
22 Screen  
24 Cub  
25 Are you kidding?  
27 Drags  
29 At Red Square  
32 April org.  
33 Neither's partner  
34 Arose (2 wds.)  
37 Take off your hat  
41 Zeal  
43 Wintertime in CO  
44 Capital of Western Samoa  
45 Otherwise  
46 How far it is to the bottom  
48 Escudo  
49 XX — VIII  
51 Otitis media symptom  
54 Slogan  
56 Malicious burning  
57 Decade  
58 Hurried  
60 Put a price on  
64 Opposed  
66 "Calciums" antacid brand  
68 \_\_\_ eel  
69 Electron, for example  
70 Canal  
71 Delete

72 Sports chan.  
73 Memorization  
74 Ladies

**Down**

1 Time in office  
2 Tub spread  
3 Stack of paper  
4 Glistening  
5 Church songbook  
6 Liable  
7 Credit  
8 Dueling sword  
9 Naval vessel  
10 Eye infection  
11 Short monster  
12 Halos  
13 Marsh grass  
21 High school math  
23 Sticky black substance  
26 Dwarf  
28 U.S. Department of Agriculture  
29 Leg joint  
30 Bun  
31 Time periods  
35 Cooking measurement  
36 Total  
38 Organization of Petroleum Exporting Countries  
39 Angle  
40 Dial  
42 Barber's call  
46 Measure of lens's power  
47 Poetic "has"  
50 "\_\_\_ the water"  
52 Ranged  
53 Very soft fur  
54 Meal listings

55 At the peak  
56 Permit  
57 Docile  
59 European monetary unit  
61 Weight unit  
62 Move gently  
63 Colors  
65 Lodge  
67 Visualize

**Solution on page 17**



# The Reigning Queen of Everything

By Sarah Blakemore, RQE  
**Bambi Continues to Explain**

“You seem too smart to be a stripper,” says generic customer.

Right. Of course. Pretty women aren’t supposed to be smart.

Sigh.  
It doesn’t matter how many times this maxim has been proven wrong; women who are attractive are not expected to be intelligent. This, of course, irritates me right down to the tip of my 8-inch black ankle boots. It seems as though there is a direct relationship between the perceived intelligence of a woman and what sort of display she makes of her sexuality. Strippers and other sex workers are on one end of the spectrum being the most lacking in intelligence, the conservatively dressed, mousy woman with glasses on the other end of the spectrum being the most intelligent.

For a long time I thought the connection was between beauty and perceived intelligence. But after a careful, albeit unscientific study, I have learned that it is not about beauty, it is about the display of sexuality. I am as beautiful outside my work environment as I am inside. Yet on the outside, when I am conservatively dressed, no one doubts or is surprised by my intelligence.

My friend and coworker, Tara, has the same problem. She is a professor of economics at a major state university. She is a stripper as a second job; she is one of the women who really loves dancing. When either of us displays our sexuality, in the real world or as part of a fantasy at a strip club, our perceived I.Q. drops significantly.

Strip clubs are about fantasy. Men have fantasies about women displaying an aggressive sexuality. They come to strip clubs to live out these fantasies in a reasonably harmless way. One would assume that these men, because they assume that strippers are stupid, want a stupid woman as part of their fantasy.

Not so.  
Women who think that men want stupid women are selling men short. On a nightly basis I hear not once, but multiple times, “The fact that you are smart just makes you so much hotter.” Meaning I am more, not less, attractive because I am smart.

Intelligence is a desired trait in the eyes of most men. The vast majority of men want a woman who can challenge them, give them new insight and talk to them about things they find important. There are always those who want the iconic trophy wife, the ditzy woman who will yes him to death, but most men value intelligence.

Women, outside the business, also express shock that strippers are not all brainless and easily manipulated products of a malevolent patriarchy. “But you could do so much more,” they cry when I tell them how I make my living.



A reader asked to see a larger version of the RQE’s logo. Here she is.

It isn’t enough that I put myself through college, traveled the world, bought a house and filled it with nice things. Nor does it matter the amount of self discovery that I have had, the emotional hurdles I have overcome. To add insult to injury often times the women who tell me I should be “doing so much more” are women who are stuck in middle management jobs they often don’t like, that don’t allow them to reach their full potential.

So why is it that the display of sexuality indicates a lack of intelligence? And more importantly, why is this assumption only made about women? When a man displays sexuality no one assumes that he is lacking in mental capacity.

After years of thoughtful (again, unscientific) study, I have come up with several reasons.

When a man is sexually stimulated, blood leaves his brain; when this occurs his I.Q. drops significantly. The average guy assumes that this drop in I.Q. is a universal experience and therefore includes any women who are the cause of his sexual stimulation. So, following that logic in his mind, a woman displaying sexuality must be in a constant state of lowered intelligence, i.e. dumb as a bucket of rocks.

Women who perpetuate this myth don’t have the same excuse. Women who assume that a display of sexuality indicates a lack of intelligence are, ironically enough, usually products of the feminist movement. Somewhere along the line, feminism decided that any display of sexuality was a result of subtle manipulation by men, not a choice by women. This relegated the role of sexuality to be a product of male desire and decidedly not a conscious choice made by an independent woman. As a result, women help perpetuate the myth that a demonstration of sexuality is indicative of a lack of aptitude.

And not only in relationship to strippers. Movie stars and sports figures who are held up as sexually desirable fall prey to the same attitudes. So next time you find yourself dismissing a woman who is being sexual in some manner as dim-witted, take a moment to ask yourself if you really think she is lacking in intelligence or if you simply want to, for your own reasons, believe that this is true.

I’ve been accused of vulgarity. I say that’s bullshit. – Mel Brooks

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Hazel Thies greets you to her herb stall with a beautiful smile. Loop photo

## Farmers Market Opening Day Album


The Vashon Farmers Market had their opening day on April 7, and the gang was all there! Dozens of shoppers circulated among the booths and through the shelter where various wares were available, from June Brooks’ handiwork to the many plant starts and the produce at several farm stalls.

June was sharing a gazebo with Ralph Moore of Tahlequah Woodworks, purveyor of fine cutting boards. “He’s very nice,” June said. “When we got here it was raining and he let me come under (the gazebo).”

Rain fell off and on, but people were undeterred, as the purchases, conversation, eating, and hugging went on. Customer Joy Goldstein said, “People who take care of plants are so good. Plants don’t give you much leeway. You can’t lie to plants.”



Ron Irvine discusses wine with Jessica Wetzstein. When asked what is the best wine to drink for heart health, Irvine said that the best wine is a Pinot Noir he will be releasing next year, but in the meantime, Pinot Noirs, Merlots, and Cabernet Sauvignons from grapes grown in Northern climates have the highest concentration of the ingredient resveratrol, which is suspected to be what does the most good. Loop photo



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Poet, artist, and cook Paul Motoyoshi contemplates the readiness of a pannini (a sandwich, not to be confused with an Italian painter of the 18th century). Loop photo



Joan Hanna leans in to pick out flowers at the Tahoma View Farm stall. I regret to say I did not get the name of the vendor. Loop photo



June Brooks watches Ralph Moore explaining the chi of cutting boards. Loop photo



Rain did not dampen the crowd’s spirits. Loop photo





## When Things Settle Down

A Personal Essay by Alice Orr

For as long as I can remember, which isn't that far back sometimes due to the mountain chains of mental clutter blocking my memory horizon, I have spoken of a time or perhaps it is a place where I will allegedly arrive one day, "When Things Settle Down." I vaguely recall an era in my personal history when I alluded to this time-place-state of mind with confidence, as if it were maybe not directly in sight but at least just around the corner and definitely reachable soon.

Lately however, these allusions have changed. I notice that a note of wistfulness has entered my voice along with the hint of a sigh, and I suspect that I might anticipate a juncture when, being a pragmatic person not given to self-flagellation, I will no longer utter these words at all. Before that happens, it feels suddenly imperative that I record some of the major resolutions I resolve to fulfill while I still believe, however wistfully, that such a time-place-state of mind could still exist.

When things settle down, the first thing I will do is get rested up. That could mean a vacation, preferably some place warm, reliably warm like Mexico not erratically warm like Florida. And not one of those

Active Vacations that have become mysteriously popular in recent years where whole families scale something or other like the Andes or the Himalayas with apparent eagerness, riding the backs of shaggy beasts in the company of native guides. The vacation I have in mind involves no shaggy beasts unless they are the type that come bearing foamy fruit drinks with or without tiny umbrellas peeking over the rim.

When things settle down, after I have rested up on this balmy vacation, which by the way will be at a minimum a month or two long, I will search out the many scraps of the many To Do Lists I have written over many well-intentioned years. I will then arrange them chronologically, from past to present, and make yet another Master To Do List of all the items that were never crossed off those earlier lists. Items that sometimes trailed on from one list to the next, maybe even several times, before

trailing off into guilty oblivion. Items like finding a glazier to replace the two panels of the glass lamp shade that have been broken ever since I sort of inherited them after my father-in-law's third wife left him and the lamp behind, possibly on her way to the land of When Things Settle down.

When things settle down, after I have rested and finished with most though not likely all of my Master To Do List, I will do a lot of reading. I have on top of my nightstand, inside the mercifully closed doors of my nightstand and around the not-so-mercifully visible and crowded floor space bordering my night stand, literally piles upon piles of books with lop-eared bookmarks sticking out of them at various places, often quite far short of the final page. Occasionally, I police these piles, winnowing out the volumes that no longer excite enough urgent interest to warrant floor or shelf space, much less top of nightstand status. No longer urgent though they may be, I never give them away. Instead, I shove them into a bookcase already approaching explosion, with bedraggled bookmarks still in place in anticipation of a day when things really settle down.

Finally, when things settle down, after rest and the satisfaction of tasks completed and the luxury of reading all of the books I truly long to read, I will do a great deal of writing. Specifically, I will write to people, and there will not be a single e-mail in the lot. I will write notes on cards beautifully embossed with my name. I will write letters pages long on fine

vellum that brings to mind quill pens and a time when I have heard that hours of each morning were set aside for writing just such letters as these. I will write to so many people I have been meaning to say so many things to for so many years. Like my first best friend Rosemary who sends me a holiday card every year crammed with ever smaller handwritten script detailing the lives of grandchildren, nieces and nephews I have never met related to her via relatives I only minimally recall.

You may think that my life has about as much chance of affording me an experience of When Things Settle Down as a snowball has in you-know-where. But, I counter your cynicism — or would it be the echo of your own wistfulness? — with the proof positive or at least the proof hopeful of this very catalog of resolves. Which happens to be something I have long admonished myself to put into writing one day when things...Well, you know when I'm talking about, don't you?

~~~~~



Woman Writing a Letter, by Gerard Ter Borch, 1655



CREEK CROSSING • BEACHES

## SPRING LAND TRUST TOURS

Saturday April 21<sup>st</sup> & Sunday April 22<sup>nd</sup>

By popular demand, we are continuing our tour series in 2007. These tours make great family adventures! For this round, we're taking advantage of some good, weekend low tides and featuring shoreline preserves on both Vashon and Maury. In addition, we're excited to welcome folks for the first time onto our new Paradise Valley preserve, through which runs Judd Creek.

**PARADISE VALLEY: Work in Progress Tour –**  
Saturday, April 21, 10:30 a.m.-12:00 p.m.

Come see our newest preserve. We've spent much of the past 2 years acquiring land along Paradise Valley that contains salmon spawning reaches of Judd Creek. Currently we have 33 contiguous acres and we want to show 'em off. This tour will be more of a "look around" than a lengthy walk – cross the creek and wander into the pasture to learn our plans for restoring this vital habitat.





**MAURY ISLAND MARINE PARK TO PT. ROBINSON:**  
**Beach Hike – Saturday, April 21, 2:00-4:00 p.m.**

Visit two great parks in one afternoon. This tour will be low on lecture and high on hoofing. Stretch your legs on a fabulous stretch of sand and gravel beach and walk along a madrona forest. This is a great low tide trek and, if the weather cooperates, it affords a magnificent view of Mt. Rainier.

**FERN COVE @ LOW TIDE – Sunday, April 22, 3:00-4:30 p.m.**

This is a great place to enjoy a low tide and look for shore birds! Containing the estuary of Shinglemill Creek, Fern Cove boasts the largest delta on Vashon-Maury. Lots to explore at the shore, as well as in the forested area above the beach. This is a gem of a preserve for its natural diversity that appeals to all ages.



Each tour is \$5 per family for Land Trust members or \$25 per family for non-members (includes a year's membership in the Land Trust). Space is limited, please reserve in advance for one or more tours. 463-2644 or [info@vashonlandtrust.org](mailto:info@vashonlandtrust.org).

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



Booker by the Way





Campfire Girls celebrating a successful candy fundraising campaign. Photo by Lauri Hennessey

## Campfire Celebrates with a Movie



Islanders may have wondered why the Vashon Theatre sported a "Welcome Camp Fire" sign last week. Owner Eileen Wolcott, a former Camp Fire Girl, opened up the theatre to Camp Fire kids in 1st through 3rd grades, hosting them for a private viewing of *Meet the Robinsons*. The reason? To congratulate the kids for their work in the recent Candy Fundraiser for Camp Fire. Camp Fire kids on the island sold 1860 boxes for \$9300, with 23 sellers participating.

### Faces of the Fallen

There is a website that lists all American military who have died in Iraq, with their photo, if available:  
<http://projects.washingtonpost.com/fallen/>

# The Dorsal Spin

## The Blue Whale in the Parlor

By Orca Annie Stateler

Polar bears, vaquitas, Amur leopards, elephants — a few of the charismatic megafauna in harm’s way. April is Earth Month, a time of anticipation and trepidation: anticipation because our Third Stone from the Sun has a starring role for a month, and trepidation because the Intergovernmental Panel on Climate Change (IPCC) report is out and the news is grim for all inhabitants of Earth.

The polar bears’ home is melting. The vaquita is a critically endangered porpoise found only in the Gulf of California, and highly susceptible to entanglement in fishing gear. Perhaps only 30 Far Eastern Amur leopards remain in the wild. Ivory poaching is on the rise, further endangering elephants. Wildlife, along with impoverished humans, will suffer the most in the predicted climate scenarios.

Despair not. Vow to make a difference. Stay informed. This is a good month for environmental and natural history programming, like the Discovery Channel’s stunning “Planet Earth” series.

Protecting orcas from disruptive vessel effects is one conservation issue we can tackle in our backyard. Voice your concerns to NOAA Fisheries (NMFS) at a meeting at the Seattle Aquarium on **Thursday, April 19**, 7 to 9 p.m., or by emailing comments to [orca.plan@noaa.gov](mailto:orca.plan@noaa.gov) by **June 20**. Read more in the Federal Register Notice at <http://www.nwr.noaa.gov/Marine-Mammals/Whales-Dolphins-Porpoise/Killer-Whales/ESA-Status/Orca-Vessel-Regs.cfm>.

In orca recovery, most stakeholders broadly agree that the following imperil the Southern Resident killer whales’ survival: captures in the 60s and 70s, depleted salmon runs, persistent bioaccumulative toxins, careless deployment of military sonar, and the risk of oil spills or diseases. However, it appears that denial and complacency prevent some from acknowledging that boat traffic and engine noise also jeopardize recovery of the Southern Residents.

Without dispensing inordinate blame and judgment, this is how I see the blue whale in the parlor (or elephant in the living room, if you prefer). The engine noise and presence of just a few boats can potentially disturb orcas’ foraging, socializing, and resting. Commercial tour boats inevitably beckon curious recreational boaters. Consider the cumulative impact: when dozens of boats pile up on the Southern Residents. It



matters little if boaters are adhering to anemic voluntary guidelines.

Several years ago, 85 commercial whale watch boats from the US and Canada pursued J, K, and L Pods in summer peak season. The fleet size might be larger now. The Southern Resident population is currently 86, counting the new L Pod baby discovered in Monterey Bay last month. So, with roughly one whale watch boat per endangered orca, is that sustainable?

The whale-watching season targeting the Southern Residents has expanded from about a half year to all year long. Now the commercial season has no end and the orcas get no respite in the inland waters of the Salish Sea. During summer, some operators do multiple trips a day, from sunrise to sunset. These vulnerable killer whales are endangered – don’t they deserve a break? Can you name another endangered top predator in North America that must endure year-round wildlife viewing pressure?

To be fair, other vessels can adversely affect killer whales. I read this nugget by John Vidal in the UK paper, *The Guardian*, dated March 3, 2007: “CO2 output from shipping twice as much as airlines; maritime emissions not covered by Kyoto accord; studies suggest 75% rise in 15 years as trade grows.” 90% of world trade is transported by ships.

While we focus on emissions from other sources, ship traffic is belching out between 600 and 800 metric tons annually, perhaps 5% of the global total. Carbon emissions are making the North Pacific more acidic, thereby threatening the plankton that salmon eat and compromising the entire marine food web.

My empathy for the Southern Residents is ever increasing as I continually listen to underwater sounds on our hydrophone. When bombarded by cacophonous noise during busy boating periods, at least I can turn down the volume. If I perceive a noise as noxious, it cannot be pleasant for orcas, whose hearing is much more sensitive than mine is.

Among options NOAA Fisheries is considering to deal with vessel effects are:

Codifying some or all of the current voluntary marine mammal viewing guidelines to make them requirements, allowing for enforcement and penalties for violations;

Establishing time-area closures, similar to those used to protect fish stocks; Prohibiting “activities of concern,” such as separating moms from calves, herding, blocking escape, leapfrogging, plowing through a pod, and high speed approach;

Changing the minimum approach from 100 to 200 or more yards in some circumstances.

I like the time-area closure option to deter fall/winter whale watch trips out of Seattle and cross-sound gravel barging from Maury Island. The Southern Residents generate millions of dollars for the whale watch boats. I suggest the industry embrace opportunities to minimize its ecological impact by

# PANDORA'S BOX

Got your taxes done?  
Celebrate in style with some new spring bling - great collars, leashes and neckwear - update Fido's wardrobe, you know it will make you feel better!

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Horus' pick of the week:  
Soaking his old bones in the window.

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implementing ship-quieting technology and switching to alternative, non-polluting energy sources. By 2050, if we want Southern Resident killer whales and wild Puget Sound Chinook salmon to still be with us, our actions (or lack thereof) in the coming decades will determine their fate.

**Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.** We are grateful for the thoughtful donation from Karen. The cute photo of Ms. Stogarita is for comic relief. Oh, and blue whales are endangered, too. Contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

## School District Facility Planning Q & A

By Mary Kay Rauma

Q. Why is the school district conducting a facility planning process?

A. Planning for the district’s long-term facility needs is important to insure taxpayer money is spent wisely. It can take many years from the time a building need is identified (in the case of a major renovation or replacement) until it can be met. Having a plan in place allows the school district to make spending decisions based on what makes economic sense for taxpayers instead of having to make them when there is a crisis.

Q. Who is in charge of the facilities planning process?

A. The Vashon Island School District Board of Directors will make the final decision. There is a Steering Committee that reports to the board that consists of the Superintendent, two board members, the district capital projects manager, and a community involvement team.

Q. When will the public vote on a facilities improvement bond?

A. The board is working towards an election in February of 2008.

Q. How can I provide input to the plan?

A. The best way is to join the facilities planning email news list. There is a Facilities Planning page on the Vashon Island School District website ([www.vashonsd.edu](http://www.vashonsd.edu) home; click on “Facilities Planning website”) where all current information and documents are posted. There will be regular articles in the Beachcomber and Loop. Facilities planning is slated for 7:30 p.m. on every board meeting agenda. There will be board work sessions open to the public; the dates and times for these will be posted on the web, sent out via email, and posted in the paper.

Q. Didn’t we go through this process before?

A. Yes. In early 2005 the board of directors reviewed four different options for a long-term “Campus Master Plan.” Ultimately, the board did not approve any of the options and proposed a two-year levy to allow for additional time to develop a realistic long-range facilities plan and further involve the community

in the planning process. In November of 2005, voters passed a \$2.48 million capital levy to pay for immediate structural, safety, communications, and technology needs.

Q. How is this facilities planning different from the campus master plan?

A. The board of directors wants to closely involve and inform the Vashon community at every stage of this process. Their goal is that voters will be well informed and involved throughout the process when they go to the polls in February 2008. Additionally, this new approach will not only look at the initial construction costs of building a facility, but at the maintenance and energy costs of buildings over their life cycle.

Q. What about the work that was completed for the campus master plan?

A. All of the work and information collected before is relevant today and is being supplemented with new data. The board has done a “compatibility assessment” that takes into account how facilities relate to the educational vision for the district. In other words, how does the physical environment of a facility enhance and enable learning? Technology needs have advanced and need to be re-evaluated and construction costs have increased and need to be re-calculated.

Q. Are the results of the questionnaire that took place in February and March a representative sampling of the Vashon community? Was this a survey?

A. No. This was not a survey, but an opportunity for interested community members to provide their input by providing responses to a list of questions. The district wanted to make it easy for people to provide their comments and input on the priorities and roles of district facilities. The questionnaire was accessible via the internet, the phone, in an ad in the Beachcomber and on paper. A total of 525 people participated in this process: 72 identified themselves as primarily “taxpayers”, 212 primarily identified as parents, 81 were district employees and 149 were students. Over 250 written comments were received and given to the board of directors to read.

Q. I didn’t know about the questionnaire. How do I find out about the next one?

A. Join the Facilities Planning email news list by going to [www.vashonsd.org](http://www.vashonsd.org). If you don’t have email, read the newspaper where public input opportunities will be listed.

Q. Is it too late for me to provide input on the priorities and roles of district facilities?

A. No. The Board of Directors wants to hear from the public throughout the entire process. Please write down your comments and email them to board members at their email addresses posted at [www.vashonsd.org](http://www.vashonsd.org) OR mail them to Board of Directors, Vashon Island School District, 18850 103rd Ave. SW, Vashon, WA 98070.

A speaker who does not strike oil in ten minutes should stop boring. – Louis Nizer



Stogarita, pod member and friend. Photo by Odin Lonning

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Sightings NOT Disclosed to Whale Watch Boats





# Book Review

## Who Needs Steven King When You Have Wal-Mart?

By Richard Bard, guest reviewer

I don't go out of my way to see horror films. The real world is scary enough as it is — car crashes, stupid wars, the small but real possibility an asteroid will smack into the planet and wipe us all out before I have a chance to improve my dental habits...if I want to escape from all this, I don't go to a vampire movie, I ride my bike or drink beer and watch a ball game.

Occasionally, though, I can see the value of a scary diversion, especially if I learn something. Charles Fishman's *The Wal-Mart Effect* fills this bill perfectly.

What's frightening is how broad the effect is, not just on starving businesses in towns where new "supercenters" have been built, not just on people who shop there, and not just in this country. Whether you're the kind of person who can't wait to get inside the door, or who wouldn't set foot in the place if Penelope Cruz was begging you, the Biggest Box has muscled into your life because it's changed the whole economic landscape.

There are now 2,000 supercenters in the U.S. Each year, 93% of American households shop at Wal-Mart. The company is as big as Home Depot, Target, Costco, Sears, Kmart and Kroger put together. In fact, it's the biggest company in the history of the planet (although high gas prices helped bump Exxon-Mobil's sales into the top spot, at least temporarily, in 2006).

This success comes from following Sam Walton's goal when he started up 45 years ago: always low prices, always. Averaging 15% below other retailers, these prices mean hundreds of dollars of savings a year for a typical shopping family of four.

What's not to like about savings? Put simply, the wreckage left in the big company's wake.

Wal-Mart likes to tout the jobs it brings to a community when it opens a store. Its work force is, indeed, huge — with 1.6 million workers, it's the biggest employer in the world. In the seven years up to 2004, the company added 480,000 American retail jobs.

In that same period, however, the country lost 3.1 million manufacturing jobs. Though Wal-Mart points out that its \$10 an hour average is almost twice the federal minimum wage, at 40 hours a week that means monthly take home, after taxes and before contributions to the company's minimal health plan, of \$1280.

Compared to manufacturing jobs that have disappeared overseas, this is pretty damn skimpy. And although the move toward cheap goods from low-wage

countries started before Wal-Mart's ascendancy, there's little question its phenomenal growth and dominance in the retail field has been a major factor in the outsourcing of recent years.

Almost no heads of companies now supplying Wal-Mart wanted to talk to Fishman. Some of those who had moved on, however, report relentless downward pressure on wholesale prices. Rather than allow price to rise with inflation, Wal-Mart is more likely to insist that its suppliers periodically reduce their price, if they want to keep doing business. As a result, U.S. factories continue to close, and the guy who had a job manufacturing sprinklers now stocks shelves at the Wal-Mart.

The real scary part of all this is how helplessly caught in the downward spiral America seems to be. The drive to get a bargain appears so strong as to be genetic. We pass laws regulating wages, working conditions, and environmental impact, but then we buy the cheaper lawnmower, made in a country with no environmental laws where people will work in any conditions for \$5 or \$10 a day.

As one company exec admits, "We're shopping ourselves out of jobs."

For all the downside Fishman reports, he's not a hater. In fact, the book begins by reporting how Wal-Mart's insistence that its deodorant suppliers eliminate the box the products used to come in saved hundreds of millions of dollars and whole forests.

Near the end, though, the personal reports of people who've been laid off due to the always low price are more compelling. Even if we are helpless in our shopping habits — a survey in one city showed even people who adamantly reject the whole concept of Wal-Mart stop in nine times a year — the company faces growing resistance and bad publicity. To counter, it's come up with a program with a green tinge: double the gas mileage of its truck fleet by 2015, reduce greenhouse gas emissions in stores, encourage eco-friendly shrimp farms and sustainable fishing operations, expand its organic product line.

Whether these seemingly high-minded goals will amount to much is open to debate. Fishman's sees more potential in regulation. Our monopoly laws have sought to prevent a company or cartel from harming consumers by dominating a market, but a company whose dominance appears to benefit consumers, at least on the surface, flies below the existing regulatory radar.

Is it realistic to think new laws could put the brakes on the working wage's downward skid? Or could we do it ourselves, by resisting the urge to always buy cheap stuff?

Now there's a scary choice. But what the hell, it can't hurt to be optimistic. Next time I need a lawnmower, I'll spend an extra \$150 to buy a domestic product. Sure, I will.

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The hunt takes off in earnest. Loop photo

## Annual Easter Egg Hunt

About 11:30 a.m. Saturday morning the Easter Bunny showed up at VIGA and led a parade of children with bonnets and baskets down the street to Ober Park for the Chamber of Commerce's annual Easter egg hunt.

They were greeted at Ober Park by emcee Gretchen Neffenger and the Garage Boys (aka River Bend) singing a special version of "Here Comes Peter Cottontail." The hardest part for the kids was waiting until it was time to start, but they stayed outside the taped-off areas, each of which was designated for a different age group, until Neffenger gave them the go ahead.

The hunt didn't last long but people stayed around for quite a while after the



Not quite two Ava Stephenson was not quite sure about this egg hunt thing. "It's her first," her mom said. Loop photo



The Easter Bunny gets a loving hug from a big fan. Loop photo

hunt, having a good time enjoying each other's company.

Every egg had a prize of some sort, but each group had one Golden Egg which was special. Finders of the Golden Eggs were: in the Toddler hunt, Sally Yamane; Pre-School hunt, Jack Zimmerman; K & Grade 1, Tobin Vaughn. The name of the finder of the Grades 2 & 3 Golden Egg was not known at press time.





# Troubled by Constipation?

By Kathy Abascal

Although elimination is the proper function of a healthy body, most of us are embarrassed to discuss its importance. This is a problem because, for many, constipation troubles both their well being and their health. It is also a problem that is easily improved or cured by diet and herbs.

Constipation generally refers to stools that are hard, dry, and difficult to pass, a condition that usually goes hand-in-hand with less frequent bowel movements and a slow transit time. The body has an optimal transit time, that is, the time it takes from eating a food to eliminating the portions of the food that the body cannot use. If transit time is too fast, many needed nutrients from the diet will be lost. If transit time is too slow, compounds that the body is attempting to reject may be absorbed. In both cases, the flora of the intestines will be negatively affected.

Intestinal flora consist of a variety of bacteria that live in our gut. Some are our friends. They transform nutrients so they can be absorbed across the intestinal lining and they secrete compounds that we need to maintain our health. Others are not so good for us, and either take nutrients we need for their own use or secrete substances that irritate rather than nourish the body. The type of flora we maintain is deeply affected by what we eat and by how long the food we eat remains in the intestines. Slow transit time has been associated with colon cancer and gallstones.

The most common cause of constipation, and the one covered here, is poor life style. Constipation can also be caused by diseases, such as Parkinson's, prescription drugs such as codeine, and spastic pelvic floor syndrome. These forms of constipation usually need other treatments. Overwhelmingly, however, constipation in the Western world is caused by poor diet, lack of fluids and exercise, and

stress. The core treatment for constipation is to increase the amount of fiber from vegetables, fruits, and whole grains along with an increase in liquids (water and herbal teas), and an increase in exercise such as walking. Any person with a slow transit time needs to incorporate these changes. For most, that will be all that is needed.

Initially, increasing fiber intake may cause a temporary increase in bloating and flatulence. This is easily remedied by carminatives, herbs that soothe the gut. Classic carminatives include peppermint, chamomile or catnip tea and fennel seeds. They work quickly and well.

For those unable to shift their diet or where this change is insufficient (but should nonetheless be continued), we usually recommend other sources of fiber. Foods and herbs high in inulin are a good first choice. Inulin is a sugar that passes through the intestines undigested and feeds the beneficial gut flora. Good dietary sources of inulin are onions, garlic, Jerusalem artichokes, chicory, dandelion, and burdock. The latter are available as herb capsules or teas.

Psyllium and flax seed are bulk forming laxatives. They are safe, work well, and do not cause dependence. Psyllium seed loves water. In constipation, it pulls more water into the intestines. In

diarrhea, it pulls water from the intestines. As a result, it is helpful for both conditions. At the same time, psyllium lowers bad cholesterol so it is a useful supplement. Psyllium husks also help in constipation

but are not useful in diarrhea. When taking psyllium, it is important to drink enough water. Whole flax seed works similarly.

Another simple, safe remedy for constipation is the use of bitter herbs before meals. The bitter taste stimulates the function of the entire digestive system and can be extraordinarily helpful in constipation. There are many herbal combinations of bitters available; just about any of them will work well.

There are also herbal laxatives that can be used on a temporary basis for constipation. These herbs are called cathartic because they actively promote elimination. These herbs, as a rule, should not be used for more than 10 days in a row because they can ultimately worsen things by causing rebound constipation when the person tries to stop taking them. They should not be used in pregnancy or in those with acute inflammation of the intestines (such as ulcerative colitis or Crohn's disease). Classic laxatives include senna (*Cassia angustifolia*) and cascara sagrada



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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>.

(*Frangula purshiana*). These herbs work predictably and are taken at bedtime for a bowel movement in the morning. They are best combined with carminative herbs to prevent cramping.

For most of us, constipation reflects a need to improve our lifestyle by increasing our intake of foods that feed our gut bacteria and our bodies, bitter herbs to stimulate gut function, drinking water, and getting some exercise. The good news is that it is usually easily cured by doing things that in the end will make us much healthier overall.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 20**

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## S.E.E.D.S. Needs Volunteers

Editor, *The Loop*,  
We are holding a volunteer meeting on **Sunday, April 29** at 1 p.m. at our home, 11238 SW 212th Place (call (206) 463-4223 for directions). We are continuing to grow the Social Ecology Education and Demonstration School (S.E.E.D.S.) in an incremental fashion, with an aim of planting firm roots in the Vashon community. Come and help shape the future of this exciting project that combines local and global dimensions of education toward a truly ecological society.

We are working to establish an accredited interdisciplinary graduate/undergrad program on Vashon that integrates ecology and social justice issues, beginning in Summer 2008. Courses will include Principles of Social Ecology, Principles of Ecological Design, The New Energy Politics, Community Development, Community Health, Activist Art in Community, Ecofeminism, Ecological Justice, and Approaches to Organizing. We also are beginning to develop partnership projects with a number of organizations on Vashon that will provide on-going internship possibilities, with internship credit available through the University of Washington, Tacoma.

This August we plan to offer a public talk on a social ecology approach to climate change, followed by workshops on sustainable design and other topics. We need volunteers to help us develop this summer's program. At this point there is a wide range of volunteer opportunities where you may contribute according to your passion and interest and the time you have available.

Bob Spivey

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



**Aries (March 20-April 19):** Lately it seems as if you go someplace to ponder the most meaningful subjects in your life, then step outside that room and forget everything you worked out. You're about to remember it all, in waves of *deja vu*. I trust that you'll get the message that you must maintain an open dialog with your fears, your needs and your deepest desires. The three are related, if only by the intensity of emotion, an odd common sensation they share, and your propensity to deny them. Yet events in these days of your life should at least remind you that denial is not the path to anything but itself. Life is affirmed and moved forward by the thought, the feeling and the word yes.

**Taurus (April 19-May 20):** You have been involved in a dialog so intimate that it's been like having a long talk with yourself. There has been a liberating quality to the communication and to what you've learned about your inner landscape and the nature of how you respond when you're presented with positive vibes, encouragement and appreciation. You would do well to wonder how you've survived this long with less of these nutrients than you need, but you are made of tough stuff. Endurance is good; getting what you need is better.

**Gemini (May 20-June 21):** It's taken a bit longer than you've been expecting to secure a deal, arrangement or agreement. But all the important elements are now in place, and the most likely successful strategy will be to live and act as if you are who you want to be, doing what you want to do. Your perception of yourself shapes how others perceive you; indeed, it's the single most influential factor. Try and see. Your vision of yourself will take shape in the world, even as you imagine it. Your ideas shape your environment even as you think of them. Beware, this is a ridiculous amount of power, and it's now in your hands.

**Cancer (June 21-July 22):** A message is coming in, and it involves not only what you do in the world, but why you do it. The development is in both dimensions simultaneously: action, and its motives. It looks like you're getting an update to your original instructions, which will offer you an unusual

opportunity to point your life in a new direction. Whatever develops may seem relatively small at first, minor in the scheme of things, but it appears to be wearing a disguise. It's not necessarily about your work, but what you do every day is deeply involved. A personal liaison could morph into a bold and liberating adventure.

**Leo (July 22-Aug. 23):** The Sun making its way across fire sign Aries is widening your perspective on life. From this angle of the cosmos, there are more possibilities, more time, and the feeling of a greater likelihood that your highest aspirations have enough merit to be taken seriously by the cosmos. I suggest you keep a discussion going. You may have been reticent to speak too openly about what's so deeply important to you, but the moment is changing, and it seems time to bring a few more people in on the discussion. Take what everyone says with a grain of salt, or as the case may be, pepper.

**Virgo (Aug. 23-Sep. 22):** Luckily for you and everyone, you change, grow and evolve in quick spurts. These generally come between intervals of thinking about it for a long time, and despite doing so. Reality rarely works out according to your mental plans, and while they do serve a purpose, if you invest your energy on the emotional level for the time being, the return will probably be a lot more nourishing. As Mars makes its way across your solar 7th house of direct encounters with others, people may be making hot approaches to you, even if they have an air of refinement about them. Underneath, fire is fire. Handle it gently, and remember it's there to warm you.

**Libra (Sep. 22-Oct. 23):** You are reaching the end of a phase of your life and may be meeting unexpected complications coming to closure with certain people and recent past events — which have, I trust, been unusually satisfying. There may be moments when you feel your world is ending, but in fact you are just going through a deeper-than-normal transition that will lead you distinctly to a beginning. It's one of those situations where difficulty comes before ease, particularly difficulty saying what you need to say, and perhaps hearing what others need to say. The most



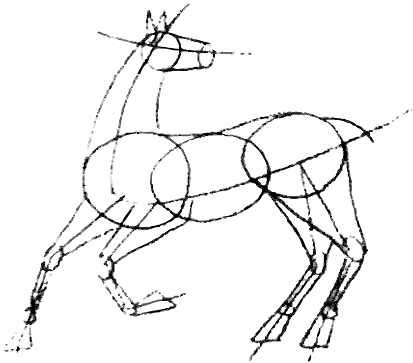
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wholesome thing you can do at this point is gently keep the discussion focused on what matters. Do not waste your words, but don't hoard them, either.

**Scorpio (Oct. 23-Nov. 22):** Maintain your awareness of what the people closest to you, or someone in particular, is experiencing. Mind your psychic manners and don't take their turning points or difficulties personally; they have very little to do with you, though naturally, you are subject to anything in your environment. You are in that delicate situation of needing to set your own needs aside, while at the same time needing to be supportive, conscious and not get in the way. Actually, this is less of a balancing act than it seems on paper. You are well placed to defer your own needs for a little while, which is really all that's necessary.

**Sagittarius (Nov. 22-Dec. 22):** You appear to be having a positive effect on someone close to you, even though they may be masking the extent of your impact on his or her life. Though you're a potent force, they are, however, making up their own mind about who they want to be. You're a kind of model, but their vision is the one that's shaping their actual choices and their personal values are at work behind the many evaluations and self-assessments they are going through. Meanwhile, keep having fun, keep defining success your way, and remember that you teach by your being rather than the words you say. For you who love words, this may be an odd idea. By now, though, you have sufficient evidence to know that what you do is more important than what you say.

**Capricorn (Dec. 22-Jan. 20):** I don't think every part of a person grows at the same time. In the cosmic gymnasium, some days we work on our arms and some days we work on our abs. These days you are working on your voice. You are learning words, and tones of speaking, and how to integrate what you feel with what you say. Notice what you're saying when your voice goes hoarse. Notice how you're breathing as you speak, and when the air gets caught in your throat. It's not easy learning strange new words, or learning

to express unfamiliar ideas, but at this moment, every such achievement will lift a burden from your heart.

**Aquarius (Jan. 20-Feb. 19):** Lois Rodden, one of the more influential astrologers of the past few decades, was clear that "Mars is the money planet." Mars has now entered your solar house of money, an assertive and passionate energy that is now conjunct the cool, calculating and extremely intelligent asteroid Pallas Athene. This is an excellent combination for you who wants to be a little more lavish with your necessities and better able to sponsor your desires. Negotiation is the skill of the hour. Just remember, you're negotiating from a position of strength, that is, from a position of having rather than not having. You did not come this far purely by accident, and you now have some excellent new skills you can put to work.

**Pisces (Feb. 19-March 20)** Typically, the growth of one person is plenty to manage, such as yourself. The interesting thing about relationships is that the world exists in stereo, and the experience of two or more people harmonizes more or less effectively. Mercury, the difficult-to-fathom planet of relationship for Pisces, has been visiting your sign lately, providing a diversity of reassuring experiences, or at least some useful information. Next week, he/she/it ingresses Aries, and the lights come on regarding an important subject that deserves and will benefit from discussion about what is the most important to you and anyone you care about. Pay attention, and take a little advice from Mars: remember what you want; and from Mercury; and put it into words.

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

One of the symptoms of approaching nervous breakdown is the belief that one's work is terribly important. If I were a medical man, I should prescribe a holiday to any patient who considered his work important. – Bertrand Russell




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Island Epicure



What's for  
Breakfast?

By Marj Watkins

Whether you're a stay-at-home person or a dash-for-the ferry commuter, there's a breakfast to fit your schedule, and to begin your day with an energizer that doesn't rely totally on caffeine. You may find you don't need that caffeine fix after all. A hot, caffeine-free beverage, even hot water, may jump-start you about as well. Try it and see.

Some of us, this writer included, would never make it past 10:00 a.m. without breakfast. Others tell me their stomachs don't wake up until around that time. Then it may have to survive until lunch on a pastry and coffee on your break at work or a sugar-rich soft drink at school. That will boost your energy for a while, but can leave you limper, and starving, later.

Peanut butter's staying power is legendary. My favorite quick breakfast is a slice of Bavarian rye bread, the kind with sunflower seeds in it, topped with peanut butter and marmalade or spreading. Capped off with another slice of rye, it goes with me. To drink, I like almond milk.

Oatmeal makes a stick-to-the-ribs breakfast, and you know about its gummy-type fiber, cholesterol lowering facility, and ability to space out it's blood sugar raising propensity, at the same time improving your LDL to HDL ratio. Having OD'd on overcooked, way too gummy oatmeal as a kid, I thought I hated oatmeal until I lucked onto Irish oatmeal. Now I love it!

Steel cut oats take longer to cook, but that need not be a problem if you remember to put your oats and water in a pan and let them soak overnight.

**Irish Oatmeal**  
4 servings  
1 cup McCann's Steel Cut Irish Oatmeal  
4 cups boiling water  
12 dried apricot halves, cut up, or 1/4 cup raisins

1/4 to 1/2 teaspoon salt

Put all the above ingredients into a 6-cup saucepan. Put the lid on it and let it rest overnight. In the morning, bring the pan to a boil, reduce the heat and cook on low for about 10 minutes, stirring occasionally. Serve it with a dash of cinnamon and a drizzle of honey, maple syrup, or light molasses, plus milk or half and half. Nutrition note: Cream and milk that isn't fat-free both supply some omega-3 fat, the good kind of fat that our diets tend to be short on. One serving of Irish oatmeal gives you (not counting what's in the fruit and milk or cream) 4 grams of protein, 26 grams of carbohydrate, 2 grams of fat, 4 grams of dietary fiber, and 6% of your Daily Value of Iron.

Another way to get oat fiber, etc., into your breakfast, or any meal, is with oat bran muffins.

**Oat Bran Muffins or Quick Bread**  
Makes 12 muffins  
Preheat oven to 425 degrees  
Stir:  
2 cups oat bran  
1 cup barley flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt or 2 teaspoons cinnamon  
Add and stir in:  
1/2 cup raisins, currants, or dried cranberries, or blueberries  
Add and stir in:  
1 cup milk  
2 eggs, beaten  
2 Tablespoons (1/8 cup) olive oil or canola oil\*  
4 Tablespoons (1/4 cup) molasses

Mix only until dry ingredients are all moistened. Spray bottoms of muffin cups or baking dish with olive oil cooking spray. Fill cups 3/4 full. Bake muffins 18-20 minutes. Test for doneness with toothpick stuck into center of largest muffin. Turn out onto rack or clean tea towel or upend in pan to cool enough to handle. Serve in napkin lined and covered basket.

Bake Quick Bread 20 to 25 minutes. Test with toothpick stuck into center. Let muffins rest in pan on rack for 5-10 minutes. Let Quick Bread cool in pan.

\*Tip: Measure molasses in the same spoon or measuring cup you use for oil. The molasses will slide out easily and completely. When cool, the muffins can be cut with a serrated knife.

ooooo

Madame Toujours

Dear Madam to shore,

I am a professional "male companion." Now that tax time has come around again, I find I am in the usual quandary as to how to list my profession on my tax forms. Any advice?

Sincerely,  
Professional Guy

*Cher M. Guy,*

First, you must be determining whether you are the paid employee or the independent contractor. This, it is being not so difficult. If *Madame*, she is giving you the form W-2, then it is that you are the employee and you are filling out the form 1040. If, *Madame* is not giving you the W-2, and she is not withholding for you the federal taxes, then it is that you are filling out the schedule C. with the form SE. *Tres simple, non?*

Here it is where everything, it is being the little bit complicated. Many of the self-employed persons in the profession such as yours are wishing to have the discretion. When they are being asked what is the profession, they are liking to say, "housekeeper," or "landscape architect," or "masseuse." This is being no good. If you are the landscape architect, or the housekeeper, then you can only be deducting from the taxes the expenses which are having to do with the landscape architecture and the housekeeping. Soon, we will be discussing the deductions in the greater detail, but for now, you are simply being honest and straightforward and saying, "I am the professional male companion.

I will explain for you now what are some of the important things to be remembering when you are reporting for yourself the income. Many of the professional companions are finding themselves to be audited because they are forgetting that all of the little gifts from *Madame*, they are considered to be the income. This means that if *Madame*, she is putting the condo in Acapulco into your name, then you must be reporting this as the income for your taxes. Keep this in mind when *Madame*, she is giving you the very expensive gifts. Sometimes is being better to say, "but *non*, it is

enough that I am having your love." Now you are not having the nuisance for the income tax; *Madame*, she is flattered; and you are still having the use of the condominium with *Madame*. Everybody is winning, *non?*

You are seeing that if you are the very skilled professional, then you are having very much of the income to report. You will wish to be offsetting some of the income with the itemized deductions. Many persons are being alarmed, thinking that the itemized deductions, they are the big difficult thing. But *non*. Simply list the expenditures which are applying to the professional business. Now you are seeing why it is being important that you are reporting the actual business. If you are the housekeeper or the masseuse, then you can only be deducting the expensive vacuum cleaners and the massaging tables. If you are listing the leopard print undergarments and the suggestive lingerie, then this is being considered only the hobby, and the Internal Revenue persons will suppose that you are the big fruit. As long as you are reporting the actual employment, then everybody is understanding that this is being the legitimate business expense.

*Bon Chance, M. Guy* and remember to file early. There is being no excuse for the lateness.

Dear *Madame Toujours*,

Well, it is tax time again, that time of year when married people's minds turn to thoughts of divorce. I do the family taxes every year, and every year, Bruce and I have the same arguments. I try and try to explain that I am a Kosher butcher, and do not claim to be a tax expert, but Bruce insists on asking me arcane questions about obscure tax laws that might affect his business. Do we take his work as a part-time personal juggling coach as self-employment on Schedule C with form SE, or is it a hobby which would be entered on the standard Form 1040? For self-employment, he must show a profit three years out of five, but if we treat it as a hobby, he cannot take a loss on his baton purchases. The one year I tried to wait until he made up his mind, the taxes didn't get done at all, but if I try to figure it out myself, he complains

Continued on page 15



Joanna Gardiner

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Positively Speaking

A Berm by Any Other Name, Part 1

By Deborah H. Anderson

Abuse is a terrible thing to experience in childhood. All kinds of responses are possible. Taking it out on yourself is one option. Taking it out on others is another. Becoming aware of the effects, doing the work of healing and embracing who you would have been if you hadn't been abused is a third.

Alice Miller wrote a ground breaking book about Hitler's childhood and the effect of his constant experience of abuse on his behavior. We know that in this day and age, if he wasn't into oil, it is most likely that a CIA bullet would have taken him out. Six million people would have been saved.

Or would they? There is still so much acting out behavior in the world. Some days it seems sanity, reason and kindness couldn't possibly surface. Sometimes cruelty seems an institution.

Since this is both Holocaust Remembrance Week and National Library Week, I've been thinking about where those two intersect. Hitler was a brilliant man, a conservationist who would write letters to governments interfering with indigenous people arguing they should leave them alone. The sick thing was his decision to annihilate those he deemed imperfect. A good impulse that destroys isn't the right choice.

The other night I had a major problem at the library. Having carefully scribed an outline for a talk I was to give, I couldn't get the disk to save it. I was six minutes away from losing my whole project.

I have always taught my children "The reference librarian is your best friend." It doesn't matter where they are or what library, they love problem solving. As the reference librarian saved my document to P drive and ran it through the printer, I muttered "Benjamin Franklin had such a good idea."

The library system in our nation separates us from our worst selves. It offers constant opportunities for learning, renewal, entertainment, and fellowship, and it daily expands our teeny tiny personal islands to the other side of the world.

It's a good idea that builds. Let me progress to what might seem a random thought. Please read between the lines. In the movement of our nation towards progress, there has always been a dichotomy, a battle if you will, between recreation and

education. As a bystander, I want to state that I think the battle over the renovation of the library needs to be simplified. Renovate on the site that it currently resides. Let it be convenient, accessible and integrated in mainstream uptown. Let recreation take second place to education. That's my opinion. Do it now. Do it well. Raise another bond for recreation.

OK...so tying these two events does seem random, as I said. But think about it. What did ignorance ever bring to better the world? Recreation without education is grandiose and self indulgent, and not a healthy addition to anyone's culture.

I think we should have a thermometer outside the library like those places that raise money, only instead of dollars, it should mark how many pages this Island consumes. Read, read, read, read, and read some more. Let it touch and transform your life. Let words be a path to healing and adventure and may we declare the places where words are held worthy of the best.

Not only do we never want six million people to be killed again, we don't want a community that touts the advantage of performance over enrichment.

More next time.  
Love, Deborah

Madame Toujours

*Continued from page 14*

about whatever I decide to do. It's enough to make me want to go back to filing singly. Please help.

Sincerely,  
Overtaxed Again

*Chere Mme.* Again,

The persons who are wielding the cleavers in the professional capacity should not be engaging in the arguments with the spouse. It is being all too easy to lose the temper and before you are knowing, poof, somebody, he is losing the nose.

Sometimes, the saving of the marriage, it is the simple matter of hiring the professional assistance. This is being one of the fundamental principles of the happy marriage. If the housekeeping, it is the big chore, hire the organized and meticulous person to come and do it, freeing you to chop more of the corned beef to sell — which you will wish to do because the housekeeper, she is the major expense. It is the same for decorating the home. Perhaps you are

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aching for the floral prints and the country chintz, but *M. Bruce*, he is wishing for the plaid draperies and the mounted heads of the endangered species. Employ the professional decorator who will listen to you both and take all of the preferences into account before he is decorating the entire house in the stark black and white with uncomfortable chrome and glass furniture. This is very good for the marriage. You will be united in outrage and resentment because the professional decorator has gone far over your budget and is threatening to sue if you are not paying him the full amount.

*Bon Chance, Mme.* Again. Bundle up the receipts and send *M. Bruce* to the nearest accountant. She will look at him coldly for coming to her so late in the tax season and warn him that she must file the extension, but she will know what to do about the business, and he will be too intimidated to argue with her.

Ah, love. The walks over soft grass, the smiles over candlelight, the arguments over just about everything else.

“Make a Splash”  
Water Safety Campaign

By Gary Gray

The award-winning USA Swimming national water safety campaign “Make a Splash” is coming to Vashon this spring. Vashon Aquatic Club will kick off the local campaign with a week-long public showing of the inspirational film *Pride* starting **Friday, April 13** at the Vashon Theater.

In addition, USA Swimming has teamed up with Discovery Education to provide water safety curriculum to teachers at 25,000 U.S. elementary schools this spring. Along with the curriculum, USA Swimming and Discovery are running the “Make a Splash in School Sweepstakes,” in which one lucky school will receive \$2,500 toward their own aquatic programming. Parents, teachers or administrators can visit the web site to enter their school. The winner of the sweepstakes will be announced by June 15, 2007.

Vashon will host a Summer Splashtacular Water Safety Day at the King County Pool in July on a date to be announced. This event will be co-hosted by the Vashon Aquatic Club and King County Parks and Recreation and will include a free open-swim, demonstrations, door prizes and other goodies, including drawings for free swim lessons.



Three Pictures With Captions!



Vashon Freestyle Clinic Wrestlers attempt to look tough after the 1st session of the day. Puyallup High School and Hoquiam High School transported wrestlers to the Island to join with the festivities. Thanks to Mike Mattingly, Janet and Dave Chapman for putting on the event.



Vashon Wrestlers (Rockbuster through High School) pose with coaches and clinicians at the 4th Annual Vashon Freestyle Clinic on Saturday, March 31st. Keynote Clinicians were Evan “Mad Dogg” Mattingly (Junior College National Champion!), Ryan “Matlock” Mattingly (All American), and Per-Lars “Mr. Loony” Blomgren (2000 National Champion). All Vashon wrestlers learned valuable skills and were able to see Tommy Delargy toss Kirk Hartzell (Hoquiam Coach) in a double cowcatcher back splay. It was quite splendid!



Hoquiam coach, Kirk “El Capitan” Hartzell, poses with six of his Girl Wrestlers. Hartzell is the head coach of the 1st Ever Girls State Championship Team, the Hoquiam Grizzlies. Hartzell and his group of star female wrestlers were up this weekend for the Famous Vashon Island Freestyle Clinic. “The Clinic was amazing, to say the least,” Hartzell stated, “especially as we were privy to the fantastic barbecue skills of JB Nelson after all was said and done. I’m just lucky that his wife, Desiree, forgot to bring her wrestling boots to the live wrestling session.”

I got some new underwear the other day. Well...new to me.  
– Emo Phillips

Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, April 20**



Chris Allman. Courtesy photo

Pirates Baseball Digest

By Larry Allman

The game played on **March 28** between the Pirates and the Cowboys from Chimacum was a classic pitching duel between two of the best pitchers in the Nisqually League — Arlo Evasick and Justin Calhoun. Both pitchers pitched complete games and struck out 13 opposing batters. As good as Calhoun was on the mound allowing only one run on a walk and a triple, Evasick one-upped him by throwing a masterful “perfect game.”

The Pirates lost a tough one on the road on **March 30** to the Cardinals from Orting, 8 to 7 in eleven innings. Eric Anderson was the starting pitcher for Vashon and pitched the first five innings, striking out five batters along the way. Micah Deibell pitched the remaining six innings of this marathon nail-biter. The Pirate offense was led by Justin Calhoun who went 3 for 6 with a double and Micah Deibell who was 2 for 4 with two doubles. Max Bean went 2 for 5 with a double and Eric Anderson added a double as well. Chris Allman was 2 for 6 with two singles.



The Pirates of Vashon lost their 5th consecutive game on **April 2** to the Eatonville Cruisers 12-2. Chris Allman, Lester Gannaw, and Chris Pieterick all pitched for Vashon. Eatonville had 12 hits and 2 errors, while the Pirates had only 3 hits and 4 errors. Vashon’s only offense was provided by Chris Allman with a double and Ben Hanusa and Eric Anderson with singles.

The Pirates broke back into the winning column on **April 4** with an inspired win over the Fife Trojans, 9-4. Chris Allman led the offense going three for four with a double and two runs batted in. Lester Gannaw went two for two and Eric Anderson was two for four. Chris Pieterick, Ben Hanusa, and Max Bean all had hits as well. Micah Deibell started pitched six innings, striking out six and walking two. Anderson closed out the game. The Pirates had 9 runs, 10 hits, and 3 errors, while the visitors from Fife had 4 runs, 9 hits, and 3 errors.

The Pirates won a nail biter on **April 6** over the Life Christian Eagles 7-4. Behind 4-3 going into the seventh inning and with two outs and the game in the balance, Justin Calhoun stroked a double and tied the game at four. Two batters later with the bases loaded Lester Gannaw stepped up to the plate and calmly laced a double, clearing the bases, and securing the victory for Vashon. Calhoun pitched the entire game for the Pirates, striking out 13 batters for the second time this season. The Vashon offense was led by the hot bat of Chris Allman who went 3 for 3 and raised his batting average to an even .500 for the season. Calhoun was 2 for 4 with a triple and the game-tying double. Eric Anderson and Tom Schumaker both were 2 for 4 as well.

Penny Farcy 5K Run/ Walk Set for May 6

The Vashon Island School District announces the spring date of the annual Penny Farcy Memorial 5K Fun Run/ Walk. This exciting community event will take place **Sunday May 6** and begins at 9 a.m. in front of McMurray Middle School. The route takes runners and walkers from McMurray on Cemetery Road to the Sportsman’s Club and back, totaling 3.1 miles (5K). The event, which is in its sixth consecutive year, is in loving memory of former McMurray Middle School health teacher Penny Farcy who lost a battle with cancer. She taught thousands of students in her

health classes and CPR and 1st Aid classes.

The entry fees are \$10 per individual and \$30 for each team or family of 4 to 10 individuals. Examples of teams include civic groups, boards, employers, student groups, and athletic clubs. Each entry includes a t-shirt. Proceeds from the run/ walk benefit Vashon Island High School athletic teams.

Registration forms are available at each school building and the district office. Individuals may pre-register by mailing their entry fee and form into the school district office, or they may register the morning of the event at McMurray.

Many local businesses donate gifts of prizes that are given away to runners and walkers at the end of the event.



# Loopy Laffs

One inch of water over one acre of land weighs 100 tons.

## One Liners

Calories are delicious.  
A pessimist mourns the future.  
I'm not speeding, I'm qualifying.  
All bees know that time is honey.  
The future is not what it used to be.  
The gene pool could use a little chlorine.  
Are the noises in my head bothering you?  
The only cure for insomnia is to get more sleep.  
The one item you need is always in short supply.  
I'd love to help you but I'm trying to be less popular.  
The large print giveth and the small print taketh away.  
Help beautify our dumps. Throw away something pretty.  
Most families have heirlooms, but my family has heirloons.

*Cowboy Wisdom: Never leave your favorite magazine in the outhouse.*

Why is it that if someone tells you that there are billions of stars in the universe you will believe them, but if they tell you a wall has wet paint you will have to touch it to be sure?

*We owe a lot to Thomas Edison. If it wasn't for him, we'd be watching TV by candlelight.*

A guy walks into a bar and sees a dog sitting at a table playing poker with three other guys. The guy asks, "Is that dog really playing poker?" "Yeah, but he's not very good," says one of the players. "Every time he gets a good hand he starts wagging his tail."

*Children really brighten up a household. They never turn off the lights.*

"I have good news and bad news," the defense attorney told his client. "First the bad news. The blood test came back, and your DNA is an exact match with that found at the crime scene." "Oh, no!" cried the client. "What's the good news?" "Your cholesterol is only 165."

If truth is beauty, how come no one has their hair done in the library? – Lily Tomlin

Q. What's orange and sounds like a parrot?  
A. A carrot

Always do right. This will gratify some people, and astonish the rest.—Mark Twain

*I'm astounded by people who want to "know" the universe when it's hard enough to find your way around Chinatown. – Woody Allen*

A sign taped to the women's room mirror at work: "Objects in this mirror are MUCH prettier than they appear."



*Sin is a dangerous toy in the hands of the virtuous. It should be left to the congenitally sinful, who know when to play with it and when to let it alone. – H. L. Mencken*

What do the letters DNA stand for?  
The National Dyslexics Association.

*Loopy Zen: Drink tea and nourish life. With the first sip, joy. With the second, satisfaction. With the third, Danish.*

## OFF SHORE



## VIPS



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



Solution to puzzle on page 7

## LOGJAM





Loop Arts



Sara Hickman

Sara Hickman: Austin Texas to Vashon

By Janice Randall

Once in a blue moon, great musicians pass through the Northwest looking for a last minute add-on gig and the Blue Heron has an open date. After hearing Austin songstress Sara Hickman, it was a no-brainer to invite her for an open Friday night and offer Vashon music aficionados (who are home for spring break) a rare and special treat. The Texas singer/songwriter will appear, one night only, **Friday, April 13**, 8 p.m. Expect to hear inspired, heartfelt and downright gorgeous songs, with guitar work to match. Hickman has appeared on VH1 and The Tonight Show, toured with Nanci Griffith and Dan Fogelberg and released a number of albums. Her most recent, a double album, *Motherlode*, includes songs about depression, addiction, domestic violence, joys of motherhood, and love—and what may be the first cover of the Rolling Stones’ “Mother’s Little Helper” performed by an actual mother! Guest players include the likes of Shawn Colvin, Ruthie Foster, Jimmy LaFave, and many others.

She’s a quirky musician who makes music because that’s what she loves, and she compares herself with Michelle Shocked and Lyle Lovett. Check out her website (sarahickman.com.) and come meet her in person Friday night at the Heron. Tickets are \$12 VAA members, seniors and students, \$14 general admission, available now at Heron’s Nest and Blue Heron, (206) 463-5131.

The Natural Philosopher in the Open Space Gallery at Gargoyle Design

By Rod Smith

For those of you who missed my one night show EcoLogicArt Show on March 3 or if you came to the show and just wanted to spend more time with it, I’m happy to announce that it’s back up in the Open Space Gallery at Gargoyle Design for the months of **April and May**. 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 mind mapping concept and the information design principles of Edward Tufte.

The foundation of my project, evolved out of the eco-philosophy of Englishman Gregory Bateson as put forth in his books, *Steps to an Ecology of Mind* and *Mind and Nature: A Necessary Unity*. Bateson’s lifelong intellectual quest was



Shy Sundays. Courtesy photo

Shy Sundays at Luna

Shy Sundays will bring their wild mix of musical genres to Café Luna on **Friday, April 27** at 7:30 p.m. Blending Celtic, swing, klezmer, bluegrass, country and pop traditions, the quintet will be joined by Irish dancer Alicia Guinn whose nimble footwork will lend both percussion and a visual element to the performance.



Ceili photo courtesy hoilands.com

Spring Irish Ceili Dance at the Grange Hall Saturday April 28th

Come celebrate Spring by dancing the evening away at the community Irish Ceili dance at the Grange Hall on **Saturday, April 28!** The dance will be held from 7 p.m. to 10 p.m. and will feature live music by The Gold Ring. Kathleen O’Grady-Graham will teach and call all the dances. The suggested donation is \$8 (\$6 for students and seniors). The Grange Hall is located in the ferry dock parking lot at the north end of the Island. Ceili dancing is a “barn dance” style accessible to nearly everyone. No partner or experience is required. Photos of past dances can be found at [www.hoilands.com](http://www.hoilands.com). This dance is hosted by the Vashon Celtic Dance Society and made possible in part through the support of the Vashon Park District. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Lowrance at (206) 369-9234.



Rod Smith and his art. Photo by Paul Wilkin.

to answer the question, “How does Nature think?” As a mechanical design engineer who was completely appalled with the destruction wrought by our “tech(no)(logical)” “culture,” that was a question I was very personally interested in as well.

These influences, along with a good healthy dose of Herman Hesse’s *The Glass Bead Game*, led me to begin experimenting, in earnest, in 1995. The result is a right brain friendly, modern incarnation of the



Birger Olsen. Courtesy photo

Homeward-Bound Blues Coming to Town

Birger Olsen will be appearing at Café Luna in Vashon on **Friday, April 20**, at 7:30 p.m. Olsen is part of the acoustic blues revival that began in the ‘90s—led by such artists as Keb’ Mo’, Corey Harris, and Eric Bibb. Blues, long appreciated overseas much more than here in the States, is finally coming home. This is due in large part to the many new, updated, shades of blues now emerging.

With music that is often referred to as “bluegrassy-folky-blues-sort-of,” Birger Olsen is one of the new artists doing his part to define a new branch of the blues. In response to those attempts at classifying this new branch, Birger simply states, “It’s blues.” And it definitely is. With a finger-picking guitar style reminiscent of Mississippi John Hurt, and a deep, conversational singing voice, it is clear where his music is rooted.

But there is a playfulness and hope in the lyrics that takes his music beyond most people’s perception of the blues. “A lot of my lyrics are proto-blues, before blues was blues, when people sang about day-to-day things like cooking dinner, or fishing. But these are day-to-day things from my life, so they don’t feel out-dated,” explains Birger, “It’s about appreciating life.”

Though his songs run the gamut from whimsical to low-down, the overall message is clear: by reaching back to the past, we can learn to love where we’re headed. “Just have a seat / You’ll feel good soon / It’s my park bench / It’s true / But I’ll share it with you,” sings Birger (“My Park Bench, Plenty of Seed”). And feel good you do, listening to this inspiring musician.

medieval illuminated manuscript that I hope will help you and me and anyone else who is interested, become more ecologically intelligent.

The show includes large format pieces on music (theory and method), mathematics, philosophy, physics, architecture, and learning and creativity.

Hand colored copies of many of these pieces hang in the Music and Media Technologies Department at Trinity College Dublin and in the library of Les Compagnon du Devoir in Paris and in the Exploris Middle School in Raleigh, NC.

My first official Natural Philosopher product, MUSIC 201: VISUAL REPRESENTATIONS OF WESTERN MUSICAL STRUCTURE, is now available for purchase at the Gallery or from my website.

I’ve recently applied to take my “Music as an Ecological Model” show to the Oregon Country Fair and to the Glastonbury Festival in the UK. For this gig I use my custom designed music instruction instrument, The Harmonochord™ built for me by Island master luthier, Jason Lollar.

For more information go to [www.naturalphilosopher.org](http://www.naturalphilosopher.org) or [www.myspace.com/naturalphilos](http://www.myspace.com/naturalphilos) or call me at home at (206) 463-9450.

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VMCO Features Young Musicians

Continued from page 1

a junior at Bremerton High School and studies with Yoshie Nakamura-Hughes. She also plays with the Tacoma Young Artists Orchestra and the orchestra for Bremerton High School musical theater productions.

The final baroque work is La Matignon, a French piece by Joseph Bodin de Boismortier, arranged by Vashon musician Charles Nagel. The violin soloists in this work will be Ramsey Walker and Clara Kappelman. Ramsey is a freshman at Vashon High School and studies with Sarah Perlman. He also plays trombone in the VHS Band. Clara, a freshman at Vashon High School, also studies with Sarah Perlman.

Jonathan Graber will be conducting this fine concert, with Mary Walker as Concertmaster. Tickets will be available at the door, \$7 for adults and \$5 for kids under 16.

April Café Luna Events

Thurs. 4/12 6:30-8:30 p.m. Progressive  
Film: Control Room  
Sat. 4/14 7:30-10 p.m. Jessica Star  
Rockers: Acoustic folk-pop singer/  
songwriter  
Fri. 4/20 7:30-10 p.m. Birger Olsen:  
Original Folk-Blues Soup  
Sat. 4/21 7:30-10 p.m. Brian DeMarco:  
Original acoustic roots for the soul  
Fri. 4/27 7:30-10 p.m. Shy Sundays:  
Acoustic grab-bag of music  
Sat. 4/28 7:30-10 p.m. Jake: Solo  
Singer/Songwriter/12-string/Pedals



Elizabeth Nye will be conducting the Spring Concert of the Vashon Chorale. Courtesy photo

## Vashon Chorale Performs Bach and Kodaly

The 60-member Vashon Chorale, under the direction of guest conductor Elizabeth Nye, will perform Johann Sebastian Bach's *Cantata BW4 — Christ Lag in Todesbanden*, and Zoltán Kodály's *Missa Brevis* at its spring concert on **Sunday, April 22**.

Both works on the concert program express the joy of the Easter season. "The Bach cantata is a very early work, written when he was only about 22 years old," says Nye, "yet critics rate it highly among Bach's many sacred works." Composed for Easter, it is based on a hymn of the same name by Martin Luther, and while it has its dark moments, each verse ends with a resounding "Halleluja!"

Zoltán Kodály (1882 - 1967) is a 20th Century Hungarian composer who, with his compatriot Bela Bartok, collected and published Hungarian folk songs during the early 1900s. At the time this music with its modal passages and Gypsy influence was largely dismissed by the music establishment as "peasant" music, and these two men did much to introduce this rich folk tradition to European concert audiences of the day. Kodály was also renowned as a music educator, and many of his ideas on how to teach music became known collectively as "the Kodály method."

*Missa Brevis* was written while Kodály and his Jewish wife were in hiding in the cloakroom of the Budapest Opera House during World War II and was first performed in 1945 in Budapest. In this context the final movement's plea, "Dona Nobis Pacem (give us peace)," is especially poignant.

Elizabeth Nye is well known on the Island as director, producer, performer and teacher. She currently directs the Vashon Methodist Church choir, as well as teaching voice, and last fall she produced and directed an adaptation of Mozart's *The Magic Flute*.

Pacific Lutheran University Professor and Organist Paul Tegels will accompany the Chorale in the Kodály work. Tegels has performed extensively in the United States and Europe in solo and ensemble concerts and is looking forward to his first performance on Vashon Island. "The *Missa Brevis* is joy to play," said Tegels. "Sometimes organ accompaniment is written underneath the choral part. In this composition, Kodály created a wonderful dialog between the organ and the choir. It has a contemporary flavor and takes some unexpected harmonic turns, but it is very accessible and refreshing to listen to."

For the Bach work, the Chorale will be accompanied by a chamber orchestra with Mary Walker as concert mistress, Sarah Perlman, Mary Walker, and Russ

Nelson as first violins; Jon Graber, Jackie Aiken, and Ramsey Walker as second violins; Gaye Detzer and Heather Rhoades-Weaver, violists; Lauren Root and Margaret Thorndill, cellists; Frank Hosick, bass; and Paul Tegels, organ.

Much of the Bach cantata is written for solo singers. The solo parts will be performed by sopranos Marita Ericksen and Jennifer Krikawa, altos Susan Valenti and Kim Farrell, tenor Gary Koch, and bass Dick Paulsen.

David Kappy, who directed the Chorale for the past six years, has resigned for personal reasons. The Chorale has benefited greatly from David's leadership and we wish him well.

The concert will be at St. John Vianney Catholic Church on Sunday April 22 at 5:00 and 7:00 pm. Tickets are \$10 at Books by the Way or at the door, if available. More information is at [vashonislandchorale.org](http://vashonislandchorale.org).



The evil Bill Sykes (Louis Mangione) assaults the luckless Nancy (Adrienne Mildon), thus ending one of the most co-dependent relationships in English literature. Photo by Hawk Jones/Kotagraph

## OLIVER! Opens This Friday at 7:30 p.m.

By Lauri Hennessey

Drama Dock's production of *Oliver!* opens this **Friday**, April 13, at the Vashon High School Theatre. *Oliver!* is directed by Elizabeth W. Anthony, assisted by music director Gaye Detzer, Choreographer Kathy Bonner, choral director Marita Ericksen, accompanist Randy Bruce, and Stage Manager Phil Dunn. The show will run the weekends of April 13, 20 and 27. The show dates and times, as well as ticket prices for *Oliver!* are: **Friday and Saturdays, April 13, 14, 20, 21, 27, and 28** at 7:30 p.m., and **Sundays, April 15, 22, and 29**, at 2 p.m. All shows will be performed at Vashon High School. Ticket prices are \$15.00 General Admission, \$10 for students and seniors, and \$5.00 for children 12 and under.

In addition to the show opening Friday, there is another opportunity for Islanders to get up close and personal to *Oliver!* A few of the starring actors, Rich Wiley (Fagin) and Louis Mangione (Bill Sykes) will be reading excerpts from Charles Dickens' *Oliver Twist* at the Vashon Bookshop on **Saturday, April 14**, at noon. The Vashon Tea Shop is providing tea to this free event.

The cast for *Oliver!* is nearly 50 people. Fagin and Sykes are two of the main characters, and there are many more delightful characters, many of them played by Island children. Oliver is played by Sam Metke-Ramsel in his Drama Dock debut. The Artful Dodger is played by Sage Everett, Nancy is played by Adrienne Mildon, and Bet is played by Anna Rose Warren. Mr. Bumble is played by David Hackett.



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## 1,000 Faces of Mother Henna: Little Zelda

By Kara Jones

Little Zelda was created as a reminder to all work-a-holics out there! Play is important, don't forget it! Our 1,000 Faces of Mother Henna project has more and more ideas coming to the surface everyday. This Little Zelda is available as an oversized card, along with "Be Your Own Heroine" and "Celebrate Organics" also as oversized cards via the Vashon Bookshop! Thanks, Karen, for all your cheering and spurring me on with this project! We also have the "Seek Peace" face as vinyl sticker now, too. I'm offering at least 100 of those for free for first hundred folks to send self-addressed, stamped envelope to KotaPress, PO Box 514, Vashon, WA 98070. Miracles to you! Early alert: we are doing the CreativiTEA party on May 4 at the Tea Shop during the Art Walk.



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## Control Room: the story of Al-Jazeera

On **Thursday, April 12**, at 6:45 p.m. at Café Luna there will be a screening of *Control Room*, a documentary about the Al-Jazeera network.

The Iraq War has been the most dangerous in history for journalists. More than thirty were killed last year alone, most targeted specifically for murder by one faction or another. Almost all the journalists killed in 2006 were Iraqi.

No media outlet in the Iraq War has been more controversial than Al-Jazeera. Attacked relentlessly by both the US and

Arab governments as a voice for terrorists, the organization is the most widely viewed source of television news in the Arab world, and one that operates independent of any government.

*Control Room* tells the story of the formation of the network and its work in the early years of the Iraq war. The film was shot by Jehane Noujaim in the *cinema verite* style, and it is a compelling portrait of the exciting and very risky job of independent journalism today. Discussion of media issues will follow.

## Vashon College Focuses on Global Warming

On **Tuesday, April 24**, Dr. Richard E. Moritz, PhD will present, "Global Warming: Climate Change on Earth, Pacific Northwest, and Vashon Island" from 7 - 9 pm at Courthouse Square. On **Tuesday, May 1**, also at Courthouse Square at from 7-9 pm, Meg Gluckman and Janie Starr, facilitators trained by the Climate Project, will present information on action steps in progress, at the national, state, and local level, to address the climate crisis. They will also facilitate developing of action steps Vashon residents may wish to pursue.

Come learn how to evaluate the information presented all around us on global warming. Then consider starting an action plan with the first step of

changing out incandescent light bulbs with a compact fluorescent (CF) bulbs. At each lecture, attendees will receive a free CF bulb courtesy of Vashon College and partnering organizations. Tickets cost \$10 (Vashon College Alumni) \$12 (General Public), cover both lectures, and are available at the two Vashon bookstores. Tickets held from the cancelled January lecture will be honored. For further information call 408-8000 or email [info@vashoncollege.org](mailto:info@vashoncollege.org).

Sesame Street Workshop announced that they were laying off sixty workers. News of the firings was brought to the employees by the letters F and U. – Jimmy Fallon



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