

In This Issue: Party at the Sewage Plant; International Cinema on Vashon; Low Tide Festival; Plant Sale; Garden Tour; Coping with Traumatic Loss; Ospreys; Ethanol; Nonchalance; Unicorns; Sibling Rivalry; and much much much more...

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Hey, FDA -- Leave our vitamins and herbs alone Page 12



Sports! Page 16 Dancers, singers, potters, painters! Pages 18 & 19



# THE VASHON LOOP

Vol. 4, # 9

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

April 25, 2007

## David Foege: Why, Why, Why...?

By Mary Litchfield Tuel

David Foege, much loved and respected teacher at McMurray Middle School, took his life last Friday, April 20.

Shock radiated throughout the school and Island community as the news spread on Saturday morning. The McMurray website had this notice: "We are saddened today by the loss of David Foege, our beloved teacher, colleague and friend. He very much loved his colleagues – students – friends – family and loved ones. A public memorial is being planned for next week to honor his memory."

An impromptu memorial bulletin board was set up in the McMurray library. Weeping students, teachers, parents and friends came to read and write their notes of remembrance and grief. A yellow handout sheet said, "David Foege, our beloved colleague and friend, suffered from depression for a long time – he was no longer able to manage that and he took his own life."

The notes posted on the bulletin board were his first memorial:

"So much fun and such a great teacher." "Always one of my favorite teachers. We'll miss you. We



David Foege. School District photo.

love you." "You will stay in our hearts forever." "True Inspiration." "Brilliant teacher." "Hero."

"We all feel so bad, he was amazing at teaching. All the kids that had him as a teacher were very lucky. I am oh so very sorry."

"Today I will ask you a couple questions. Why did you kill yourself? How do you think your children and students will feel? If you were to come back alive would you do the same thing?"

A parent wrote: "I appreciated the time you called to give me a 'heads up' about my child – I could tell you *really* cared – enough to go the extra mile. You should be smiling down upon the legacy of students touched by your passion. Why, why, why...? You are so sorely missed."

A candlelight vigil was held at the Vashon Methodist Church on Saturday evening, and a memorial service was held there on Tuesday, April 24.



Robert Boesche presented an audit report to the Vashon School Board, l-r, John Osborne, Gene Lipitz (head down), Business Manager Brenda Hunt, Bob Hennessey, Susan Lofland

## Board Hears Audit Report

By Mary Litchfield Tuel

The Vashon School Board and a large audience at the April 19 special Budget Workshop Session heard the report of Robert Boesche, who along with Brenda Hunt, School District Business Manager, had been auditing the District's books for two weeks.

Boesche pointed out that a one-time legal settlement of \$210,000 (one of the Chautauqua settlements) may have made the District's financial situation look better than it really is. The Board is not

comfortable with the level to which the Reserve Fund is sliding.

"Your greatest concern is that you are on a downward slide," said Boesche. "The good news is that you are ringing a bell at the right moment in time."

"The state does not completely fund education, only a percentage of education. You have to pay for the rest. Schools are being hit by utility costs the same as you are at home. Something has to give. The

The RIF date is May 15. -- Gene Lipitz

Continued on page 6

## Off The Beaten Path: From Vashon to New Orleans

By Logan Price

Looking out the window of my small makeshift office in an emergency family shelter in the 7th Ward of New Orleans, I can see directly into the living room of the house next door. A moldy window blind hangs above someone's belongings. A sofa, toys, and framed photographs are scattered on the floor like they were left yesterday.

Everything seems frozen in time — except for the mold. The mold grows everywhere, loosing carcinogenic spores into the air every time the wind blows, a living symbol of the slow death and neglect of this historic American City.

For Nick and myself, two young men raised here on Vashon, the last seven months of volunteer work



Child playing at 7th ward emergency shelter, near St Bernard Projects. This is where the article is narrated from. Photo by Logan Price, April 07

have been more than eye-opening. We knew it was going to be intense. After a while it grips your soul, crawls under your skin. At times it has also been uplifting —

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## Teachers Declare No Confidence

By Mary Litchfield Tuel

Following the end of the audit presentation and discussion by the Board, several teachers who were present spoke up.

Pam Held: "Why is tonight's review public? In business a CFO and team handles these things; how much does it cost to hire outside help (referring to cost of hiring Boesch)? We need to do this ourselves."

"Every time we start over, we get stuck in personnel and hiring issues. It is not the Board's job to bog us down in personnel, public controversy, and acrimony."

Cindy Powell: "I am a teacher at Vashon High School. You need to know what this is doing to the personnel of this district. I am not here for Mimi, I am here for everyone. You have shown us we

can have no confidence in you. You have turned over discipline issues; you act like you are protecting the children from us. I ask you to trust the people you hire. We don't know what's going on. No one knows what's going on."

"I'm a taxpayer, and a parent. How this is going is

not good; I have no confidence. We have been on bread and water since the budget went to heck in 2001. We've had years when we had no money. We have had no new social studies curriculum since 1988. Where are we going to get curriculum? Where are we going to get books? You get great programs on nothing. I spend \$792 in a year myself. PTSA and PIE fill in some of the holes. If we have no money

Continued on page 6

# Get in The Loop

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### Above Average Garage Sale and Silent Auction

UFO! Not unidentified flying objects, but Unitarian Found Objects is the title for an “above average” garage sale at the Vashon Fire Hall on Bank Road on **Saturday, April 28** from 10 a.m. to 3 p.m.

Art, antiques, good furniture, and much etc. will be featured that day, at bargain prices. A silent auction of collectible clothing, art, and services will be held that evening from 7 p.m. to 9 p.m. at the same location. A \$5 admission fee includes champagne, fine cheese sampling, and chocolate — plus the opportunity to bid on very unusual items, including maternity trousers for a man. The silent auction catalog will be available for perusal at the afternoon sale. This event is sponsored by the Vashon Unitarian Fellowship, which is celebrating its 50th year on Vashon. Proceeds will support the community service and Fellowship programs.

### Philosophy Discussion Group

A philosophy discussion group for Youth and Young Adults meets Wednesdays 4:15 to 6ish. Our usual meeting place is at the Presbyterian Church, though on nice days we may sit out at the Village Green. This is a facilitated forum for those in their teens to early 20s to explore personal notions and observations about truth, meaning and human behavior, while looking at how philosophers through the ages have considered these big questions. Films, art and games that support philosophic inquiry add to our lively discussions. Drop-ins welcome. Call Linda for more info, (206) 463-3864. Sponsored by the Vashon Youth Council and Vashon Park District.



Our brand spankin’ new treatment plant. Loop photo

### Par-tay...at the Sewer Treatment Plant?

Sandy Redick, spokesperson for Metro/King county, writes, “You are invited to celebrate the completion of the Vashon Wastewater Treatment Plant on **Saturday, May 12, 2007**, 10 a.m. – noon. The celebration will be held at the Vashon Island Wastewater Treatment Plant, 9615 SW 171st Street, Vashon. We hope to see you there!”

### Radio Club Meets

The Vashon-Maury Island Radio Club will meet on **Thursday, April 26**, at 7:00 p.m. in the McMurray Middle School library. Please come meet and greet our new hams! Jim WA7KYI will do special presentation aimed at folks new to operating on the HF bands. For more information, please visit <http://w7vmi.org>.

### Understanding the Israeli/Palestinian Conflict

Alice Rothchild, MD, will read from her new book, *Broken Promises, Broken Dreams: Stories of Jewish & Palestinian Traumas & Resiliency* on **Thursday, May 3**, at Havurat Ee Shalom, 15401 Westside Hwy SW. There will be coffee and dessert at 7 p.m. and the program will begin at 7:30 p.m. This free program is open to the public.

Rothchild is an obstetrician-gynecologist who, since 1997, has focused much of her energy on understanding the Israeli/Palestinian conflict. This book is the product of interviews with people she has met and worked with both in Palestine and Israel, as well as her personal journey to understanding the conflict resulting from 40 years of occupation.

This event is sponsored by Puget Sound Jewish Voice for Peace and is the second in an educational series on the Israeli/Palestinian conflict. For more information, please contact Daniel or Maryrose Asher, 567-0593, e-mail [dmasher@comcast.net](mailto:dmasher@comcast.net).

### May 5 Collectables Sidewalk Sale

Treasure hunters, alert! The annual Senior Center collectables sale will be held **Saturday, May 5**, from 9 a.m. to noon in front of the Senior Center, right across the street from the Garden Club’s plant sale! Come look, shop—and enjoy warm scones; all profits go to the SC’s operating expenses.

### Wolftown Offers New Classes

Wolftown is expanding their education programs. There are classes on Wildlife; Sled Dogs; Birds of Prey; and Sustainable Agriculture and Livestock on a Small Wooded Farm. All classes are 4 weeks long and cost \$100 per person. There are sponsors if financial assistance is needed. Call Wolftown at (206) 463-9113 to RSVP for these wonderful classes! See ad on page 12 for more details!

### Chamber Meeting

All who are interested are invited to attend the next General Membership meeting on **Thursday, May 3**, at 6:30 p.m. at Courthouse Square. Light refreshments, networking and Speed Marketing, and

### Adopt-a-Cat Days

Vashon Island Pet Protectors will host Adopt-A-Cat days on **Saturday, April 28**, from 11 a.m. to 2p.m., and **Sunday, April 29**, from 12:30 to 3 p.m. at Pandora’s Box. Please stop by or call VIPP 206-389-1085.

### Grand Marshall Needed!

Do you know someone who contributes a lot to our community in a special way? Nominate that person to be the 2007 Strawberry Parade Grand Marshall! The Parade will be **Saturday, July 14**, and the Grand Marshall will participate in other Festival activities as well. Send nominations to: Grand Marshall, P O Box 295, Vashon WA 98070; or fax to: (206) 463-2003. For more information, please call the Chamber 463-6217. Joyce A. Olson is Sponsor of Grand Marshall activities.



Tahlequah Store. Loop photo

### Say Good-bye to the Tahlequah Store

The removal of the old Tahlequah Store and an adjoining building, both adjacent to the Tahlequah Ferry Dock, began on April 18. It is anticipated that the work will be done by May 4.

Removal of the buildings is being done in two stages. The first stage includes removal of asbestos from the buildings. The second stage includes the demolition and removal of the two buildings.

Dump trucks are entering and exiting the driveway at the head of the Tahlequah dock, so watch out. The contractor, Kevin Bergin Construction, typically works from 8 a.m. to 6 p.m.

WSF purchased the property containing the old Tahlequah store and building adjacent to the Tahlequah Ferry Dock in 2005. The buildings required removal because they were old, unsafe and were a liability for WSF. The property will eventually be used by WSF, although no plans have been announced yet.

### Current Issues Forum and Free Dinner

On the **Third Thursday** of every month, starting **Wednesday, April 25**, from 6 to 8 p.m. in the Ober Park Building – dinner provided! Woo hoo! — there will be a Current Issues Forum for Youth and Adults, providing a place where youth can digest information concerning current issues. Participants are given a balanced set of readings that are sent out before each dialogue. There are no titles such as “Democrat” or “Republican,” and each issue is approached as a whole. Adults are encouraged to come, but parent and youths from the same household are not allowed to attend in order to escape the umbrella of parental influence. Participants will be asked to pay a \$5 a materials fee for the entire series. Financial assistance is available through the Vashon Park District. Contact Hanna McFall at [eleden@comcast.net](mailto:eleden@comcast.net) Sponsored by Vashon Youth Council, Vashon Parks District, and Backbone Campaign.

then a presentation by Karen du Four des Champs on “How to Enhance Your Presence on the Chamber Website”. All are welcome to stay later to talk and get to know your fellow business people. Please bring your business card!

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### Ballroom and Partner Dancing


Come early for classes and then stay for the dance on Saturday, May 12, at the Grange Hall at 8 to 11p.m. Beginner Class is from 6:45 to 7:15 p.m. Intermediate Class is 7:15 to 8 p.m. Join with other new and experienced dancers on this lovely evening of music, candlelit tables, munchies, beverages, romance and fun. Bouncy swings, rhythmic Latin dances, smooth Waltzes and Fox Trots...come join us! Call March for details at (206) 463-0870. The Grange Hall is located at the top of the north end ferry parking lot. The Dance alone is \$5 per person, and each class costs \$2.50...so, that is \$7.50 for one class plus the dance, and \$10 for both classes plus the dance.

### Public Safety Meeting

The Public Safety Committee of VMICC will meet **Friday May 4** at 10 a.m. in the courtroom of Courthouse Square. The topic will be Public Safety and Individual Freedom, Where is the Balance? For information call Jennie Hodgson, (206) 463-5408

### Esperanza Farm Egg Subscriptions

Sign up now for eggs available in July! Only \$4.50 per doz. Organic, farm-ranging birds! Support Roman and Jordi in their Egg Business Homeschooling Project, designed to earn enough money to travel to Findhorn, Scotland to visit their Grandmama in the Summer of 2008! Call March Twisdale (206) 463-0870. Farm Tours available.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 4**

## The Vashon Loop

- Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Alice Orr, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf
- Intern: Morgan Wegner
- Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley
- Ad sales and design: Barbara Stratton Email: [ads@vashonloop.com](mailto:ads@vashonloop.com); (206) 463-4004
- Editor: Mary Litchfield Tuel
- Email: [editor@vashonloop.com](mailto:editor@vashonloop.com); (206) 463-3327
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- or write (PO Box 253, Vashon) or email [editor@vashonloop.com](mailto:editor@vashonloop.com)!



# Troy and Marie Look at Statistics

As we head into the busy real estate season, we thought you might be interested in seeing some selected statistics from the Northwest Multiple Listing Service. We publish regular market reports in our Home Team Realty newsletter. If you would like to receive this report via email or snail mail, just contact us at 206.463.LIST (5478) or email marie@kwvashon.com. If you are interested in finding out how your house compares to the statistics, give us a call. We'll be glad to prepare a market analysis for you, at absolutely no cost.

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**Troy:** Marie, you have been awfully busy with your calculator and your spreadsheet. I always forget that you were a number crunching geek in a past life.

**Marie:** That's right – although I must object to your calling me a geek. How about “number crunching *diva*” instead? And yes, I do have a pretty good handle on the numbers. I love looking at the real estate statistics and interpreting what they mean.

**Troy:** For me, a picture tells a thousand words. Do you want to explain these graphs?

**Marie:** Sure. The first graph, *Current Listings*, shows the average and median prices of single family residential properties on the market as of the end of March this year compared to last year.

**Troy:** Maybe you should explain the difference between average and median.

**Marie:** Average is just what is says. You take the sum of the list prices of all the houses on the market and divide it by the number of houses. Median is the middle point; it's the price at which half the houses cost more, and half the houses cost less.

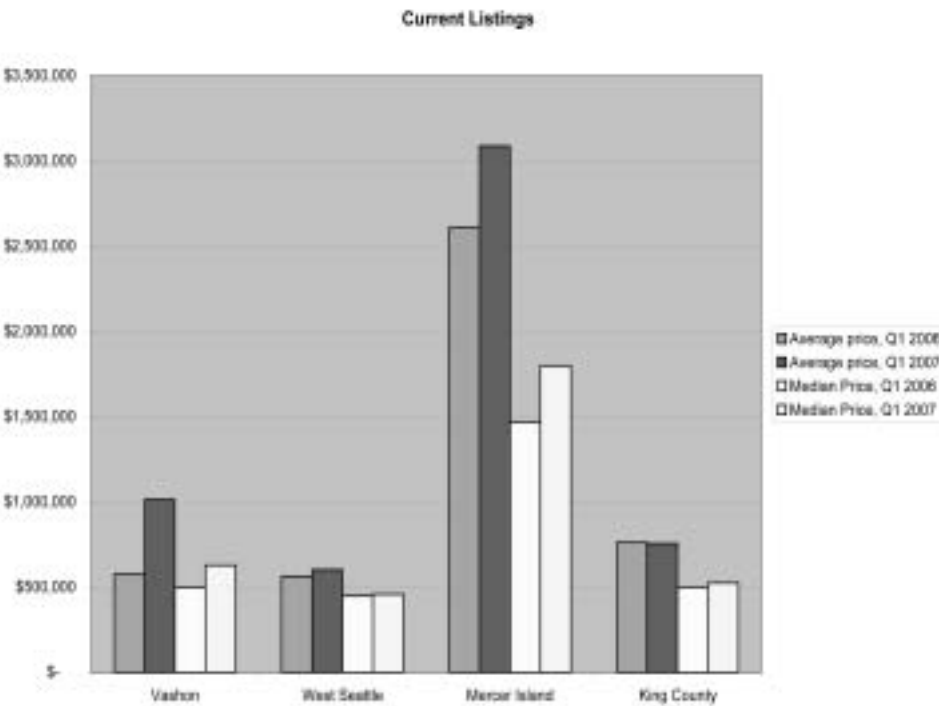
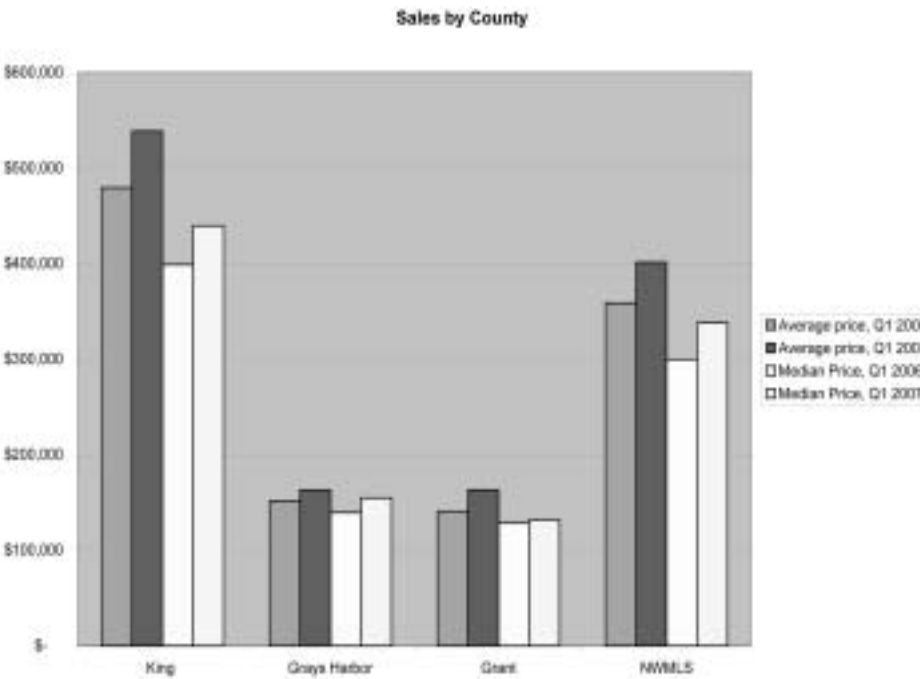
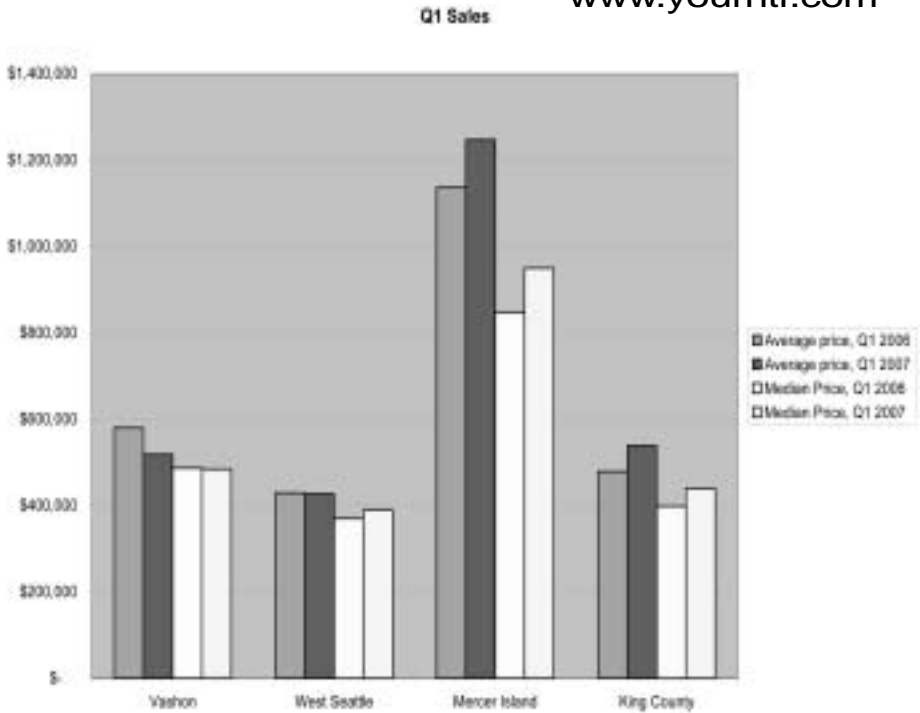
**Troy:** So the fact that the average list price is consistently higher than the median price means that the listings are “top heavy”; there are more expensive houses for sale than inexpensive houses. I could have told you that without a graph. Right now, of the 38 homes on the market on Vashon, 11 are listed for over \$1 million. That's incredible.

**Marie:** Take a look at the graph titled *Q1 Sales*. You'll see that the average sales price on Vashon is actually down a bit from year to year, and that the average is much closer to the median. And look at Mercer Island! Those prices are off the charts!

**Troy:** That's cold comfort for people who are feeling the squeeze and don't think they can afford to buy a house.

**Marie:** I know. But with patience, discipline and determination, most anybody can become a homeowner. And the financial rewards in the end are definitely worth it.

**Troy:** And if you've owned a home in King County for a while, you might have a nice little nest egg on your hands. If you're considering moving, Grays Harbor County on this side of the mountains or Grant County on the other side are worth a look. Check out the prices compared to King County!



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**MLS # 27045308**



## Openings Available in Full-Day Kindergarten Program

Chautauqua Elementary School Secretary Gillian Callison reported to *The Loop* this week, “We still have openings in our Full-Day Kindergarten program and we’d like to invite families with future Kindergarteners to consider enrolling in this exceptional program. Our Full-Day Kindergarten class provides an optimum environment for students who have been in daycare or preschool already; are no longer napping; are comfortable in a large group setting for extended periods of time; can stay engaged in activities for the entire day.”

The full-day classroom includes a morning meeting full of stories, songs, movement and sharing. Outdoor time is shared with kindergarten friends from the other classes and at mid-day recess is on the big playground. Lunch is eaten in the lunchroom with 5th grade study buddies. After lunch, time is set aside for brains and bodies to rest and reenergize. During work time the world is explored through art, work with numbers, science, writing, building with blocks, constructing with play-dough and much more.

This is a tuition-based program and any question you may have regarding tuition or the program itself can be directed to our office at 463-2882.

## Global Lens Festival Returns to Vashon

By Alice Orr

Two years ago, when the Global Lens Film Festival debuted on Vashon, opening night attendance exceeded all expectations. Vashonites know a good thing when they are invited to see one, especially when it comes to internationally acclaimed cinema and a champagne reception to celebrate.

Global Lens 2007 will kick off with a Gala Champagne Reception at 7 p.m. on **Saturday, April 28** at Vashon Theatre. Once again, festival organizer Kathleen Fitch has put together a schedule of films not to be missed. Beginning on opening night April 28th with *Dam Street* from China. Continuing on **Tuesday, May 1** with *Kilometre Zero* from Iraq, and **Thursday, May 3** with *Wonderful Night in Split* from Croatia.

This year Kathleen has managed to acquire all of the Global Lens series instead of a select few titles as in former years. So many films, in fact, that Vashon’s Global Lens Festival will be divided into three segments, these three spring films, plus more films in the summer and fall.

As in previous years, all proceeds from tickets to the Global Lens Festival will benefit Vashon High School. In the past, these monies have been used to purchase textbooks and library books.

## Garden Club’s Annual Plant Sale

Where can you (1) pick up a perfect Mothers’ Day fuchsia basket, some perennials to brighten up your summer garden, or a tree or shrub to hide the neighbors’ garage, (2) schmooze with fellow gardeners while shopping, (3) listen to Becky Bumgarner’s fantastic warm up talk while waiting for a 9:00 a.m. opening, and (4) as if that wasn’t enough, grab a lovely scone and coffee just across the street on the way home?

At the Garden Club plant sale, of course! As it has for many years, it takes place the **first Saturday in May - May 5**

## Nature Journals with Darsie Beck

Vashon artist Darsie Beck will teach young and old alike how to create their own nature journal, melding written reflections and watercolor sketches, at the Low Tide Celebration, **Saturday, May 19**, 11 a.m. to 4 p.m. He plans to focus on found objects from the beach and in the high tide drift. To participate, register with Darsie at (206) 463-5633. Then go to Essentials 4 and purchase your kit of art supplies for less than \$15. You will experience the Point Robinson beach celebration in a new way and take home a unique record with which to begin exploring nature through art.

## The British Have Arrived

The rector of Vashon’s Episcopal Church of the Holy Spirit, the Rev. John Thompson, is on a three-month sabbatical leave. The congregation will be served during his absence by the Rev. Selwyn Swift, an Anglican priest from Bury St. Edmond in Suffolk, England, UK. The Rev. Swift and his wife Glenys arrived last Wednesday. They were greeted at the Church of the Holy Spirit by many church members, and given a welcome basket of food and other items. The Swifts were here during Thompson’s last sabbatical leave, seven years ago, so they return as old friends to many members of the congregation.



Still from *Dam Street*, a film from China. Courtesy photo

Vashon students also benefit from viewing specially chosen films, which are then discussed with the assistance of study guides prepared for that purpose by the Global Lens Initiative.

Since its founding in 2002, Global Lens Initiative has showcased feature films from Africa, Asia, Latin America and the Middle East. “We believe that great story-telling offers insight into human nature and the consequences of human interaction,” says Initiative Chairperson, Susan Weeks Coulter.

Tickets for all three spring films are only \$17, the same price as in previous years, and are available at Essentials 4, Vashon Music Store and the Vashon Theatre. They will also be available at the box office on opening night. What could be a better deal than that? Less than twenty dollars for a great film experience, a gift to our young people and our community, and free champagne in the bargain. See you on the 28th!

this year - in front of the Firefighters Association Building. It begins at 9:00 a.m. and continues until everything is sold, usually before noon. The tables will be stocked with hundreds of fuchsia baskets, a colorful assortment of annual geraniums, and many varieties of tomatoes started in Kay White’s greenhouses. Also offered will be trees and shrubs, grasses, perennials, annuals, and succulents from members’ gardens, as well as annual and vegetable starts contributed by the Vashon High School horticulture class.




### Open Everyday

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Lunch 11:00am -3:00pm  
Weekend Breakfast 7:00am-Noon  
Brunch Noon- 3:00pm



463-6302



Jo Anne Helsby and her winning quilt, “Mardi Gras Dancers.” Courtesy photo

### Jo Anne Helsby Is a Winner!

**Come to the Quilt Show and See the Carnival of Quilts**

Jo Anne Helsby took first place in the 2007 Challenge Quilt competition at the Vashon Island Quilters’ Guild. Her creation “Mardi Gras Dancers” will be shown along with over 175 quilts and dolls in the upcoming biennial show “A Carnival of Quilts” on **Saturday May 5, and Sunday, May 6** at Camp Burton. For information about the Quilt Show, contact Jo Ann Bardeen (206) 567-5841 or jbardeen@yahoo.com.

Garden Club members (the ladies in the pretty hats) will be available to answer questions, or to direct inquiries to Helen Puz who can help with the tough questions with a head full of experience and a few reference books. Inside the building will be a boutique of garden-related items, including books and magazines, vases, garden tools, and craft items.

Proceeds from the sale contribute to the support of the Vashon High School horticulture class, garden programs at Chautauqua Elementary School, and other community projects.

The Vashon Senior Center is selling scones and coffee during the plant sale hours. For more information, call Marlyce Dixon, (206) 463-5593, or Ellen Trout, (206) 463-3952.

To eat is human, to digest, divine. – Mark Twain



Co-op kids. Courtesy photo

## Co-op Preschool Beach Ball Auction

Get out your flip-flops and tuxedos; Vashon Maury Coop Preschool’s Beach Ball Auction is just around the corner! Come on down and “Catch a Wave” at the Veteran’s Hall, formerly the VFW Hall, this **Saturday, April 28**, at 6 p.m. Tickets are \$22.00 and available at Books By The Way, The Vashon Book Store and Burton Coffee Stand.

Courtesy of En-Joy Production, we have the incomparable Martha Enson and Kevin Joyce as Master and Mistress of Ceremonies. We also have Vashon’s (and the Co-op’s) very own Todd Norman (AKA Chuck van Norman). Todd Norman will be performing with his 6-string and voice covering popular songs as well as original works. Rumor has it there may be another of Vashon’s own performing a few vocals as well...you will have to come to find out.

From our Gourmet Food Committee, there will be delicious belly delights. Joseph Bogard’s world famous Salmon, High Tide Rosemary Potatoes, Sunset Slaw and Sand Dollar bread to name a few. Oh yes, and have we got some desserts for you!

The auction has over 200 fabulous items to bid on. There is art from Pam Ingalls, Karen Dale, Victoria Adams, and Gretchen Hancock. We have lots of treats from Island and Off-Island Restaurants, imaginative services of all kinds, and even a Gold Medal award winning landscape designer.

VMCP has been a part of our Island Community for the past 34 years having benefited over 2000 families. Our educators as well as our school are affiliated with South Seattle Community College. The Coop’s auction is our only fundraiser and enables us to operate, have fabulous teachers for both kids and parents, and keep tuition affordable.

## 2nd Annual Low Tide Celebration

By Rayna Holtz

Rejoice at the low tides of spring, which herald the 2nd annual Low Tide Celebration at Point Robinson, on **Saturday, May 19**, from 11 a.m. to 4 p.m! Beach naturalists, speakers, art journaling, lighthouse tours, bird and plant viewing, and other activities will absorb our attention as the tide goes out to minus 3.3 feet at 1:22 p.m. Many seldom seen shoreline animals and seaweeds will be visible, and we will learn more about their habits from Kathy Sider, Bob Fuerstenberg, Sandra Noel, Ann Spiers, Barbara Gustafson, Beth Lolley, and Pam Weiss.

Vashon and Maury Island's fifty miles of shoreline constitute half of King County's saltwater beaches, including a majority of the remaining natural beaches. Point Robinson is part of the Maury Aquatic Reserve, so designated by Washington State Department of Natural Resources in recognition of its value for fish and many other species that make up the web of aquatic life. The Low Tide doings provide opportunities to appreciate the wealth of plants and animals that live on the underwater side of our Island, including beds of eelgrass and seaweeds that shelter spawning herring, smelt, sand lance, and juvenile salmon.



Kelp crab, a low tide beach denizen. Courtesy photo

This year we'll have a shuttle bus making regular trips up both Pt. Robinson Road and Luana Beach Road to transport people between their cars and the site. The Boy Scouts will provide food again, and there will be speakers on shoreline topics, numerous booths with displays, children from the Lorax Club telling about good beach behavior, Darsie Beck teaching nature journaling, plant and bird experts, storytelling, and much more. Everyone interested in Darsie's free workshop on nature journaling should register with him at (206) 463-5633. Sponsors include People for Puget Sound, Washington State Department of Natural Resources, Vashon Park District, Vashon-Maury Island Audubon Society, Washington Scuba Alliance, Puget Soundkeeper Alliance, the Lorax Club, King County, and the Vashon-Maury Island Land Trust.

## VashonBePrepared Grows Up

The Vashon Disaster Preparedness Coalition has outgrown its old organization and has evolved into VashonBePrepared with a newly-elected board of directors. This organization will be able to meet the challenges of preparing Vashon for a major disaster of any sort.

We learned from last October's Island-wide drill and winter's storms that we need to coordinate better and improve communications - both within the organization and, especially, with the Vashon community. We now have provided for leadership succession and the ability to pursue additional funding. Soon we will register as an IRS-recognized 501(c) (3) nonprofit. We have clarified relationships with our partner organizations in the community and expect that coordination will be enhanced.

Our organizational partners to date include the Vashon Island Fire & Rescue (VIFR) the Neighborhood Emergency Response Organization (NERO), the Community Emergency Response Team (CERT), the Vashon-Maury Island Community Council, the Vashon Island School District, Water District 19, the Vashon Maury Island Radio Club, and the Vashon Emergency Preparedness Committee (VEPC, the local Red Cross). Other partners include Puget Sound Energy, the Rotary, the King County Sheriff, King County Roads and many more.

More than eighty neighborhoods are preparing to look after themselves through the NERO system. CERT has trained 130 people and eighteen more are completing training now. And behind the scenes a complete Emergency Operations Center has been taking shape and working out the many communications, planning and logistical kinks inherent in tackling catastrophic circumstances.

"If the Big One were to hit tomorrow some in our community are prepared to meet the many challenges, yet more help and preparation is needed," said co-president John Cornelison. The medical community, for example, has come together to start planning and stockpiling for a disaster. Limited stocks of emergency food have been acquired by the local Red Cross. The Voice of Vashon is on the verge of a breakthrough in their

ability to have a permanent emergency radio broadcasting system for the Island.

Everyone who has been involved is excited about the challenges and opportunities to make Vashon a model of preparedness. Co-Presidents, John Cornelison and Tag Gornall, Vice President (past president) Rick Wallace, Secretary Reed Fitzpatrick and Treasurer Mike Callan look forward to serving Vashon, not only in the event of a disaster but also with community building, through our growing volunteer network.

"With secured grants and a budget allocation from VIFR we have the resources to refine and expand our goal of motivating and educating households, businesses and neighborhoods to plan and prepare themselves for the times when we could be cut off from the

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



mainland" said co-president Tag Gornall.

You might consider disaster planning to be depressing, "Doomsday thinking," but it's actually stimulating, creative and fun. Come and meet your

neighbors and learn about the circumstances that might lie ahead of us by joining the all volunteer effort. Call Mary Swanson at (206) 463-3545 and, for more information, look at [www.VashonBePrepared.org](http://www.VashonBePrepared.org).







By Mary Litchfield Tuel

# Spiritual Smart Aleck

I would like to offer my deepest condolences to the family, friends, colleagues, and students past and present of David Foege. Both of my sons were in his classes when they attended McMurray, and they knew him as a great guy, and a great

teacher, who really cared about his students.

I am giving my space this issue to guest columnist Dr. Jeffrey Larson. Blessings and grace and peace to you all. I'll be back next issue.

## Coping with Traumatic Loss

By Dr. Jeff Larson

Grace and peace to you. The trauma of McMurray teacher David Foege's untimely death as well as the shootings this last week in Virginia are hard to grasp, not only for us but for our loved ones. Part of crisis is to recognize how differently people deal with it. Some cope very well. Others deny the events have a significant impact upon them or their friends. A fear is that crisis will exacerbate chaos in someone close to us and possibly trigger responses of violence and/or self-harm.

Suicide itself is a relatively rare event and it is difficult to accurately predict which persons with these risk factors will ultimately commit suicide. However, according to the American Psychological Association, there are some possible warning signs such as:

**Talking About Dying** — any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm;

**Recent Loss** — through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies, activities previously enjoyed;

**Change in Personality** — sad, withdrawn, irritable, anxious, tired, indecisive, apathetic;

**Change in Behavior** — can't concentrate on school, work, routine tasks;

**Change in Sleep Patterns** — insomnia, often with early waking or oversleeping, nightmares;

**Change in Eating Habits** — loss of appetite and weight, or overeating;

**Fear of losing control** – acting erratically, harming self or others;

**Low self esteem** — feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me;"

**No hope for the future** — feeling trapped, believing things will never get better; that nothing will ever change.

What you can do...

**1) Release your grief.** Don't minimize the significance of these events. People who process traumatic events usually do better than those who avoid them. Name your feelings and opinions. Talk it out rather than taking it out. Encourage cool headed-thinking.

**2) Receive support from others.** Encourage one another to take steps to reconnect with community. Look your loved one in the eye and ASK how they are. Tell them that you

care. Be available to them, LISTEN well, pray together, exchange opinions and hugs – and consider more time for family and friends, including attending worship together.

**3) Review sensory over-load.** If you or your loved ones are glued to the television or computer for long periods of time, turn it off awhile and shift to other things like homework, friends, exercise, hobbies, and worship services. Be aware that if you or your loved ones have experienced particular stressors – good or bad – apart from these events, the cumulative experience may cause him or her to be less tolerant and more vulnerable to problems like increased fragility/irritability, feeling dazed/numb, nightmares, re-experiencing the trauma, and isolating oneself.

**4) Risk reclaiming your life rather than retreating in fear, anger, guilt and hurt.** Remember what's important. Somehow, seek resolution with your enemies. We may feel entitled to safety and security, but losses occur. Choose to be a better person, not a bitter person.

**5) When you are getting in over your head, Get help.** Good friends & family may be enough, but the assistance of a skilled, objective counselor and prescribed medications can make the difference. There are numerous available, affordable resources on-island.

**6) Rely on God.** Regardless of whether you feel close to God or far away, I believe God is for us. It is important to accept what cannot be changed but as the author of Job (11.13, 16) stated, Reach out to God...then face the world again, firm and courageous. Name your concerns, do your part with integrity, and trust God to see you through.

As a small, diverse community, we need to step forward and stand together to provide the best care for one another as possible. As the impact of these events continues to unfold, may we pray for God's guidance and healing in all people.

*Dr. Jeff Larson is a clinical psychologist and pastoral counselor providing counseling and consultation to the Puget Sound area as an outreach ministry of Vashon Lutheran Church. He may be reached at (206)463-6359.*



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 4**

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## School Board Audit Report

*Continued from page 1*

fund balance can only give for a short period of time."

One of Boesche's comparison charts showed that Vashon has more teachers per 1,000 students than the Districts it was compared to in the chart, which were selected by Boesche.

Boesche made six recommendations:

1. Develop a budget action plan for this year and next year to stop the slide.

2. Have more discussions and monthly budget status reports.

3. Increased staff responsibility and accountability in managing buildings and program budgets.

4. A broad-based budget committee made up of district staff, citizens, possibly Board Members — to receive a more in-depth picture of what is going on.

5. Review Board Fund Balance Policy #7001.

6. Review internal business practices and procedures.

Boesche concluded, "Is it too late? No. Is (the fund balance)

sliding? Yes. Do something now before end of year."

There followed questions from the Board in which it came out that the Board should probably have a two-year graduated approach.

Board Chair Susan Lofland said, "We had no clue." She went on to say that the Board wishes to have the Fund Balance back to 3.7% (of the total budget) in two to three years. Boesche advised, "There is a bright spot — you still have 1.4% (of the total budget), which enables you to gradually move."

"If a school cannot stay in the black, or put together a budget, the state does oversight of the budget; it monitors staff hires, etc. All decision making of the Board is limited — it has to go through the state. After a second year of not being able to make a budget, there are more restrictions."

Lofland said that at this point, "District staff has been told to complete purchase orders. Our legal contractual commitments are being met."

Lipitz concluded, "The RIF date is May 15."

## Teachers Comment

*Continued from page 1*

this year; fine. If there are 32 kids in a class and we have nothing, we figure how to do it. You're paying an outside consultant more than anyone in this district makes, but he came up with good information. I am darn tired of making good programs on my time, my money. Perhaps we should start talking about levies that actually fund this district."

"I am frustrated with this Board, because I know what I do as an educator."

Martha Woodard: I've been with the District since 1981. We've never had enough money. Take all this with a grain of salt, new folks. If you want to go to state standards, which are sub-par, if you want to give up electives, that will not work on this Island."

"Many years I've had Board members come into classes. Don't stay away from classrooms. I would

love to show you up front some of the practicalities of working in the classroom. We won't bite you."

**Why Did Board Make Ineligible Athlete Eligible?**

Elizabeth Golen-Johnson read a letter to the Board from the Vashon Education Association aloud asking why, on February 2 of this year, the Board had "disregarded district policy and overturned the activities code and athletic compliance form agreement of VISD to rule an ineligible athlete eligible. The decision you overturned had been carefully reviewed and upheld by VISD staff, administrators and the superintendent. We are dismayed and confused by this disregard of your own policy." Staff had contacted the Board twice questioning the Board's action, and received no answer either time. "This matter greatly influences VISD staff members' abilities to best meet the needs of our students...please take the time to answer our questions."

# Don't Forget the Birds

## Ospreys and the Silent Spring

By Ed Swan

*"It was a spring without voices. On the mornings that had once throbbed with the dawn chorus of robins, catbirds, doves, jays, wrens, and scores of other bird voices there was now no sound; only silence lay over the fields and woods and marsh."*  
— Rachel Carlson, *The Silent Spring*



Osprey. Photo by Jim Rosso

Through all of April, I've been thinking about Rachel Carlson's work as I've watched the Ospreys return first to the nest at the golf course nest and then the nest on 188th. Out on a walk recently I saw one carrying a long stick or two trailing behind like legs so that it looked like a huge weird heron or egret. Fifty years ago as they laid their eggs and sat on them, the eggs would have cracked and broken, shells thinned by the effects of the pesticide DDT. With *Silent Spring*, birds helped us like canaries in a coal mine, growing the movement to protect our environment.

DDT persists in the environment. As each animal in the food chain eats another with DDT in it, that animal adds to its own load and when it in turn is eaten, passes the chemical up to the next predator. Ospreys, a fish-eating bird at the top of the food chain, found themselves hit heavily by the pesticide. The biomass of fish-eating birds as a whole is much less than that of all the fish that they eat. The more they ate the more they concentrated the DDT in their bodies. Osprey numbers plummeted. Peregrine Falcons were eliminated in eastern North America. Bald Eagles, Brown Pelicans, Double-crested Cormorants were among many other species whose numbers were drastically reduced.

When I first became interested in birds back in the 1970's, seeing a Bald Eagle or Osprey on Puget Sound was a big deal. A Peregrine Falcon was completely impossible. When DDT was banned in 1972, the bird populations affected improved fairly rapidly. Now all three species nest in and around downtown Seattle. Currently, none of these species is endangered with immediate extinction. I remember back then that pollution looked like such a huge problem that it often seemed overwhelming just as overpopulation and global warming do now. That we can watch the Osprey return each April shows us that putting aside the feeling of being overwhelmed and moving on to act on some part of the problem will help us face these perils. As another Earth Day rolls by, don't say: "Been there, done that;" find one specific thing you can do each day to help, even if it's just remembering to recycle this *Loop* when you're finished.



Osprey fishing. Photo by Jim

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Besides the Osprey coming back April 2, seen by Joy Nelsen flying over Vashon town, lots of other spring migrants returned this month. On the north end, Rick Sanders by Fern Cove heard the first Pacific-slope Flycatchers and Black-throated Grey Warblers, Rich Siegrist had Tree Swallows and I noted a Cassin's Vireo. An April 7 walk down Paradise Valley produced returning Common Yellowthroats and a Brown-headed Cowbird and

KVI Beach. Some more unusual sightings include a Virginia Rail in swampy area along 107th just north of 204th heard by Sherry Bottoms and a Townsend's Solitaire I found at Pt. Robinson April 19. The biggest find of the month was two apparent Mountain Bluebirds seen along Wax Orchard Road by Bill Palmer. They have only been recorded once before for Vashon Island. One bird to watch for at the ferry docks recently has been the Brandt's Cormorants. They are in breeding plumage now and their bright blue pouches by their beaks are very striking. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at [edswan@centurytel.net](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.

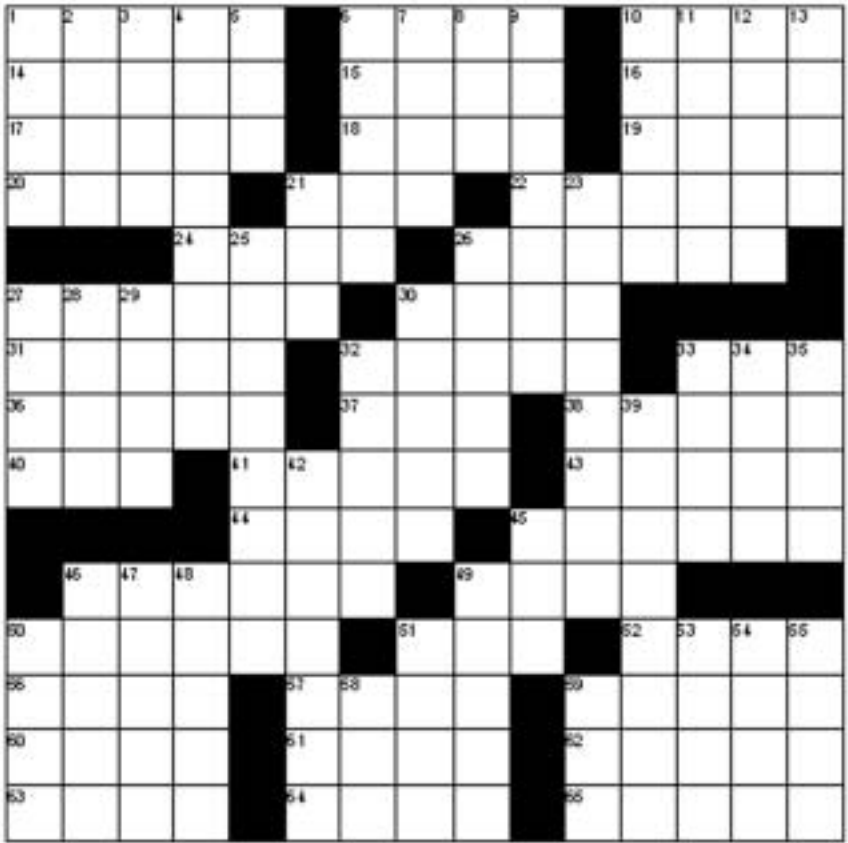
#### Island Birding Guide

#### Species Identification

#### How to Attract Birds

Ed Swan  
(206) 463-7976  
[edswan@centurytel.net](mailto:edswan@centurytel.net)

<b>Across</b>		
1 Sacred poem	46 "So kiss a little longer..."	11 Loose curls
6 Lag	product	12 Smash
10 Southwest by west	49 Fence opening	13 Part of a sentence
14 Elixir	50 Gold finder's phrase	21 Frost
15 Prego's competition	51 Fairy	23 Comfort
16 Tropical edible root	52 Corrode, like metal	25 Network
17 Amid	56 Baseball's Nolan	26 Wares
18 Afloat	57 Tactic	27 Ripped up
19 Always	59 Main artery	28 Spoken
20 Deliver by post	60 Allot (with "out")	29 Cured
21 Pixy	61 Sports channel	30 Color of grass
22 Look over the book again	62 Cross between a lion and tiger	32 Goofed
24 Village People hit	63 Greek god of war	33 Opposed
26 City	64 24 hour periods	34 Idyll
27 Common finch	65 Deft	35 Very tall plant
30 Says (slang)		39 ____ belt (in space)
31 Sandwich cookies brand		42 Seemed
32 Eat away	<b>Down</b>	45 Klutz
33 Clever	1 Parent teacher groups	46 Purchaser
36 Movie "King"	2 Few	47 Angry
37 Crimson	3 Soon	48 Genetic makeup
38 Mansion	4 30's dance (2 wds.)	49 Dales
40 Wing	5 Metric weight unit	50 Writer Bombeck
41 Goods	6 Play	51 See
43 Sugar-free brand	7 Grating sound	53 Advise
44 Pierce	8 Ripen	54 Tier
45 Timely (2 wds.)	9 Insured	55 Tangy
	10 Grim	58 North American country
		59 Wing



Solution on page 17

# The Reigning Queen of Everything

## The RQE Puts Her Best Stiletto Forward

By Sarah Blakemore, RQE

The problem with asking for something is that if you ask charmingly enough you might get it. The RQE has found herself in such a predicament.

I, if you have read the previous columns, am a stripper. I am also, quite obviously since you are reading this, a writer (There are no statements of quality implied...). A few years ago I decided to try my hand at writing theatre. It started out innocently enough as one song that I thought I could squeeze into a burlesque show somewhere, as Burlesque has been enjoying a revival in recent years. What came out was a full length musical; I loved my character too much to let her fade away after one song. And thus, LiLotta VaVoom was born, a struggling 1940s wannabe showgirl whose big number is “I’m a Showgirl Without a Show.”

A composer has been hired to write the music for my lyrics, he is working furiously to make my words into songs. I have been reading everything about theatre to garner ideas and insights for my show. Anyway, through all of this theatre reading I discovered an indisputable fact about myself. I know nothing about professional theatre. Nothing. Like, really, nothing. The RQE is not known for her, uh, false modesty so believe me when I tell you, nothing. The last piece of theatre I was in was in Junior High School, some anti-drug musical called *The Upside of Down*. After that I joined the debate team and it was all down hill from there. God love you Mr. Dorsey.

Well fine. Okay. Life is more entertaining when you do things you’ve never done before, so why let this lack of knowledge stop me? It certainly didn’t stop the people who brought us works like *Cats*. I realize that really, the only way that I am going to learn how to be in the theatre – director, writer, actor or otherwise – is to go ahead and do it. But musicals take a long time to write and revise, longer than I want to wait. Variety shows, on the other hand, can be put together quickly. And with lots of creative people who already know what they are doing,

I started writing, going to burlesque shows to see what worked and what didn’t in my unlearned opinion, and asking around about how to do this. Then one fateful night, Bert, the German guy who owns an arts space in my neighborhood said, sure, he’d love to have a monthly variety show at his space. And I can use it for free. Free? Someone is giving me FREE professional theatre space in New York City?

I’m told that if I turn this offer down that one day I will awake to a mob of vengeful Actor’s Equity card bearing zombies outside my door. Mostly they will be hoping to audition, but a mob none the less.

So here I am. I’ve got space and I’ve got an idea. The moment I realized this I was gripped by absolute terror. Work with professionals? There is no way anyone is going to want to work with me. Why would anyone want to see anything that I want to do? Oh my God, this is it. I’ve really got to put myself out there.

Damn.  
It is scary to get what you asked for because then you can’t day dream your life away. You have to do something.



Daydreaming about taking an opportunity already offered to you isn’t very fun, daydreaming is all about thinking of things you wish that you could do but feel that you can’t because you don’t have the time/money/talent/know how/power to make the earth spin off its axis.

I posted an ad for entertainers. So far I’ve gotten plenty of comedians, one ventriloquist, one drag queen/puppeteer and one Elvis impersonator. I am not making this up. I love these people already.

In the last few weeks, when things have really started to come together, I have felt a sense of exhilaration. I feel excited by life. Excited about where things are going. Maybe I’ll discover that this isn’t for me, that I hate directing/producing/acting. But at least I’ll know. And I’m too far in now to back out. It is like the moment they finally strap you into the roller coaster moments before the ride starts moving; you know something big is going to happen. You want something big to happen. But you pause briefly to wonder what the hell you were thinking waiting in line for two hours to be tossed around in an uncontrollable manner with lots of strangers.

~~~~~



Garden Art from Splash! Courtesy photo

## Garden Tour Tickets Are Here!

Get your discounted VAA Garden Tour tickets **now until May 15!** Surprise your Mom with a pair of tickets and a special Garden Tour commissioned tile by Irene Otis, and watch Mom smile. Tickets are available at Blue Heron, Heron’s Nest and DIG. Call (206) 463-5131 for more information and to order by phone.

This year Garden Tour takes place **June 22-24** and will feature new events along with five premier Island gardens to tour at your leisure. Cindy and Steve Stockett and Sylvia Matlock and Ross Johnson will offer a **Friday afternoon** event, “Secrets of the Garden” for serious gardeners. **Friday night’s** Sunset Gala will be held at the waterfront home of Whit and Mary Carhart and will include a weekend tour ticket. **Saturday and Sunday** will feature five divinely diverse gardens. Free seminars will be offered both days by Terry Hershey, Michael Lee, Dr. Robert Norton and Patty J. Campbell. And if that’s not enough, peruse Garden Market, see garden art and listen to live

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## Garden The World Two Very Bad Ideas

By MEarth

There are two very bad ideas out there I want to address before they are foisted on us without due consideration.

The first one is the use of corn for ethanol. The new interest in bio-fuels has resulted in record plantings of corn this year around the country. This is due greatly to yet another agricultural boondoggle as our current administration seeks to replace subsidies for farmers lost in more frugal times. Also, our dear friends at Monsanto are pushing a genetically altered variety of corn that is supposed to convert easily into ethanol. Remember, this franken-food giant is the same group that brought us terminator seeds, terminator trees and other GMOs that have escaped into the bio-sphere and killed thousands of sheep grazing on crop stubble in India.

First, let me say that I am unequivocally opposed to using any food crop for fuel. People are starving. Americans, as a group, when given the choice of fueling their flex-fuel SUVs and feeding hungry Mexicans will always opt for driving another day. This will foster great unrest as hungry people, south of the great GWBush Memorial Fence, watch us driving to the mall while their babies go hungry.

There is no reason in hell to use food for fuel. It’s a bad idea. Even if it is touted as “for the environment,” it’s a bad idea. Brazil fuels its flex-fuel vehicles with WASTE from its sugar cane crops. Tell

music and poetry. It’s all part of Vashon Island’s Garden Tour weekend generously sponsored by John L. Scott, Thriftway, Puget Sound Energy, DIG, Splash and JR Crawford.

Be on the lookout for Island artist-embellished watering cans sure to “Make a Splash for Art.” Each of the dozen or so cans will be available to the highest silent bid and will soon be on display at The Hardware Store, Heron’s Nest and Splash. Special thanks to above mentioned sponsors and gardeners and Mary Lou Buss, Dorothy and Jeff Dunncliffe, Anita Halstead and Kelly Robinson, and Leslie McIntosh. See you at Garden Tour!

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me this does not make so much more sense. Guatemala, Peru and Colombia, the biggest sugar cane producers in the world, could easily become the most efficient ethanol producers as well, even more efficient than Brazil, where they are already EIGHT TIMES more efficient than US corn-based producers, according to Marcela Sanchez, a syndicated columnist writing in that radical rag, *The Seattle Times*.

The kinds of companies and the kinds of thinking that have gotten us into this mess will not get us out.

Speaking of which, Senator James Inhofe (R-MARS—okay, seriously OK), who is famous for saying, “Global warming is the biggest hoax ever perpetrated on the American people,” has proposed a scheme to launch a new industry based on converting coal into transportation fuel. This is another very bad idea. First of all, he and other legislators have been introducing bills for massive subsidies and loan guarantees to launch this filthy industry. Coal companies, long among the worst offenders in terms of environmental degradation — not only where they mine coal but in the atmosphere when it is burned — could very well be the industry that finally tipped the scales of global warming for us all.

Liquid coal (or coal-to-liquids) is a global warming nightmare: it produces double the carbon dioxide emissions of conventional gasoline and would be a huge step backward for efforts to combat global climate change. Yet, in the wake of the Iraqi War, it will be presented as an all-American, responsible option. Don’t let them fool you! Don’t let them lie to you again!

~~~~~

## Ferry Fares Frozen as of May 1

On Friday, April 20, HB 2358 passed both the House and the Senate and was sent on its way to the Governor for her signature. HB 2358 is a major ferry reform bill. Fares will be frozen at the May 1, 2007 rate for more than two years – until September 1, 2009 or later, says the e-newsletter of Rep. Christina Rolfes, of the 23rd District (Kitsap County). Thanks and a tip of the hat to Marilyn Omei for passing this along. Further information about this bill and ferry reform can be found at: [housedemocrats.wa.gov/members/rolfes](http://housedemocrats.wa.gov/members/rolfes)





## Worry Time

A Personal Essay by Alice Orr

I was in the doctor's office worrying about what might happen there and trying to look as if I didn't have a care in the world, like when you don't want to let anybody know you're so anxious you need another head to hold it all. Unless of course, it's one of those times you want sympathy. As in, "It's already half-past noon, and nobody's offered what ought to be my legally mandated allotment of caring concern for the day, and nobody looks like they will." Under those circumstances, I take pains to appear pathetic but longsuffering and imagine others thinking, "Poor woman, she's so pathetic but so longsuffering," before returning to their own brand of worrying.

This particular occasion in the doctor's office was one of my pseudo-nonchalant moments, but the act was wearing thin. I scouted my surroundings for a distraction that didn't involve eye contact with fellow worriers and saw a magazine rack with a sign that read, "Free. Take One." I am forever picking up a magazine in some waiting room or other, getting caught up in an article, and being called in for my root retouch or astrological reading or mammogram before I can finish the story.

Then I must face a moral dilemma. Do I steal the magazine or suffer the needling suspicion that the answer to some pressing issue in my life might be hidden in those last few pages? I generally concede to the former. Which means I must figure out how to pull off the caper undetected. Which means I must furtively case the area for potential witnesses without appearing furtive. There's that façade thing again, plus the expenditure of energy and clutch of terror such pretense requires. In other words, the worry of it.

The "Take me. I'm free" invitation looks like the answer until I stroll, a movement mode of nonchalance to the max, to the magazine rack and see the feature article title on the cover. "How to Tame Your Worries." Somebody catches me reading that and my "What, me worry?" cover is blown for sure. I try to walk away, but the "You must take me because I'm entirely free of charge" has me in its thrall.

I decide to deflect detection by reading one of the other features. "Living with Autism" and "Being Smart about Diabetes" are important subjects, but "Don't Burn Out" is the one I look up in the table of contents. Fortunately, it's a short piece. I skim through and for the life of me cannot remember a word. Maybe because as skimmed I was thinking how I really had to find out about taming my worries.

I was anticipating how I would assume randomness as I leafed to the page when I realized that the title so boldly printed on the cover was not in the contents pages. My anxiety index climbed as I searched Features, Updates and Columns. By third scan-through, I was approaching despair when I finally found it under the obscure heading "Just for You."

"The nerve of them to assume this is just what I need. They obviously haven't noticed how devil-may-care I am," I fumed as I fast-flipped to the indicated location.

My disappointment was immediate. I'd expected more than five relatively short paragraphs crowded onto a single

page, each paragraph identifying a separate worry-taming technique. Whatever these general techniques might be, I'd hoped for a step-by-step guide to my own specific personal worries.

I'd all but abandoned that hope when I noticed the phrase, "Allow yourself to fret," and read eagerly on. The essence of the fret paragraph was this: Set aside a half-hour a day, and do all your worrying then. The article assured me it was okay to jot things down that might worry me during the rest of the day, but I was actually to worry about them only in that half hour.

What a great idea! Except, when would this worry period work best? In the morning, anticipating potential worries ahead? At midday, as anticipated worries lived up to their potential? At night, after piles of worries and taking notes re: all of them had virtually stalemated my day? And, where should this worrying take place to have optimum effect? And, how could I record my notes in a way that avoided the danger of discovery by someone who might broadcast far and wide the truth of my fraudulent facade?

There were these and many more questions to consider, tumbling over one another in my mind. Until it occurred to me that I'd been waiting a long time to be called in to see the doctor, thirty minutes to be exact. I might have fretted about that, but it further occurred to me that I'd already used up my allotted half-hour of worry time for the day.

I tucked my "I'm free, aren't you glad you took me?" magazine into my purse. I considered the possibility of smiling straight into the face of the woman sitting across from me, then further considered the possibility that her response to such inappropriate waiting room behavior could be worrisome and I didn't yet have notepad at the ready for recording such worries. So I set inappropriate smiling aside for another day and stared into the gigantic aquarium instead — nonchalantly of course.

□□□□



## Tickets on Sale Now for the PTSA Abundanza Auction

Tickets went on sale this week for the PTSA Abundanza Auction to be held on **Saturday, May 19**, at the Veteran's Hall, formerly the VFW Hall.

This year's auction will transport you to Northern Italy where you will enjoy a fresh Mediterranean sit-down meal, including appetizers, antipasti and insalata, a choice of entrees, and a lively "dessert dash" featuring twenty-four exquisite baked treats.

The bidding promises to be lively this year with something for everyone. To see photos of items that will be available, go to [www.vashonptsa.org](http://www.vashonptsa.org).

Attending the PTSA auction is one of the best ways to support quality education on Vashon. The proceeds go to the purchase of sorely needed books and supplies as well as the many PTSA sponsored programs that benefit our students.

Tickets are available at Books by The Way, the Vashon Book Shop and at [vashonptsa.org](http://vashonptsa.org), at \$25 for general seating; \$50 to sit in a group; or for \$600, you can buy an entire table.

Call Carrie Van Buren at (206) 567-5313 with ticket questions. Childcare is available by calling Laurie Veatch at (206) 463-7744.



## The Healing Art Of Reiki

Are you interested in learning the Healing Art of Reiki?  
Two Level 1 Reiki classes are now forming:  
May 5-6, 2007 in Seattle  
May 26-27, 2007 on Vashon  
For information or to register, please contact  
Reiki Master - Teacher  
Jeanne Robinson at (206) 463-6895 or  
by e-mail at: [zeannie@msn.com](mailto:zeannie@msn.com).  
Class fee is \$175.  
A deposit of \$75 will hold your space.



Workshop Highlights  
Discover the history and importance of Reiki.  
Learn and practice techniques for self-Reiki and Reiki on others.  
Experience exercises and visualizations that help put us in touch with our heart space, honor ourselves and each other and learn to trust our intuition.  
Receive a Reiki Attunement and awaken to the first level of Universal Life Energy  
Receive a Reiki Manual & Certificate of Completion.

## Film Flam: Some of My Favorite Movies

By Jonathan Shipley

There's nothing that says "Good movie" like this word, "Unicorns." Yes, unicorns make for great movies. Just think how much better, say, *Saving Private Ryan* would have been had Tom Hanks and his band of brothers saved a unicorn instead of the dispensable Matt Damon. And don't get me started about how there could be vast improvements had the lovers in *Brokeback Mountain* herded unicorns instead. Whatever, there's no need to dwell on movies that could have been great had they had unicorns in them (*Leaving Las Vegas*; *The China Syndrome*; *Tootsie*). The directors blew it and they know it so we'll leave it at that.

Instead, let's focus on five of the greatest unicorn movies ever. Why they haven't received the awards, accolades and esteem that other movies have (*Raging Bull* without unicorns? Come on, Scorsese!) I have no idea. It's time to afford them the credit they deserve...

5th Best Unicorn Movie: *Sex, Shoes, and Unicorns*, 2005 -- This is the story of a shoe unicorn. What is a shoe unicorn? A mythological straight man who knows all about women's shoes. Isn't that the best basis for a movie in the history of cinema? Add to that four girlfriends vying for his attentions and you've got blockbuster. The straight man also has a horn coming out of his forehead. It gets in the way of love making.

4th Best Unicorn Movie: *The Unicorn in the Garden*, 1953 -- Based on a James Thurber story, it's the tale of a henpecked husband who sees a unicorn outside his window. The husband is really henpecked. He's got all these red marks on him. He's also worried about getting the avian flu. He also has a horn coming out of his forehead.

3rd Best Unicorn Movie: *The Maltese Unicorn*, 1978 - Brian Watson is a fibber and so when his parents see that their Maltese Unicorn is broken they accuse him. He didn't do it though! So he seeks the help of a kooky detective. Making a cameo as the kooky detective's kooky right hand man is Humphrey Bogart's mouldering corpse.

2nd Best Unicorn Movie: *The Last Unicorn*, 1982 - Jeff Bridges lent his voice to this

magical movie. Angela Lansbury did as well. *The Last Unicorn* tells the mighty story of a brave unicorn (Charlton Heston) and a magician (Steven Seagal) who fight an evil king (Peter O'Toole) to capture the world's unicorns. I'm still awaiting the prequel - *Many Unicorns* - where we see the development of how the king became evil and how Charlton Heston grew a horn out of his forehead.

1st Best Unicorn Movie, Ever: *Legend*, 1985 -- Tom Cruise's finest performance. Forest boys. Elven allies! Demons! A fairy princess! Eternal night! The only way that *Legend* could be improved is if Cruise mixed some drinks like he did in "Cocktail." That movie was awesome! Cruise plays a talented New York bartender who takes a job at a bar in Jamaica and falls in love. Sweet, romantic, funny, life-altering movie that one. He falls in love with a Jamaican unicorn.





# The Dorsal Spin

## Love Your Mother

By Orca Annie Stateler

The Dorsal Spin is on a short break this issue while Odin and I focus on an Artists in Schools residency at Chautauqua. Stogarita is eager to join us in the classroom, but I think she would steal the show and “pup-demonium” might ensue.

Meanwhile, on your next visit to the Vashon Island Coffee Roasterie, enjoy Odin’s lovely, sustainably created Haida-style killer whale, shown in the photo here. An antique, painted spruce root hat by renowned Haida master artist Charles Edenshaw inspired Odin’s design. To honor Southern Resident orcas, our Earth Day poster species, Odin’s killer whale has a salmon in the body.

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

## Vashon to New Orleans

*Continued from page 1*

volunteering here has been the most gratifying work I have done.

The emergency shelter where I am staying was set up last December by the grassroots relief organization Common Ground. In the first few days of operation there was no heating or gas for cooking, and electricity ran through an extension cord from a portable generator in the back yard. For the families who stay here it is a last resort before the street. Nine children and five adults live together in four small rooms, but the stove works.

Far from a legitimate or licensed shelter, this project is typical of our work here – trying to meet basic and immediate needs, in the absence of government support. Organizers in New Orleans call this work “service-



A broken water main outside of house in lower Ninth Ward. The City now loses more water than it uses due to damaged and faulty pipes. Spray paint left by search and rescue after Katrina or Rita. Photo by Logan Price, Feb 07.

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

REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Contact Orca Annie at Vashonorcas@aol.com.



Haida style killer whale, © 2007 Odin Lonning. Photo by Odin.

In the spirit of Earth Day, reflect on these words of Indigenous wisdom from Hopi Elder and Spiritual Leader Thomas Banyacya: “Nature itself does not speak with a voice that we can easily understand. Neither can the animals and birds we are threatening with extinction talk to us. Who in this world can speak for nature and the spiritual energy that creates and flows through all life?”

“Animals and birds are warning us with strange changes in their behavior, such as the beaching of whales. Why do animals act like they know about the Earth’s problems and most humans act like they know nothing?”



Author Logan Price taking pictures in Lower Ninth Ward. February 07.

oriented direct action,” quoting terminology most often used in political acts of civil disobedience.

When I first visited the emergency shelter, I was running support at a nearby public housing development where activists were barricading themselves inside of a community center. They had been asked by former residents to protest the city and federal government’s plan to demolish 80% of the public housing units in the city. Most of the units are largely undamaged. Rent in most areas of New Orleans is almost double what it was before the storm, and with a lack of living wage jobs there has been a sharp increase in the number of homeless families.

There is much more than storm damage to be repaired here – the closing of public housing is indicative of nearly all services in New Orleans.

# PANDORA'S BOX


May Day approaches - do not be the last one in town to get your awesomely cool new dog collar. Also of note - amazing new cheese treats - Cheryl has eaten quite a few and has not grown a tail yet.

---

Horus’ pick of the week: He appreciates all of your concern over his health and sprained paw. He promises to stop jumping from too high.

**(206) 463-3401**

**\$8 Nail trimming with no appointment**  
**17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch**



## Vashon Library May 2007 Calendar

**ESL Classes – 6:30 p.m.**  
Tuesdays, May 1, 8, 15, 22, 29  
and Thursdays, May 3, 10, 17, 24, 31  
For Adults — Presented by Celina

**Behind the Myths:  
Exploring Romani/Gypsy Culture**  
Sunday, May 06, 2007  
1:30 p.m.  
For Adults — Presented by Morgan Ahern

Gypsies/Romani are a people mostly represented through stereotypes and myths. Little is known about the true lives of Gypsies, historically or in present day. Morgan Ahern, a Romani woman and founder of Lolo Diklo/Red Bandanna: Roma Against Racism, will present a program of exploration of the history and culture of the Romani people. Together we will journey “beyond the myths” to arrive at an accurate depiction of the experience of the Roma. This program is a series in four parts:

**Sunday 6 May, 2 p.m.**  
Morgan will do a presentation on the history and culture of the Romani/Gypsies. During and after each presentation there will be time for discussion and questions.

**Sunday 20 May, 2 p.m.**  
*Latcho Drom* is a beautiful film by Tony Gatliff that depicts the history and culture of the Romani (Gypsies), as told through their music and dancing. This is the first film about Gypsies actually created by Gypsies.

**Sunday 10 June 2 p.m.**  
*Opre Roma: Gypsies in Canada* This documentary celebrates the vibrant culture of Gypsies and their tenacious struggle for freedom. Produced in association with the Western Canadian Romani Alliance, *Opre Roma* explores the history of the Romani people and their haunting music, born from centuries of persecution and exile.

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

**The Foreign Policy Association’s Great Decisions**  
Monday, May 07, 2:00 p.m.

For Adults  
Join us for impartial, thought-provoking analyses on issues of concern to U.S. policymakers today and that represent our foreign policy challenges of tomorrow. May 7th discussion is Mexico: Neighbor in Turmoil. May 21st discussion is International Migration in a Globalizing Economy. It’s free, not just for seniors, and everyone is welcome. Facilitators: Rhoda Karusaitis and Deirdre Petree

**Great Books Discussion Group**  
Monday, May 07, 7 p.m.  
Our book group meets on the first Monday of each month. This month’s selection is *Seize the Day* by Saul Bellow. Contact Grace Crecelius for more information, (206) 463-9361

**Microsoft Word, Level 3**  
Saturday, May 12, 9 a.m.  
Adults  
Presented by Chris Purpus, Netmaster  
This class is a continuation of Microsoft’s popular word processing program, Word, Level 3. Learn how to format sections, insert section breaks and set up headers and footers. Prerequisites: Word Levels 1 and 2, or previous skill with Word.

**Behind the Myths:  
Exploring Romani/Gypsy Culture**  
Sunday, May 20, 2007  
1:30 PM  
Adults  
Presented by Morgan Ahern  
*Latcho Drom* is a beautiful film by Tony Gatliff that depicts the history and culture of the Romani (Gypsies), as told through their music and dancing. This is the first film about Gypsies actually created by Gypsies, and this program is the second in a series on Romani/Gypsy culture.

**The Foreign Policy Association’s Great Decisions**  
Monday, May 21, 2 p.m.  
Adults  
Join us for impartial, thought-provoking analyses on issues of concern to U.S. policymakers today and that represent our foreign policy challenges of tomorrow. May 7th discussion is Mexico: Neighbor in Turmoil. May 21st discussion is International Migration in a Globalizing Economy. It’s free, not just for seniors, and everyone is welcome. Facilitators: Rhoda Karusaitis and Deirdre Petree

For the most part, America has turned its attention elsewhere, but for the young volunteers and activists who arrive daily “to inspire hope and teach civic responsibility,” in the words of Common Ground. For tourists, the historic French Quarter provides a false image of recovery, but here in the 7th and 9th wards it is impossible to leave New Orleans as the same person who arrived.

*Logan Price also writes for an online multimedia journal (www.TheDispatch.info), which he and Nick Simmons set up during their seven month stint as volunteers in New Orleans. They returned to Vashon on Tuesday, April 17, but plan to travel again soon, continuing to work and organize in critical areas, and writing about their experience.*

George W. Bush’s economic plan will create 2.5 million jobs. The bad news, they are all for Iraqi soldiers. – Craig Kilborn



Galvez Street: A home destroyed by the breaking of the industrial canal levee, lower Ninth Ward. Photo by Logan Price, Feb 07.

Public schools and hospitals alike are abandoned by the state and remain in disrepair. Mental health care is virtually unavailable for those without money. The neighborhoods where we live and work are an intersection of trauma, poverty, drugs and neglect. Military police patrol the streets amid destroyed homes, and gunfire rings out at night.



## Book Review

### How To Wage Peace, Not War

By Rachel Bard

If I knew how, I'd nominate Greg Mortenson for the Nobel Peace Prize.

*Three Cups of Tea* tells the hard-to-believe, frightening, unforgettable, heartrending but ultimately hopeful story of how Mortenson has roamed Pakistan and Afghanistan since 1993, building schools in desolate, impoverished villages. Places that had never had a school, or where they'd been destroyed during the wars and invasions that tear at this battered land. In just ten years, the region was afflicted with a devastating India-Pakistan battle over Kashmir, the takeover by the Taliban of Afghanistan, the influx of Saudis who introduced madrassas and trained jihadists, the American assault on Afghanistan after 9/11, and the Iraq war.

Mortenson's saga begins on the slopes of K2, which climbers call "the Savage Peak," second only to Everest in height and second to none in difficulty. Mortenson's party was only 600 meters from the summit when they had to call off the ascent and get an ill teammate off the mountain. It was exhausting, following 72 days of trekking, climbing and hauling gear up to the high camps. Once their companion was evacuated the others began the laborious descent down the glaciers. Mortenson, debilitated and disoriented, lost contact with his teammates and with the porter who carried all his gear. Finally, emaciated and near collapse, he staggered into a village perched on a mountainside. This was Korphe, where Mortenson's mission in life became clear to him while he recovered from his ordeal.

Haji Ali, the village chief, led him one day to a ledge 800 feet above the Braldu River that raced through the deep canyon. Mortenson saw, "82 children, 78 boys and the four girls who had the pluck to join them, kneeling on the frosty ground, in the open." The distant, corrupt Pakistani government didn't provide a teacher, much less a schoolhouse. Korphe shared a teacher with a neighboring village, who came three days a week. The rest of the time the children, on their own, practiced the lessons he'd left, scratching out sums in the dirt with sticks.

"I will build you a school," Mortenson told Haji Ali. "I promise."

And he went back to Berkeley full of determination but woefully ignorant of how to raise the \$12,000 he estimated the school would cost. His salary as a trauma nurse (he had degrees in nursing and chemistry) was only enough for his bare-bones subsistence. He painstakingly typed and sent 580 letters and 16 grant applications to likely donors. Nothing happened. Then by sheer luck Dr. Jean Hoerni heard of him. Hoerni had made a fortune in the semiconductor industry. He was a world-class climber. Like Mortenson, he knew and loved the Karakoram. Shrewd and ornery, Hoerni gave Mortenson \$12,000, not a penny more.

So it began. Over several summers Mortenson and the eager Korphe villagers labored. At one point, when landslides



K2, where Mortenson's adventure began.

~~closed the only road to~~ their village and halted the jeeps bringing the roof beams, 35 men walked all night to the slide, then toiled back up the 18-mile trail, each one grinning under his load of beams.

As Korphe's school was nearing completion, Mortenson was so gung-ho

to get the job done that he was driving the villagers crazy. His friend the chief made the big American sit down for a cup of tea. As they drank, Haji Ali explained that the first time you share a cup of tea with his people you are a stranger; the second time you are an honored guest; the

third time you are family. "Doctor Greg," he said, "you must make time to share three cups of tea." Mortenson says he never forgot that lesson. "Haji Ali taught me to slow down and make building relationships as important as building projects."

At home, funds trickled in, then swelled when *Parade Magazine* ran a front-page story on Mortenson and his one-man mission to build schools for the children of Pakistan, especially for girls, traditionally denied access to education. The Central Asia Institute, with a board and fund-raising capability, was formed to regularize the operations. More schools sprang up. He survived a kidnapping, a fatwa, confiscation of his passport by the Taliban, land mines, and a fractious board that wanted him to get organized. In ten years he built 55 schools, and he's still at it. What a man.

And what a man is David Oliver Relin, the journalist who wrote the book in collaboration with Mortenson. He flew with Mortenson to remote valleys "on helicopters that should have been hanging from the rafters of museums," pored over thousands of slides, recorded hundreds of hours of interviews. He tells it like it is; there's no need to embroider this story to make it riveting.

"Mortenson goes to war with the root causes of terror," says Relin, "every time he offers a student a chance to receive a balanced education, rather than attend an extreme madrassa."

If only George Bush and his warriors would read this book.

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#### Youth-Adult Dialogue:

### What Works? Finding Right Livelihood

There will be a Youth-Adult Dialogue on **Tuesday, May 8** in the Presbyterian Church social hall, 5:30-8:30 p.m. Free dinner served at 5:30.

Topic: What is the relationship between the work you do, and the values you claim as your own? Do they correspond? Can you envision making money doing the thing you love most, and feeling great about your workday?

We hope many people will come out to the tenth Youth-Adult Dialogue (YAD) on **Tuesday, May 8**. This is the place to share — and hear about — your hopes

Mon-Thurs. 4pm-8pm   Fri & Sat 12pm-9pm  
Sunday 12pm-8pm



Come in and see us  
**We've Moved**  
Now Located Next to Vashon Market

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Sunday 12pm-8pm

## We've Got a Lot of Kids

### Jack and Jill Double-Thrill Bill

By Kevin Pottinger

Most of the day, every day, our kids fight with each other. Our house is almost always filled with sounds of shouted insults, pummeled flesh, and the tortured wails of the humiliated. My wife Maria and I spend the bulk of our time refereeing fights, tending wounded pride, wiping tears and blowing noses.

While all our kids fight with one another, aligned in any number of different twosomes or threesomes, our two-year old twins reserve most of their boxing cards for each other.

On a recent sunny afternoon our kids were mercifully outside, playing quietly in the front yard. Four-year old Meredith was pulling two-year old Gracie around in the wagon: giggles all around. Gracie's twin brother Alec ambled over and pulled himself into the wagon opposite Gracie. The two spent several tense seconds glaring at one another.

At length, Gracie punched Alec in the head. Alec started crying. His older sister Meredith hugged him and comforted him, patting his back, and he quite quickly stopped crying. In retaliation he slugged Gracie in the head, and she began crying. Meredith hugged her. When Gracie stopped crying, she punched Alec again, and he started crying again. Meredith comforted Alec.

It continued like that for about a minute, Alec and Gracie taking rather orderly turns punching one another, punctuated by Meredith's soothing sympathy. Alec slugged, Gracie cried, Meredith comforted. Gracie slugged, Alec cried, Meredith comforted. The finale was reached when both babies punched each other at the same time, and cried simultaneously, and Meredith comforted both combatants concurrently, one in each arm. At length, Meredith pulled the wagon again and they all started giggling in the afternoon sun.

Gracie is as intense as a horn-helmeted heroine in a Wagner opera.

for finding or creating jobs that inspire, your own experience in work that goes beyond collecting a paycheck, and your stories of others who have illuminated the notion of right livelihood. The conversation should leave everyone with more ideas and lots to think about in their own lives. Each YAD offers surprising opportunities to speak and be heard by those you might not have a chance to meet every day.

From what we can gather of her perspective, she believes Alec to be an embodiment of evil in the world. Gracie is quick to publicly identify Alec as the perpetrator for everything that needs someone to blame. She'll pull us aside to whisper dramatically that Alec has spilled his water all over the table, unrolled all the paper towels, or went poopy or potty in his pants.

Whenever Alec is disciplined, Gracie points out that she's not guilty of Alec's transgressions, and she'll flash us a dimply, cheesecake smile; most likely to remind us that in addition to being such a good and obedient girl, see, she's cute, too.

Alec is much more nonchalant than his twin, relying on a more opportunistic, raiding strategy than Gracie's cunning political maneuvering.

I read an interesting study of crows. Crows are quite intelligent, while most other birds have bird-brains, of course. The crows were given a supply of food that required the use of a tool, a bent piece of wire, to pull out bits of the food. One of the purposes of the exercise was to learn if female crows solved the problem differently than male crows. The study found that after a few tries, the females became quite adept at getting the food out with the piece of wire. The male crows had consistent difficulty getting the food out with the tool, even when studying how the females did it; instead they became quite adept at taking the food away from the female crows.

Much like a male crow, Alec will artlessly and cheerfully take whatever Gracie has and run; and Gracie will inevitably run after him screeching like a heavy metal harpy. If it's food or candy, Alec will cram it all in his mouth at once, his cheeks stretched taut, crumbs falling from his tightly pursed lips. If it's a toy or a book, he'll throw it as far as he can, or into the toilet.

We can only imagine what things must have been like, growing cell by cell, cloistered together in the womb.

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Opening the May 8th Dialogue will be a trio of VHS drama students, performing an original piece relating to work and workers.

Youth who attend will receive a coupon for a free movie or beverage at Movie Magic. The Presbyterian Church is located across from Zoomie's, in the center of town. For more information or to help out, call Annie Brulé at 335-1664.





# The FDA Attack on Alternative Therapies

By Kathy Abascal

Right now many emails are circulating about a proposed FDA regulation that may limit our access to herbs. The concern is based on language in the proposed regulations that identifies herbs as “medicines” and advice on their use as “treatment.” In our country, herbs may be sold without FDA drug approval as long as they are not said to be medicines or suitable for treating disease. That is why herb labels will say “good for heart health” or “supports a healthy immune system” rather than saying that they are helpful in congestive heart failure or help you fight off viral infections. So, calling herbs medicines or referring to them as treating any ailment does pose a problem. It makes them drugs subject to the FDA.

The Herbal community is divided on whether the proposed regulations pose a great threat. Some say that it is strictly a guidance document that does not change anything. Others say that it prevents alternative health care practitioners from even recommending orange juice to help treat a sore throat, and poses a real threat. Some say that it is a ploy to bring people to a particular web site. I followed the link (<http://tinyurl.com/2u7ghc>) and read the petition they wanted me to sign. It looked fine and I signed it. I strongly recommend you do the same in the next few days (this needs to be done before April 30, 2007). If this legislation in fact is not a threat, it is still smart to periodically let the FDA and Congress know that we, the public, are strongly in favor of alternative therapies. If there is a problem, we may help keep alternative therapies alive and well. So it is a win-win proposition.

Moreover, I have no doubt that the government, prodded by pharmaceutical companies and the AMA, is quite capable of trying to sneak seemingly innocent language into a bill or a regulation that later can be used in ways we never even imagined. Just take a look at what has happened in the regulation of organic food, if you do not share my



Feverfew



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>.



view: For a full decade, only 38 synthetic additives were allowed in organic foods (which is still more synthetics than I like to have in my food). But in a 2006 Agricultural Appropriations Bill, 500 synthetic substances were approved for use OVER the opposition of 200 organic companies and 350,000 protest letters to Congress. These chemicals have not even been reviewed by the National Organic Standards Board. That is apparently a done deal but you can follow and help fight attacks on organic food standards by going to <http://www.cornucopia.org> and clicking on action alerts.

My intention this week was to write a little bit about headaches and how to support a healthy head using herbs. Actually, knowing that groups out there want to deprive us of natural remedies could give you a migraine or tension headache, so I will close by describing some herbs that you might want to use if you are prone to react that way. These remedies are simple, safe, and often very effective.

Topical application of counterirritant botanicals is one of the simplest, safest, and most effective therapies for aborting a developing headache or stopping a headache in progress. These remedies include many essential oils such as peppermint oil (*Mentha x piperita*), rosemary (*Rosmarinus officinalis*), and juniper (*Juniperus communis*). These remedies seem work in part by directly penetrating the skin and reducing muscular and possibly vascular spasm, and also by affecting nerve function. This age-old practice has also been confirmed in one clinical trial where applying a little bit of a combination of camphor, menthol, cajeput and clove oil topically three times 30 minutes apart was just as effective as acetaminophen (Tylenol) and more effective than placebo at reducing pain.

## Waiting for Spring? Life Got You Down?

### Wolftown Offers Classes That Are Sure to Make You Smile!

**We are expanding our education programs. All classes meet once per week. Each class is 4 weeks long and costs \$100 per person. There are sponsors so if you need \$\$ help ask us! Call Wolftown at (206) 463-9113 to sign up for these wonderful classes!**

**Wildlife** — In this class you learn all about wild animals both in the sanctuary and in the woods. How they live, what we can do to help them, and how Wolftown cares for them. Class times: **Saturdays**, 10 to 11 a.m. starting May 26. You must be at least 12 to take this class.

**Sled Dogs** -- Learn about the care and training of sled dogs and how to drive a team! You will be taught with Wolftown's field work team of malamutes and Alaskans. **Sundays**, 7 to 8 a.m. starting May 27. You need to be at least 12 to take this class. It's early so our dogs don't overheat!

**Birds of Prey -- Taught by Henry Thomas, Master Falconer** -- Care and management of raptors. How we rehabilitate them and train them to be released back to the wild using the techniques of falconry. **Wednesdays**, 7 to 8 p.m. starting May 30. You need to be 18 to take this class. If you are under 18 and really want to do this ask me! Need to be at LEAST 14.

**Sustainable Agriculture and Livestock on a Small Wooded Farm**

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of the compounds in willow bark but the advantage of the whole plant is that it does not cause stomach bleeds like aspirin does. Another advantage is that it will not cause a rebound headache when you stop taking it as many headache drugs will.

And, if you want to protect your right to use herbal medicines and have free access to non-medical advice on options to conventional medicine and drugs, go to (<http://tinyurl.com/2u7ghc>), sign their petition, and urge everyone you know to do the same.

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



**Aries (March 20-April 19):** Your chart looks like you just got off an airplane but your ears refuse to adjust to the new pressure. That's because for the most part you're still flying around at that high altitude. Can you really exist on two levels at once? You can, but it's a bit uncomfortable, in truth, more than a bit. It's a little like knowing something and not knowing something at the same time, and we have a word for this, which is denial. The opposite of denial is affirmation. What do you need to affirm? What do you need to say yes to? Yes is the way forward. Try saying yes to yourself.

**Taurus (April 19-May 20):** You are usually a person of few and well-chosen words. A particular situation in your life appears to have you in a position where you need to explain yourself, but I would propose that what you're trying to do is understand yourself. In trying to do this, perhaps look at what is tangible rather than what exists in theory, in desire, or in your best hopes. Try to account for your understanding through a track record of some kind, an accounting trail, or a sequence of events that you can identify. Be aware that these things may only be clues that point to the facts you need, rather than the facts themselves.

**Gemini (May 20-June 21):** Mind your image. You have, no doubt, been aware of this theme for a while, but there are other factors that suggest strongly that you not give a toss about what anyone thinks of you. Arrogance is indeed a key to success in the Western world. There are so many obstacles and so much competition that one must, at key times, proceed with a sense of entitlement, and now would appear to be one of them. Yet be mindful that you are close to an understanding with a key person who has the power to influence this whole scenario. Therefore, make sure you not only mind your manners, but remember that success often arises from the quality of our relationships with successful people.

**Cancer (June 21-July 22):** Enjoy the tension while it lasts. An odd thing to suggest, perhaps, given the

not-entirely-pleasant meeting of energies that is basically keeping you awake and alert and making decisions, but you must admit it's useful for those purposes. Anything you see outside you is the dramatization of an experience within, and if you will merely acknowledge that, you will take away the power it seems to hold over you. Okay but what has this got to do with enjoyment? Well, to work with this situation effectively is a stretch, and it will push you to be creative, and that will have benefits. They have the potential to be extremely pleasant.

**Leo (July 22-Aug. 23):** At least you are getting your due; you did a good job of making sure that your voice was heard by those who needed to hear it. Now with the Sun crossing the midheaven axis of your chart, you need to be the one setting the best example, and to walk around reminding yourself that you can't get away with anything. There is nothing to get away with, really, unless you have decided in advance that your integrity is somehow lacking. That of course is a choice you make from minute to minute, and from day to day. What you need to be aware of is that as you set an example, so will the people around you respond and act in a like manner. Every action thus becomes an investment in the future.

**Virgo (Aug. 23-Sep. 22):** You may feel you've taken on more than you can handle, or that it is taking on you. However, at no point in this discussion or exchange is it necessary to abandon reason. You merely need to dial it on your psychic cell phone as a conscious choice. No matter how hot the interchange, no matter how out of control or unpredictable or fated anything may seem, speak directly to the aspect of awareness that you want to reach. If you've forgotten what it is, step back and remember. If you can't quite remember, feel. The memory of who you are has been kept safely in your emotions. Your mind will give you a voice at a time when you need one deeply.

**Libra (Sep. 22-Oct. 23):** If you rush to resolve the tension you're feeling, you're likely to miss the deeper



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pleasure and the more adventurous surprise. You can take the situation fast or slow; you can call forth emotions on a level to which you're accustomed, or from the deeper space that you've recently just discovered. But here is the way that emotions may play a role in what some people call destiny. The longer you play out the situation, the deeper of a space you come from, the more profound of a change you will create in your life. If that's the subject of the real question: to what extent do you want a profound shift in your life? To that extent, bide your time gently.

**Scorpio (Oct. 23-Nov. 22):** The Sun has now crossed the sensitive relationship angle of your solar chart, which is likely to have a calming effect on a variety of situations that will benefit from just that. Because you are someone who's changing and pushing others to change so constantly, you need influences that offer stability and clarity, and you benefit from the reminder that it's possible to be stable in a way that does not slow down progress but rather guides it along at a healthy pace. Make sure your own creative efforts are set in this direction: steady progress is what counts; not fits and starts, and not no progress at all.

**Sagittarius (Nov. 22-Dec. 22):** You never seem to have a calm moment at home; if I were you I would take an apartment in town, not install a phone and leave your cell phone on a train. However, you cannot really do that, though what you need to remember is that the more aggressive or forceful someone's attitude is, the more politically aware you must be; in other words, to the extent anyone acts like an idiot, you need to be a diplomat. It may not seem to make a difference now, but there will soon come a time when you will need your political capital, which means you must conserve it now, and do so in the form of being quietly persuasive.

**Capricorn (Dec. 22-Jan. 20):** You seem to be doing four things at once, though I suggest you simplify matters

and focus on no more than two of them. They are likely to be the two things you like the best, rather than those you feel you must do, or that you need to do. I also suggest you choose before circumstances press you to do so, because factors that are changing rapidly will take over before long. Have faith that you're heading toward a breakthrough, but bear in mind that when the big advance in your thinking arrives, it will be the result of creativity and not of labor.

**Aquarius (Jan. 20-Feb. 19):** It is bold to dare happiness in this world. Most of the things we strive for are substitutes for happiness: success, achievement, the fulfillment of desire. Happiness is a need that we most often reach traveling in reverse; the moment one is aware of its existence, we can relax into contentment. There may be too much tension in your life to feel you can do that now; you may be burning with a sense of urgency, or facing many critical turning points that on one level feel directly within reach, and on another feel impossible. Yet within you is the point of resolution of this polarity. Relax and feel the perfection of that.

**Pisces (Feb. 19-March 20):** Reassuring developments over the next few days will go a long way to support what you already know, though on another level there is just as much emphasis on the mystery of how you're getting there. Through all the developments of the past few weeks, something has remained constant. You may at this point want to question what exactly is guiding your steps and your decisions, and commit one way or the other to whether or not you trust this factor. True, what's really changing is your awareness and your receptiveness to guidance. That's another way of saying that what is changing is your willingness to feel, and your affirmation that to feel is to feel strong.

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


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Island Epicure



30-Minute Dinners:  
Sole Food

By Marj Watkins

No, my reader, this meal does not involve eating shoe leather, nor is “Sole” in the title a typo that should have read “Soul,” though this tender, tasty seafood dish will cheer your soul. And perhaps boost your brainpower, but that’s another column.

You can have this dinner on the table in under thirty minutes if someone else sets the table, slices the bread, and pours the drinks. The main dish, *Sole Douglière*, is adapted from the slightly more laborious French recipe to fit the lifestyle of a hurried, harried, or commuting American cook. Or someone like me who gets too involved in fine-tuning her next novel to notice it’s time to cook supper until nearly time to eat it.

You get a glimpse into Charlemagne’s kitchen, and learn what he ate and how his cooks fixed it, in my first published historical novel, *Rotaida and the Runestone*. It’s on sale at both Vashon bookstores and the Country Store, but don’t expect to find this recipe in that book. Nobody in Europe tasted tomatoes for centuries after Rotaida’s time as the Frank king’s kitchen slave in search of her true identity.

**Sole Douglière** (Fish in Mediterranean Style Tomato Sauce)  
4 servings; prep time: 8 to 10 minutes. Cooking: 18 min.  
4 sole filets (No sole? Use tilapia, boned flounder, or cod.)  
Salt and pepper to taste  
1-1/2 Tablespoons butter  
1/4 cup finely chopped red onion  
1 large or 2 smaller garlic cloves, peeled and chopped or sliced  
1/3 cup water  
1/3 cup Sherry or other white wine  
1 (14.5 ounce) can diced tomatoes

1 teaspoon herbs de Provence, or Italian herb mix  
1 Tablespoon dried parsley flakes  
Sprinkle filets with salt and pepper. Roll and pin with toothpicks. Reserve. Melt butter in a skillet. Sauté onion and garlic until shiny and semi-translucent. Add water and wine. Boil 2-3 minutes. Add tomatoes and herbs. Stir. Boil 5 minutes. Add fish rolls. Reduce heat. Cover. Cook slowly until fish is opaque and flakes easily, 6 to 10 minutes.

Carefully transfer to serving dish. Boil sauce uncovered to half volume (5 minutes). Spoon over fish. Menu: Uncle Ben’s 10-minute Brown Rice; frozen Peas briefly boiled with a tad of butter, a teaspoonful of chicken bouillon granules, and 1/4 cup water; and salad of mixed greens garnished with diced red or yellow bell pepper and a few olives.

Here’s another, even quicker way to a fish dinner dish. Those of us dodging gluten appreciate the alternative to breading or wheat flour-based batter. Charlemagne could have enjoyed this dish, except that his cooks would have dredged fresh-water fish in thrice-sifted wheat flour. Corn didn’t enter Europe for centuries. Even when we last lived in France in 1983, the French seemed to still think it food only for animals. Charlemagne’s cooks couldn’t go to a store and buy sliced almonds, either; they’d have chopped them.

**Sole Almondine**  
4 servings; prep: 5 minutes. Cooking: 5 minutes  
4 sole or other boneless thin fish filets  
About 1/2 cup cornstarch  
1/4 cup olive or canola oil  
Salt and pepper to taste  
Dash dill weed, optional  
Scatter of sliced almonds, lightly toasted if time permits  
Dredge fish in cornstarch in a wide plate. Sprinkle with salt and pepper and dill. Melt butter in 2 wide frying pans. Fry two filets in each until golden on bottom. Carefully, with wide spatula, turn over. Golden other side. Transfer all the filets to a serving platter. Garnish with a scattering of almond slices. Tuck in several lemon wedges.

P.S. If you don’t find *Rotaida and the Runestone* in either bookstore or the Country Store, call me at (206) 463-9626, and we’ll arrange that you get a signed copy.

oooo

Madame Toujours

Dear Madame Toujours,

I have been married for several years to a wonderful, sensitive guy who is a good provider and an ornament to my life. The problem is that we have both gotten a little comfortable and sedentary in our habits. I would like to get a little more exercise. Before I met Hubert, I used to go out dancing every Saturday with my friends, and I would really love to get back into that. The problem is that Hubert doesn’t dance.

See, Hubert plays the trombone. I don’t know if you ever noticed way back in high-school that that the boys in the band had the worst sense of rhythm of any male human being on the planet. At least, all the straight ones did, and Hubert is definitely straight.

Anyway, we’ve never gone dancing. Hubert gets self-conscious and won’t dance with me. He also hates the kind of music I like to dance to (what do you expect—the man plays jazz trombone).

I love to dance. It’s sexy and exciting, and might lead to sex - which is always a good thing, right?

Sincerely,  
Flashdance

*Chere Mme.* Flashdance,  
*Oui*, this is being *tres difficile* for the health-conscious persons who are being married to the tragically rhythm-impaired. However, it is being important for you to remember the sensitivities for the handicapped persons. *M.* Hubert, he cannot help that he is having the disabilities. He was being born without the all-important rhythm genes, and there is being nothing he can do to change this. *Quelle tragedie.*

However, you are not having the big despair. Just as the deaf person is having the sign languages, and the blind person is having the faithful dog, your *M.* Hubert, he can be compensating for the disability and never again having the excuse to not go out dancing with the wife.

For example, many of the dancologically-impaired persons can be learning the ballroom dancing, or the Latin dances. You will have to learn these dances, too, and possibly it is being necessary that you be the one who is leading, but this can be the big fun and the excellent exercise.

Or possibly *M.* Hubert, he is only having the partial handicap. Possibly, he is not successfully dancing to anything that is sung by Madonna or the Beach Boys, but he is successfully managing to dance to the jazz musics.

“But *Madame Toujours*,” you are saying, “Nobody is playing the jazz musics at any of the dancing clubs.”

This is why we are being grateful for the modern technologies. Simply purchase the “Ipod” device, put into it the digital musics of the kind that *M.* Hubert is enjoying and bring it with you to the dancing clubs. Drag *M.* Hubert out onto the dancing floor, put the headphones on his head and turn on the “Ipod” device.

Possibly, you are concerned that everybody is noticing that *M.* Hubert is not dancing to the same music as everybody else. Keep in the mind that *M.* Hubert is the dancologically-impaired person, so probably everybody would be thinking this anyway.

*Bon Chance, Mlle.* Flashdance, and remember that if everything else is failing, you can be setting *M.* Hubert in the comfortable chair with the beer while you are having the very amusing time dancing with yourself.



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Positively Speaking

First Responders

By Deborah H. Anderson

All I could do was sit and surf tonight. It is the Wednesday before you are reading this. By the time it is in your hands, we will have had over a week to assimilate the 32 murders and one suicide at Virginia Tech. That means, we will probably have begun to come out of it a little bit. Today, staring at those pictures Cho sent to NBC, there is little chance of forgetting. The follow up column to the library dilemma will have to wait an issue. That’s about all I’m certain of at this very uncertain time.

I called my daughter at UT Austin yesterday and asked her to be a little more vigilant. “Just be aware of your circumstances and have a duck and cover plan wherever you are sweetheart. They keep showing that shooting from the clock tower and this event will bring out the copycat wannabes.”

“Ah mom” she scoffs. “You don’t understand how safe it is down here. We practically have our own police department. It’s beautiful today. It must be 70 degrees”.

The one phrase that sticks out in my mind from the Fox News Network I swore I’d never watch is the former prosecutor turned reporter who repeatedly states, “Bad things happen in Disneyland.” The deaths that occur in this community are tragic events that we all share. Our children are well acquainted with grief, as are we.

But, on a daily basis, no one’s been mugged in the Pharmacy parking lot since I’ve lived here going on two decades now. I don’t hug my purse in public. There’s no chance of a drive-by shooting. No one is frisked at sports events. We live a long way from random acts of violence. Our idea of crime is rare burglaries, wars of words, gas siphoning during snow storms, and white collar crime.

So I press the remote buttons simultaneously mesmerized and escaping the horrifying mental illness NBC has chosen to air.

Anna Nicole’s baby will have a better future without her drug ridden mom, perhaps Access Hollywood portrays. Jael will have another chance somewhere else to work the modeling career she desired as a contestant for *America’s*

*Top Model*. Sanjaya holds in the tears that betray how very much he loved *American Idol*.

Deep in the bowels of University Presbyterian Church in Seattle is a choir room. The Thursday before the Seattle auditions for *American Idol* we members of the Gospel choir all stood and listened to him sing “Swing Low Sweet Chariot.” I turned to my friend Chris and said, “Straight to Hollywood.” It was obvious he was going to make it to the top ranks. We gathered around him and laid hands on him (and his sister) and prayed that his faith would be a witness should he make it to the finals. And they smeared him good.

Most everyone’s read or heard how he was a misfit in high school who was frequently disruptive in class. How ironic. There’s Cho again. The young man who didn’t feel he fit in and let it eat at him so much he eventually took thirty-two people with him.

Sanjaya, with his winning smile that totally defines the trite metaphor. Cho, guns akimbo rambling about Jesus being crucified.

How do you respond to adversity? That’s the question these two young men present to us.

It is a joy to respond to adversity with resiliency and strength. I share a story I’ve shared in teaching many times. I had a string of years where I ran into one dysfunctional person after another blowing their crud all over my shoes. Tired of responding appropriately and getting up and dusting myself off and singing a happy tune of hope to my children, I called the crisis line to just tell it all; to narrate everything that had happened.

They can’t hang up on you, ya know. They just have to let you talk. They always think you might commit suicide. I certainly had cause. I wasn’t even close to suicide. I was just tired of the bad guys winning, or at the very least getting away with it. And it was making our family poor which we all really hated. But she didn’t know that.

“I’m so tired of being a goody two shoes ( as my adopted daughter frequently called me). I just want to go out and get drunk and find men in purple tank tops and have meaningless recreational sex!” I said, finishing the ten minutes or so of recounting. Pause, silence. Well shoot, I thought that was shocking

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enough to get a response from her. Continuing on. “You know what I do when I’m feeling stressed and depressed and can’t go on anymore? I GO THE LIBRARY AND READ MAGAZINES!!!! How sick is THAT?!” I exclaimed.

“Well,” the gentle voice returned. “When you are done reading, you haven’t done anything to add to your problems. “

It was one of the most beautiful statements and insights anyone had ever shared with me.

That is the plumb line. When you are attempting something difficult or challenging are you doing something that adds to your problems? When you have been KO’d by illness or adversity, do you do something that adds to your problems?

May God give you the Grace today to get up one more time than you get knocked down, to sing for all you’re worth, and turn that adversity into mulch for a garden harvest of victory and courage.

Love  
Deborah

Loop Limerick  
Laureate: Terrie Kipp

A couple of issues back I announced a limerick contest, the prize being getting your limerick printed in *The Loop*. The hands down winner (and ONLY entry) came from Terrie Kipp:  
*On Vashon Island, the heart of the Sound*  
*Unique musicians and artists abound*  
*Yet folks never feared*  
*To “Keep Vashon Weird”*  
*It’s truly a jewel to be crowned!*  
Yay, Terrie. Thanks for taking the time and effort. You are the official *Loop* Limerick Laureate for 2007. -- Mary Litchfield Tuel

If you surveyed a hundred typical middle-aged Americans, I bet you’d find that only two of them could tell you their blood type, but every last one of them would know the theme song from *The Beverly Hillbillies*. – Dave Barry

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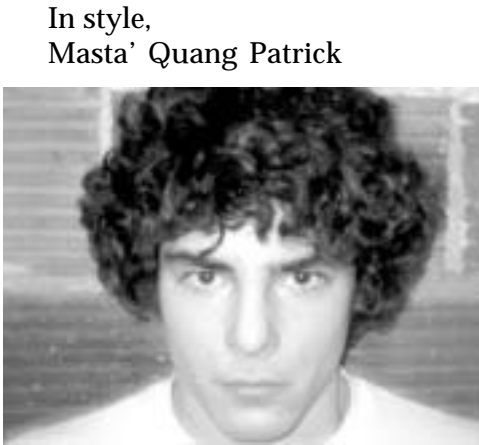


### Three Pictures With Captions!



Antonia Pinter, Callum Auer, Shiam Kenyon and James Riley teach the rest of the Creative Writing Class about psychic distance using the White Boards so kindly paid for by PIE.

Hey Ernestito,  
I just foiled my hair for the third time in like two weeks. It is usually just a rusty brown colour. I like it fine and my mom thinks I'm handsome, but the girls always say I need to add some spice to my appearance. Some pizazz, you know. So I went about foiling in manic proportions. Now I have plenty of highlights that, in turn, produce plenty of second glances and admirations. Are there any sporting or academic highlights from late March and early April? Do tell us about them!



Alex "Steamboat" Stemer wrestled at Western Regionals in Las Vegas, Nevada. Steamboat wrestled with top competitors from most of the western states, and more. Steamboat won his first match in the Freestyle competition, pinning his formidable foe from Minnesota in the 1st round. He then lost decisions to quality opponents from California and Arizona.



"Slammin'" Sam Chapman competed in the Western Regionals in Las Vegas, Nevada. Slammin' competed fiercely against his over-aged opponents— Sam is only a freshman. He pinned his 1st opponent from California with a vicious headlock and a mattingly-esque squeeze. Then Slammin' encountered tough wrestlers from Oregon and Kansas. (He lost to a guy named 'Sharkey'! That isn't even a nickname. Sharkey didn't have fins, only a top row of spiked teeth!)

Masta',  
I've always felt that hair stylin' is an under-rated sport. Congrats on your foiling dedication. Keep it up! Following are some athletic and academic highlights that, I'm sure, are just as spectacular as your new do. Highlights will be accompanied by pictures.  
E.

~~~~~



Lester Gannaw

### Pirates' Baseball Digest

By Larry Allman

The Pirates visited the Foster Bulldogs on (4/6) and came up on the short end of a 6-5 score. The pitching assignment went to senior Eric Anderson, who pitched the entire game. Anderson gave up seven hits, walked three, and struck out eleven batters. Early in the game, the Pirates were up 5-0, but Foster slowly chipped away at the lead and finally went ahead when they put up four runs in the bottom of the sixth. The Pirates' big hit of the day came from Micah Deibell who stroked a two run



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homerun in the second. Tom Schumaker was 3 for 4 with a double and Chris Allman and Chris Pieterick each had two hits on the day. Max Bean, Justin Calhoun, and Lester Gannaw all contributed singles.

The Pirates traveled to Puyallup on Friday (4/13) and left with a 3-2 win over the Cougars of Cascade Christian. Lefty Micah Deibell pitched the first six innings for Vashon allowing only four hits while striking out ten Cougars. Justin Calhoun preserved the victory by pitching a scoreless seventh inning. The Pirates scored all of their three runs in the first inning, benefiting from three walks and a Cougar error. Vashon had only one hit in that inning and would only have three hits the entire game. Max Bean had a double and Justin Calhoun and Tom Schumaker added singles. The Pirates had 3 runs, 3 hits, and 2 errors, while Cascade Christian had 2 runs, 4 hits, and 2 errors. Deibell was the winning pitcher and David Lidyard took the loss for the Cougars.

The Pirates lost 9-7 to the visiting Wolves of Sequim on Saturday (4/14). Lester Gannaw started on the mound for Vashon and pitched the first two innings. Chris Allman pitched the third inning. Both pitchers would struggle this day. Chris Pieterick pitched the final four innings for the Pirates striking out five and allowing only a couple of hits. Allman led the Vashon offense going 2 for 3 including an RBI double that barely missed being a home run. Max Bean had two singles and Justin Calhoun and Tom Schumaker each added a single for the Pirates. Vashon was down early in the game, 8-2, but fought back and made things interesting by scoring five runs in the late innings.

The Pirates met the Cougars of Cascade Christian on (4/18) for the second time this season. The Pirates came away with a comfortable 10-0 victory. Justin Calhoun started on the mound for the Pirates and pitched the entire six innings. He was in control the entire game, allowing only three hits and striking out 12 batters. Leading the hitting attack were Eric Anderson, Tom Schumaker, and Calhoun, each going 2 for 3. Max Bean was 2 for 5. And Chris Pieterick, Micah Deibell, and Lester Gannaw all added singles. The Pirates tallied 10 runs, 11 hits, and 1 error, while the visitors had no runs, 3 hits, and 4 errors. Vashon had two very nice defensive plays in the game. Gannaw made a great diving stop and unassisted putout at first base, stifling a potential Cougar rally. Earlier in the game, Deibell made a beautiful throw from right field to nail an advancing runner at third base.

For the second day in a row, the Varsity Pirates saw their game end early due to the ten run rule. On (4/19) they dispatched the Tarriers from Charles Wright Academy 13-3 in five innings. The Vashon lead was 6-3 going into the bottom of the fifth when the Pirates

struck for seven runs and put an end to the affair. Eric Anderson pitched the entire game for Vashon, allowing only five hits and striking out five. Tom Schumaker led the offense with a 2 for 3 day including an RBI double. Micah Deibell and Justin Calhoun each contributed RBI doubles as well. Gerran Webb, Eric Anderson, and Chris Allman all added singles. And Byron Starkey had a two RBI single in the decisive fifth inning. Defensively, third baseman Calhoun made a beautiful stop and throw to nail the runner at first. . The only damper on an otherwise festive afternoon of baseball for the Pirates was the shoulder injury to Deibell incurred while sliding into third base. He will most likely be lost to the team for two weeks. We wish him a speedy recovery. The Pirates now find themselves in sole possession of third place in the Nisqually League, only one half game behind second place Orting.



Eric Anderson



# Lopy Laffs

## One Liners

An object in motion will always be moving in the wrong direction.  
To learn from your mistakes you have to admit you make them.  
Never agree with someone until they actually say something.  
A perfect lover is one who turns into a pizza at 3:00 a.m.  
There is something wrong if you're always right.  
Happiness is the state of minimum regret.  
Good isn't always good enough.  
Be careful when playing under the anvil tree.  
If you live long enough, something will kill you.  
If you want to make an enemy, do someone a favor.  
Every time I close the door on reality, it comes in through the window.  
If you want to make people angry, lie. If you want to make them livid, tell the truth.

### Cowboy Wisdom

No matter how much you water it, a cactus will never turn into a cottonwood.

Q. What's brown and sticky?  
A. A stick.

The human race has one really effective weapon, and that is laughter. —Mark Twain

A three-legged dog walks into a saloon in the Old West. He sidles up to the bar and announces "I'm looking for the man who shot my paw."

The Earth's solid-iron core rotates slightly faster than the rest of the planet and gains a quarter turn every century.

Of course America had been discovered before Columbus, but it had always been hushed up. — Oscar Wilde

On cable they have a weather channel – twenty-four hours of weather. We had something like that where we grew up. We called it a window. — Dan Spencer

Don't drink and drive. The Court loves your money and spare time more than the beer companies do. In fact, I think they may be in cahoots. — Inmate #207006814

You know, men and women are a lot alike in certain situations. Like when they're both on fire. — Dave Attell

In Celebration of Earth Day: What is the use of a house if you haven't got a tolerable planet to put it on? — Henry David Thoreau  
It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it. — Dan Quayle

Artificial insemination: copulation without representation.



Solution to puzzle on page 7

One of the old timers was telling me that in the old days, Vashon was such a small town, they didn't even have a village idiot—they had to take turns.

Humor is chaos remembered in tranquility.

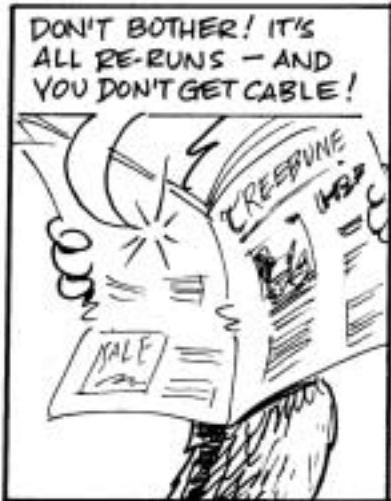
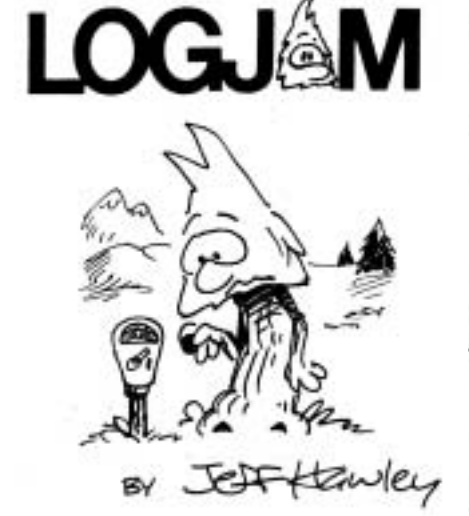


## OFFSHORE

The obstacle is the path. — Zen Proverb



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





Loop Arts



Pearl Django. Courtesy photos

## Pearl Django swings into Blue Heron

By Janice Randall

Pearl Django, the Northwest’s premier gypsy jazz band, returns to the Blue Heron for an evening of Panache Jazz with new music and a new line-up, **Saturday, April 28**, 8 p.m. During the past decade, the group has seen many changes but they have stayed true to their music and continue to tour and record non-stop. Pearl Django serves up the gypsy jazz style of music made famous by Django Reinhardt and Stephane Grappelli, while composing some of their own hot club tunes along the way.

Neil Andersson, guitarist, Michael Gray, violin and Rick Leppanen, on double bass, comprise the group’s current core and will play at the Vashon show, along with newest addition, accordionist and sound engineer, David Lange, who plays on their latest CD. Rhythm guitarist, Ron Peters will sit in on the Vashon show. Pearl Django’s latest and ninth CD, *Modern Times* (Modern Hot Records), will be available at the show.

Tickets for Pearl Django are \$16, VAA members, \$18 general admission, and will include champagne and dessert. Call 463.5131 to reserve by phone.



Potter Liz Lewis, whose studio will be on the Spring Art Studio Tour. Photo by Rick Wallace

## Spring Art Studio Tour

Here it comes! The Spring Art Studio Tour, your opportunity to look inside the studios of some of the most creative people’s studios on Vashon, **Saturday and Sunday, May 5 and 6, and Saturday and Sunday, May 12 and 13**, 10 a.m. to 5 p.m. Just pick up a brochure-map most anywhere on the Island! Ladies and gentlemen, mark your calendars.



## Pony Up for Coffee

Janice Randall spotted this pony tethered to the stop sign outside the Roasterie, waiting for its rider to return, and she snapped the photo. “Only on Vashon,” she said.

## Romeo and Juliet Dances onto VHS Stage

By Janice Randall

*Romeo and Juliet* — Everyone knows Shakespeare’s tragic teen love story; it has lived many incarnations in the last five centuries and yet remains a beloved timeless classic. Russian composer Sergei Prokofiev’s ballet, scored in the mid-1930’s, has become one of his most widely admired works. Blue Heron Dance Company will perform an “encapsulated version” of the complete Ballet, with Prokofiev’s dramatic, moody score on **Friday and Saturday, May 11 and 12** at 7 p.m., and **Sunday, May 13**, 2 p.m., on the Vashon High School Theater stage. But wait, there’s more!



Sarah Balcom, Amallia Juarez and Amorita Juarez (as dolls) rehearse for Blue Heron Dance Company’s spring performance, a double bill of *Romeo and Juliet/Coppélia*. Photo by Mike Urban

Blue Heron Dance Company will also perform the comedic ballet *Coppélia* and a selection of original works. This all-ages celebration of dance, movement and music is generously sponsored by Vashon Thriftway. Tickets, \$10 VAA members, seniors & students \$13 general admission, are available now at Blue Heron, Heron’s Nest, Books by the Way and Thriftway.

“We’re offering Vashon audiences drama and lighthearted comedy for our spring performance,” says Christine Juarez, Director of Blue Heron Dance. Juarez felt *Romeo and Juliet* may be inappropriate for some of the Company’s younger dancers so she decided to pair the weekend-long performance of *Romeo and Juliet* with *Coppélia* along with a delightful selection of original choreographed works.



Featured painting by Yvonne T. Humber at Fine Art Gallery

## Yvonne T. Humber at Fine Art Gallery

The Fine Art Gallery in downtown Vashon featured Yvonne T. Humber during April. A nationally prominent painter of the “American Scene,” Humber was born in New York City. Following her 1943 marriage to Irving Humber, the artist relocated to Seattle where Mr. Humber was a local businessman. She quickly established herself in Seattle’s art community. She taught locally for many year, was a member of many local arts organization, and her work was exhibited nationally.



David Guilbault. Photo by Neil Lukas

## David Guilbault Brings His Original Songs to Cafe Luna

Singer/songwriter David Guilbault, who is new to the Seattle acoustic music scene, will be performing on **Friday, May 11** at Cafe Luna.

Guilbault is a storyteller. As a songwriter and journalist, he tries to get as close to the truth as possible in a world ruled largely by fear, greed and deception. His lyrics speak of love, loss and life. His melodies are soft and sweet. His voice is most often compared to Gordon Lightfoot, a compliment he considers overly kind. He writes and performs in manic cycles, now beginning a new circle of shows around Seattle. He invites you to come help his songs find their way into the world.



The Felt Hats, in no particular order: Noah Dolan, Shane Jewel and Andre Sapp

## Felt Hats Coming to Luna and Bishops

The Felt Hats will play their last full show on this continent on **Saturday, May 5** at Café Luna with special tribute to their Mexican brethren and the Battle of Puebla in 1862.

And as their new world finale, the Felt Hats will be part of the Islewilde Benefit Mother of All Shows at Bishops on **Saturday May 12**.

Many are familiar with the travels and trials of the merry band of musicians known as the Felt Hats. But this season brings sad news as we learn of the latest development in their struggle to keep sending money and charms back to their old world family and friends.

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

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

The Felt Hats found success in the dark corners of small pubs seducing old men to buy rounds for the young couples with long hair and no money. But it was the immigration man who had the last word, corralling the two youngest Hats and serving one way tickets for the next eastern-bound steamer.

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

## The Last Mimzy The Lives of Others

April 27-30

## Global Lens Festival

**Sat. April 28, Gala Champagne Reception at 7 p.m, followed by film at 7:30 p.m. – *Dam Street, from China***

**Tues. May 1, 7:30 p.m. - *Kilometre Zero, from Iraq***

**Thurs., May 3, 7:30 p.m. -- *Wonderful Night in Split, from Croatia***

## Spiderman 3

**May 3 – 24  
Special Midnight Showing  
Thursday, May 3!**

**Vashon Theatre**  
**463-3232 for more**



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

## Don’t Miss Open Mic at Cafe Luna!

By Devon Atkins  
I think this might be Vashon’s 4th Annual Poetry Open Mic; and, this year, it’s happening at Café Luna, **Thursday, April 26**, at 7 p.m. And who knows who might show up!

The Island’s full of people who love poetry, and this year’s just a little bit different because of the 8 Word, 8 Day Poem. That’s right, you get 8 words (**fire, consequence, cut, bark, current, bargain, quail, and appetite**) which you must create into one poem, using these words, exactly as spelled here, along with as many of your own as you want. Keep in mind that the words must also be used exactly as Webster grammatically intended them (nothin’ cagey, buster). Write yourself a poem you like, and drop it off to be displayed in the Café’s stellar posting display, no later than April 26th. (Okay...so you only get 1 day; but, let’s face it, you’re good.) Then, on the 26th, come and enjoy the poetry action. Relax with a latte and listen to some of the best and worst words you’ve ever heard, and, maybe read some of your favorite poems, original or not, rants or raves! Maybe, you’ll even read your 8 Word, 8 Day Poem!

Not enough for you? How about Samantha Vaughan, a dynamite 12-year-old poet, who just happens to be reading from her newly published chapbook (Don’t miss “Jim,” one of the wittiest poems you’ll ever hear!).

Still not enough for you? Then, there’s the very quick and very poetic Brenda Howell. You give her a topic, she’ll write you a poem? Love, hate, or taxes; and, that’s only the beginning!

There you go, Vashon’s Poetry Open Mic. It’s going to be fun, so, don’t miss it. Because sometimes you eat the bear, and sometimes the bear eats you. Questions? Call (206) 353-9227

# Youth Chorus Gives Their Regards to Broadway

Members of Vashon Island Youth Chorus take a break from singing to pose for a shot in one of the Island's favorite forbidden climbing trees. Photo by Janice Randall



By Janice Randall

Vashon Island Youth Chorus pays homage to a few (quite a few) songs from their favorite Broadway musicals in an upcoming all-ages performance at Blue Heron Art Center. Directed by stage maven Marita Ericksen, the 25-plus chorus, ages 6 to 13, will perform a musical review to include tunes from *Wicked*; *High School Musical*; *Annie*; *Seussical, the Musical*; and more **Saturday, May 5**, 7 p.m., and **Sunday, May 6**, 2

p.m., at Blue Heron Art Center. Thanks to Thriftway for supporting Vashon Allied Arts family programs.

Movement was choreographed by Elise Ericksen. Costuming and accessories were put together by the kids and Ericksen. Dianne Ammon is production assistant. Tickets available now at Blue Heron and Heron's Nest, \$10 VAA members, seniors, students/\$12 general admission.



The part of the show the audience doesn't get to see: cast members backstage have fun while waiting for their next entrance. Loop photo.

## Last Chance to See *Oliver!* This Weekend

*Oliver!* has its final performances this weekend at 7:30 p.m. **Friday and Saturday**, and 2 p.m. Sunday. Last chance to see Oliver triumph over his circumstances, and Fagin get his just desserts.

A special unadvertised performance featuring understudies in leading roles was given on Thursday, April 19. Admission was one can of food, and all donations were given to the Vashon Food Bank.

Laura Weston gathers donations for the Food Bank after the April 19 performance of *Oliver!* Admission was one can of food. Loop photo



## Gig Harbor Symphony/VM Chamber Orchestra Joint Concert Sunday May 6

The Gig Harbor Peninsula Symphony Orchestra will be performing with the Vashon-Maury Chamber Orchestra (VMCO) on **Sunday, May 6** at 7 p.m. at the Vashon High School Theater.

The program will be six short works – luscious romantic and impressionist pieces: Mahler's Adagietto (from the Symphony No. 5), Debussy's Afternoon of a Fawn, Vaughan Williams' The Lark Ascending, Elgar's Salut D'Amour, Holst's Brook-Green Suite, and Vanhal's Concerto in F major for Two Bassoons. Bassoon soloists will be Jerry Turner and Cheryl Phillips, both of Tacoma.

The concert will feature conductor Louie Labayan of the Gig Harbor Symphony. Born and raised in the Philippines, he made his conducting debut at age 16 with a youth group performing Handel's Halleluiah. He is the founding conductor of the Gig Harbor Symphony.



Maestro Louie Labayan. Photo courtesy of Gig Harbor Peninsula Symphony Orchestra

VMCO conductor Jonathan Graber will be Concertmaster. Tickets will be available at the door – \$7 for adults and \$5 for kids under 16. This will be a rare opportunity to hear a full symphony perform on Vashon.

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**Frame of Mind**

**Tues-Sat, 10-5**  
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## CreativiTEA Party at Vashon Tea Shop

By Lynndee Lebeau & Kara L.C. Jones

Join us for our CreativiTEA Party! We will be mixing Art and Tea for Fun at Vashon Tea Shop, on **Friday, May 4**, 6 to 9 p.m.; Saturday, May 5, 2 to 6 p.m.; and **Saturday, May 12**, 2 to 6 p.m.

The CreativiTEA party is the collaboration of two artists, Lynndee Lebeau and Kara L.C. Jones, combining individual creativity into one colorful and fabulous art show at the Vashon Tea Shop for the entire month of May.

It is a cooperative effort on many levels as Lynndee, founder of Lebeau.Etsy.com, explains, "I am incorporating Kara's lovely henna designed teapots and cups into my illustrations — using them as subjects for my newest paintings. It's all about tea! As well, we are working together, sharing the practicalities of having an art show." Kara, founder of MotherHenna.Etsycom, added, "I'll have at least eight or nine new teapots and a whole scad of tea cups all henna painted for the show, too! I think it's going to be a great show."

The whole experience for these two artists has been a creative celebration. They came up with the name for the show while brainstorming with another friend, Joan Newcomb. And Susan, owner of Vashon Tea Shop, has been a great



Potful of Stars, by Lynndee LeBeau

encouragement to them both as they explored ideas for how to bring the fun mix of tea and art together. Kara offered, "Being able to work together with Lynndee and Susan and Joan, I just feel this wealth of fully experiencing each and every moment."

One of Lynndee's pieces titled "Pot Full of Stars" clearly shows the whimsy and celebration that flows from this kind of co-operative art!

Since it is Studio Tour during May also, they decided to be available at the Tea Shop on Saturdays, May 5 and 12 from 2 to 6 p.m. Kara offered, "Most of the studios on the main Tour close at 4 p.m. on those Saturdays. We just thought we'd invite people after their full day of walking the Tour to come refresh at the Tea Shop as the shop is open till 6 p.m."

## For Word Film Series: 9/11- Press For Truth

On **Saturday, May 5**, at 7:30 p.m., the For Word Film Series will complete this cinematic quartet with a screening of perhaps the most difficult film of the bunch. While many films have been made about what happened in New York City on Sept.11, 2001, I believe that it is Ray Nowosielski's *9/11- Press For Truth* that takes the most objective viewpoint. It is here that we get to follow the efforts of four women from New Jersey — hence the term "Jersey Girls" — who met and joined forces because of their skepticism and frustration that resulted from the lack of answers they were getting from the people in power about what happened that day. One of their biggest roadblocks was the lack of cooperation they received from the White House — it took over 400 days for the Bush Administration to even okay the formation of the 9/11 Commission. We will also have on hand a Seattle 9/11 Scholar for Truth, Richard Curtis, who will give a short presentation and answer



questions on his involvement in the 9/11 Truth movement and his association with David Ray Griffin, a prominent theologian and outspoken 9/11 skeptic. The screening will be at Havurat Ee Shalom at 15401 Westside Hwy. Admission is by donation; \$5.00 suggested. For further info contact Peter Ray at (206) 567-4542 or pgr42@att.net.





**(206) 463-6232**