

In This Issue: Civil Liberties: an endangered species, the NW Tornado Parking Lot, What do you do with goose grease? and much, much, more...



Pods of Gold

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Spell It 2008 is coming. Photo of last year's winners by Mary Langland.

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Hacking Democracy shows at the Vashon Theatre

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THE VASHON LOOP

Vol. 5, #2

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM January 18, 2008



Photo of Steve Edele courtesy of the Harbor School.

Harbor School Math Night Open House Meet Steve Edele

Submitted by The Harbor School

The Harbor School will be hosting a Math Night/Open House, Tuesday, February 5th, 6:30-8:00pm at the school. The Vashon community is invited to come meet Steve Edele, new Harbor School Head. The math evening will include a student presentation on the "Life of Pythagoras," math games for prizes, and information on THS recently adopted Math curriculum. Appropriate for all grades 4 - 8. *Continued on page 16*

K2 Commons

By Truman O'Brien, a junior partner in Heritage Group, Ltd.

A lot has been printed recently about K2 Commons. I would like to take a moment to describe our vision. K2 Commons is a real estate development designed to convert the former K2 ski factory into a mixed use facility that will become a major focal point and asset for the Vashon-Maury Island community. Proposed uses include: The Health Center, a King County Library Branch, Granny's Thrift Store, The Food Bank, Commercial and Canning Kitchens, The Senior Center, a Day Care, School(s) Space(s) and numerous spaces for small businesses, arts studios, and other users. The vision also includes an athletic facility, a café, and a tennis and event center. The event center which is located within feet of the

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"We the People..."

by Ed Swan

As the ethnic violence continues in Kenya, unleashed by leaders unable to put their country first, we see how fragile democracy remains. Kenyans will discover that the struggle they face now reflects only the initial skirmishes in the fight to create and maintain a democracy.



The Backbone Campaign's Preamble to the Constitution, created by Steffan Moody with sewing by Evan Simmons. Photo by Dan Schueler.

The United States provides the best example of how we must continue to be watchful not of enemies abroad but of the desires of leaders from across the political spectrum who make war on the Constitution in the name of security. Over the last fifty years, every decade had its challenge from the internment of our Japanese-American neighbors, to McCarthyism, to the current presidency which attacks, subverts and undermines nearly every political process to achieve its personal goals.

Ultimately, it's up to us to realize that we must stay involved and not get bored, discouraged or achieve a momentary victory and assume it will last forever. Though there exist many items to question, the Bush administration didn't steal its second election. The American people didn't care enough about their country to protect it from itself. In 2008 it's that time again, as it really is year in and year out, to take "We the People" seriously or civil liberties will mean about as much as the phrase "compassionate conservative."



Aerial shot of K2 courtesy Heritage Group, Ltd.



Photo courtesy VIPP.

February is Fix-A-Cat Month!

by Jeff Hawley

If they call it "getting your cat fixed", does that mean the cat is "broken"? Of course not. What is broken, and needs to be fixed, is our society's lackadaisical attitude toward the unchecked and out-of-control reproduction of cats. You've heard the news reports. There are too many kitties, and not enough homes, and the costs at shelters are enormous. But this problem can be "fixed", and maybe you can be one of the "repair people"! It's easy - you can start with your own cats, and the cost is small.

Continued on page 9

The Community Center Dream

by Tom Bangasser, Bangasser & Associates, Inc.

For years we've heard our fellow citizens advocate "a dream" for a Vashon Island community center. As spectators, many of us agreed with their vision, their constant dedication and their passion. We too dreamed of a community gathering place "of the people, by the people and for the people" which we collectively designed, owned, controlled and utilized. Perhaps due to the demands of our jobs, raising our families or the balancing of our many other volunteer activities, no written plan, agreed consensus or feasibility assessment ever evolved. We were busy but wished them well.

Recently, with the vacancy of the 18-acre K2 industrial site, an opportunity arose for our elusive "dream" to become a reality. The Vashon Island community was afforded time to submit a K2

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Get in *The Loop*

Submissions to the Loop

Do you have an announcement or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Ferry Open House on “Rapid Ride”

King County Metro is holding an open house in Fauntleroy with information on the new bus service Rapid Ride. Fauntleroy and Vashon Maury Island Community Council are advertising for a large turnout, since this may determine whether Fauntleroy will get this new service as far as the ferry dock. Given the lack of connectivity to the ferries, this is an important open house and our voices need to be heard.

What: Open house with info on the new bus service “Rapid Ride”

When: Thursday, January 24th from 5:30 to 8:00 PM

Where: at the Hall at Fauntleroy, 9131 California Avenue SW

The VMICC Transportation Committee will be seeking support from King County, West Seattle groups, sustainable living groups on Vashon and W. Seattle to bring Bus Rapid Transit to the area sooner than 2011.

Senior Center Potluck

“Bob’s Your Uncle” has volunteered to sing for their supper at the Vashon Senior Center’s monthly Sunday potluck 2-4 p.m. Jan. 20 at the SC on Bank Road. Not for seniors only, everyone’s welcome to enjoy good food and good fellowship. Call JoAnne Nielsen, SC board member, at 463-4570 if you would like to help.

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, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

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PO Box 253, Vashon, WA 98070

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Published every two weeks by Paradise Valley Press

© January 18, 2008 - Vol. V, #2

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\$60 a year gets *The Loop* delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

Vashon Dems Meet and Caucus Info

This month’s Vashon Democratic Club meeting will be jam-packed with a variety of speakers and topics: a visit from the Backbone Campaign, a discussion about a specific plan for health care, election of 2008 Club officers, and all the information you need to know about our February 9 caucuses. All are welcome!

Bill Moyer of the Backbone Campaign will tell us how your small donation of at least \$10 can be multiplied into a \$50,000 prize for the Backbone Campaign! See www.backbonecampaign.org for details.

Islander Henry Perrin has an interesting plan for health care that he’s been discussing with some of our legislators. Come and hear his ideas and add your own.

Remember the excitement of the Democratic Caucuses in 2004? Remember the challenge of squeezing all of us into the High School? Remember listening to your friends and neighbors as we debated the merits of the candidates?

Within the context of political parties, caucuses are one of the most fundamental, grassroots ways of participating in the political process. You may have many questions about caucusing: Will they be crowded? How long do they last? Do I have to be a registered voter? What can I actually accomplish? After I submit a resolution, where does it go? Can I be a delegate to the National Convention? Will there be lots of opportunity for dialogue with my neighbors? If I am not a Democrat, can I participate? Islander Ivan Weiss, Chair of the 34th District Democrats, will be at the meeting to answer all these questions and more. Note to Vashon PCOs: This is a convenient opportunity to come and get your caucus training. Don’t miss it!

Our meeting is this Saturday, January 19, in the Land Trust building: potluck social at 6:00, meeting 6:30-8:30. Please help us accomplish our goal of a no-trash potluck by bringing your own, non-disposable dinnerware! If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at 669-9459.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 25**



Get Ready, Vashon!
Those winter storms
are on the way.

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Youth/Adult Dialogue: Focus on the Future.

“Do Not Go Gentle....Facing the Challenges of the Future” is the topic is the topic for the next Youth/Adult Dialogue, which kicks off with a free dinner at 5:30 p.m. Tuesday, February 5 in the social hall of the Vashon Presbyterian Church. The topic is an outgrowth of last October’s dialogue which ended with a call for individuals to act to conquer their fears and to become the directors of their own lives. So on February.5 storyteller and mythologist Michael Meade will join his fellow Vashonites in exploring ways to move from fear to action. Individuals will have the chance to rewrite their own future stories with help from other participants, stories from other cultures, games, and songs. Come take the opportunity to make inroads into fear and what keeps you from taking hold of your dreams. This is the 12th in a series of Youth-Adult Dialogues sponsored by Development of Island Teens (DOIT), the Vashon Youth Council, and the Vashon Island Prevention/Intervention Team.

Green Party Book Club Meets

The Green Party Book Club will meet on Sunday, January 27th, at 2 pm at the Vashon Tea Shop. The book we will be discussing is: “Shock Doctrine: the rise of disaster capitalism” by Naomi Klein.

How to Sell at Farmer’s Market Class

Ever Wanted to Sell Produce at Our Local Island Farmers’ Market? It could be easier than you think. Saturday, February 2, 10am-12noon, at Langley Fine Gardens, Dockton, Leda Langley and Brian Lowry will share their insights and advice about growing food for the Vashon Farmers Market in 2008. Topics will include specific crops to grow, timing, season extenders and market presentation. Leda is a sixth generation farmer who has 12 years experience selling at Seattle area Farmers Markets and 2 years at the Vashon Farmers Market. Brian Lowry has been farming on Vashon Island for 3 years and manages Hogsback Farm in the Dilworth neighborhood. He has been selling produce at the Vashon Farmers Market and running a CSA on Vashon Island for three years along with the farm owners. This class is free to Vashon Island Growers Association (VIGA) members and \$45 to the general public. All proceeds will be donated to VIGA. Registration is required as class size is limited. Call Leda at 463-3516 to register.

You may purchase the book at either book shop. You do not have to be a member of the Green Party to participate. All are welcome to join the discussion. For more information call Ivy Sacks, 463-9579.



H HOME TEAM R REALTY

Troy and Marie Publish a Newsletter

Marie: Troy, our new email newsletter is getting lots of compliments. Maybe we should tell people about it.

Troy: I agree. We wouldn't want anyone to miss out on their freebies.

Marie: Well yes, the freebies are great, but I think the information is what most people are looking for. In our last issue, a lot of people said they appreciated the tips on hanging holiday lights, and also the reminder about the upcoming deadline for applying for a permit fee refund from DDES. By the way, there is still time; the deadline is January 28th.

Troy: What I heard from people is that they liked the candid camera shots from New Year's Eve the year before. And the \$10 coupon for Casa Bonita.

Marie: I guess people appreciate both information and fun stuff. Our January issue will be out next week. Do you have the new pictures from New Year's Eve posted yet?

Troy: No, but I'll get right on it. Why don't you tell people how to sign up for the newsletter?

Marie: Just email me for your sample copy, at marie@yourHTR.com. If you like it, we'll keep you on the mailing list. If you decide it's not for you, just unsubscribe. We certainly don't want to spam anyone!

Spring is just around the corner! If you are thinking of selling, or are just wondering what your house is worth, please give us a call at (206) 463-LIST. We would love to work for you.

End of the Lane in Bethel Park

Imagine yourself living at the end of the lane in this lovingly maintained and totally adorable 1920's era cottage. Two bedrooms plus a bonus room provide plenty of cozy living space. The recently remodeled kitchen and bath assure modern convenience - the architectural details take you back to another era. There's more: a full basement, an attached single car garage, and a detached two-car garage for even more parking and storage. All this on a lovely third acre lot with a peek view! **\$329,000**

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- 1 Bath
- 2 Garages
- Full Basement



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- 1 Bath
- Office space
- Partial Basement

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On the Creek



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- .30 Acre
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- 2 Bath
- 3 Bedroom
- On Sewer Line



Dr. King’s Civil Liberties

by Roger Fulton, President of Vashon Democratic Club

Most of the articles you’ll read in memory of Rev. Martin Luther King, Jr. in the next few days will be about his struggles for civil rights. There is another aspect of his life, the violation of his civil liberties, which I’d like to address.

Civil rights. Civil liberties. Sometimes these phrases are used interchangeably, but to me they mean two very different things. Civil rights is generally used to mean *equal* rights.

Civil liberties, on the other hand, means the freedom to go about your life unencumbered by overbearing intrusion of or unfair treatment by the government. Most of these rights are beautifully stated in our Bill of Rights: freedom of speech, freedom of religion, freedom of the press, protection from unreasonable search and seizure, prohibition of cruel and unusual punishment, etc.

Dr. King was a victim of his Fourth Amendment rights—protection from unreasonable search and seizure—being violated by the U.S. government. The vendetta that the FBI, and in particular, its Director, J. Edgar Hoover, had against Dr. King knew no bounds.

Post-Watergate, the [Sen. Frank] Church Committee was charged with investigating excesses by the CIA and the FBI. Its report included this section:

“The FBI campaign to discredit and destroy Dr. King was marked by extreme personal vindictiveness. As early as 1962, Director Hoover penned on an FBI memorandum, ‘King is no good.’ At the August 1963 March on Washington, Dr. King told the country of his dream that ‘all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, Free at last, free at last. Thank God almighty, I’m free at last.’ The FBI’s Domestic Intelligence Division described this ‘demagogic speech’ as yet more evidence that Dr. King was ‘the most dangerous and effective Negro leader in the country.’”

The attempts by the FBI to discredit Dr. King included wiretapping his home, hotels in which he stayed, and the SCLC (Southern Christian Leadership Conference). Extreme attempts were made to gather incriminating “evidence” (such as supposed “womanizing”) against Dr. King that the FBI would use to either blackmail Dr. King into ending his civil rights work, or publicize and thus discredit him. Their efforts were for naught, and history has concluded that Dr. King’s Fourth Amendment rights were clearly violated.

In the same way that the government used fear of “others” during Dr. King’s time to justify their violations of the Constitution, so has the current administration. Among many, many other violations of civil liberties, the Bush administration has violated the right of habeas corpus, the “Great Writ,” the right to face your accusers and

the ability to make your case that you do not deserve to be held against your will. This principle dates back to at least 1215 in the Magna Carta. I never thought I’d live to see the “leaders” of this country suspend habeas corpus out of fear of “other.” Case in point: Guantanamo Bay. It appears that many of the poor souls suffering at “Gitmo” and other such pits of hell will stay there until they die, with no opportunity to prove to their accusers that they don’t belong there.

Other civil liberties violations by the Bush administration include blanket warrantless wiretapping of U.S. citizens (with the gleeful cooperation of the phone companies), spying on protest groups (including those *violent* Quakers!), suspension of due process, and torture. This administration has used fear of “other” to attempt to redefine what this country stands for and what makes us Americans. If we lose our civil liberties, those who attacked the U.S. on 9/11 *win!*

But we shouldn’t be surprised by these actions of Bush and his administration. What else can you expect from the person who said, “Stop throwing the Constitution in my face. It’s just a goddamned piece of paper!” And, in response to the satirical website GWBush.com, “There ought to be limits to freedom.”

To join the fight against the Bush administration’s war on civil liberties, a good place to start is with the Bill of Rights Defense Committee at www.bordc.org.

A Veteran Reflects on Civil Liberty in the Armed Forces.

by James Hauser, former U.S. Army intelligence officer and member of Veterans for Peace

In summer of 1968 I sat in Saigon, Vietnam in a metal chair waiting for my turn to see a military lawyer. I had taken a number, as had the dozens of soldiers around me, watching the row of cubicles from which attorney’s heads popped out to call in the next client. I was pretty sure I’d be in an Army jail by evening; I did not think the military attorney – regardless of which one called me in – would be of much help.

The Army offers soldiers the right to legal representation, to habeas corpus and to due process. I was about to test my access to the Bill Of Rights. I was an officer about to refuse orders in a combat zone.

From a cubicle one third of the way down the drab and busy row my number was called. “My” attorney turned out to be a young Navy Lieutenant whose uniform bore no more battle ribbons than mine. His head still down shuffling papers from his previous interviewee he asked, “What can I do for you, lieutenant?”

“I want to apply for status as a conscientious objector.” I remember my voicing cracking.

Thinking back it still amazes me that buried in the mountain of

Department of the Army policies and procedures lays a provision for active duty soldiers to apply for conscientious objector status, that is to be exempted from military service based on religion or deeply held moral code forbidding participation in war in any form.

The attorney’s head jerked up, he made eye contact, leaned forward over his desk and asked, “Why do you want to do that?”

When I landed in Vietnam in 1968, I was informed my orders had changed; I was now assigned to the Phoenix Program. All they told me about it was that it was top secret and I’d be briefed when I reached my assigned post. I did what any good Intelligence Officer is trained to do; I went to the bar, struck up a conversation with a sergeant about to leave the country and asked him. Sure, he knew. It was a plan to assassinate the political (as opposed to the military) cadre of the National Liberation Front (NLF).

I told the attorney what I knew about the Phoenix Program, but I can’t print that here. I signed a promise not to reveal classified information. The promise was not for the duration of my duties as a soldier; the promise was for life. So

you and I do not enjoy freedom of speech in this instance. What I can tell you is that the job was so immoral and barbaric that I was now refusing my orders even at the risk of a long prison sentence.

So I told the young Navy Lieutenant, now my attorney, what I knew about this new program. He stared at me and said, “Good for you.” He had been inducted fresh out of Harvard Law School. As a law student he had volunteered to help several young men in the Cambridge area with their draft resistance. He would do all he could to guarantee me fair treatment.

I wrote my application for conscientious objection – a long and complicated story – and next day filed it with the attorney. That act cancelled my orders. It would take my government four months to investigate my claim and render a decision. In the meantime I was to work in a personal office shuffling papers. Later the colonel in charge of the whole personnel section called me in. “Lieutenant, how are we treating you?”

“Fine, sir, so far.”

“Would you be willing to sign a statement about that?”

Continued on page 5

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A More Perfect Union?

by Bill Moyer, Executive Director of the Backbone Campaign

“I am convinced that if we are to get on the right side of the world revolution, we as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered.” ~ Dr. Martin Luther King Jr., From “Beyond Vietnam,” an address delivered to the Clergy and Laymen Concerned about Vietnam, at Riverside Church, 4 April 1967 in New York City.

As we celebrate the resilient and relevant message of Dr. Martin Luther King Jr. forty years after his assassination, we ought to do so with no small measure of sadness and concern. We have made little progress confronting the “triplets of racism, extreme materialism and militarism” that he identified as our collective malady. These forces continue to infect our society and keep America from living up to our stated ideals of inalienable rights within our own borders, and around the globe.

Over the past seven years, fear has been cynically used to manipulate citizens of this country. It has displaced ideals of liberty, rule of law and humanity with an acceptance of torture, domestic spying, xenophobia, and preventive war. Trillions of dollars have been squandered on aggressive war and illusions of security, enriching a few while mortgaging our children’s future, rather than making crucial investments in building a sustainable, decent society in which democracy might flourish.

Thousands of Americans have lost their lives, tens of thousands have been physically maimed, and suicide rates are soaring among veterans. Over 150,000 Iraqi

civilians have been killed since the US invasion. That is approximately 300 times the number of deaths due to the attacks on 9-11-2001 in a country only a fraction of our size, that had no connection to the event

Just \$10 to Backbone Campaign by January 30 will help them win a \$50,000 Prize!

Parade Magazine, Kevin Bacon, and the Case foundation are offering \$50,000 to the four US non-profits that get the most individual online donations (not the most money) before noon, January 31. Vashon’s Backbone Campaign is currently in sixth place! You can help them finish in the top four, win the prize, and send the Procession for the Future around the country, all for only \$10 and a few minutes of your time. Call the Backbone Campaign office 206-408-8058, or visit www.backbonecampaign.org. A gold “Donate” badge is prominently displayed on the right hand column. You must donate via this badge or by phone for it to count in the competition, checks will not work. Network for Good, the gold standard of online giving is the intermediary for the donation. You will not receive any spam and your information is extremely secure.

be blamed for our collective madness.

We have taken a giant step backward in our effort toward creating a “More Perfect Union” or confronting the three “giants” King identified above.

Some place their faith in candidates. I do not. If the current Democratic leadership and

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Congress is any sign of what we can expect then we should place our hopes elsewhere. They have continued to fund an occupation that recruits more enemies than it kills. They are champions of impunity rather than accountability for the crimes of the current administration. They have refused to impose a windfall profits tax on the record profits of oil companies. And finally, instead of joining the calls of Middle-East leaders for a regional nuclear weapons free zone, they allow or partake in further speculation of military incursions into both Pakistan and Iran.

Even if the marginalized, but righteous Dennis Kucinich — or for that matter Jesus of Nazareth— were elected President he would either be assassinated, impeached or stone-walled into irrelevance. I’m not saying that it doesn’t matter who sits in the White House. We certainly have learned that it matters very much. No current or imaginary candidate by their charisma alone would be able to dismantle the military-industrial complex or the American Empire and imperial aspirations. No one will institute public financing of election systems and return credibility to our election process. No one will have the political force to challenge corporate power like that of the health insurance industry or big oil.

No one will be able to turn the tide of this country without a massive citizen movement pushing,

supporting and leading this country toward the more perfect union we aspire to be. That is why the Backbone Campaign is investing all our resources and energy toward manifesting such a movement. This movement must simultaneously address the giant triplets of racism, extreme materialism, and militarism by offering not doomsday threats, but a vision for a truly decent society that affirms human dignity, ecological interdependence, and human sisterhood-brotherhood that transcends national borders.

The Backbone Campaign’s Procession for the Future and Progressive Cabinet projects are an offering to the country toward building that movement, articulating that vision, and inspiring Americans to be their most creative, liberty loving, and humane selves. King’s “Revolution of Values” is merely a call to live up to the values proclaimed by our nation’s founders. It is the call to create a “more perfect union” that every positive social movement in our history has advanced. It is time not to abdicate responsibility for that task to surrogate candidates, but to claim the task as our own, individual by individual, community by community, until those in power have no choice but to return the common wealth to the common good and follow We the People to a future worthy of our children.

Visit www.BackboneCampaign.org for more information or to get involved.

Continued from page 4

He left to get the statement and I saw on his desk a 2”X2” pink routing slip. At the top it said, “From the Office of Senator Henry M. Jackson.” A simple check mark in a box indicated the senator “requested information” on the case of “Lt. Hauser.” I had written my senator saying I knew we disagreed on the war, but I hoped he would do what he could to guarantee me a fair hearing. I signed the statement the colonel handed me.

A month after that a major asked me to empty his waste basket and that there was something there that might interest me. I pulled out a letter from the Department of the Army granting my conscientious objector application and ordering me to return to the U.S. where I would be honorably discharged.

My country honored my civil rights in strained and dangerous circumstances. I am grateful for that. At the same time I remain r appalled and angry that the same country which paid honor to my conscience also invented and carried out a program like Phoenix.





Spiritual Smart Aleck

Tornado Parking Space

By Mary Litchfield Tuel

I returned from a shopping trip to Granny’s yesterday and turned on the Northwest News Channel while I made my lunch. They were chattering about a tornado hitting Vancouver, Washington. That got my attention. I have a friend, Sonya, who lives in Vancouver, Washington.

As I watched a realization came to me: this tornado had hit near Sonya’s neighborhood. The announcer said something about the path of the tornado running “south of 78th Street.” I looked in my address book and saw that Sonya’s address started with, “74...” and knew that the tornado had gone right through Sonya’s neighborhood.

I tried calling her, knowing it was a vain exercise, knowing that all the wires were down and there would be no answer. I watched the news, which said no one was injured, and I waited.

Sonya called this morning. The caller ID said, “Vancouver, WA,” so I picked it up and said, “ARE YOU ALL RIGHT?” She laughed and said yes, then she told me what happened.

“The thunder sounded like a pile driver,” she said. “The wind sounded like water running, like a flash flood.”

Naturally she and her tenant, who lives in her basement, were curious, and went out on the front porch to see what kind of show the weather was putting on. Her tenant, Randy, called to his son, “Hey, it’s a tornado! Come and see this.” So they stood and watched for a while, and then Randy, who has seen tornados before, understood that it was coming their way.

“Sonya, leave the front door open and get in the basement and don’t argue,” he said. They all adjourned to the basement and watched as the tree in the yard snapped off and carried away all the utility lines in front of the house.

It was all over in a few seconds. When they believed it was safe they came out to find that a lot of shingles were gone from the roof, and of course the tree and the utility lines were no more. They were fortunate that it wasn’t worse – their vehicles were not crushed or trapped by debris, as many of their neighbors’ vehicles were. Sonya spent the night at the home of a friend whose house was not in the path of the tornado.

As far as we know no one got hurt, although a lot of property was damaged, and the Vancouver Lake Crew Club was wiped out.

I went online last night looking for news about the tornado, and was surprised to find that what came up when I googled “Vancouver, WA +

tornado” was a tornado that hit Vancouver on April 5, 1972.

That was a bigger, nastier tornado. It killed 6 people, and destroyed many buildings, including Peter S. Ogden elementary school, where 70 children were injured. Students at the nearby high school who saw the elementary school collapse ran to the scene to dig kids out.

What was interesting to me was that yesterday’s tornado hit at virtually the same place as the 1972 tornado. Hm. If the Midwest has Tornado Alley, perhaps Vancouver, Washington, has the Northwest’s Tornado Parking Space.

You know, when I moved here from California all those years ago I thought I had moved away from earthquakes, and I thought that we didn’t get tornados on the west coast. Live and learn.

Vancouver Lake Crew Club destroyed by tornado

This item was posted on the Tacoma News Tribune website on January 10: “Today’s tornado ripped 2 boathouses off the foundations and destroyed most of the club’s 50 rowing shells as well as rowing machines, trailers and oars. The club’s founder, Bill Kalenius, was the head coach at the University of Puget Sound for several years in the 1970s while the team was rowing down on Commencement Bay. Bill has been battling cancer for years and recently finished chemo and radiation treatment.”

An account has been started for donations at the Bank of Clark County.

Donations should be attention:
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SEEDS Anti-Oppression Forum

by Swaneagle Harijan

SEEDS (Social Ecology Education and Demonstration School) is beginning a series of four community forums, the first to be held at the Havarat Sunday, February 3 from 2:00 pm to 5:30 pm. Each of the forums will be held on the first Sundays and will continue in March, April and May. The first two will focus on anti oppression and the second two on democracy and citizenship.

Chasm of Privilege/American Apartheid will be the theme of the first forum. LisaNa Red Bear, who holds a Masters of Fine Arts from UC Boulder and is an international, award winning artist/activist, will be working with me to conduct this exciting, informative event. Participatory skill building exercises will round out the afternoon.

The reality that impacts the silenced peoples of the Americas is unknown to most who reside on these ancient lands, called Turtle Island by her original inhabitants. Of Apache, Mexican and Andalusian heritage, LisaNa will highlight her firsthand experiences in the world of academia with ongoing slow motion genocide. She also will be showing her award winning performance art video short, Uranium Womyn 238.

I will share a short performance art piece and then will be addressing American Apartheid based on 24 years working with the traditional Dine resisters of Big Mountain, Arizona against the largest forced relocation of Indigenous peoples since the 1800’s in order to expand Peabody Coal Company’s massive strip mine. I will be including the situation facing thousands of Indigenous peoples forced by the economic devastation of the North American Free Trade Agreement and Central American Free Trade Agreement

to migrate north in search of work to feed their families.

In 1984, I first traveled to Big Mountain with my 5 year old daughter to commit myself to becoming a nonviolent human rights observer and on-the-land supporter of Pauline Whitesinger. I had read about her valiant struggle in “The Second Long Walk” by Jerry Kammer. The book opens with Pauline confronting the BIA fencing crew, comprised of Indigenous men, as they attempted to separate Dine people from their customary herb gathering and grazing areas, springs, ceremonial grounds, burial sites, and cornfields with the notorious barb wire fence taken down many times since. She demanded to know why her own relatives would do such a thing and knocked some of the men to the ground. So began in 1977 a resistance that continues to this day in defense of sacred land and the future of the coming generations....

In July of 1998, 7 months after the massacre of 45 Mayan people in Acteal, Chiapas, Mexico, I was able to go with a human rights delegation to meet with the communities working with the Zapatistas opposing NAFTA and the land grab it sanctioned. This equipped me to address the scapegoating of migrant peoples that permeates the U.S. inciting vigilante and Border Patrol attacks against people merely striving to avoid starvation due to loss of livelihood and land.

The coming forums will display the integrated approach of SEEDS to reclaim a healthy, sustainable planet inseparable from human rights and justice for all peoples, not just a select few. Please take this opportunity to be informed, inspired and share your own insights in the context of this exciting new series of events for Vashon and the greater community.



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We've Got a Lot of Kids

New Year's Prediction

by Kevin Pottinger

I have a prediction for the New Year. I'm not especially prescient, I just have a feel for how things usually go. My prediction is that sometime in the next two months, our family will be smote with a plague of head lice.

It's only a matter of time. Several of our oldest daughter's friends had them. Our oldest son has brought home ominous warnings of active head lice infestations from school. The head lice are marching closer and closer. We're hunkered down, dug in, braced for the certain plague of nits.

My wife Maria has been trained to spot head lice from her years working in day care while she was in college. We've bought a lice comb, and a few times each week the children present themselves to Maria to have their heads ritually combed with the lice comb, and to drop burnt offerings on the altar. Watching Maria check the kids for head lice makes me think of chimps grooming one another. And every time I hear the words "head lice" I reflexively scratch my head.

This winter we've been afflicted with a plague of sores. The kids have been passing them around, herpes simplex. Only our oldest daughter has remained a female without blemish. Our three-year-old twin Gracie has a cold sore where her index finger rests on her nose while she sucks her thumb. Her brother Alec has been smote with two cold sores just inside his nostrils that came from picking his nose, which is unclean, and sometimes eating it, which is an abomination.

On a thankfully different topic, we can finally confess, after having been sworn to utter secrecy, that for the last two years we have been a Nielsen family. As in "the Nielsen Ratings". I could not imagine a family less suited for providing Nielsen ratings than ours. Nielsen claims that they find their families completely at random; we're proof of that.

For almost two years, the Nielsen Company tracked our TV and VCR/DVD-viewing habits using a machine that recorded every channel changed and button pushed, and transmitted the data nightly, probably to some windowless, bomb-proof concrete silo in Nebraska or Kansas.

We are at liberty to spill the beans now because we've actually been let go: The Nielsen Company called one day mumbling something about needing to go in a different direction. Maria says it was because our two year stint as a Nielsen family was up. I'm pretty sure it was because they didn't like our data.

Our kids play with the remote. They'll spend twenty minutes watching the channels increment consecutively onscreen, or play the same tape of Wiggly Safari several hours a day for three consecutive days, all of which was dutifully recorded and sent to Nebraska or Norman, Oklahoma every night. I imagined a squad of clean-cut Nielsen men in white lab coats and thick black-rimmed glasses, surrounded by walls of burping and blinking mainframe computers, holding clipboards and chewing on their pencils thoughtfully, puzzling over every bizarre click of our remote.

We'd like to apologize to you for some of our viewing choices. The Nielsen Company extrapolated our selections (and those of other families) to represent the TV viewing habits of a fairly large part of Western Washington. All those new, completely derivative reality shows? That was us. I Love New York? Maria loved that show. It's

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probable that we single-handedly propelled some real turds into smash hits. We're so sorry. It was late. We were tired.

Now that we've been released from our agreement with the Nielsen Company, the pressure's off. We can freely watch whatever stupid show we please, without worrying that we're inadvertently going to make a megastar out of someone improbable like that muttering Channel 9 landscape artist with the bushy eyebrows, that "a little tree lives right there" guy; or worse, George Ray.

For those several months we had the ability to effect change in America's TV culture. And for that, we're so very, very sorry.



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- 10 Ghost's greeting
- 13 Z
- 15 New York borough
- 16 American Cancer Society (abbr.)
- 17 Grant an extension
- 18 Athletic field
- 19 Oolong
- 20 Vane direction
- 21 Fifth book in the New Testament
- 23 Frog sound
- 25 Oak
- 26 Feeler

- 28 Japanese self-defense
- 31 Sell illegally
- 32 Childrens sliding toys
- 33 TV award
- 34 Resort hotel
- 37 Women's magazine
- 38 Learner
- 40 On top
- 41 Poisonous snake
- 42 South American country
- 43 River
- 44 Make fast
- 45 Merited
- 46 Unit of luminous intensity
- 49 Unmake

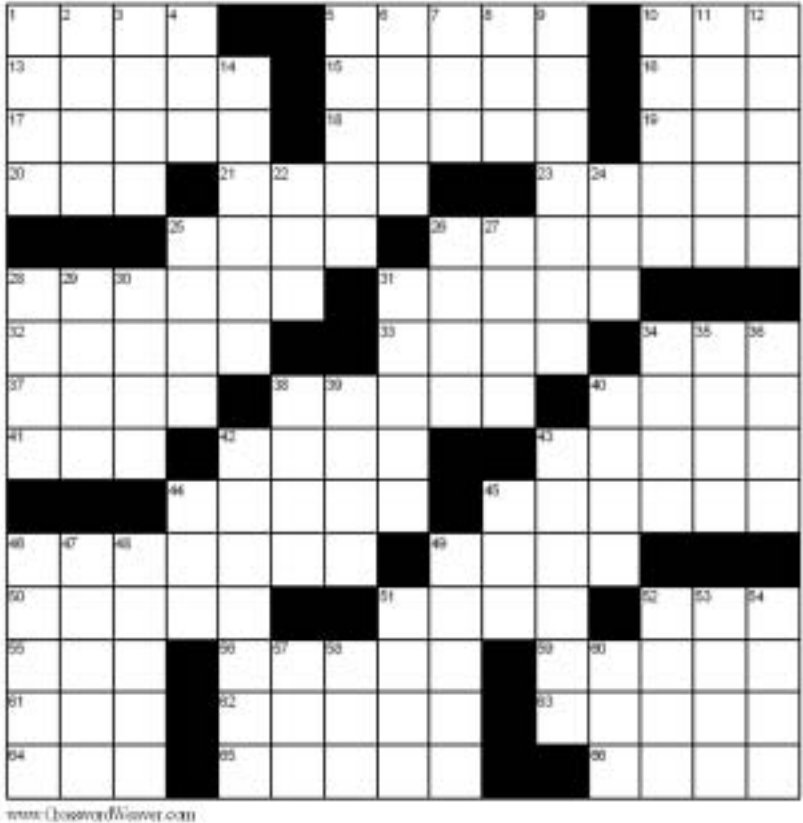
- 50 1997 Madonna movie
- 51 U.S. Department of Agriculture
- 52 Communication Workers of America (abr.)
- 55 Doze
- 56 Dunk
- 59 Sounded like a cow
- 61 Cusp
- 62 Enroll
- 63 Has ears
- 64 Tricky
- 65 Doings
- 66 Representatives

DOWN

- 1 Ripped up
- 2 Bode
- 3 Heredity component
- 4 Ripen
- 5 Lessen
- 6 Goofs
- 7 Seafood
- 8 Hotel
- 9 Quite true
- 10 Twirlers tool
- 11 Pacific, for example
- 12 City
- 14 Presents
- 22 Chief executive officer

- 24 Representative
- 25 Brand of laundry detergent
- 26 Vertex
- 27 What you are called
- 28 Afloat
- 29 Evils
- 30 Seaweed
- 31 Something easy
- 34 Daze
- 35 Model
- 36 Copied
- 38 Bluish green
- 39 __ Minor (Little Dipper)
- 40 Air (prefix)

- 42 Happy
- 43 Lady
- 44 Central daylight time
- 45 Discontinue
- 46 Small money units
- 47 Useful
- 48 Cold
- 49 Drug does
- 51 Secondhand
- 52 Heart
- 53 Bawl
- 54 Totals
- 57 Only
- 58 North American Indian
- 60 Rowing device





Pods of Gold

by Orca Annie Stateler, VHP Coordinator

We awoke to distant echolocation clicks on our hydrophone at 5:00 AM on January 10. Something was familiar about the date and time. I checked my VHP logbook, and sure enough, three years ago at 0500 on January 10, we heard K Pod on the hydrophone — cosmic coincidence or just an indicator that chum salmon might be more abundant in lower Puget Sound at three-year intervals?

Southern Resident visits to Vashon are dwindling as mid-January looms. The chums have moved on and so will the orcas, leaving us with fond, dazzling memories of their commanding presence in our waters.

When killer whales travel in Colvos Pass, they often favor the Kitsap shore, but early one morning this winter, they offered a close-up demonstration of how experts catch salmon. K Pod split into smaller family groups to chase and lunge after fish. Some orcas were within 100 yards of our shore, for a change. Among the whales close enough to identify without binoculars were Spock (K20) and her “Colvos Pass baby,” Comet (K38), now three years old.

As a tribute to Spock and Comet, the accompanying photo by Mark Sears shows mother and calf swimming “over the rainbow” in East Passage. K Pod was our “pod of gold” that December day. Regrettably, the rainbow is not visible in black and white, but trust me, the color photo is dramatic! Dear readers, if you have lovely orca photos to share, I might be able to include them with the Dorsal Spin. Contact Orca Annie at Vashonorcas@aol.com.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. The VHP thanks Yvonne for the donation; Beth and Tesse for buying artwork; Simon for photos; Scott at Pt. Robinson for his patience and help with seals and orca sightings; and all Islanders who call us directly and promptly – you expedite our research efforts.

Lummi (K7) is Spock’s great-grandmother and Comet’s great-great-grandmother. Believed to be 90-something, she is also the supreme matriarch of K Pod and perhaps the Southern Resident Community. J Pod’s Granny (J2) is about the same age.

Lummi often swims within 100 yards of Pt. Robinson. I thank her profusely because she is an Elder and she is relatively easy to identify. She serves as a beacon for K Pod,

helping us do our job when Mark Sears cannot go out to take ID photos. Lummi’s close approaches tempt speculation that, as we admire her, she might be evaluating the two-leggeds, trying to sense whether we learned anything in the past year. Did we become better stewards of Southern Resident critical habitat?

We would be deprived of these remarkable encounters if boats stalked orcas around Vashon. In the January 4 Loop, Drs. Birgit Kriete and David Bain wrote about research describing the whale watching pressure the Southern Residents face, and how endangered killer whales can be harmed by the exhaust, noise, and mere presence of vessels crowding their space. Bain underscored the risk to the orcas in winter, when salmon may be scarce and quiet is essential for nursing mothers.

Conversely, sending thousands of real time emails, exposing specifically when and where to find endangered orcas in urban Puget Sound, beckons the media, commercial whale watch boats, and other sightseers in boats. The unwelcome attention can disturb the




Spock (K20) and her calf Comet (K38) swim "over the rainbow" in East Passage. Photo by Mark Sears.

whales when they are most vulnerable.

Under a precautionary approach, we must “first, do no harm.” Studies by researchers like Kriete and Bain detail the harm when boats disrupt the orcas. The assessment of local experts like Mark Sears, who is thoroughly familiar with these waters and sees disturbance occurring, should outweigh the opinion of those far away and uninformed about area field conditions.


Studies by researchers like Kriete and Bain detail the harm when boats disrupt the orcas. Substitute another endangered species for killer whale. Would we consider it best practices for wildlife conservation to tell thousands of people exactly where and when to find spotted owl nests or grizzly bear dens?

It matters *how* we educate the public about interacting with killer whales. The power to betray their every move online comes with a responsibility not to abuse it. We do not ultimately serve the needs of imperiled orcas with attitudes and behavior that resemble obsessing over human celebrities.



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The Vashon Loop is printed on recycled paper with soy-based ink. Please recycle it or use it with your composting.

Madame Toujours

Dear Madame Toujours,
Last month, my boyfriend Vance dumped me for someone I absolutely can’t stand. This girl, I’ll just call her “Trampy”, Has been flirting with Vance from the moment I started going steady with him. She did everything except take off her shirt and flash him, and actually, I’m pretty sure she did that just before he actually gave me the shove-off.
Anyway, the other day, I was in the girl’s restroom when I saw someone had written a message in black sharpie on the back of the stall door saying that some boy had broken her heart, and she just wanted to die etc. What I want to know is: what are the advantages of this kind of announcement? Would you recommend the bathroom stall door as a kind of not-so-instant message forum, and if so, should I also include an analysis of “Trampy’s” character?
What do you think?
Sincerely,
Literary

Chere Mlle. Literary,
Quelle dommage that M. Vance is proving himself to be the shallow, tiresome fellow. You may be resting with the assurance that he will be having the punishings. all of his life, he is being doomed to having the romances with the female persons such as *Mlle.* Trampy. This is what the New Age affiliated persons are calling the “Karma.”
Now as to the issue of the appropriate forums for the expressions of the heartbroken griefs. It is true that it is being extremely pleasant while one is sitting in quiet contemplation to have the gentle readings to occupy one’s mind. I myself am best acquainted with the sort of public facilities where one is beguiled by the soothing musics while helpful attendants provide one with champagne, fragrant soaps and heated towels, but no doubt persons of less refined experience may enjoy the sympathetic musings on the romantic tragedies of the kindred souls.

For this purpose, you should be expressing the depth of your grief and betrayal in the most romantic terms. You are having the aim to produce in your gentle readers the tears of tenderest sympathy.
I must be begging you, however, to consider the needs of your audience. Persons in their condition are seeking the moment of quiet rest and relief. To stimulate the heated passions of outrage at this vulnerable moment, it may disrupt the internal balances for the remainder of the day and well into the evenings. Thus I am suggesting that you restrict your evaluations of the character of *Mlle.* Trampy to a less intimate setting.
Now you may find yourself being tempted to invest in the can of spray paint and express your opinions on the walls of the public school building, but I do not recommend this venue, as it may lead to legal proceedings of an unpleasant nature. Invest instead in the advertising spaces on the small billboard on the side of the public highway, and if the costings of the billboard are too high, no doubt you will find any number of female persons of *Mlle.* Trampy’s acquaintance who will cheerfully invest with you in this venture.
Bon Chance, Mlle. Literary, and remember, so long as your assertions as to *Mlle.* Trampy’s character and behavior are supportable by witnesses, you need have no fears of the lawsuits regarding the slanders.

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Garden The World

By MEarth



Birthright

As we grow up, we are commonly reminded ‘the world doesn’t own you anything,’ but, the more I think about that, the more I think that is not true. I think every human being on this earth is born with certain inalienable rights—and responsibilities that go along with them.

I believe we all have the right to a clean and healthy environment, the right to live a peaceful life, the right to interact with our relations in an equitable fashion—be they human or other earthly relations.

I think we are born with the right and freedom to find our spiritual work in this world and the right to do that work without interference—if that work does not abrogate the rights of others to do the same.

When humans were first brought into this world, the Earth had a plan and a place for us, a niche we were to fill. Like earthworms, amoebas, cattails and cedar trees, we had a job to do. Grandmother does not bring something into this world that is

not intricately interwoven into the land and life, with rights and responsibilities, duties and delights.

(We might want to pause in our headlong flight to extinction for a moment or two and consider just what our assignment may have been. I do not believe we are fulfilling the parameters of that original job description at this time. No wonder termination seems inevitable.)

At the same time, when we were created, everything we needed was right here on the Earth—naturally. Pure water, healthy food, sustainable shelter, all manner of energy was available in the forms we needed it to be in—from firewood and nourishment to spiritual opportunity. There was no energy shortage.

We were a part of our watershed, an active member of our ecosystem, a functioning feature of our bioregion, another cog in the great wheel of life—instead of the biggest monkey wrench that has come along in the last 160 million years.

For a very long time, we roamed the world in bands—typically 28 people, more-or-less—and we pursued our livelihoods. Hunter/gatherers spent 500 hours a year providing their physical needs—

food, water, shelter. Subsistence agriculturists spent perhaps a thousand hours—what with all that growing and harvesting. The modern North American spends a minimum of 2000 hours a year striving to the same end if you don’t count overtime or commuting.

Ever wonder what hunter/gatherers spent those other 1500 hours doing?

Well, besides making more hunter/gatherers?

Consider. There has never been a primitive language found.

I would also posit there are no primitive religions either. There might be religions older than yours but they have no less complex a cosmology, no less significant a mythos, no less profound an ethos—and they promote no less righteous a lifestyle. Most of the old ones preach living gently on the Earth.

This was all before civilization, before empire, before a scourge was

loosed upon this world, the seedform of the military / industrial complex that saw the world as inert matter to bend to its desire, with its life a minimal component, that saw food as units of product and people as units of subjugation and production.

Why is it every society we examine when we study ‘classic’ history is of a people who relied on

slavery to sustain a small upper class on the backs of a much bigger lower class? Why do we revere the Greeks and Romans when they destroyed their own lands and the lands of most of North Africa to feed themselves? Why not revere the Pueblos, who have farmed the same land for 2000 years without depleting it?

We have hacked our way out of our niche so thoroughly that we cannot even look back and see where we came from—if, for example, we ever felt the need to return there. In the meantime, the land has been sullied and so has the air, the water, the ocean, every forest, every prairie. It was either done in our name or we were convinced to do it because it was the right thing to do in the name of progress.

I would suggest that ‘progress’ has not been as progressive as we were led to believe it would be—it has not helped us as much as it was supposed to. We were led to believe we were making a better world for ourselves and, more importantly, for our children—but it was not the truth.

So, it seems to me that much is owed us. This world held a trust fund for us and it should have

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supported us forever. All we ever had to do was protect the principle and live on the interest. Thus, our birthright would have been held in bond for our children as it had been held for us, and for our children’s children’s children, unto the seventh generation of the seventh generation’s seventh generation.

We look now to our birthright and find the principle squandered, the interest stolen and future prospects bleak. Our children face a world that does not welcome them, that does not provide a place for them, that does not have enough healthy food, clean water or even minimal shelter for them. Our leaders will not take responsibility for the lies we have been told and

they will never admit to guiding us down a dead-end road—and for good reason. Our trust is in their accounts now; our children are held in bond to them.

How much longer can this go on? How long can we tolerate a world that tells us it owes us nothing? Where is our clean water, our clean air, our place on the wheel?

Where are the sacred places for the prayers of our children?

Where is our healthy food?

Where is our peaceful, sustainable life?

Where is our future?

What was that job description again?

oooo

Fix-A-Cat Month!

Continued from page 1

During the month of February, Vashon Island Pet Protectors (VIPP) and the staff at Fair Isle Animal Clinic are partnering to provide spay and neuter procedures at a huge discount. The usual price of \$146 for spaying will be slashed to a mere \$25. And the customary \$92 for neutering will be only \$15. Make an appointment today! all Fair Isle Animal Clinic at 463-3607.

Do you let your unfixed cats wander outdoors? Don’t kid yourself – cats aren’t shrinking violets, and they will find potential mates. They will follow their instincts, and produce litters. And the problems don’t stop there. Wandering cats get into fights, resulting in battle injuries and an increase in transmitted diseases. Unfixed cats can be more nervous and exhibit behavioral problems, such as spraying urine to mark their territory. Unfixed cats are more prone to develop cancers. Roaming cats often become lost cats (contrary to myth, cats don’t possess an unerring ability to find their way home). Happily, a fixed cat tends to stay close to home, reducing the above risks. Sometimes, people purposely keep their cat unfixed so

they can witness the miracle of birth, and end up with a litter of kittens for whom homes cannot be found. VIPP, of course, takes in homeless cats and finds homes for over 150 cats every year. But the rising population of felines makes that task ever more difficult. During Fix-A-Cat Month, islanders have a golden opportunity to address all these problems.

Increase the life expectancy and overall health of your cat, while helping to keep populations down. Spay and neutering procedures are quick and safe! And during Fix-A-Cat Month, they’re cheap! Make an appointment to bring your cat in during the month of February by calling Fair Isle Animal Clinic at 463-3607.

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Loop Finances – Plan B

If every man, woman, child, and dog on Vashon gave *The Loop* one penny a day, we would generate enough income to print and distribute the paper. Since that is not going to happen, we need to go to the more fair, equitable, and realistic Plan B: If you are reading and enjoying this paper, please support it financially.

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Easiest of all - make a contribution. We have set up a Paypal account on our website at www.vashonloop.com for your donation ease. Or mail a check to PO Box 253. Thank you!

Thank you to those of you who have rallied to support the paper! A handful of people have subscribed or sent in donations. It is much appreciated. We hope that other readers will do the same. We want to keep the paper alive, and we really want to be able to pay our volunteer writers and cartoonists at least a token amount for their amazing work.

Thanks for your help.

Marie Browne and Troy Kindred, Publishers

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Remembering Martin Luther King, Jr. and Others

by Mark A. Goldman

In honor of Martin Luther King, Jr. I am not going to speak directly about his dream or his sacrifice.

His contribution and the contribution of all who helped make him what he was—which is to say, all those who marched, boycotted, broke the rules, sat at lunch counters and on buses, got dog bit, hand cuffed, fire hosed, jailed and billy clubbed so that he might have a platform on which to speak—cannot be properly honored with fancy words or platitudes.

I will not offer praise either... for the same reason that I sometimes feel slightly unsettled when I hear people say, “Praise the Lord,” as if praise is really what God was hoping for.

The movement that provided King the platform from which he so eloquently spoke, made great strides under his leadership, and did so in the face of terrible odds. One of King's most important victories was having both the consciousness to recognize and the courage to then proclaim, that all people—not only Americans—are entitled to basic human rights, compassion, and respect. Today, remembering King, we are grateful for what he, and those who marched shoulder to shoulder with him, stood for... and what they stood against.

But alas, history reminds us that the fruits of victory which are won even with enormous sacrifice—which is how our freedoms were won—are not guaranteed to last forever. The will to dominate, and other aspects of human depravity, somehow show up time and again just like hunger, poverty, and injustice do even in the midst of plenty and in the face of what we call progress.

At the close of the Constitutional Convention of 1787, when a woman asked Ben Franklin what kind of government had just been created, he replied, "A republic, madam, if you can keep it." That republic was

only the skeleton of an idea—a promise—that Franklin knew could only be fulfilled and then periodically renewed by future generations.

A longing for universal peace, justice and freedom has been incubating in the human soul for as long as there is memory. Even the birth of our nation, in pursuit of those goals, had to wait eons for its time to come. It was the hope of the world.

Now fast-forward two centuries. In just a blink of an eye we have seen many rights and freedoms that were once secured and later defended through the sacrifice of untold quantities of blood... and supposedly etched, as if in stone, into the hearts and minds of our countrymen... fade... as if those words were written onto our sacred document in time-delayed invisible ink.

We have now suffered through two consecutive fraudulent national elections that installed a would-be king to the presidency—a man who calls the document on which The Great Idea of our republic is inscribed, “...just a goddamn piece of paper.”

And what is left of that “goddamn piece of paper” which, for over two centuries, was the glue that held our nation together and united us as a people:

Habeas Corpus and the right to
a fair trial ... crossed out

Basic Principles of International Law... erased

Treaties... no longer the
Supreme Law of the Land

War Crimes... no longer prosecuted, but sanctioned, funded, administered, and ignored

The Right to Privacy... removed
Cruel and Unusual
Punishment... now business as
usual by executive fiat


Free Speech... relocated to a free speech zone

Continued on page 11

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Marie and Troy

Ferries and the Short Legislative Session

by Alan Mendel,

Chair, Vashon Ferry Advisory Committee

The 2008 legislative session will be dealing with some important ferry related issues. Even though this year’s session is only 60 days long there are major questions which have to be addressed.

A major issue is funding for Washington State Ferries (WSF) operations. Although there are a number of studies underway as a result of the Ferry Financing Study aimed at the 2009 legislative session, there has already been a bill filed in the House by Rep Sherry Appleton of Bainbridge Island which would triple the amount of the state gas tax dedicated to ferry operations. Currently WSF receives ½ of 1% of the gas tax revenues and Rep Appleton’s bill would increase this to 1 ½ %. This bill is HB 2454.

Rep Appleton has also filed four other bills that would directly benefit Vashon residents and other ferry communities. These are HB 2453, which would eliminate the 30 minute “lockout” for multi ride car and driver tickets; HB 2455, which would eliminate expiration dates from any prepaid ticket and an as yet unnumbered bill which would re-instate language inadvertently dropped last year by HB 2358 regarding frequent user discounts in ferry dependent communities. Lastly, she has introduced HB 2451, which would create a Washington state Ferries Commission to oversee the operation of WSF.

It is very important that we contact our legislators and members of the House and Senate Transportation Committees to express our support for these four bills. Our legislators are Sen. Joe McDermott, Rep Eileen Cody and

Vashon’s own Rep Sharon Nelson. The members of the House and Senate Transportation Committees can be found at those committee’s web sites, www.leg.wa.gov/house/committees/tr and www.leg.wa.gov/senate/committees/tran

We will keep you informed of developments in the legislature as the session develops.

Since the new Secretary of Transportation, Paula Hammond, took the steel-electric ferries out of service and thereby shut down the Port Townsend-Keystone auto route, the state has been scrambling to procure replacement boats that can operate on that route. The decision has been made to build three 50 car ferries based on an existing design and thereby shorten the time until these boats are actually operating. The Governor has proposed that these boats be funded in part by taking money previously allocated for the Mukilteo terminal and in part from funds previously intended for four 144 car ferries which were planned a number of years ago but which have been and continue to be delayed. The legislature will be asked to approve this shifting of funds. If approved the result will likely be that only two or three new 144 car boats will be built, not the four originally planned. Although Vashon will not receive any of the new boats we will benefit from the “trickle down effect” and receive a bigger boat to operate on the Fauntleroy run to replace either the Klahowya or the Tillikum, which in turn would replace the Rhododendron on the Pt Defiance route.

Remembering Martin Luther King, Jr.

Continued from page 10

Freedom of Religion... contorted beyond meaning and recognition

Freedom of the Press... diminished, corrupted, and self- or state- censored

Justice... guilty until proven innocent; while liars, cheats, and war criminals go free

The Rule of Law... applies to some but not to all

Separation of Powers... cancelled

Impeachment for High Crimes and Misdemeanors... off the table

All of this made possible by public servants and citizens too, who behave as if they never read a book, visited a museum, went to school, took an oath, or pledged allegiance. The ship of state is lost at sea, captained by a would-be king, and attended to by painted courtesans, all busy defending their lust for power and feigning innocence with platitudes and half-truths.

Their handiwork has left behind a multitude of dead bodies, still uncounted. The murdered, the dispossessed, the mind-damaged,

and the broken-bodied suffering souls remind us that something evil has been going on in our name that we don’t understand... something that by official decree we are forbidden to understand. We are faintly aware that something has been stolen from us and our progeny, the full accounting of which, is locked up, hidden away, and beyond our reach—like the papers of past and future presidents are locked away... until they are dead and gone and so are we.

Lies, deceit and fear hang in the air like the exhaust of half a billion oil burning engines, and squinting through the stifling smog—we finally open our eyes and ask ourselves, “My goodness, I’ve lost track of time...what time is it... look over there through the haze... does that look to you like a rising or a setting sun?”

And then as if from some distant past, we hear a voice answer, “I guess that will depend now on how you honor your dead, and what you intend to leave to your posterity.”

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I want to invite people from my island to gather and discuss, in accurate detail, Hillary’s record and her current stated goals. I value educated voters and I hope to become more confident in Hillary. I believe that thorough education will sink deep enough to last through the Summer months of ads and lies and manipulation. NOW

is the time to gather undisputed information and come to a conclusion that we can carry with us until Election Day! Also, I believe that if America will elect a woman as president, that time must be NOW - or we may never have the chance again as we progress into the difficult times ahead. I want to know WHY Hillary believes she is the best choice for America? I want to know, in detail, what she has done as Senator? I want to encourage women to vote for her with a feeling of confidence and hope - rather than voting for Obama or Edwards because they’re scared that America won’t elect a woman to such a high office.

Sincerely, March Twisdale

Reply to “Ferry Scare”

In response to the “Ferry Scare” letter appearing in the November 30 issue of the Loop:

Oh Joy! More “sticking your nose in” behavior by passengers who ride the ferries. I’m just a commuter just like you these days, but I was for five long years a member of the WSF deck department. I went from sailing the high seas as a Captain to being a lowly ferry boat deckhand, just so I could be at home more. Believe me, it was a better career outside.

I usually worked off the South End, a very mellow place, but every Saturday had to come to the North End to run the #3 boat during the day. My experiences with passengers (notice I don’t use the word “customers”) on the North End boats were seldom pleasant. They included being, spit on, slapped, screamed at, shoved, sucker punched, and run into on purpose by the Southworth driver of a Van Pool van who “had to get to work”. The letter by Ms. Soriano is a classic example of the kind of mindless assumptions that seem to be routine for many passengers.

One wonders how she would feel if a few ferry workers entered her assigned work station having arbitrarily decided that things had gone awry, snapping photos while screeching very important opinions about her work product, while having absolutely no understanding

of the process taking place. WSF deckhands face this day in and day out. If I was the Master of that ferry I would have called the police. Interfering with the work of a crewmember on a passenger ferry, or refusing the lawful orders given by a member of the crew of a passenger vessel, is a direct violation of federal regulations (49 C.F.R. § 176.89.9: Any instructions given by the vessel’s representative during the voyage, and during “roll on” and “roll off” operations must be observed.).

The tasks being performed aboard the ferries are at all times directed by the licensed officers aboard each vessel. If there’s an issue, ask to see the Chief Mate. Deckhands have the least amount of power and ability to change anything; they do want to make sure your passage to and from the island is a safe one. The amount of BS they put up with goes way above and beyond what they should endure.

Please, keep your mouth shut about things of which you have no understanding. Perhaps just say “hi” to them. Imagine the stunned looks you’ll receive in return. Wow. They’ll be the ones taking pictures of you, to prove that it actually happened.

Doug Pine
Maury Island



Dealing with High Cholesterol

By Kathy Abascal

Recently, several people have asked if they can lower their cholesterol levels “naturally” and quickly. I usually respond that it is more important to protect the body than to lower cholesterol levels. Using drugs to lower cholesterol only seems to prevent heart attacks or stroke in people who have already had a heart attack. My first recommendation is always to take steps to prevent “cardiovascular and cerebrovascular accidents” rather than worry about the numbers.

First, improve your diet. You need adequate amounts of fruits, vegetables, good oils, nuts, and seeds in your diet. You need to avoid the chemicals so abundant in processed food. And, if you eat cholesterol-rich animal products, you should make sure that they are chemical- and hormone-free, lean, preferably organic, and not in excess. This will give you enough fiber, minerals, and vitamins to improve your health and usually will reduce your blood fats as well.

Second, you should take fish oil. Fish oil is an inexpensive supplement



that actually prevents strokes, heart attacks, and other circulatory problems. You need high quality fish oil that is free of mercury and other heavy metals, free of PCBs and other flame retardants, and one that comes from cold water fish in relatively unpolluted environments. I recommend a lemon flavored oil over capsules because the oil has not been manipulated as much in the manufacturing process. If you found the taste of cod liver oil disgusting, or if the idea of fish oil seems repugnant (usually based on stories describing the taste of cod liver oil), you will be pleasantly surprised. High quality fish oils do not taste “fishy,” and you can simply put a teaspoon of oil on your salad if you do not like oil by itself.

Third, you should take vitamin D. A study just last week confirmed that

a vitamin D deficiency correlates with heart attacks and heart disease, especially in those with high blood pressure. Some one-third to one-half of the population is deficient in this vitamin, and this number probably is higher in the Northwest where we cannot make the vitamin most of the year. So, take a vitamin D supplement. I take 1,000 units per day but you will need more if you have an actual deficiency, so you may want to have your blood levels tested.

Once you have taken steps to protect yourself from a heart attack or stroke, you can turn to reducing your blood fat levels. I was taught that herbs high in long-chain sugars “cool the liver” and bring down blood fats. The liver is key because it makes the cholesterol that does not come from animal products in your diet. I especially like combining burdock (*Arctium* spp.) root with dandelion (*Taraxacum* spp.) root. This duo gently slows the production of cholesterol, and seems to work even better if combined with medicinal mushrooms.

If you are in a bit of a hurry to reduce your numbers (usually to avoid taking a statin-drug), you might try policosanol. Policosanol is a group of waxes from sugar cane and originated in Cuba. Due to our trade embargo, Cuba cannot import statin drugs and had to develop an alternative. According to many studies, policosanol works as well as statins but lacks side effects. Of course, due to our embargo, we cannot get Cuban policosanol. Some US manufacturers came up with a product from bees wax that does not work well but you can also (and should) get one made from sugar cane waxes.

Finally, if you are in a real hurry, you might try a Red Yeast Rice product. Red yeast rice is a fermented food used to give Peking duck its color. It contains lovastatin, the very same lovastatin that is in the drug marketed as Mevacor or Advicor. Lovastatin is a naturally occurring compound also found in oyster mushrooms. Why a pharmaceutical company was allowed to patent a compound made by mother nature is beyond me. In any event, in China, they manufacture red yeast rice in a manner that increases the amount of lovastatin in the product. The manufacturers also stated how much lovastatin was in each capsule which the FDA decided violated the lovastatin patent. It has removed a number of brands of red yeast rice from the market. You can still buy red yeast rice but the bottle no longer mentions its lovastatin content. Red yeast rice products usually work quickly at much lower doses than isolated lovastatin. If you take red yeast rice, you should add the supplement Co-Q 10 (ubiquinone) to your regimen as statins deplete this compound, critical to heart health. If you end up taking a statin, you should be religious about taking Co-Q 10.

Personally, I prefer using diet and herbs to support and promote circulatory health but policosanol and red yeast rice also produce good results. If I had cholesterol issues, I would certainly prefer them to the various cholesterol-lowering drugs on the market.

oooo



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 has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today*.

She is now available for health consultations at the **Full Circle Wellness Center**. These consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.



The Community Center Dream

Continued from page 1

purchase proposal. This opportunity has become site driven — not content driven! The Vashon-Maury Island Community Council assigned the analysis to its Land Use Committee, which subsequently drafted a proposed rezone motion that would allow “almost any thing to be developed” on the site. Unfortunately, somewhere along the timeline, this non-profit “dream” for a community center has now morphed into a private, for-profit, condominium development. The developers request that the community favorably endorse the proposed rezone. Concurrently, they have made it clear that community input is advisory only, except perhaps as hopeful tenants or solicited investors. Is it really too late to crystallize our dream and require specific conditions be attached to any rezone?

Many challenges and questions remain unresolved and should warrant very close public scrutiny. As a starter, **WATER** - Where will it come from? With only 3 water shares, what about the 300+ members currently on the King County Water District 19 waiting list? The King County Comprehensive Plan clearly identifies the principal significance of water quantity/quality considerations, yet we have had very little public discussion. Where’s the public discussion of proposed alternative water recycling? Second, **TENANTS** -Who constitutes “community center” tenants and can the non-profits afford to relocate? What about the vacancies they create? Will the new businesses created compete unfairly with other businesses? Is there enough business to go around? Does the public have any preview or say

in the content, control and relocation of the “new” Vashon Island library? ... or the proposed health center? Is Sunrise Ridge part of a proposed “land swap”? Or Third, **REZONE** – From I-P-SO (an industrial zoning that is parcel specific with a “Special Overlay District” – the Vashon Community Plan – as part of the King County Comprehensive Plan) to WHAT? WHY? and HOW does it benefit our community?

As a private real estate sale, the developers are afforded their respective rights and an opportunity to make their decisions accordingly without interference. However, when pitched as the Vashon Island community center, the citizens of Vashon Island should have a significant voice about the implementation of our “dream”. Is it too late? NO!

While its context relates to Rev. Martin Luther King’s “I Have a Dream” about racial equality, the following poem by civil rights poet Langston Hughes seems to capture a sense of the diversity our current community center dilemma presents:

“A Dream Deferred”
What happens to a dream deferred?
Does it dry up
like a raisin in the sun?
Or fester like a sore—
And then run?

Does it stink like rotten meat?
Or crust and sugar over—
like a syrupy sweet?
Maybe it just sags
like a heavy load.
Or does it explode?

While water will once again control the highest and best use for this K2 site, perhaps it’s time for us to seek an open, inclusive dialogue and written consensus as to What our “community center” should be; Where it should be located; and How we intend to make it a reality. Is it too late? I don’t think so!



Planet Waves

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

Aries (March 20-April 19) In just over a week from now, Mars stations direct in Gemini. When a planet stations, it changes direction of movement relative to the Earth, and this can put a strain on people and the situations we create. You appear to have come as far as you can in one particular direction of thought and reassessing your short-term goals and values. You may feel like you've waited long enough. Other planets moving are sending you the message that the time has indeed arrived to engage certain long-term plans that you have, for whatever reason, held off on. Rather than analyze the delays, I suggest you focus on speaking up when you have an opinion, even if it means admitting you've changed your mind about a long-held belief. You will be doing a lot of that in the foreseeable future, so get used to it. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) You're coming up on some big moves. The soon-to-arrive nearly simultaneous sign changes of Venus (your ruling planet) and Pluto (everyone's ruling planet) promise to carry you far from where you started off the current long phase of your journey. What these movements are telling me is that your most far-sighted visions and ideas have been something of a secret to you, though it seems you're now ready to hear what you've been keeping from yourself. Your future is a mansion with many rooms, and you're now in the process of opening the first of those doors. You're standing in a long corridor with numerous choices for where to go. Remember, you didn't come here to wander in a hallway, and for your purposes now, it doesn't really matter which door you select first — only that you choose. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) You seem to be experimenting with a great diversity of beliefs, including a few about your mission in life. I mean this in the greatest possible sense — by now you have figured out that you arrived on this planet with a purpose, and in these very days and weeks, new information about that purpose is being revealed to you. However, I am wondering about why that is happening now. It seems that the actual thing you're getting into contact with is your will. You seem to be deciding what you want. As a result of that — not the other way around — your sense of purpose is formulating in a meaningful, understandable way. Remember this moment any time you're ever waiting around for the future to happen. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) You may not be sure what is troubling you, and you may not be sure what it was when it stops doing so. If you're experiencing some kind of nameless fear, a hint of paranoia or a sense of conflict with yourself, stick with the feeling even (and especially) if you don't understand it. The scenario may seem bigger than you; I assure you that it's not; you are the boss. It's just that you're attempting to address a concern that is a bit thinner than air, or is something more appropriate to experience in a dream. This something is providing some excellent fuel for the imagination. That you're not feeling 100% confident is a healthy sign, and there is wisdom to be found in your doubts. Listen carefully and you will learn something about yourself that verges on impossible to learn about any other time. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) With the amount of activity in your opposite sign Aquarius, you must be incredibly busy. Just be sure you're busy with business and not with busy-ness. There is a fine line between the

two, and much of what you don't need to do is disguised as what you must urgently attend to. Think clearly, and avoid commitments that you're not ready to make or are uncertain of their importance. Developments over the next few days are going to completely rearrange your priorities, and convince you that you need to go in a few other directions than the ones you're currently planning. Meanwhile, this would be a good time to allow a friend to demonstrate his or her commitment to you, before you go out of your way to demonstrate your commitment to them. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) A professional development that seems to have been hung up for months is about to come unstuck. When this happens, you may observe that someone you respected as an authority figure was concealing a less wholesome side to their nature. That may have involved the fear of competition, jealousy or an opinion about something they were not sharing. This is not the end of the world, and what is more important than how you feel about someone else is how you feel about your own objectives. You're resolving some doubts about what you want, but remember — most of them came from trying to decide whether what you wanted was attainable. That's no way to size up a goal — but regardless, what you want is clearly something you're capable of achieving. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) Sometimes there are those moments in life when everything seems absolutely perfect, and you know it's about to change. In those times, it's helpful to recognize that the change is part of the perfection; and also that perfection always has its flaws. That being said, take in the moment, and ask yourself what process, long ago set in motion, is beginning to take root in your life. One trick to enjoying our brief journey on the planet, if I may be so bold as to propose such a thing, is to exist gently within an exquisite moment without clinging to it. That's the option you have now. Anyway, the approaching changes will come on gradually, though certain events that set the process in motion may seem abrupt. Never forget the real goal, which is you cultivating a sense of safety on the planet, and one that is not based on how effective you are at barricading yourself in. Imagine living someplace where you don't need to lock the doors. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) Much of your focus the past several months has involved renegotiating contracts, commitments and long-term involvements. You are about to discover what a great job you did. I can tell you now, before you figure it out (and without spoiling any surprises) that you have cleared the way for the next major phase of your life. Most of what holds us back are entanglements we don't exactly understand and cannot, therefore, sort out. You figured this out a long time ago, though it's taken some time and effort to understand the roots of these involvements, the mixed feelings and ambivalence involved. Now, at least, you're in a conscious relationship with these things. And it's clear that you're planning to be a lot more cautious before making bold promises or commitments in the future. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Make yourself at home on the planet! You belong here. Pluto in your sign, which has lasted damn nearly forever, has made you question that fact more than once. But the benefit of this transit is that you have nudged, muscled and dynamited your



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way into your very own space on the planet. People actually accept you for who you are — there came a time in their lives when they decided it was ridiculous not to do so. They recognized something about you, and looked up to it: that being your longstanding commitment to your values. Now, you're about to go on a journey investigating precisely that aspect of your being. You're going to discover things about yourself that nobody else knows, and neither could they figure it out. You may fear that anything you uncover could cost you the respect of people you care about, but I sincerely doubt that it will. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) Enjoy this moment of profound transition. The more uncertain you are, the better. The more you are wondering what is next, the more fun it will be discovering what it is. Or rather — discovering who and what you are. Pluto through Capricorn is a time of major adventure of becoming who you are, discovering who you are, and experimenting with the impact you have on the world. But remember, existence is a relationship. You influence the world and it influences you. The membrane that normally separates the two is becoming mighty thin. It is true, you're more vulnerable than usual, and at the same time, the people around you are feeling your influence more poignantly than ever. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Put a flower in your hair. You'll smell fresh, and people will smile at you. That's how simple it is — sometimes. This is one of those times, no matter how complicated your life seems at the moment. Embrace the simplicity of your existence. Breathe in your commitment to change as the mere

(and mighty) willingness to change. But more than anything, allow people to see, feel and be witness to who you are at your most honest. Remember that others experience your contradictions in an entirely different way than you do. You experience them as emotional conflict; others see them as character. You're transparent — but not so transparent that people can look at your face and see your brain. Therefore, you can afford to have them see the most honest expression on your face. When someone looks you in the eyes, look back at them and relax. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20) Watch where you're walking. Keep a little bag of sand on your belt, and when the going gets slippery, take charge and throw it on the ground. (Even a conscious visualization to this effect will work.) Do your best to back off from the fast-talking, hard-driving types; you don't need them, and they don't need you. Direct the course of your existence gently — at the moment, it's subject to change, and that's going to prove to be extremely helpful, if you use this opportunity consciously. You are lighting up on the inside; you are gaining self-knowledge and familiarity with your inner journey. This is a rare state in the world, and a delicate one. Beware of ice, drive like a professional, and when you see one of those yellow "Wet Floor" signs, assume it's there as a personal message for you. Eric Francis has more of your astrology for you at PlanetWaves.net.



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Island Epicure



What Do You Do with Goose Grease?

By Marj Watkins

A reader asked, “What to do with all this goose fat leftover from roasting my Christmas goose?”

He had consulted the Internet and learned only that he should refrigerate goose grease. So there it was, still taking up space in his refrigerator, too precious to throw out, and too mysterious to work into his cooking.

For any of you who have goose, turkey, chicken or meat fat and wonder what to do with it besides make gravy, here is the list I sent the cook with the jar of goose fat.

- 1. Add** a few drops of camphorated oil, if you can find it, or eucalyptus oil to about a quarter cupful of goose fat warmed for a few seconds in your microwave or in a small pan on low heat on your stove. Rub it on the chest of anyone in the family who has a bad cold. Either oil is decongestant. This is good to do at bedtime for help breathing while lying down.
- 2. Sauté** chopped onions in heated goose fat for soups or stews. The fat helps the vegetables release more nutrients into the broth and adds flavor.
- 3. Rub** some on the breast of the next goose you roast. (Oh, oh, that means accumulating yet more goose fat.) Or brown chunks of meat in heated goose fat for one of the recipes below.
- 4. “Make candles,”** my husband suggests. Goose fat is not as solid as animal fat. If it did work, your mouth would water every time you lit one.

I consulted my Transylvania cookbook, and came up with this recipe. As given, using two pounds of dried large white beans, this dish would feed a Transylvania family with sixteen kids, or a potluck crowd.

The recipe below originated in the Sabbatarian community of old Transylvania, then a part of Hungary. Stuffing a goose neck involves carefully taking the skin off the neck as a tube and stuffing it with ground goose meat, an egg, bread



crumbs, some chopped root veggies, and seasonings.

Sszombatosok Soletje SABBATARIANS’ SHOLET

- 2 pounds large white beans, soaked overnight.
- 3 Tablespoons rendered goose fat,
- 1 Tablespoon flour
- 2 garlic cloves, crushed
- 1 stuffed goose neck (or 1 Morrell polish sausage)
- 2 goose drumsticks
- 1 goose hindquarter
- 1 lb. beef short ribs
- Salt, pepper, tarragon, bay leaf, and basil to taste

Heat the goose fat in a large ovenproof casserole. Cook the onion in the fat until wilted. Reduce heat. Sprinkle with flour. Stir. Add garlic. Mix in beans. Add water to cover plus 3 inches. Add the meats. Season with 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon each basil and tarragon. Add a bay leaf, broken up.

Bring to boiling, cover, and cook in 200-225 degree oven at least 6 hours.

More realistic for most of us is this related dish, a Jewish Cholent. (Say—pronouncing the CH in the back of your throat- koh-LENT). I’ve boiled it down closer to modern American family size.

CHOLENT

Makes 4 to 6 servings

- 1 cup lima or great northern beans, soaked overnight or slightly sprouted
- 2 large dry onions, diced
- 3 Tablespoons chicken, turkey, or goose fat or olive oil
- 1 lb. lean meat cut in bit size pieces or 1 lb. beef short ribs
- 1 ½ teaspoons salt
- 4 potatoes, thinly peeled and quartered
- ½ cup uncooked barley or brown rice
- Black pepper to taste
- 1 large or 2 smaller cloves garlic, sliced
- 1 Tablespoon paprika
- ½ teaspoon ginger, optional
- 1 small bay leaf, broken up

Drain the soaked beans. In a heavy saucepan, heat the 2 tablespoons of the fat and sauté the onions until shiny and semi-transparent. Remove with slotted spoon and reserve.

Add the remaining fat. Brown the meat. Sprinkle some of the salt over it. On top of the meat, place the beans. Add the potatoes next, and then put the onions back into the pan. On top of all, put the raw grain. Sprinkle the remaining seasonings over all.

Pour in water or stock to the top of the ingredients. Cover and cook on low heat for 1 hour.

Transfer to a preheated 225 degree oven*. Bake all night and all day, 24 hours approximately. If you stick it into the oven as you prepare Friday night’s supper, the Cholent will be ready to eat for Saturday night’s supper when you come home from skiing or whatever you do on Saturdays.

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* You may prefer to leave it set at 200 degrees overnight.

All you need to complete this meal nutritionally is a salad of baby spinach or assorted greens topped with a diced orange and a diced apple and a handful of walnuts to eat with ranch type dressing or raspberry vinaigrette.

If you still desire bread, I recommend you try one of the whole-grain breads from Thriftway’s freezer case at the end of the bulk foods aisle. Thaw a few slices in the toaster set on a light setting. Eat them with real butter for maximum taste pleasure.

~~~~~

## K2 Commons

*Continued from page 1*

commercial kitchen will be a place where large private and community events can be held. Also planned is a community “living room” where people can meet in a relaxed atmosphere.

The main K2 building is approximately 160,000 square feet (there are also three sizeable out buildings). The building has been well maintained, and all of its systems are intact although several changes and upgrades of the mechanical systems will be required. There is substantial electrical capacity. The property is 18 acres with the building and parking areas occupying 12 acres. There are 6+ acres of open space which will be developed into a park, a community garden, and, perhaps, affordable/workforce housing units

The business model for the project is a commercial condominium. This means that most of the spaces in the building will be sold. In some cases, the spaces will be sold directly to owner/occupiers. In other cases, the spaces will be sold to an investor with a lease to the occupying entity. A third model is an investor buying a space and renting it to other small businesses. The result will be a large amount of space being offered and available for non-profits to occupy. Thorough legal agreements will be in place which will specify how the spaces can be used, insuring that the interests of all occupants are addressed.

Since water is limited on Vashon, we plan to use rain water collection and storage for most of the water needs so that the project will put minimal demands on Water District 19. Already existing in the

building is a 310,000 gallon water storage tank which would collect and purify rain water from the roof. Tank storage, together with the three water shares that belong to the property, should be sufficient to run the facility. Additionally, we are working with Puget Sound Energy to improve the energy efficiency of the building. The huge flat roof of K2 Commons is an ideal site for solar collection, but we have been advised that cost effective solar technology is ‘just around the corner’, maybe five years out. All electrical upgrades will be made with this possibility in mind.

Besides the required electrical and mechanical upgrades to the building, a number of architectural features will be added including new larger windows around the entire perimeter and a number of skylights in the roof. Additionally, in order to house some of the planned features (indoor basketball, tennis courts, and indoor soccer) several structural columns will be removed necessitating the placement of large roof trusses. Fire corridors will be added, walls moved, and floors modified. There are even portions of the building that will be demolished and replaced. All of these design changes will be made while still retaining a sense of Vashon’s unique identity.

We know that we cannot meet everyone’s needs but we feel confident that with the community input we are continually receiving we can meet the needs of a number of local businesses and organizations and provide a unique, welcoming facility of which Vashon can be proud. We look forward to the day when K2 Commons opens its doors for business.



# Positively Speaking

## Freedom or Slavery; The Three Greatest Freedoms for White People

by Deborah H. Anderson

### Chapter 1:

At night she stretched out in pink sleepers meant to keep her from hurting herself in her sleep. Teeth marks covered the headboard; markers of the terror within her from the anguish of childhood abuse experienced before she came to live at our house.

The agency placed her with me because they believed I could teach her how to heal instead of giving into a life of drugs, alcohol and promiscuity that awaits an invitation from those who experience early trauma.

“Make the pictures go away, Mommy.” holding her six year old head dancing in tormented circles trying to run away from that which held her mind captive.

Long talks, lotions and potions of a sweet smelling nature after baths, dance, swim, music, and reading lessons, the latest therapies and Pioneer Girls along with new friends, private school, and picture perfect birthday parties, trips to the hospital where she was born and a meeting with her birthmother helped.

Then we moved to a place where drugs and alcohol were in the driver’s seat. She didn’t want to move there. She liked her life the way it was. One night, I returned from some place and all the candles were lit on the mantle with a note that read, “I don’t want to go but if we have to, “I know the plans I have for you; plans for good and not for evil. Plans to give you a future and a hope” –Jeremiah 29:11. She had a heart for God.

When they introduced her to the illicit substances she told me, “You never told me drugs would make me feel better”. She was right. I hadn’t. I didn’t consider a temporary fix ‘better’. She ran away and I gave her the gift of hating me as the drugs kept her farther and farther away from healing the awful pictures in her brain. If she could hate me, maybe eventually she would hate those who hurt her and then make her way back to understanding and forgiving them and reclaiming her life and gifts and talents.

Ten years later she found herself and the seeds I had planted began to grow.

Freedom to face our pain, stand in it, and heal is our greatest freedom. It leads to all other freedoms. The freedom to be who we were made to be, all the best parts of us, our ability to be present in our own lives and trust our emotional flexibility which allows us to be fully alive.

**Chapter Two** :Another tale of slavery.....

At the end of her life, when the hair had turned white and the skin had sagged, he, the well-polished educated charmer beckoned her into an affair because he was tired of his

wife. Like so many women hungry for the glittery attention and seeming glamour of once a week trysts, she eventually found herself wanting it to be Love saying, “We’re not hurting anyone”; believing it too. “We decided we’re just going to lie.” Ah, says I, “Just because you tell a lie doesn’t make it the truth.”

And then he dumped her, cad that he was, and she spent the rest of her life trying to connect with his associates to remember the way he made her fools gold of a relationship feel like true love.

The freedom to say no to those who would lure us to say ‘yes’ to the strength of pretend is our greatest freedom.

**Chapter Three:** The white song of the underground railroad north.....or ‘what more could white people do?’

Ethel was our black housekeeper who left the hosue filled with eau de Pine Sol and the peace that comes from order. At my father’s funeral she sat with us four virtual orphans infusing strength and dignity and meaning into our quaking grief. Ethel taught us how to stay the course as only a black person can teach a white person.

Now, in the present, the two black men who asked me to be the first white woman to sing a Gospel lead in a lily white proper church of thousands said they would have my back if I agreed. They would protect me. And then they stood down.

It didn’t matter. I learned our greatest freedom is to sing a song where none has been sung before.

We have more freedom than most any community on earth here on this perfect little Island. We live mostly as friends with unlocked doors. The only violence we experience is a clash of ideas. Gay people don’t have to hide who they are. Adventurers can roam free without looking weird. Entrepreneurs can entice someone to join them without much effort. Opportunity and money almost always result from hard work. We laugh together , sing together, quilt together, shoot game together, create, eat and grieve together. We wait for each other at four way stops.

Are we free because we’re isolated? Could we be free with a bridge?

Are we free because we’re mostly the same color? Could we be free if whites were in the minority?

“To Whom Much Is Given, Much Is Required.”

May the freedom we enjoy today in this place be a source of living healed, truthful lives singing songs of hope and joy for those who have no music. LIVE THE DREAM

Love  
Deborah

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## Waterlily Workshops



Waterlily Workshops presents “Sleeping Children, Peaceful Parents” a parenting workshop focusing on sleep issues and young children Wednesday January 30, 2008 from 7 –9 PM. Teaching your children to sleep, sleep patterns, naps and nightmares will all be covered in this practical workshop for parents, grandparents and caregivers. The cost is \$25.00. Partial scholarships are available. Nursing babies are welcome.

Lead by Deborah Anderson professional well child and special needs nanny and former preschool teacher for North Seattle Community College Coops at Ingraham High School and Ryther Child Center Therapeutic Preschool, birthmom, foster mom, and adoptive mom, the content will cover the nature and nurture of sleep with practical suggestions and small group processing. Call 463.4630 for questions and registration.

## Spell It 2008

by Melanie Salonen

Do you know how to spell “s-u-c-c-e-s-s?” If so, you are ready to join up with two other people and register for the Second Annual Vashon Community Scholarship Foundation Spelling Bee! This year’s “Spell It” is set for Sunday, February 10 at 7:00 p.m. at the Vashon Theatre, and just like last year, you do not have to be a great speller to be a part of the fun.

Money raised from this event will aid the non-profit Vashon Community Scholarship Foundation in helping graduating seniors achieve their post high school dreams. Each year, seniors are given the opportunity to put together a scholarship notebook. Once submitted, a committee of teachers, donors and community members convene to match students to appropriate scholarships generously donated by individuals, businesses, non-profit organizations, memorials to honor loved ones, and money raised by fundraising events like “Spell It.”

Harris Levinson, spokesperson for last year’s winning team, recently reflected on why he chose to participate in the first ever VCSF spelling bee fundraiser, “I’d had a hankering to be in a spelling bee since I saw the excellent documentary, ‘Spellbound,’” he

said. “That and being taken out in the final round of the 3rd grade spelling bee with the word ‘mille-feuille’—a pastry that my Francophobe parents strictly forbid!” Now, Levinson and his “terrifying triumvirate” of Dr. “Fitty” Floyd and Mike “Zech” Zecher claim to be ready to take on this year’s competition, if they can pull “Zech” from his busy schedule. Levinson says due to last year’s success, “Zech” now spells with a “select team and may be at the Olympic qualifiers in Amarillo!”

Applications for the Second Annual VCSF Spelling Bee can be picked up at the Vashon Public Library, Vashon Bookshop, Vashon High School, the Vashon Theatre, or by contacting Mary Margaret Pearson at 463-6622. Besides the challenging spelling competition, this year a costume contest has been added. There are also opportunities to show your support through sponsorship. We once again invite you all to join in the fun while helping seniors achieve their dreams and discover their own spelling of “s-u-c-c-e-s-s!”



Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, Jan. 25**





Vashon Sports Updates:

Girls Basketball: The Girls destroyed Cascade Christian 59-29 last Friday night. They are looking great at mid-season.



Famous Faces of Vashon Wrestling: Ken and Janet Baron

Boys Basketball: The Boys are 9-1 on the year after a close loss to Cascade Christian. But needless to say, they are looking great and competitive, poised for a big run in late January and February.

Girls Wrestling: Sylvie “Karate” Shiosaki (119) and Madeleine Mad Dog Wolczko (103) both took home 1st place at the Kelso Girls Wrestling Tournament. Both wrestlers pinned all their opponents up to the finals, then won hard fought matches to take home the title. Lizzie “Lizzard” Corliss (140) won one match and



Jake Carmen flexes in preparation for his finals at Sub-Divisionals! Clyde Pruitt clowns in the background.

Dec. 29th in the Vashon Gym. The team took home 4th place— only behind Lakeside (3rd state last year), Orting (2nd state last year), and Blaine (a top 10 2A team). Rogen



Adam "Baloney" Thalhofer locks up his Everett opponent en route to winning the Vashon Rock Wrestling Tournament.

“Rodge” Lopez won the 135 pound weight class, pinning his Mt. Baker opponent in 36 seconds in the finals. (This opponent beat Lopez earlier this year.) Adam “Baloney” Thalhofer won the 152 pound weight class by pinning his foe from Everett in the 3rd round. Slammin’ Sam Chapman and Alex Steamboat Stemer placed 2nd, losing to tough Orting opponents. Geran “G-Webb” Webb placed 3rd in the 215 pound class and Eddie “Scissorhands” Protzeller placed 4th at 112 pounds. Graeme Britz, Quang Patrick, and Tim Jovanovich all placed 6th.



A bunch of Rockbusters congregate at Sub-Divisionals, which took place on Vashon on January 5th.

continues to improve, rapidly. Sylvie and Madeleine are undefeated against girls competition (also winning the Rochester Girls Tournament) this year, setting themselves up for a great post-season run in February.

Guys Wrestling: Improved to 3-0 in League after beating Foster 69-9. Big wins by Kyle “Kork” York and Kyle “K - M a r t” Martin.

V a s h o n Wrestlers take 4th Place at the R o c k Tournament

P i r a t e grapplers wrestled with many of the best teams in the state on Saturday,



Rogen "Rodge" Lopez accepts his medal after winning the Vashon Rock Tournament.

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Not Just a Great Burger

Harbor School Open House

Continued from page 1

Steve will take the helm July 1, 2008 when founding Headmaster Toby Welch steps down after 12 dedicated years of leadership. Steve brings to THS a wealth of independent school experience, solid leadership skills and strong academic credentials. He has tremendous energy and a contagious enthusiasm for education. Steve’s long career in independent schools across the country gives him the perspective and experience necessary to nurture the vision that Toby created, and to confidently steer THS into its next stage of growth.

Steve began his career as a high school English teacher in 1975. For nearly 20 years he taught at The Pennington School in New Jersey, a prestigious boarding school, where he eventually became the Middle School Head and later the Upper School Head. After moving with his family to California, he served as Assistant Director/Middle School Director of The Pegasus School, a middle school in Huntington Beach, and later as Head of The Harborside School in San Diego.

Island life and Vashon’s strong sense of community were an integral part of Steve’s excitement about THS and his decision to move his family here. “I’m 57 years old. I’m not looking for a career move. I’m looking for a place I can fall in love with and be in a place that’s really right for my family,” said Steve, who currently

lives in San Diego with his wife Nancy Fox, and their two children, Nicholas, 15, and Chloe, 10, in a recent Beachcomber interview (12/07/07).Steve emphasized that the most important thing for him is that The Harbor School is innovative and progressive. “It’s based on the whole idea of engaging kids actively in their own learning and also using an interdisciplinary approach. In the other schools I have worked for, I was charged with changing the curriculum from traditional to progressive,” he said.

Teacher and dean of faculty James Cardo, who was also on the search committee, was impressed with Steve’s combined abilities as a teacher and an administrator. In his interview with the Beachcomber James said, “Steve understands the business side of running a small school and, more important, how to put together a curriculum. He can take a good curriculum and move it to the next level.” Search committee member and former board chair Colby Atwood adds, “His personality makes him very approachable by kids as well as adults.”

“From a founding head’s perspective, I’m very pleased and very excited for what he’s bringing and also for the school itself,” Toby Welch said. “It’s a wonderful thing for us.” All are welcome to join us at The Harbor School, Tuesday, February 5th, 6:30-8:00pm. To learn more about the school, please visit [www.harborschool.org](http://www.harborschool.org).



# Loopy Laffs

Q: How many Zen Buddhists does it take to change a light bulb?  
A: None, they are the light bulb.

## One Liners

For every action there is an equal and opposite criticism.  
It IS as bad as you think, and they ARE out to get you.  
I won't rise to the occasion, but I'll slide over to it.  
I get enough exercise just pushing my luck.  
So a dyslexic walks into a bra...  
Bureaucrats cut red tape, lengthwise.  
Sacred cows make the best hamburgers.  
I took an IQ test and the results were negative.  
Anything worth taking seriously is worth making fun of.  
The sooner you fall behind, the more time you have to catch up.

Dear God:  
Did You mean for the giraffe to look like that or was it an accident?  
- Norma

A little boy wasn't getting good marks in school. One day he went to his teacher and said. "I don't want to scare you, but my daddy says if I don't get better grades, somebody is going to get a spanking."

Pythagorean theorem: 24 Words  
The Lord's Prayer: 66 Words  
Archimedes' Principle: 67 Words  
The 10 Commandments: 179 Words  
The Gettysburg Address: 286 Words  
The Declaration of Independence: 1,300 Words  
The U. S. Government regulations on the sale of cabbage: 26,911 Words

Certainly in the next 50 years we shall see a woman president, perhaps sooner than you think. A woman can and should be able to do any political job that a man can do.  
Richard M. Nixon



Solution to puzzle on page 7

Sign Outside Island Church:  
Free Trip to heaven. Details Inside!  
Recently seen at a flower stand:  
"Doghouse keys."  
On an exterminator's van: "We make ants say 'uncle.'"  
Near a cash-register penny cup: "If you fear change, leave it here."

Cowboy Wisdom  
There is no right way to do a wrong thing.

For every action, there is an equal and opposite criticism.  
It IS as bad as you think, and they ARE out to get you.  
I won't rise to the occasion, but I'll slide over to it.  
I get enough exercise just pushing my luck.



Education: the path from cocky ignorance to miserable uncertainty.  
—Mark Twain

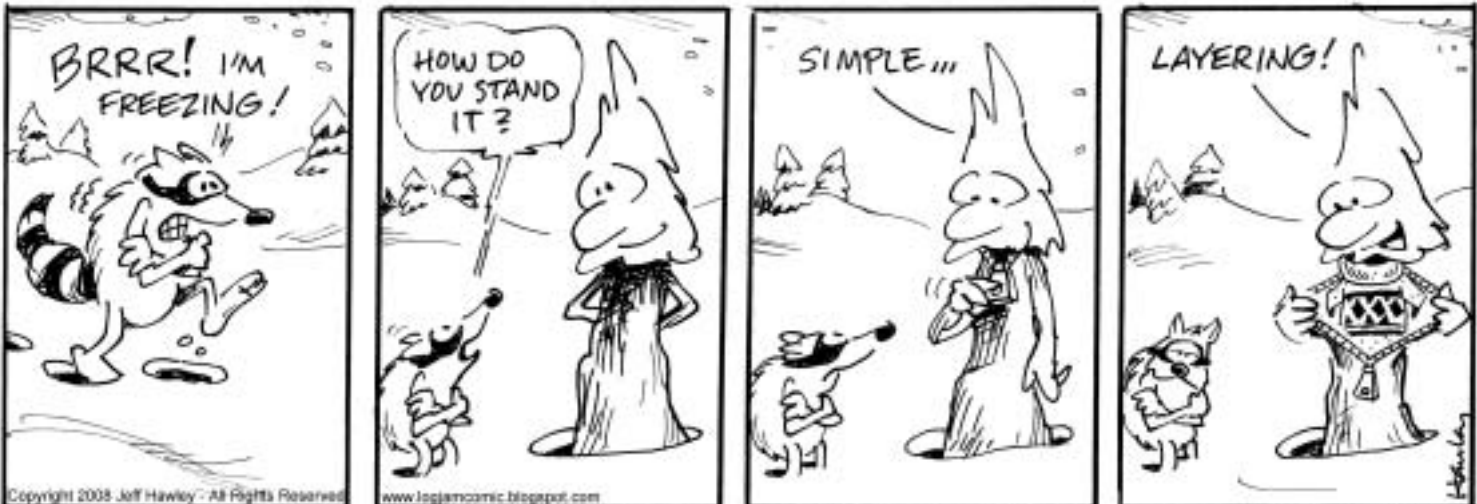
I tried to build a dog house, but I only had enough dogs to build two walls and frame the roof.

The more you complain, the longer God makes you live.

## OFFSHORE



## LOGJAM



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# Loop Arts

## Guitarist Andre Feriante plays Heron

by Janice Randall

ANDRE FERIANTE With Charlie Solbrig  
Saturday, January 26, 7:30 pm – Blue Heron Art Center  
Tickets: \$12/\$14

His repertoire includes Leonard Cohen to Segovia, but guitarist, Andre Feriante acknowledges that his recent return to Manziana, Italy made his realize his musical roots. Feriante studied with the famed Andres Segovia, an experience that his shaped his career and his life.

“He only composed a handful of songs, but many things were written for him that he made popular,” says Feriante who will share stories about the guitar legend as well as Segovia’s music.

Feriante’s eighth CD is in the works. His most recent CD, *Bohemian Boulevard*, debuted at number one in 2005, and went on to win Best World Music Album, NAR’s Lifestyle Award.

You may hear Feriante at Seattle’s Sorrento Hotel and one of his favorite gigs, the annual show at Benaroya, Feb. 15. Friend and guitarist, Charlie Solbrig, classical guitarist and teacher will join Feriante. “Two guitars can go many directions. We are co-writing music,” said Feriante.

For more information about Andre Feriante, check out [andreferiante.com](http://andreferiante.com).

www



## The Bee Show

by Margaret Heffelfinger

There have been horses and chickens and eggs. Hearts and salmon. And now there will be bees at Silverwood Gallery. Perhaps more bees than you’ve seen since your lavender bloomed last summer. Or maybe just about that many. With 80 artists participating in The Bee Show Invitational, it is safe to say the bees and artists will swarm.

Silverwood Gallery is entering its 13th year on Vashon Island, and the Invitational has been part of the fun from the beginning. The Invitational is held every two years, and while participating is by invitation only, any artist who shows interest in being included, is. The invitations go out about six months or more in advance. Margaret and Eric Heffelfinger, owners of Silverwood,

Seattle area artists as well. The criteria are strict. One piece of a certain size and it must include a bee somewhere, somehow. Some artists initially balk or blank, but inevitably, they find the parameters more liberating than restrictive. The result is a full symphony of visual delight including paintings, photography, sculpture, textiles, ceramics, jewelry, stonework, collage, fabrication, mixed media, paper and salvaged found objects. Every piece of art is for sale.

“The opening night party is jammed with artists, their families, friends, gallery patrons and Islanders all curious to see how it even fits on the walls. I’m wondering that same thing myself,” Eric laughed. “I have no idea what’s coming in, so I can’t even plan how to hang it all. But when the doors open at Noon on February first, it will be ready.” The Bee Show opens for the First Friday Gallery Cruise on Feb. 1, 2008. For questions, call Silverwood Gallery at 463-1722.



consider it one of their favorite shows. “It is always simply amazing what artists come up with when faced with producing one single piece on a theme,” stated Eric.

It also fits into the criteria of the mission statement the gallery posts right next to the front door. “To introduce new artists and challenge existing artists” it says in part. The list of participants includes almost everyone you can think of amongst Island artists and many well known

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## Weird Science

by Eileen Wolcott,  
owner Vashon Theatre

In “I Am Legend” the charismatic Will Smith, is the last man standing, in Manhattan. Hiding from New Yorkers, now infected by a would-be cure for cancer, he is on the run to survive. On Vashon, we’re not very excited by” horror/zombie” movies. But turn some of those elements lose in “science fiction” or “action adventure”, and we are all about



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## The Kite Runner

1/ 25 - 1/31

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

**Our 60th Year!**

that. This movie is the rush that a PG-13 “action adventure” gets from a little infusion of those elements.

It’s the kind of movie that asks me who we would be in a survival situation. Remember that Burgess Meredith character on “Twilight Zone”? Would you be great alone, with books, unless your glasses broke? Could you be Adrian Brody’s character in the “Pianist”, hiding from the Nazi’s? Could you run, and hide, heart pounding through your chest? How long could you last like that? Maybe you’re already pumped, ready to win, like Arnold in “Predator”. I like to think that if the fight to survive was brought to me; I would find untapped strength and ingenuity in myself. Hopefully I would be like Sigourney Weaver in “Alien”. But I would certainly talk to myself and have inanimate objects for friends like Tom Hanks in Cast Away.

But survive for what? I remember my Mom saying no to a bomb shelter, because if everything was going to go, she planed on exiting with the masses. If you were truly alone on the planet, then what would you do? What is bravery when you are the last man? Is it surviving? Is it running, fighting, or surrendering to death? After Will Smith gets your adrenalin pumping, during the intense first half of the movie, think about what kind of legend you would be.

## Explore Germany - “Old and New”

Nuremberg, and the area around Frankfurt.

Travel through time: visit a former Roman fortification, learn about events of the Reformation on site, enjoy music by Johann Sebastian Bach or Felix Mendelssohn, experience the atmosphere of the seasonal Christmas markets, and hear first-

hand accounts of what life in communist East Germany was like. Based on the number of travelers, the fare will be between \$2,250 and \$2,550 (airfare excluded). A gathering with detailed information on the trip will be held at Vashon Lutheran Church (18623 Vashon Hwy SW) on Saturday, January 19 at 3 PM. For more information call 463.2655.

# Hacking Democracy

by Peter Ray

What if you woke up one morning and nothing was as it should be? As consciousness began to take hold, you began to realize that you were floating around your room along with everything else in it. A look outside proved equally disturbing. The grass was red, the sky yellow and the sun was now a bright, azure blue. When a quick and somewhat panicked review of your past twenty four hour list of ingestibles did not include any kind of recreational chemistry, what would you do?

What if instead you woke up, as I did four years ago, and found that the most basic premise of this country, the right to have your vote count, was not true anymore? What if exit polls- a previously reliable indicator- in the 2004 presidential election showed a dramatically different result from the votes that were counted? What if in some polling places it was found that votes cast for one candidate on touch



Bev Harris at the College Club in Seattle-2005. Photo by Peter Ray.

screen machines were automatically shifted to his or her opponent? What if the chief executive of the company that made these machines was found to be a major contributor to the campaign of the presidential candidate who benefited from these shifts? What if it was found that some vote counts recorded on some touch screen machines were actually time and date stamped weeks before the election and some in the middle of the night? What if all these things and more are documented facts relating to accepted voting practices in these United States that have, in many cases, gone unchanged to this day? Wouldn't you be concerned?

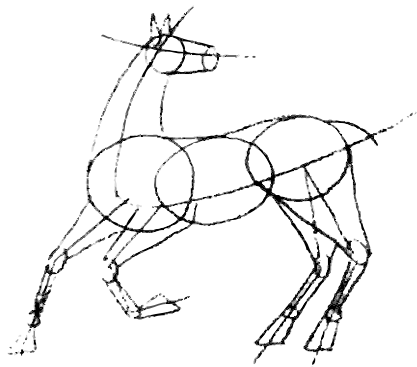
My concern, back in 2004, was focused on trying to find out what had happened, what had gone horribly wrong, with that election. This involved many hours on the internet, becoming familiar with names like Fittrakis and Palast and reading their online reports of protest actions throughout the vote challenged state of Ohio, while at the same time finding nothing about these protestations on any local or national news platform. It was at this same time that I learned of a woman in Renton who had founded this thing called Black Box Voting.org, and was excited to be able to hear her speak in Seattle not long after that. I was equally excited when I

got an email back from Bev Harris recently, accepting my invitation to come to Vashon to be a part of the upcoming screening at the Vashon Theatre of the documentary film, *Hacking Democracy*, that chronicles Bev's investigative work in pursuit of the truth behind what we are led to believe are free and fair elections in these United States.

On Sunday, January 27th at 7pm at the Vashon Theatre, the Vashon Film Society and the For Word Film Series will be presenting the Russell Michaels and Simon Ardizzone documentary *Hacking Democracy*. This film follows Ms. Harris and a tireless team of volunteers and assistants on a cross country trek in search of an answer to why, when she typed the three words "voting machine glitch" into a search engine, a torrent of examples of voter fraud and malfeasance from throughout this shining beacon of democracy began to scroll onto her computer screen. From the burning question as to why a precinct in Volusia County, Florida registered a minus 16,202 vote count for Al Gore in the 2000 election, to the Hursti Hack, where Finnish computer programmer Harri Hursti attempts to demonstrate on a Tallahassee voting machine from the Diebold Company, how the vote can be secretly altered on their Accuvote chips, *Hacking Democracy* is nothing less than a stunning indictment of the current state of "modern" American suffrage. Bev Harris will be in attendance for a question and answer session after the screening. Admission will be by donation, with proceeds benefiting Black Box Voting and the Vashon Film Society. VFS, the Vashon Theatre and For Word Films are currently working on bringing other documentaries and related speakers to the theater on a regular basis, so stay tuned. For further information contact Peter Ray at pgr42@att.net or 567-4542. Sign up for the VFS email bulletins at the Vashon Theatre or send your name and email address to vashonfilm@comcast.net.

## Mature-Tree Pruning Workshop

Saturday, January 19th, Vashon Island Fruit Club is conducting a hands-on workshop on the pruning of mature fruit trees. The workshop starts at 1:00 p.m. in the orchard of Steve and Cindy Stockett at 23416 115th Ave. SW (west of Burton). Drive up the driveway past the orchard and park in the field on the left. Dress for the weather and please bring your own sharp pruning tools. If you have an orchard ladder or pole saw, bring them if you can. Nonmembers are welcome and can sign up for a membership at the workshop. For further information, visit vashonfruitclub.org or contact Mary Ornstead at 463-0565.



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## Back Bay Burns Up

by Daniel Brown

A musical evening of Robert Burns, Scotland's national bard, will be celebrated February 2, from 4 to 9pm at the Back Bay Inn. Starting at 4pm there will be a tasting of Single Malt Scotch Whisky, followed by a Special Menu of traditional Scottish Supper, added to the normal culinary offerings of Chef Curtis.



Photo of Robert Burns courtesy of Learning and Teaching Scotland on-line.

Robert Burns (1759 – 1796) also known as Rabbie Burns, Scotland's favorite son, and in Scotland as simply The Bard, was a poet and a lyricist. He is widely regarded as the national poet of Scotland. He is the best-known of the poets who have written in the Scots language. Burns works became popular during his lifetime and he is regarded as a

pioneer of the Romantic Movement. After his death he became a cultural icon in Scotland and among Scots who relocated to other parts of the world. A celebration of his life and work became almost a national charismatic cult during the 19th and 20th centuries, and his influence has long been strong on Scottish literature. Burns Birthday, January 25, 1759 is celebrated annually worldwide.

In addition to original poems and songs, Burns also collected folk songs from across Scotland, often revising or adapting them. His poem and song "Auld Lang Syne" is often sung at Hogmanay (New Year), and "Scots Wha Hae" served for a long time as an unofficial national anthem of the country. Other poems and songs of Burns that remain well-known across the world today, include "A Red, Red Rose," "A Man's A Man for A' That," "To a Louse, To a Mouse," "The Battle of Sherramuir," and "Ae Fond Kiss." "The best laid schemes o' mice an' men gang aft agley and leave us naught but pain for promised joy" is one well known quote from Burns' Ode to a Mouse.

For a more detailed look at the evenings events, see current listings, which will be posted at the Back Bay Inn and their website <http://www.backbayinn.net/>.


## David Webster Photography Scholarships for Island Youth

David Webster, father of Island photographer Kathleen Webster, was an avid photographer. He moved to Vashon from the East Coast late in life, but exhibited his photographs here soon after his arrival, was happy to share his work with family and friends, and loved the work he discovered by Vashon's many resident photographers.

David died last year. To honor his love of photography and his legacy, David's family and friends established David Webster Photography Scholarships for Island youth with an interest in photography. Elementary and high school students are eligible for the scholarships. For the students selected

as recipients, these scholarships cover the \$175 tuition for the 2008 VAA Shoot and Show class, The Animals of Vashon, with Island photographer, Ray Pfortner. The class will explore (1) how to get better photographs from your camera, whether a point and shoot or an SLR, digital or film, and (2) how to turn those photographs into framed prints for a juried exhibition. Learn about camera handling, exposure, focus, special effects, and artistic composition. Every participant will have at least one framed print in a final juried show at the Gallery in the Hardware Store Restaurant in June. For more information call Ray at 463-3043 or email at pfortner@centurytel.net.





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**This is just a sampling of the great properties for sale on Vashon.**  
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**A moving sale so moving that you'll be moved to rent a truck! Make an offer, please!**

Everything being sold is in good working order – I just don't have room in my newly purchased condominium for these items. Please, help me keep everything out of the dump and into someone else's home! Everything but the piano is under 5 years old.  
**Refrigerator** – This has been my "second" fridge since I acquired it. It sits in my garage, humming merrily along. Please, find it a good home. No unreasonable offer refused!  
**Upright Freezer** – Purchased new in 2003, this appliance occupies the space right next to the above mentioned refrigerator – space

I don't have in my condo. Frozen items survived in this freezer during the power outage of December 2006 (It was fully loaded and I never opened the door). Those items have long since been consumed, but this efficient storage unit deserves an appreciative user. Could it be you?  
**Amazing LG front loading, super large capacity washer and dryer**, both with stainless drums- This set saved me a gazillion gallons of water and megazillion megawatts (technical terms) while getting everything amazingly super clean. I will mourn the loss. Please, be the transplant recipient of this amazing laundry pair?

**Elliptical trainer with digital programming and heart rate monitor** - Indeed, I should keep this but all my trips WALKING around town for my errands will more than make up for the calories I should have burned on this machine. Come on, I know you made some sort of new year's resolution involving more exercise...  
**Weight training without weights machine**- You've seen them... they have resistance bands in lieu of iron weights so you don't have to worry about them crashing through the floor from the upstairs den into the basement. My significant other had great

plans for this machine but, alas, has chosen swimming as his preferred athletic endeavor. This thing is an amazing muscle building/toning machine with all the fancy attachments for legs, lats, delts, etc.  
**Baldwin Hamilton Studio (45 inch tall) 1987 piano.** This was the Baldwin top of the line upright when it was manufactured in 1987. It's a plain oak cabinet (designed for school practice rooms and teaching) and sounds wonderful! Remember, a piano needs to be tuned about 30 days AFTER moving. You come get it, it's a level exit out the front door of the house!