

In This Issue: What to cook for your sweetheart, action needed on ferry issues, the “secret ferry,” how geoducks are harvested and much, much, more...



The World
Cannot Afford Us

page 9



DOIT elects a new
pres. and will host
a Youth/Adult
dialogue Feb. 5.

page 15



Too Beautiful
plays at the
Blue Heron

page 19



THE VASHON LOOP

Vol. 5, #3

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM February 1, 2008



Who are these children? Follow the article to find the modern match to these photos.

PTSA Auction Get's “Childish”

by Heidi Witherspoon

The Vashon PTSA Auction, scheduled for May 3, has a new location this year to fit in perfectly with its nostalgic theme, “Memories of Tomorrow: Celebrating Childhood.” The recently vacated K2 Sports building (K2 Commons) will serve as the Auction venue, with a fun evening planned around school memories from the 1940s through 1990s.

“We couldn’t believe our good luck when we were able to arrange the Auction to be held at K2 Commons, since it fits in perfectly with this event,” said Auction Chair Lauri Hennessey.

“We’ll be looking back at our childhoods and celebrating what we all loved about them.”



The new website for the event, <http://vashonptsaauction.org>, provides information and a photo gallery of local luminaries as children.

Continued on page 18

Winning is Sweet

Camp Fire USA chooses Hawk Jones photo of Vashon kids for national candy sale



Camp Fire candy photo by Hawk Jones. Pictured left to right are Emma Hennessey, Camp Sealth counselor Ptarmigan, Coral Sky, Will Hennessey and Mallory Rogers.

by Jessie Perkins, Special Events/Marketing Coordinator, Camp Fire USA

Islanders who buy Camp Fire cookies and candy in this year’s fundraiser may recognize the kids on the cover of the almond roca package. The kids are from Vashon, and the photo was entered last spring in a nationwide contest for the photos to show on the candy boxes. Hawk Jones, of Vashon’s KotaGraph, took the photo, featuring five Vashon kids from Camp Fire.

Continued on page 4

Turn to Page 4 to find the Hennessy family almond roca recipe and a few other articles featuring sweet, spicy and special recipes from the Vashon community.



Sally Carlson with a Kimmco dumptruck load of wood delivered to flood victims in Chehalis

Pay it Forward

by Marie Browne

“Think globally, act locally” is a guiding principle that many thoughtful, compassionate people subscribe to. But what is ‘local’? The December storms that hit Washington State left some communities in cold and wet turmoil, flooded out of their homes

Continued on page 15



Jeff Peskoff and Garrett Reppenhagen take their fight to Acacia Park in Colorado. Photo by L'Aura Montgomery, courtesy the Colorado Springs Independent.

Veterans Speak On Iraq War

by Ivy Sacks

Today, some of the strongest protestors against the war are the veterans who have fought in it. They see first hand the devastation that this conflict has caused to Iraqis, to the soldiers and civilians who are caught up in it, and to our own international standing.

Continued on page 19

Taking Care of Our Own

by Susan Wolf

In this cold season, the Interfaith Council on Homelessness (IFCH) provides shelter to homeless Islanders and a warm meal for many others in financial distress. They work with many families to make sure more people won’t be out on the street tomorrow. Now the IFCH needs a little help.

Continued on page 12



Sauna and Max White, missionaries of The Church of Jesus Christ of Latter-Day Saints, prepare to feed Vashon homeless at the Presbyterian Church. Many churches and groups work together to provide hot food and shelter for our vulnerable citizens.

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.

Free Tax Return Help

Hilary Emmer will be doing free taxes at the Vashon Library again this year. The service is for people who make \$25,000 or less. You may have money coming back to you with the Earned Income Credit. Don't let the government keep your money! File! Property Tax Exemptions forms will also be available. To qualify you need to be at least 62 years of age and your income must be under \$35,000 and that includes Social Security. Basic Health is still opened. To qualify for the state subsidized health insurance your income needs to be under \$19,600 for one person and under \$26,400 for two people. All forms will be provided at the Vashon Library on Thursdays from 11AM to 1PM, starting on January 24th and ending on April 3rd. For more information call Hilary at 463-7277

Dance Classes

March Twisdale's Spring 2008 Ballroom Dance Sessions - starting Feb. 18th and 21st. NOW Intermediate Classes offered on Mondays! Beginner Classes on Thursdays. Couples & Singles Welcome! Group Classes & Practice Parties & Private Lessons ALL included!! Call with questions #463-0870. \$35 Non-Refundable Deposit due by Feb. 4th. Mail to 11933 SW Cove Rd.

Eaton Teaches Senior Fitness

Get fit and stay fit with the Senior Center's new series of workouts taught by Willow Eaton at Ober Park Feb. 8-March 14 for an hour at 7:45 a.m. or at 12:45 p.m. Advance registration at the SC on Bank Rd. is required and your physician must be notified you're taking the class. New fees are \$35 for the 15 sessions for SC members; \$42, nonmembers and free to members of Group Health with Medicare Parts A & B who are in a GH HMO.

Willow has a bachelor of science degree in exercise physiology from the University of Idaho, and passionately believes in the benefits of keeping fit. "I started working out in my 20's, and for the first time in my life I had control of my body, myself and my future," she says. Her education and experience range from training athletes

—she is a former bodybuilder—to people with heart problems. "Age, capability and size don't matter—if you can lift a finger, you can get fit," she says. The "Enhance Fitness" series is designed for all levels: work at your own pace, sit in a chair if you want to and get individual attention to increase flexibility, strength and balance—and it benefits your mind, too.

This Is NOT Your Father's Spelling Bee!

Vashon Community Scholarship Foundation is holding their second annual "Spell It!" spelling bee competition Sunday, February 10 at 7:00 p.m. at the Vashon Theatre. Teams have been formed and are ready to give it their best, costumes have been created, and the night is shaping up to be competitive and fun! There is still time to get tickets for this event. They can be purchased at Vashon High School, The Vashon Bookshop, Books by the Way and at the Vashon Theatre. Come be a part of the fun! Watch your friends and neighbors try to gain the coveted title of Vashon's Best Spellers, all while helping the Community Scholarship Foundation raise money to support Vashon (please add the word Vashon) graduating seniors and their post high school dreams.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 8**



Get Ready, Vashon!

Those winter storms are on the way.

VashonBePrepared.org
Neighbors Helping Neighbors

Emergency Radio Class

All medical volunteers are invited to attend an emergency radio communications class, taught by John Galus, Ham Radio Club Co-President. Here is your chance to learn how to use the radio for communications between Vashon's medical facilities during a disaster. The free class will be held on February 19 from 7:00-9:00 PM in the EOC meeting room in Fire Station 55 which is on Bank Road. For more information or to RSVP, call Georgia Galus, 463-3287.

Friends of the Library Looking for Book Donations

Vashon Friends of the Library is soliciting donations of used books for their popular lobby bookcase. All titles are welcomed and may be dropped off at the front desk. Proceeds benefit Friends of the Library programs such as Late Night at the Library, Parent/Child Book Times, and adult discussion groups. Pass along your favorite reads to your Vashon Friends and benefit the library at the same time!

Fix a Cat Month

Vashon Island Pet Protectors and Fair Isle Animal Clinic will offer LOW COST cat spays & neuters during February Fix-A-Cat month. Spays are \$25, neuters \$15. Call Fair Isle Animal Clinic at 463-3607 for an appointment.

Calling All Cameras!

The McMurray Middle School photography department is hurting for cameras and is looking for some help. With the second semester photography classes beginning soon, our "fleet" of backup cameras are showing multi-year wear and tear. Our class enrollment has increased to a current fifty-five students and many of them will require a loaner 35mm to take home. Our 'fleet' is a camera library of 13 SLRs, most purchased with generous donations from both PIE and PTSA and the rest from generous private donations.

We are asking you to take a look around the closet, garage or any pile-up place for any spare 35mm cameras to donate to our program. If you've switched to digital, this would be a great separation ceremony! All we ask is that they are 35mm film and work. Any donation will be gratefully accepted at the McMurray MS office. You can also fill out a donation form for tax purposes when you drop off your camera.

If you have questions or comments regarding camera or equipment donations or about the McMurray Photography Program please contact instructor Terry Swift at 206-463-4962 or email tsswift@vashonsd.org.

The Vashon Loop

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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!



HOME TEAM REALTY

Troy and Marie Eat Chocolate

There's not much to get excited about in February, except maybe an excellent excuse to indulge in chocolate around the middle of the month. Come indulge with us, on Saturday, February 9th from noon to 3:00 pm.

Troy: So what's this I hear about a big chocolate extravaganza?

Marie: Oh, did I forget to tell you? Barbara Stratton has offered to bring her handcrafted premium chocolates to the Keller Williams office at the Glendale Business Center. She'll have a chocolate fountain for sampling, and chocolates available for sale.

Troy: A chocolate fountain! For dipping marshmallows and Oreos?

Marie: Well, yes. Or strawberries and dried apricots, for slightly more sophisticated tastes.

Troy: Either way, I hear that chocolate is actually good for you.

Marie: That's true. Dark, unsweetened chocolate contains antioxidants, which fight free radicals. Just to be clear, we're talking about dark, unsweetened chocolate, not chocolate loaded with milk and sugar. Those ingredients cut the antioxidant effect substantially.

Troy: No problem. We'll just have to eat more to compensate. Free radicals don't stand a chance! I'll annihilate every last one!

Marie: I'll be keeping an eye on you at the chocolate fountain, trust me. We should let people know that if they want to be sure to have some chocolate to bring home, they should pre-order by emailing barbara@barbaraschocolates.com or by calling 206.463.9510. People can also come to our office between noon and 3:00 on the 9th to place an order for pickup on February 14th.

Troy: Hmmm... February 14th. Why is that date so familiar?

Marie: It'll dawn on you.

Besides eating chocolate, we're busy gearing up for real estate sales this spring. We have some interesting market statistics that show how much inventory is for sale on Vashon right now, and how many months it would take to sell every house listed based on recent sales history. Email marie@yourHTR.com for a copy. Or give us a call, at 206.463.LIST (5478).

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**

- 2 Bedroom
- 1 Bath
- 2 Garages
- Full Basement



Westside Location

MLS # 27192127 14605 Bethel Ln SW

Adorable Cottage in Beulah Park

Adorable, fully remodeled cottage with eco-sensitive finishes. Kitchen features recycled glass tile, beautiful cement counters, low voltage lighting, stainless appliances, Marmoleum floors. In the living room, Kempas hardwood floors make it cozy, the vaulted ceiling and skylight make it spacious and bright. Outside, catch a breeze, listen to the creek, and gaze at your pond from the large deck. One full sized bedroom and a small office make it perfect for downsizing or just starting out. **\$329,000**

- 1 bedroom
- 1 Bath
- Office space
- Partial Basement



MLS # 27192127

Right Next Door

13533 SW 171st St

On the Creek



This historic house was once the camp kitchen for Beulah Park Camp. Now, it's a spacious and unique house in charming Beulah Park. The 1/4 acre lot borders a breathtaking ravine; open your bedroom window and listen to the soothing sounds of the creek tumbling into Colvos Passage. It's like living in a treehouse - with a cantilevered foundation and metal roof! The interior needs fresh paint and flooring, but the house is rock-solid and ready for an owner who wants something special. **\$359,000**

- 3 bedroom
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Seattle Metro West



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- 3 Watershares
- 4.27 Acres
- Zoned R-4
- 2 Bath
- 3 Bedroom
- On Sewer Line



Winning is Sweet

Continued from page 1

“We couldn’t be more thrilled for Hawk, and for the kids,” said Lauri Hennessey, Camp Fire Group Leader on Vashon. “These kids work hard to sell candy every year, and this year I am sure they are going to have a preference for Almond Roca!”

Camp Fire’s annual candy fundraiser kicks off on January 25 and runs for three weeks. There are five Camp Fire groups on Vashon, with a combined membership of about 30 kids, and they will be found at Thriftway and the Ferry Dock over the next three weeks.

For a copy of the award-winning photo, contact Lauri Hennessey at Lauri@hennesseypr.com

Camp Fire USA is one of the nation’s leading not-for-profit youth development organizations, serving nearly three quarters of a million participants annually. By design, Camp Fire USA’s programs include family and small group experiences, after school programs, camping and environmental education, child care and service learning. The Camp Fire

The Hennessey’s Almond Roca

- 2 (12 oz.) milk chocolate chips
 - 1 c. almonds, mashed
 - 1 lb. butter
 - 2 c. white sugar
- Butter 9 x 12 inch pan. Put half the almonds in bottom of pan along with half the chocolate chips (reserve the rest for the top). Melt the butter and sugar. Bring to boil. Cook to 300 degrees on candy thermometer, stirring constantly. (or, if you don’t have a thermometer like I don’t, this takes about 10 minutes of constant stirring. And, if you drop a bit in a glass of water it will instantly harden into candy.) Pour into the pan. Sprinkle with remaining chocolate chips. Spread when melted. Top with almonds and press lightly. When completely cooled, cut or break into pieces.
- — — — —

USA experience builds confidence in younger children and provides hands-on, youth-driven leadership experiences for older youth. For more information, visit www.campfire-usa.org.

Bettie Edward’s Jellyroll Pan

- 6 Tbsp cocoa
- 2 sticks butter
- 2 C. sugar
- 2 C. flour
- 1/2 C. buttermilk
- 1 tsp vanilla
- 1 tsp baking soda
- 2 eggs

Melt butter and cocoa in sauce pan. Add to sugar and flour mixture. Add remaining ingredients and beat with mixer (med speed) until blended. Pound into jellyroll pan. Bake at 375 f for 20 min.

Frosting layer:
Using the same sauce pan, melt 6 Tbsp coca with 1 stick butter. Add 1 tsp vanilla, 1 box of powdered (confectioners) sugar, and 1/2 cup

finely chopped walnuts. Frost while hot.
Baked daily for “loving customers” of Northwest Natural Gas for four years (where Bettie was a home center consultant) and served frequently at The Little House on Bettie’s birthday.



Seduced by Chocolate

by Barb Stratton, owner of Barbara Stratton’s Premium at 463-9510

Our eyes feast on a variety of textures and colors as we lift the lid from the keepsake gift box. We eat first with our eyes, then one by one all of our senses are aroused: The fragrant smell and the snap as we take that first bite. The unique mouthfeel as the chocolate begins to melt on our tongue. And finally, the explosion of flavors in all their complexity, lingering for minutes in a clean aftertaste. Is it any wonder that chocolate has been connected for more than 2500 years with well-being, romance and seduction.

One traditional chocolate we’re all familiar with is the truffle, named for its resemblance to the delicacy that grows beneath the earth. This chocolate variety is made with a ganache center (a combination of chocolate, heavy cream, and optional ingredients such as butter or flavorings) and may be finished by dipping in chocolate or rolling in

cocoa or other coatings. Chocolate truffles can also be made in molds. If you’d like to try your hand at making truffles for your Valentine, here is a basic recipe:
Place 8 oz of a top quality semi-sweet or bittersweet chocolate, chopped into coffee-bean sized pieces, into a medium-size mixing bowl. Boil ¾ cup whipping cream, pour over the chopped chocolate, and let stand for about 2 minutes. Stir well with a wooden spoon until all the chocolate is melted and smooth. Using an immersion blender speeds the process and makes the emulsion smoother. Set the bowl aside until the ganache has thickened to the consistency of frosting. It can then be piped into chocolate kiss sized mounds on a piece of parchment, or scooped with a melon baller. If the truffles are too soft to handle, they will firm up if left at room temperature or



Lover’s Shrimp

by Melinda Sontgerath, owner of the Hardware Store and Splash restaurants.

On one fateful weekend, my soon-to-be-husband and I met for the very first time. It was not just a blind date, but rather a long distance blind date. I came all the way from Arizona and he picked me up at the

rest of the weekend is none of your business, but we did get happily married 10 months later ~ and the rest is history!

Lover’s Prawns

- 1 ½ lb. Prawns, cleaned
- 1 stick of butter
- 1 bunch of green onions, sliced
- 1 ½ cups mushrooms, sliced
- 1 cup white wine
- 2 lemons

Sautee onions and mushrooms in butter – add prawns. Cook until pink and turn over – add 1-cup wine – squeeze 2 lemons on top and simmer for 10 minutes. Serve over rice with a side of tossed salad and ½ ear of corn on the cob. Serves 4.

P.S. He makes me this beautiful dinner every year on our anniversary.



for each other...so after a month of corresponding, we decided to meet. Quickly determining who each other was at the airport, we went right to Pike Place Market to pick up dinner ~ lots of great shrimp. Upon arriving at his home on this amazing island, he proceeded to make me the most delicious dinner. I happily sat and watched and sipped my wine. The

refrigerated for a short time. When the balls are firm, coat your hands in confectioner’s sugar or cocoa powder and roll the truffles into balls. Your truffles will keep in a refrigerated airtight container for several days.

Barb Stratton makes molded chocolate truffles with distinctive edible designs. You can pre-order Valentine chocolates by calling Barb at 463-9510 or email at barbara@barbaraschocolates.com.



‘Spice it up’ on Valentines!

Each day sunlight streams into the dining room a little longer and, as usual, I am already craving cool plates of cucurbits, solanums, capsicums and the palate awakening freshness of summer herbs. Alas, I will have to wait. Even the most eager gardener has just begun to sow seeds. Cold winter will hold me in its Kale-crunching grip for several more months before I snap down on my first my first glorious, local snow pea. Five more months of root vegetables, cabbage, and braising greens; can I keep our distinguished diners content until May? Yes, yes I can...and my savior will be...produce from CHILE, ...FSA?!? HELL NO! MY SAVIOR will be Spices! Our weary winter palates will be reborn through SPICES. ‘Red, yellow, black and white; sure to warm a winter’s night. Chef De Wire loves the spices of the world!’.

For this coming Valentine’s Dinner, Kristin and I, along with our

- RASAM (serves 8)

6T. Tamarind Puree*

3T. Coriander seeds

4T. Cumin seeds

2T. Black Peppercorns

1T. Olive Oil

10 Garlic Cloves; smashed once

1 yellow onion; sliced thinly

4-6 tiny ‘Thai’ chili peppers, thinly sliced

Curry leaves, Approx. 20(Uwajimaya)**

1lb boneless Chicken, diced***

6C. Homemade Chicken Stock, no crap!

1T unsalted Butter

Quick Chef’s notes:

Please buy your spices whole.

Minglement offers an astounding selection of whole spices, pan roast and freshly grind them in your clean coffee grinder or with a mortar and pestle. It will make ALL the difference.

*Tamarind Puree...acquire this without leaving The Rock. Buy two 12oz cans of Tamarind juice from



creative staff, have designed an event and menu which will, course by course, transport our guests taste buds along the ancient maritime spice trail. Here is a bold and warming soup recipe we will feature, from India, named Rasam. Known in the English speaking world as Mulligatawny, which loosely translates to ‘pepper water’, this soup makes an invigorating lunch or a perfect introduction to a rich, meaty dinner.

 Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 8**

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Okay...gently dry roast the coriander, cumin, and pepper independently in a sauté pan over medium heat until the toasty aromas are released. Be most careful not to scorch the spices. Grind together and set aside.

Next...in your heavy-bottom, large saucepan, heat the oil and butter together over medium heat. Add chicken and sauté until caramelized edges appear on meat. Add garlic cloves, onions, and chilies and curry leaves and sauté for 2 more minutes tossing the ingredients about the pan every 30 seconds. Add ground spices and season the mixture with salt.

And now...add the chicken stock and the tamarind reduction. Allow the soup to boil but quickly reduce it to a simmer and leave for at least 20-30 minutes. Use salt as needed to balance the spice and acidity.

Serve your soup over a spoon of rice and drape a curry leaf from the pot over the center of the bowl.

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Spiritual Smart Aleck

Island Legend: The Secret Ferry

By Mary Litchfield Tuel

A friend said to me today that I had promised my last column would be funny, and it wasn't (it was about tornados), and it was about time I wrote something funny.

Noted. Before the tornado hit Vancouver I had planned to take that issue off and re-run the following column from about five years ago. So now I'm going to take this issue off and re-run this column, and I hope that it is funny to at least some of you. Here goes:

A few years ago, one Sunday morning, a Big Important Businessman was having brunch at Sound Food. His cell phone rang. He answered it, and received a Very Important Business Call.

He needed to get to an Important Business Meeting on the mainland. He went up to the hostess and asked, "What's the quickest way to get off the island?"

The hostess told him to head north on the road outside the restaurant until he came to the ferry dock, and wait for the next ferry to arrive, and he should be able to get off the island in an hour or so.

The Big Important Businessman was distressed. An hour? That was much too long. He had Important Business and had to get to the mainland right away, and wasn't there a quicker way to get there than the ferry?

No, the hostess told him, the ferry was the only way off the island.

"OK," he said. "I know how things work in places like this. Where is the *secret ferry*?"

"The what?" asked the hostess.

"The secret ferry," he said. "The one only you islanders know about, so you can get off the island any time you want to."

The hostess was non-plussed. She explained that there is no secret ferry, only the public state ferries that come to the north and south end ferry docks.

The man refused to believe her. He insisted that there must be a secret ferry. She was concealing the information because we islanders were selfishly keeping it to ourselves and didn't want anyone else to know. He was too smart to be tricked, he said. He wasn't born yesterday, he said.

Finally, in exasperation, the hostess said, "OK, OK, you're right. I can't fool you. There is a secret ferry."

He smiled in victory. "Where is it?" he asked.

So she told him how to drive down to Manzanita Beach.

He left, and did not return.

End of story.

A friend told me that story in the supermarket. She said she had

heard it from the granddaughter of another friend of mine. I called the grandmother and asked her where she got the story, and she said it came from her son, Fred, who was working at Sound Food when the incident happened. Soon thereafter I ran into Fred and asked him about the story. He had been the cook at Sound Food that day, and yes, that is basically what happened, although he wasn't sure if the hostess, whose name was Nanette, sent the man to Manzanita or to Point Robinson. He said that for a while after that the Sound Food staff joked about Bippies, or "Big Important People."

This was a fairly easy story to track because I knew all the people in the chain of telling. I wanted to track it down because it sounded like an urban legend, but it wasn't. It really happened.

You can check out urban legends at www.snopes.com. Island legends are easier to trace. For example, I believe that the late Joe Chambers once set a middle of the night ferry-dock-to-ferry-dock speed record of 9 minutes. Friends were posted at intersections to prevent collisions en route. He wasn't late that night.

You can read more at my blog: hittp://spiritualsmartaleck.blogspot.com/

Wolftown's Rehab Wrap Up for 2007

Here's a list of on-Island birds and mammals that came into rehab in 2007. Deceased means died in our care — we were unable to save them. Rehab and released means they were successfully healed and released back into their woods.

American Robin- Attacked by cat-deceased

House sparrow- Attacked by cat-deceased

Homing Pigeon- Lost- unable to fly, starving- Rehab and returned to owner

Common Loon- Bites on back-deceased

Cormorant- Bite wounds-deceased

Canada Goose- Bites on neck-Rehab and released

Baby swallows- knocked from nest- 3 deceased- one transferred and rehab and released

Barred Owl- Hit by car - Rehab and released.

Barred owl- Hit by car - Rehab and release

Crow- broken back- Euthanised

Anna's Hummingbird- Died unknown causes, possibly of hypothermia

Possible Costa's hummingbird-broken neck- deceased

Baby Robins- Fell from nest-starvation- hypothermia-deceased

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Island Birding Guide Species Identification How to Attract Birds

Ed Swan

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edswan@centurytel.net



Everyone's Plate Should be Full

by Sarah Church, Vice President, Vashon Maury Community Food Bank

Imagine this! You are a young single parent with two children, 8 and 12. Fortunately everyone is healthy because you have no health insurance. You live on the island and work full-time. You earn about \$28,000 a year. Your monthly paycheck is \$1,967 after taxes. You live in a small 2-bedroom apartment and pay \$1200 a month for rent. Your other monthly expenses include utilities (heat, light and phone) for about \$150, childcare at \$300, and gasoline and car insurance at about \$100. That leaves you with \$217 for food, clothing, and other essentials like medical bills, not to mention any school fees or occasional entertainment.

This describes a large percentage of the 150 or so families who use the Food Bank each week,

along with those who are out of work or recovering from an illness or injury. Approximately 90% of the households we serve are living on less than \$2,000 a month, including some families of five.

The Food Bank board of directors, staff, and volunteers sincerely thank you, the community – individuals, area farmers and the many businesses in town, for your generous spirit. It is your gifts of talent, time and treasure that keep the doors open and shelves stacked at the Food Bank where a staff of three organize huge in-kind donations of food valued at \$400,000 and coordinate the hard work of over 100 loyal volunteers giving thousands of hours of their time.

Thank You for helping to keep Vashon a place where no one needs to go hungry!

It's happened! Despite the opposition of tens of thousands of people the US Fish & Wildlife Service just opened the door to the slaughter of hundreds of wolves in the Greater Yellowstone and Northern Rockies region - even while they remain protected under the Endangered Species Act. The "10j" rule change allows officials to start killing wolves as soon as March! Idaho has proposed killing roughly 700 wolves (85%), Wyoming proposes killing 100 wolves. Write to Secretary Kempthorne to express your outrage today! <https://secure.defenders.org/site> or webteam@ios.doi.gov - email the Secretary of the Department of Interior direct. Wolftown 463-9113



Black is the Color of My True Love’s Fin

by Orca Annie Stateler, VHP Coordinator

K Pod evidently bid us farewell for the season when the orcas traveled by our hydrophone late the night of January 12, clicking on their way out of the Sound. Shortly after the Southern Residents exited lower Puget Sound, several groups of Transient killer whales entered and roamed about for a few days. We believe they left a calling card at Pt. Robinson.

In East Passage on January 16, Odin and I observed a group of nine

The next morning, Mark Sears stepped out to do his morning scan near Lincoln Park. To his amazement, there were the same Transients, swimming 100 yards offshore between Fauntleroy Cove and Alki Point. In more than 30 years of observing orcas in Puget Sound, rarely have the whales been so close to his home, in Mark’s “backyard,” as it were. Mark’s accompanying photo shows T124, T124a, and a youngster cruising along the West Seattle shoreline.

Transients are stealth hunters, so we did not see them or hear them on the hydrophone again after January 17, but we suspect they stayed longer. On January 25, Odin and I responded to a call about a fresh dead harbor seal with missing body parts at Pt. Robinson. A forewarning to the squeamish: you might want to skip ahead a few lines while I describe “Seal CSI.”

Propeller blades did not cause the damage to this seal. The lower part of the head was sucked out of the pelt, leaving the skull and some organs exposed. We found apparent

bite marks on the body, consistent with marks from conical orca teeth. The rear flippers looked chomped off and the fore flippers were lightly chewed. Transient killer whales are the only indigenous predators in lower Puget Sound with the jaw strength to crack open a



Transient orca matriarchs T124 and T124a with a juvenile, prowling for seals near West Seattle. Photo by Mark Sears.

Transient females and juveniles from a considerable distance. We were surprised to see the reckless abandon of a boisterous California sea lion gang outside of Quartermaster Harbor. Several sea lions swam toward the mammal-munching killer whales, apparently unperturbed that they could become supper.

seal’s head.

Though saddened by the prospect that the victim could be one of the cute pups that regularly haul out at Pt. Robinson, we felt oddly relieved to witness a seal death that made sense. The cause of death is frustratingly undetermined for most of the seals we photograph. Furthermore, to a bonafide whale

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geek, it was a privilege to examine the remains of a probable Transient kill. To think, killer whales mouthed that seal!

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Thanks to Carl and Jade for Transient reports and to Scott for the tip on the partially gnawed seal.

Since the Feds have yet to propose any new rules on whale watching, I applaud the State Legislature’s efforts, House Bill 2514 and Senate Bill 6395, to restrict whale watch boats and levy fines of up to \$500 on violators who get too close to the orcas. The house bill sponsored by Rep. Dave Quall, D-Mount Vernon, is similar to a San Juan County ordinance passed in 2007.

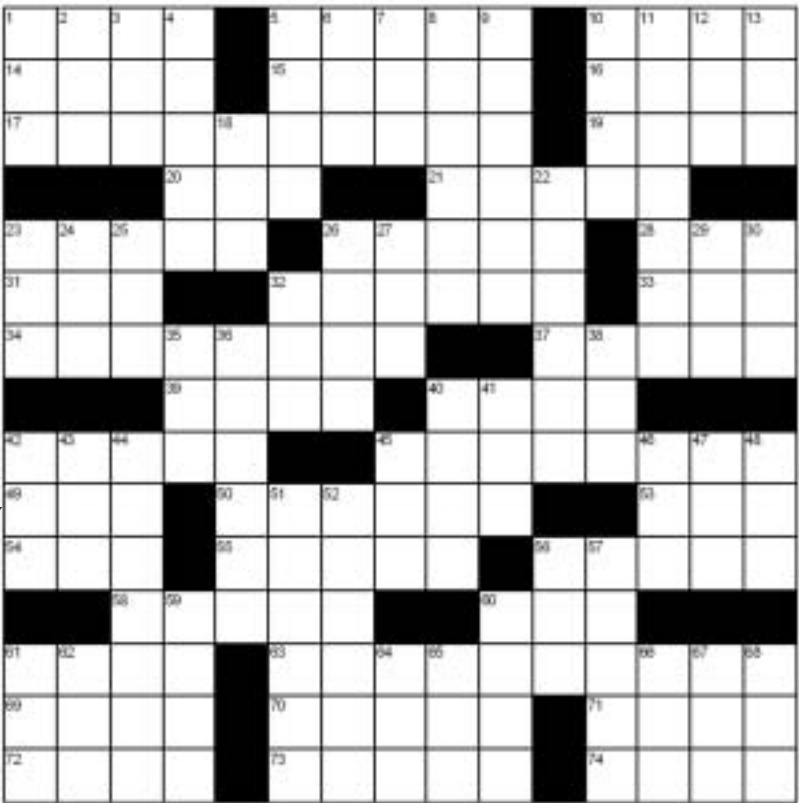
On January 24, NMFS released a Recovery Plan for Southern Resident Killer Whales. Visit www.nwr.noaa.gov to read it. I am

still digesting the 251 pages as Loop deadline looms, so I will have more to say about it next time. My initial response is trepidation, shared by other conservationists, that the plan is vague on specific actions. I would prefer to see pointed words, such as “immediately,” “start,” “implement,” “prohibit,” and “enforce,” rather than fuzzier terms like “continue” and “evaluate” that permeate the plan.

How much longer do we simply “evaluate” before taking bold action to save our orcas from extinction? I want to see substantial change in my lifetime, so it looks like my service to “the canoes of spirit” will not end anytime soon. Contact Orca Annie at Vashonorcas@aol.com. ☐☐☐☐

The reason computers can do more work is they don’t have to stop and answer the phone.

ACROSS		
1 Malicious	31 Untrained	55 Governed
5 Top	32 Fairer	56 Walk slowly
10 Catholic worship service	33 Twelve	58 Clenched hands
14 Diet	34 Green vegetable	60 Professional
15 Gambling game	37 Entity	61 Adolescent
16 Ventilates	39 Breeze	63 Good looking
17 Opposite of rewind (2 wds.)	40 Organization concerned with civil liberties (abbr.)	69 __ and span
19 Clench you teeth	42 Confuse	70 Stairway post
20 Scamp	45 Asian	71 Working implement
21 Allow in	49 Gone by	72 Trail
23 Payable	50 Loss of ability to make decisions	73 Wear away
26 Brave	53 Avail	74 Brood
28 Total	54 Neither's partner	
DOWN		
1 Pixie	18 Madagascar franc (abbr.)	41 Central Intelligence Agency
2 By way of	22 Shiny evergreen	42 Disallow
3 Possessive pronoun	23 Globe	43 Self
4 Induct (2 wds.)	24 Battle of nations	44 Give up right to play
5 Horse's walking sound	25 The other half of Jima	45 Bullfight cheer
6 Propel with oars	26 Temperate	46 Vat
7 Terminal abbr.	27 Boxer Muhammad	47 Sign language
8 Fibril	29 Sound	48 Downwind
9 Totter	30 Shovel	51 Combustible
10 Nativity scene piece	32 After sun.	52 Long loose overcoat
11 Small commercial flight (2 wds.)	35 Cash with order (abr.)	56 Curve
12 __ Lanka	36 Big cigarettes	57 Applesauce brand
13 Concord e.g.	38 Barbarian	59 Edge forward
	40 Desert condition	60 Lacking in color



- 61 Teaspoon (abbr.)

62 Government agency

64 Pair

65 Scarlet
- 66 Promissory note

67 Volume (abbr.)

68 Deer relative

Solution on page 17

The Reigning Queen of Everything

The RQE and (not) Dating



Okay. I'm twenty-thirty-something sort of. And single. Happily single, for the most part. I have good jobs that fill up my life in a meaningful way. I have friends who love me. I live in a fabulous apartment in New York City; in a hip, artsy neighborhood. Lots of avant garde film makers, painters, writers and well, anyone else who likes to live outside mainstream corporate culture.

In short, I've got the life that I want. There are a few things I could tinker with – my dog could quit chewing holes in my sofa, my socks could match, and my stomach could be a little bit flatter. Other than that, things are good.

So, besides sex, what is it that drives me to find a man? I was raised by feminists in a community that eschewed gender roles in favor of exploration of self. I have never, ever been told, outside of Seventeen Magazine, that I need a man. Yet here I am, wondering why I am still single. I broke up with a man last year who wanted to marry me. So if just being married was the goal, I would be coupled by now. Probably with a baby on the way.

Is it me? Is it them? Fortunately, being the Reigning Queen of Everything, I already know that it is always them.

But, I hear you cry, you're a stripper! You must meet men all the time.

This is true. I do meet men all the time. But like an actress, those men like who I am for them, not who I really am. The few times I have gone out with customers it has been a disaster.

And, of course, there is the glaringly obvious fact that I am not a stripper any more, I'm a banker. I work in an office building and help move money around. I am being groomed by my boss for something better, a higher position. This is all well and good, but it can be a lonely life sometimes. Most of the women I work with have huge diamond rings on their ring fingers; rings that gleam in the light of the board rooms where we sit around making self declared important decisions.

What is causing the pressure? I don't feel left out; it isn't a party where everyone is with their spouses and I'm standing in the corner by myself. I've never even met the husbands of the people I work with. No one criticizes me for my decisions or suggests that I should be married. My boss, a woman, doesn't have any kids and she likes it that way.

I don't have any overwhelming baby desires (Sorry, Mom). I was pregnant a few years ago but ended it because it wasn't the right time and he wasn't the right guy. Okay,

so I'll say it: I had an abortion. I had a chance to have a kid and I didn't go for it. It's not as though single motherhood is an insurmountable obstacle in our culture. And besides, there is always adoption, right?

But either way, I'm not rushing. I feel too immature for a child and, quite frankly, when I think about having one all I can think of is the damage it will do to my body and the imposition it will cause on my lifestyle. I'm not sure, but my guess is that before I have a child my desire to have a baby should overwhelm my desire to avoid stretch marks. It should not concern me that lines of cocaine will be out of the question as long as I am breast feeding.

So why the forlorn attitude about being alone?

I dunno. But whatever the reason, I'd like it to change. As long as he doesn't make too many demands on my time, is perfect in bed, sends me flowers regularly and hangs on every word I utter. And he must like dogs. He has to be ambitious, well groomed, charismatic, kind, generous, successful and nice to my mother.

And for the love of all that is right in the world, he has to be SINGLE when I meet him.

I think, more than anything, I feel behind schedule. Valentines Day, is sort of like the consolation holiday. You really should have a partner for the holidays – how else are you supposed to have mistletoe moments? If you can't get it together for that, well, don't worry, there is still Valentine's Day. Like everyone else got a passing grade on the relationship exam and I'm still back in the remedial class.

You know what I was doing last Valentine's Day? I was on a first date with a man I met on the internet. He made me go to the bar and get my own drink for the first round. The second round he got me a drink – after my glass had been empty for 15 minutes – and raised his eyebrow disapprovingly because I ordered a Manhattan. I drunkenly poured myself in to a cab after but managed to close the door fast enough to avoid his attempt at kissing me. I ended up at my Ex's house, who then yelled at me because I wore "his" jewelry on a date with another man.

Something tells me Mr. Wiggles (my handy vibrator) and I will be together for a very long time.

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stupidity, you may want to
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Going Green

by Emma Amiad

I would like to use this space to briefly discuss three books I think you should read. While government has done very little to promote green and sustainable development and the retrofitting of the corporate world for our global warming reality, business has been taking the lead.

That sounds odd, I know. The first time I saw the title of a book, *Natural Capitalism*, (Paul Hawkins, Amory and Hunter Lovins) 1999, I bought it out of curiosity. Now, my political background finds the word capitalism to be a relatively negative word. But what I found in the pages of that book was a revolutionary concept of a world moving ahead of us in sustainability and green industry.

The book is not an easy read. It is often burdened with dry statistics and although the positive ideas and facts are very exciting, the authors do set the stage with a lot of the negative you already may know. But it is a must read book for anyone concerned about global warming and finding a way to create another economy that is sustainable.

The next book is one that Paul Hawkins wrote recently, in 2007 that is amazing. *Blessed Unrest* speaks about the millions of people throughout the world that are involved in a massive "movement that has no name". Tired of government doing nothing, the environmental movement, organizations founded to protect the rights of indigenous people, the labor movement and those fighting injustice everywhere, are communicating with each other. They are combining forces to create a web of millions of people working for a better world.

That book too, is full of statistics and often pedantic language, but if you can work through that you will

come away with new hope that it isn't too late. You can discover that things are being done all over the world and that you can make a difference. This "global immune system" is reacting to the contagious policies that are killing the earth.

The last book I want to mention is the most recent. Completed just months ago by Congressman Jay Inslee (Kitsap County) and research fellow Bracken Hendricks, this is a blueprint for a new economy based

on green industry and sustainability. *Apollo's Fire*, subtitled Igniting America's Clean Energy Economy, uses the Apollo project of President Kennedy's time as a challenge to us to do what the space program did in the '60's. It moved us, in ten short years, from almost no real space program to walking on the moon.

Congressman Inslee tells of factories in the East that were closed laying off hundreds of workers, that are now busy producing parts for wind turbines. He discusses new technology, some being developed in our state, that are adding "green collar" jobs like making solar panels.

He carefully considers every alternative fuel and current technology. I didn't agree with everything he had to say, but what he had to say was exciting. His legislation, passed last year, will create more incentives for industry to re-tool and go green. Where was that in the nightly news? How many of you read about that in your daily papers? Read these books!

~~~~~

Emma Amiad's articles may be found at her blog at [www.vashonislandrealestate.com/blog.html](http://www.vashonislandrealestate.com/blog.html). She is the broker/owner of Amiad and Associates on Vashon Island. Contact her at 206-463-4060 or her website: [www.vashonidslndrealestate.com](http://www.vashonidslndrealestate.com).



Emma Amiad



# Garden The World

By MEarth



## The World Cannot Afford Us

We are way too expensive.

At a time where human beings have already eaten up virtually ALL the natural principal Grandmother has been investing in this world for millennia—and what else could you call the depth of topsoil, the high-grade minerals, the massive stands of timber, the vast oil reserves, the world’s fresh water that has been distilled or stored for millions of years?—we still cost much too much.

Climax ecology was what this world cultivated for millions of years. It absolutely the most efficient system of accumulating planetary wealth. In our 10,000 years of ‘civilization’ and ‘progress,’ we have squandered that wealth in what is, essentially, a blink of an ecological eye. The Earth has not seen such devastation since the oxygen-producing plants wiped out all the methane-using life forms that came before them, two billion years ago. That, at least, was a progressive step for the diversity of life on this planet.

In Iowa, it costs five bushels of topsoil for each bushel of corn grown. At the same time, it takes about 30,000 years to create an inch of topsoil. Too expensive. A planet that loses only one percent of its topsoil a year is doomed—and we deplete much more than that as our normal way of doing business. Agricultural areas with depleted topsoil need more and more artificial fertilizer to produce anything.

It requires 1,000 tons of water to produce 1 ton of wheat, so wheat-importing countries are, essentially, importing water. In Beijing, China, the average well is not a half mile deep.



Mediterranean Desertification, ESA DesertWatch Photo, 2004

1/3 to 1/2 the world suffers water shortages—we have them right here.

Empires have risen and fallen on the breadth of their forests. Did you know Venice was a world power for a time? They were powerful by right of their navy, a navy built from their wealth of trees. When the forest was used up, the empire that was Venice was no more. The major thrust of empire throughout the history of western civilization has been to conquer areas with bigger forests to fuel war and trade.

Everywhere civilization goes, it leaves barren, unproductive land in its wake. Ours is no exception. I remember when the Northwest

logging industry was really suffering because of the fact they had logged off 90% of the old-growth forest. They begged for access to the rest and they said they wouldn’t be greedy. All they wanted was 10% of the remainder per year and they only wanted it for ten more years. A fifth grader wouldn’t have a problem with the math on that one.

Between the deforestation and the blind overgrazing we cannot seem to avoid, we are turning the world into a vast desert. A million acres a year, 20,000 square miles, are lost to desert because of our activities—and not productive, vibrant deserts like Sonora, that have thriving ecosystems with diverse life forms and a future. No, we are talking the irrevocable deserts with devastated ecosystems and no life left in them. Such desertification currently affects over 70% of the land in North America. Even Iceland is facing desertification problems.

People can live in the Sonoran desert if they are willing to fit into the flow of energy, water and life—but people cannot live in the depleted deserts we are making every moment of every day. Consider the bleak situation in Pakistan—they are losing a hectare of arable land every twenty minutes and gaining another mouth to feed every twenty seconds. The math there is not hard to do either.

I recently read that over 600 million people depend upon food grown on land that is fertilized with artificial fertilizer. Without that, those people would simply be out of food. Is there any reason to worry about that? Artificial fertilizer is made from petroleum. Food is also planted and harvested using petroleum, dried and processed with petroleum, and transported to those people using petroleum. We actually invest more BTUs of petroleum in our agricultural system than we get back out in food—the math on that does not work out in our favor. It’s too expensive.

“Soon the world supply of petroleum will be exhausted and the world population will be out on the proverbial limb. By that point they will have little seed that can grow without its industrial aids. By that point much of the world’s irrigated acreage will be salinized, many of the dams silted up and the underground aquifers drained. As these pressures are in motion, acid rain will be increasing because of the inevitable increase in energy use and the climates will be beginning to change from the Greenhouse Effect, completely altering or eliminating the existing agricultural system. In the ten to twenty years that it will take for the world to reach that point, many hundreds of millions of people will be added to the world’s population.” — William Kotke

The cost we have accrued in this last two thousand years makes us an untenable bet. We will soon have nothing to leave for future generations—no life, no fuel, no forests, no oceans, no land, no food. A species that robs the future to pay for the past has no hope of staying in business. It will take ALL of us to change that trend.

In order to live on the earth, if we are going to be able to keep the earth alive—our life is inseparable from that of our living planet. In order to make that possible, we will have to consider a new way of life—the one we have been using has created the dangerous reality in which we now find ourselves. If we do not stop being expensive and become valuable, the Earth won’t be able to afford us much longer. ME

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## Madame Toujours

Dear Madame Toujours,

I have been married to my husband Royce for fifteen years. For seven of those, he has been the handsome, charismatic CEO of a high-powered international marketing company. All day long, he jets from one end of the Earth to the other having people fetch and carry for him and call him “Sir” and “Boss”. He’s gone for weeks at a time. Then he comes home and he seems to think he’s still at work.

He acts like he’s completely helpless, like he never learned how to fix a garbage disposal or carry out a bag of garbage, like he thinks he ought to be able to snap his fingers and have half a dozen lackeys appear out of nowhere to help his kids with their homework. He barks orders like the kids and I are his personal staff. It’s exhausting, and irritating, and I’d like to smack him upside his fat head.

I’ve tried to talk to him with all that “I-statement” therapy-talk crapadoodle, but he claims he just doesn’t have the least idea what I’m talking about. I’d have divorced him (or whacked him senseless with a blunt object) years ago, but he does a lot of very important work, and I’ve got this irrational attachment to the big jerk. Plus, the kids would miss him.

Is there some way to get through to him so that I can enjoy my husband and the kids can get to know their father?

Sincerely,  
Tired of Being Bossed Around

Chere Mme. Bossed,  
Quelle damage that *M. le Boss* is having the tiresome habits. However, I am always observing that the compromise, it is being the very important tool of the marriage. Clearly, *M. le Boss*, he is feeling much more of the comforts when he is the familiar environment of the

successful business. Fortunately, *M. le Boss* is not being at home all of the times. It should not be the terrible burden to be making the small adaptations.

Purchase for yourself and the children the useful businesslike accouterments. If the children are of a suitable age, they will wish to have the “blackberry” thingies that everybody is using for the businesses. Learn to employ the fancy, modern terminologies such as, “Here, now I am textilating to you about the conference with the CEO of the children’s educational work-group because little Jeffy is possibly being downsized from his position in the fourth-grade.” Suggest that some personal mentoring from the boss would improve the productivity of *M. Jeffy*.

Learn to carry a clipboard and a notebook. Pretend to take notes of everything he says. The next day, you can read back the “minutes” of the meeting. Tell him he has on his schedule for five-thirty an important meeting at the curb with the “Head trash receptacle.”

Offer to sleep your way to the top. The power, she is the aphrodisiac, *non?*

Bon chance, Mme. Tired, and if *M. le Boss* is making the life more complicated, you can be insisting that he provide you with an “executive assistant” to “facilitize” your “management strategy.”

ooooo

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PANDORA'S BOX

The question is... when will we take down our outdoor Christmas lights? The person(s) who stole the Halloween lights have not been back, so I guess we'll have to do it. The over/under is on Valentines Day.

Cheryl's pick of the week: After numerous customer requests, Wildside Salmon treats for dogs and cats are in! Support a small family business in Seattle - come try them. They get rave reviews. (206) 463-3401

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 LoOp Letters

It's Not Just About the Boats

by Kari Ulatoski, chair VMICC Transportation Committee

The impact of a 2-boat ferry schedule is more far-reaching than just switching around one's commuting schedules. Like the rock thrown into a pool, the ripple effects present even more of a challenge and it shows just how vulnerable this island is to the effects of WSF's neglect and the State's lack of concern regarding our marine highways. Bus and PO boats have been affected, as well as Island businesses and services.

Since this happened, over 2 weeks ago, the Transportation Committee has been working with METRO and Dow Constantine's office to bring about better bus connectivity to Vashon residents both on- and off-Island. There have been some positive changes, but there's a long way to go. Kudos for certain bus drivers on the Vashon side! Without prompting from superiors, buses waited for ferries, instead of leaving "on schedule." Those drivers understood that service is more important than leaving the dock on time. In the mornings, some buses are so packed that people are jammed in the exit and entrance wells in their efforts to make the PO boat connection prior to Southworth unloading.

But it's not just regular rush hour commuters that have been affected. And it's not just buses that are overloaded. So are parking lots. The lot at the north end was overflowing. King County Roads doesn't have the funds to provide more parking – an issue at any time, but particularly now. Establishing an additional parking lot costs \$20,000 per slot, according to King County Roads. Apparently, it has to do with maintenance, security and the cost of land. Anyone interested in donating their driveways? Would K-2 be a viable alternative? Something to consider.

The ripple effect goes further. Our Island doesn't have medical specialists. When WSF instituted priority loading for "3 or more" in cars, it jeopardized those who had legitimate medical appointments in Seattle. John Moore expressed real concern on the impact such decisions have on those who require medical appointments with specialists. Those appointments are not considered treatment by WSF standards and, hence, those who cannot make their appointments are out of luck. As much as I want to get to work on time, or others want to get their kids to school (yes, I saw someone in the priority line at 7 am with 2 children in the car – but maybe they were going to the doctors?) appointments with specialists should take precedence. WSF's short-sightedness needs to be addressed in the future.

Businesses and services on the Island are also affected. Although I am sympathetic to those Southworth commuters, they do not rely on the ferry to provide garbage, gas and groceries, to name a few essentials. Time is money and a lot more. To that end, the VMICC Transportation Committee has extended an invitation to Secretary of Transportation Paula Hammond to come to the February meeting of the Community Council. She is invited to provide her perspective on the near future and to hear the concerns of our residents about how things will be handled in the future. She has accepted the invitation, but the date still needs to be confirmed. I'm hoping the outcome of meeting will help to address some of the issues and provide a consistent back-up plan for future 2-boat crises. As long as we have no back up boats and as long as we have potential mechanical and inspection issues,

Continued on page 11

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Marie and Troy

# School Board Appreciation Month

by Terry Lindquist, Interim Superintendent of Schools

Governor Christine Gregoire proclaimed the month of January as “School Board Appreciation Month”. In her proclamation, Governor Gregoire notes that school boards are the heart and soul of the public education governance system in our state. The 295 locally elected school boards serve more than one million students, with a combined budget of more than \$6 billion and employ in excess of 100,000 people. School directors are directly accountable to the citizens in their districts and serve as a vital link between members of the community and their schools.

I would like to take this time to explain what the job of the school board is in the Vashon Island School District. We have five elected school board members, each elected for a rotating four-year term. Our current school board members are:

- Dan Chasan**, local attorney and writer;
- Bob Hennessey**, Chair and Strategic Advisor in the Seattle Public Utilities director’s office;
- Kathy Jones**, school board Legislative Rep. and Program Manager for Honeywell
- John Osborne**, software engineer for the Scripps Institution of Oceanography and NOAA’s National Center for Tsunami Research;
- Laura Wishik**, Vice Chair and Environmental Protection Section Director for the Seattle City Attorney’s Office.

Among the many responsibilities these dedicated public servants have are:

1. Determining the vision for the school district;
2. Setting the local standards for what students should learn and be able to do;
3. Determining which local assessments are needed to demonstrate that the district is achieving its goals and students are learning;
4. Being accountable for the outcomes of their decisions and actions;
5. Deciding how to align the district’s human and financial resources;
6. Creating a climate of safe and orderly classrooms;
7. Developing collaborative relationships to solve common problems;
8. Questioning, examining, revising, refining and revisiting in

order to assure continuous progress. This listing of a few of the school board’s responsibilities requires an unselfish giving of time and service. The meetings and school functions to attend are endless. In addition, there are always reports, agendas, proposals and other information to read and study leading to the variety of difficult decisions to make.

- In order to serve the community and school district in an efficient, responsive and accountable way, at a January 5, 2008 retreat the Board set the following goals:
- A. Develop a sustainable budget
  - B. Support teaching and learning
  - C. Complete a capital facilities plan
  - D. Improve board performance
  - E. Increase its communication efforts

In many ways, the job of being a school board member is a thankless one. The pressure is enormous and it is a volunteer effort.

So, why would anyone agree to run, get elected and serve on a school board? I think it is because they believe deeply about the value of public education and its role in a civil society. I have had the opportunity to work with nearly 260 school board members over the course of my career and I have not yet worked for a board of directors that individually and collectively did not do its best to create a system that serves students in the best way possible. In a phrase, “they care about kids.” I have heard that phrase many times from our current board.

There are many ways you can help your school board. Please be involved with our three schools. Offer your guidance, advice and counsel. Attend board meetings. Demand accountability and help them collaborate to solve common problems.

We can and should be an outstanding school system and among the best public education has to offer. The board can’t do it alone, however; they need you – your help and support.

Please show them your appreciation during the month of January and beyond and use some of these ideas to show our five wonderful school board members that they are appreciated throughout the year.

## It’s Not Just About the Boats

*Continued from page 10*

this 2-boat schedule will hang over our heads. We need a set plan so that when (not if) this happens again (and it will), Metro, the PO boat and WSF will have a plan in place. An article in the Snohomish Herald, dated January 25<sup>th</sup>, states “The goal is a ferry system that is financially viable, works better with the communities it serves and is prepared for the future” and Hammond is quoted as saying “not

the one everybody loves to love because we’ve had it so long.” If you are interested in working on some of these issues or longer term ones, regarding the buses, ferries or PO boats, please contact Kari Ulatoski at kulatoski@centurytel.net. The Transportation Committee is looking for those interested in both long term and short term time commitments to help make life better for Vashon residents.



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## LoOp Letters

### Ferry Legislative Updates: Island Action Needed

by Alan Mendel, Chair, Vashon Ferry Advisory Committee

Frequent user fares may be threatened if the chair of House Transportation Committee has her way. Rep Judy Clibborn (D-Bellevue) has refused to allow a hearing for a bill which would reinstate language mandating consideration of discounts for frequent users of the ferry system.

The language had been deleted from the Revised Code of Washington last year by the passage of the bill which froze ferry fares at least until Sep 2009. All indications were that the deletion was unintentional and that it would be restored this year.

Rep Sherry Appleton (D-Bremerton) introduced a bill (HB 2718) to restore the deleted language. On Wednesday she was told by Rep Clibborn that the deletion of the language was intentional and that no hearing

would be held on the bill. Rep Clibborn went on to say that if the language was restored it would be too difficult to remove it next year when the legislature acts on the final reports from the Ferry Financing Study.

All ferry riders should be concerned with this turn of events. Rep Clibborn and all of the members of the House Transportation Committee should hear from those of us who depend on frequent user fares. A list of the members of the committee can be found at [www.leg.wa.gov/house/committees/tr](http://www.leg.wa.gov/house/committees/tr).

If we make our voices heard we will make a difference. We are not alone. There are ferry riders up and down the Sound getting this same information and taking the same action. The more voices in the chorus, the better the chance that we will be heard.

## Geoduck Harvest

*Continued from page 14*

retract and extend their necks from the substrate to feed. The substrate provides them with shelter. Unsheltered, they can live for a few days.

Since 1994 the harvest is shared equally by the state and treaty tribes. DNR and WDFW work with the tribes as co-managers of the geoduck resource to develop good management practices and ensure sustainability of the clams. The tribes are responsible to enforce these practices for their members.

State harvesting hours are during daylight and weekdays only. The tribes may harvest the full week. Harvesting at night is not legal and

should be reported to Todd or Ken or WDFW Enforcement. Above-water noise from compressors and communication devices are limited to less than 50 decibels at 200 yards. Below water the noise generated from a stationary vessel— with a compressor or engine running at low rpm, with no propeller spin — is less than that of traffic at cruising speeds.

Our library has the DVD, the Power Point Presentation, and copies of the handouts. Todd Palzer can be reached at 360 902 1864. The URL for the Department of Natural Resources is <http://www.dnr.wa.gov/>.





## Silly Liver and Gallbladder Flushes

By Kathy Abascal

As the days get longer and brighter, many people start to think of improving their health and getting their body back in shape. And, once again, I am seeing a number of people who determinedly come to get the ingredients for a gallbladder or liver flush to get those important organs working well. So, once again, I am going to explain why this is a silly — although usually harmless — thing to do.

The general goal of these flushes is to remove gallstones from the liver. First off, gallstones do not accumulate in the liver. The liver secretes bile that is stored in the gallbladder. If your body is working correctly, the gallbladder secretes bile into the intestines when you eat to help fat digestion. Sometimes, the bile in the gallbladder concentrates and precipitates as stones. The duct from the gallbladder is small and sensitive. If a stone is pushed into its duct, it will cause severe pain and sometimes rupture the duct. Gallstones are often the result of yo-yo dieting, too much sugar in the diet and a lack of exercise. So, because the liver has no stones, the flush goal more likely is to remove gallstones from the gallbladder.



Dandelion

The flush consists of ½ cup of olive oil, the juice and pulp of lemons or grapefruits, and Epsom salts dissolved in water. Over the course of an evening, the person drinks the ingredients separately: Some olive oil, some sour citrus juice, and a lot of Epsom salt water. The person does not eat during the flush, and remains lying down as much as possible. There are some interesting variations on the flush recipe including one that uses Classic coca cola to wash down the oil and citrus juice. Another regimen, only for “liver cleansing veterans,” has you down two cups of olive oil in a short period of time. Whichever flush used, mild diarrhea usually results

during which a number of “gallstones” are passed. These stones float and can be collected in a strainer and counted. Hulda Clarke, one of the proponents of the flush, says that a person should pass at least 2000 stones before their liver can be considered ‘clean.’

Judging from pictures online, the flush produces some impressive stone-like objects. What are they? A pathologist who analyzed these ‘stones’ assures that they are not gallstones because: Gallstones have a polyhedral shape while the flush stones are round. Gallstones sink in water while the flush stones float. Gallstones are yellowish-white or occasionally black; flush stones come in a rainbow assortment of colors. Gallstones are hard, and you can cut them in half. The flush stones disintegrate when you cut them or leave them sitting around. Moreover, it is extremely painful to pass even small gallstones. The simple fact that some 99% of flush stones – even very large ones — pass painlessly means that they are not gallstones.

Then what are they? The “stones” are simply soap bubbles, a thick coating of Epsom salt and citrus constituents around olive oil. The GI contractions shake the olive oil into blobs surrounded by a watery blend of lemon juice and stomach fluids. The film keeps the oil and the water apart, as the two do not mix. These tough blobs look like stones and are strong enough to survive the passage through the intestines and into a strainer in the toilet bowl but they are not gallstones.

The flush is usually harmless but does it do anything good? Fats like olive oil do stimulate the release of bile from the liver and gallbladder. And prodding them into action can sometimes be a good thing. But why do this by enduring a regimen that is nauseating, time consuming, unpleasant, and causes mild-to-moderate diarrhea? If you feel like your liver and digestion are sluggish, you could use herbs instead. One of the best is dandelion root. Dandelion gently stimulates the liver to secrete bile, the gallbladder to contract, the kidneys to release fluids, and will not trigger a gallbladder crisis. Or you could take bitters. The taste of bitter herbs before meals stimulates digestive secretions of all kinds, from saliva to stomach acid to bile. Herbal bitters improve how we digest our food. Or you could simply eat a lot of bitter greens. That is how people traditionally jump started the liver after a winter of less than optimum food. Dandelion greens, collard greens, arugula, and other greens will gently stimulate your liver while providing minerals, antioxidants, and detoxifying compounds. Of course, these methods are not heroic, and who knows, maybe the fun of pooping soap bubbles is worth the unpleasantness of the flush itself.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 8**



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.

Taking Care of Our Own

Continued from page 1

To my way of thinking, we owe it to ourselves to take good care of us: eating right, exercising, sleeping enough. Lots of work, some play and learning to live frugally means our family members are healthy. My mother used to say, “Many hands make light work.” In our house everybody, no matter how elderly or disabled, has a job. My 90-year-old dad offers a blessing on the food and puts away his washed and folded clothing. He really can’t do much – but he can do something. My injured son washes the dishes, cooks supper, does his own laundry and looks after grandpa. My granddaughters pick up their toys and shred old documents in the shredder. Everybody works and everybody plays.

We donate to our church and volunteer there, which means our local congregation is active and strong. We also donate to the food bank. We help our neighbors – taking a meal in to the sick or assisting the elderly tackle a big chore. In this way our community is healthy. I’m not saying this to brag because obviously there are many of you who do the same. It’s a simple fact; we owe it to ourselves and our Creator to make sure we are contributing to the welfare of our fellow man.

We hear about the homeless all the time. It’s been a national debate ever since I can remember. We research, propose solutions and disparage. But it really takes is a small and simple hands-on effort. I talked to Emma Amiad and James Dan with the Interfaith Council on Homelessness the other day. That council is made up of approximately 12 people with 50 contributors who are doing something about our homeless Vashon neighbors. They aren’t transients – at a recent dinner with 10 participants, Emma found that they were all Vashon High



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

School graduates of differing years. Most of the people IFCH helps are living on the edge of disaster. They work, most have a place to live, but have minimal wages and no medical insurance. IFCH provides assistance with heating bills, fuel and rent to keep these people in their homes when a sudden disaster such as an illness or expensive car repair threatens their security. Over the past year, our family has spent approximately \$15,000 for uninsured or only partially insured medical bills, prescriptions and dental work for our disabled adult children. It’s wiped out our savings and raised the debt on the one credit card we own. If you’re at the poverty level already, it would be easy to see how you could be homeless in a hurry.

Of the eight or nine who come for dinner usually, only one or two need a bed for the night. IFCH runs the shelter from October to March, depending on the weather, but it takes one person to chaperone. And the 12 people that do it are getting worn out. They have never (repeat, never) had an incident. Surely on our island of 10,000+ people, another one dozen people could donate one evening twice a year and give these folks some relief. Surely 1,700 people on the island could donate \$15 per month to insure their neighbors aren’t cold this winter. IFCH works with many charities and agencies. They’d work with you, too, if you’d like to help. Why not pick up the phone and call Nancy Vanderpool at 463-7776? We only need a few hands and a few dollars. Let’s take care of our own.



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

Aries (March 20-April 19) Pluto has begun its journey across your 10th house (Capricorn), so now is the time to commence the career discussion with yourself. Few people understand the impact they have, or can have, on the world around them. The 10th is usually experienced as authority others have over us, rather than the authorship we have of our lives. Pluto in this house is the power we have the opportunity to use justly, or not. Few astrologers see Pluto as a planet of opportunity — though I do. The thing is, the opportunities are unusual, and they require us to make real changes and to risk using our energy in the world such that we have an actual influence. And this means standing out. In theory, you should have no problem doing this, except for an itty bitty wee little confidence issue you may be facing. Here is a clue: don't look to others for encouragement. Keep that one all to yourself. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) Keep your perspective wide. Keep your plans loose. Climb (take the stairs) onto a high building and get a perspective of your environment. Focus your inner work on taking down the barriers that divide you from yourself — there is a lot you don't know, and a lot of energy trapped inside this vicious thing called "belief." Most of these involve ideas you have about the world, and what you want to do in it. You have an odd relationship to the past. Some days you may think, if it hasn't been done before, it can't be done now. Other days you think, if it's been done before, why bother? And yes, in that case you may question if you're capable of anything original. I assure you, what you do already is original. If you don't see it that way, you're not looking from the right perspective. Try again, then close your eyes and look in the other direction. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) What you wanted yesterday may not be what you want tomorrow. Get ready to do one of those incalculable Gemini 180-degree turnarounds, and then a couple more. This first one will help you resolve any concerns you have about having recently made the wrong choice about someone, something or yourself. Then in about two weeks, when Mercury stations direct, you will get some information as regards the place you need to be, as in the geography of your life. But this is more about social and ideological geography. Where you need to be is where people both understand you, and where they are sufficiently strange to be interesting, creative and most significantly, not stuck. While you're at it, every morning get on your knees and pray: "Thank God that I am so easily bored." Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) I've never read anywhere that Cancerians are wheelers and dealers, but you do know how to get the job done, whatever job it may be. That being said, your ideas about money are as socialist as anyone's. You live on a planet where it makes sense to take care of people. The angle of your chart involving shared resources, investments and business deals is in exceptionally rare form. You are learning a lot, and getting your sea legs on the stormy waters of the modern economy. You know there are no guarantees. It's funny — you don't seem to be fazed. Even if you're a little fazed, don't worry about it — keep being creative, approach people directly, and be mindful of the timing. I suggest progress with discussions and research only through March 1, and not sealing any

deal till the Sun enters Aries March 20. Take your time now — you will save it later. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) You may feel the inevitability of a certain change without knowing what that change is. Keep close tabs on the people who are important to you — your awareness can lead to an influence that proves to be extremely helpful. You know things that other people do not. You are not intimidated by people in the ways that most people are. And you have the ability to keep everyone's interests in mind at once. However, you are going to need to seek information as an active decision, rather than expecting it to come to you. It will come to you, if you take the first step and look for it. Or rather, listen for it. I then suggest you make a choice to not wait around and decide whether to act on certain information. Time is of the essence, and while speaking carries a distinct risk, keeping silent carries an even bigger one. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Pluto has finally crossed over the creativity angle of your solar chart. As any artists in the reading audience already know, creative talent is not something that happens to you, or at least not as an adult. It is less like being swept away by inspiration and more like getting minerals out of the ground and processing them into something useful. In other words, art is more about industry than it is about creativity. You need both, and all of the great industrialists brought with them an element of passion that we who use their inventions so casually would be wise to remember. If you are feeling a drive to go deeper into your talents, your inspiration and your sexual cravings, be prepared to do so methodically, and in the long haul. Be willing to do the boring part, and the juicy part will be that much more fun. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) Are you feeling safe on the planet yet? Have you made it your goal? You need to learn from your successes. But remember, safety is a feeling, not a thing. You cannot possess it; you may only experience it. Often, we need to process our worst insecurities before we can let go into a sense of serenity. The past couple of months may have been a time of wrestling with your worst fears in a kind of subconscious psychological battle of evermore. Now that Pluto has ventured into Capricorn, you are free to discover that all your fears were really for nothing; you are free to express your determination to be an emotionally grounded person; you are free to feel like you belong in your own home, and I suggest you experiment with feeling safe inside your four walls. I assure you: that is available, as is a great deal more. The time has never been better to improve your living environment, in ways basic or radical. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) Mars has vibrated to a halt in your extremely sensitive solar 8th house, the sign Gemini. You may be rethinking commitments, financial arrangements or, most likely, some element of desire. You are someone who wants what you want, and when you make a decision to commit to a decision, you need to give it a thousand percent. The kind of hesitation you may be feeling right now may be shaking you up, but don't let it scare you. The point of making decisions is precisely that; the point of making commitments is that you are free to do so. There are always two or

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more sides to every story, and you can take great comfort in knowing that you are capable of seeing all of them. Invest your energy in that, and you won't go wrong. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Whatever is going on in a close relationship, you have your own needs to attend to, and moreover, you have the ability to detach from a tricky emotional situation. I don't suggest you detach too much, however, nor that you focus on yourself to the detriment of others. The truth is, you have plenty of what you need, be it resources or emotional contact. I suggest you put your energy into giving rather than into having or getting. You never really feel what you have until you share it, and the truth is that despite all you have, you probably still wish you had just a little more. That's a feeling you would be a lot happier without, because it cuts you off from your own sense of abundance. Give what you have, particularly to the people you say you love. Then, keep an open mind and see what happens. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) You are in a time of the most amazing blessings, though you may fear these come at a price. I can make it simple enough: the price of life is growth. If you commit to constant growth — which means awareness, self-awareness, and being impeccably honest with yourself — the benefits of life will rain on you. Imagine that everything that comes into your life becomes food or fuel for progress. Everything is an opportunity to raise awareness — or to lower it. If you become aware of fear, maintain your awareness rather than stuffing the fear back down. You may not think it serves any useful purpose, but it will be the thing that propels you to a state of emotional clarity. You may also be concerned that if you state your fears out loud (such as to someone you trust) you will "make them real." I assure you, the opposite is much likelier to be true — you will dissolve

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

Aquarius (Jan. 20-Feb. 19) With Mercury retrograde in your sign, the world is getting an infusion of the most innovative version of Aquarian energy. You are likely to be dancing to the music of the spheres that only you can hear. What you have is a positively amazing opportunity to get around your obsession with rationality and even thought itself, and take the leap to the intuitive level. You may have no idea how you're going to get there but consider the definition of the "quantum leap" from physics — something goes from one level to another, with no time spent between. You don't go there in the sense of linear movement; you arrive where you belong. In human terms, you change, you arrive in an entirely different frame of mind, but you don't know how you got there. Relax — you don't have to know everything, and whether you are right or not matters a lot less than you think. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20) Most of the interesting activity in the sky is focused in your 12th solar house — that deep inner world associated with all things overwhelming in size and scope, too strange for words, and deeply mysterious in a way that eludes words. The 12th is also the house of the pleasures of the bed, as they say in India. I suggest that this be your time of making your sexual fantasies real. Dare to experiment; to share your ideas; and to ask others to experience them with you. When I say "others" I am referring specifically to Aquarius being the sign involved in your 12th house. There is always a group inflection with this sign, and an emphasis on friendship rather than romance. If your pleasures tend in this direction, I suggest you let them go there. More than anything, let your imagination lead you. If you can dream something, you can create it in your life. Eric Francis has more of your astrology for you at PlanetWaves.net.

Island Epicure



The Very Healthiest Veggies

By Marj Watkins

Come shopping with me for healthy, tasty vegetables, and read on for easy, ways to prepare and serve them.

Eggplant, reputed to help nursing mothers make nutritious milk, and plenty of it, is so well liked in Greece that they say, “A Greek man will not marry any woman unless she can cook eggplant in a hundred different ways.” I’d have to remain single there; I only know 16 eggplant recipes. Eggplant supplies minerals for strong bones—potassium, manganese, copper, and magnesium; Vitamin B1 for energy and proof against fleas and mosquitoes; Niacin (I call it the happiness vitamin); B6 for healthy nerves and pancreas; and folate to regulate homocysteine levels, help keep your heart healthy, and prevent strokes, osteoporosis, and Alzheimer’s. All that, and it’s good to eat! But avoid it if allergic to nightshade-related plant foods.

BAKED EGGPLANT 2 to 3 servings

Preparation: 45 minutes including 30 minute soak
Baking: 10 minutes, or until lightly browned and tender
1 lb. eggplant
3 quarts water
1 Tablespoon salt
Olive oil cooking spray
Crushed dried oregano
Salt and pepper to taste

Thinly peel the eggplant and cut off the stem and green surround. Cut the eggplant in 3/8-inch slices. Soak it in salted water. Place a dessert plat on top of the slices to hold them under water. I usually place my cooking rock, a roundish hunk of clean granite, on the plate to hold it down.

While the slices soak, line two baking sheets with parchment paper or aluminum foil. Oil-spray the liner. Preheat oven to 425, or preheat broiler.

Drain the eggplant and pat the slices dry with paper towels or a clean cloth. Arrange the slices on the oiled liner. Spray their upper sides. Sprinkle salt, pepper, and oregano over them.

Bake or broil until lightly browned and tender, about 10 minutes. Be careful not to let them burn.

Beets: May be grated and served raw in a vegetable salad; cooked, peeled and diced and combined with oranges and apples for a

colorful salad good with raspberry vinaigrette or simmer with diced oranges in a sauce made from their cooking liquid, or the liquid from the can if you’re using canned beets. Or cut them in chunks, oil them, and roast them. Beets yield manganese and folate, plus a plant pigment called *betacyanin*, which protects you against colon cancer. Their anti-oxidant *glutathione* helps your liver detoxify your body and also thin bile to aid digestion.

STANFORD BEETS 4 to 5 servings

1 (15-ounce) can diced beets
1 large orange, peeled and diced
Thickening:
1 Tablespoon cornstarch
3 Tablespoons water

Drain the beet juice into a small saucepan. Reserve beet dice. Mix the cornstarch and water to a smooth, even consistency. Heat the juice to a low boil. Stir in the thickening and stir-cook until the liquid clears and thickens. Pour in the reserved beets and add the diced orange. Stirring gently, cook until steaming. Serve hot or at room temperature.

Broccoli: Good steamed and served with ranch-style dressing. Cut florets from the broccoli head. Place in steamer rack over about 1-inch boiling water. Cover. Cook only until fork-tender. The florets should still be bright green.

Broccoli gives you Vitamins A, C, and E to strengthen your immune system; Vitamin K to prevent excessive bleeding and help your bones absorb needed minerals to keep strong; plus two more antioxidants, sulforaphane and chlorophyll; also folate, calcium, and lutein for clear vision.

Cauliflower: Contains most of the same nutrients as broccoli, but lacks chlorophyll. People who taste broccoli as bitter often like cauliflower, and can make up their chlorophyll lack with more colorful vegetables and fruits.

Cabbage, especially red cabbage: Good raw in salads and coleslaw, or cooked in soups and as hot vegetable. Cabbage supplies vitamin K, an analog of Vitamin C, and cancer preventing indoles.

RED CABBAGE, GERMAN STYLE 4 to 6 servings

2 Tablespoons butter or canola oil
1 small head red cabbage, chopped
1 apple, thinly peeled, cored, and diced
3 Tablespoons cider vinegar
1/8 teaspoon caraway seeds
Salt and pepper to taste
Water to cover

In a large skillet, melt the butter. Add the cabbage and stir fry it 2 or 3 minutes. Add the remaining ingredients. Cover, lower the heat and cook until the cabbage is well done. Serve hot.

Some other versatile favorite vegetables are cherry tomatoes and red bell peppers for Vitamin A and C plus lycopene; spinach, carrots and carrot juice for Vitamin A, potassium, and fiber; kale and collards for calcium and potassium; red leaf lettuce, and spinach for Vitamin A and chlorophyll.

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News on the Vashon Geoduck Harvest

by Barbara Roberts

Sea pens remained swaying. Starry flounders gathered and circled the cavity. The geoduck harvester stirred a brief feast on the sea floor. The diver, monitored closely by the DNR, inserted a low-pressure water jet (20 - 40 psi, comparable to a garden hose) beside the visible geoduck siphon. With one hand on the jet wand, his other hand groped in the unloosed mud and sand, he grasped the clam and stashed it in a buoyant net bag.

Todd Palzer and Ken Dean from the Department of Natural Resources visited Vashon this month to tell us how DNR and WDFW manage the commercial harvesting of wild geoducks. Commercial divers for wild geoduck clams are, and have been for more than 30 years, overseen by DNR. Collaborating with the Department of Health, which tests both the water and the clams for pathogens, and with Washington Fish and Wildlife, which assesses (actually counts) the biomass and sets harvest levels, DNR auctions quotas of pounds of the clams to be fished.

In October of 2007, twelve quotas (of over 80,000 lbs) were auctioned. Eight are near Dilworth Point. The high bidders were Evergreen Marine Products, Inc., Barclay Seafood & Meat Corp., Sea World Fisheries, International Shellfish, Ducs, Inc., and Alaska Ice Seafoods, Inc. DNR will collect \$2.00 per pound for each pound of clams actually harvested. (\$160,680 per quota) The dollars bid above \$2

(high bid for the first quota was \$4.09) is called a bonus bid. These dollars are collected before the harvest. Total Bonus Bids totaled \$2 million (\$2,010,015.) in November '07. Total value of the auction: \$3,983,055. Funds pay the expenses of measuring and monitoring the fishery and state-owned aquatic lands. These funds are split equally between the Aquatic Lands and Enhancement

Account, ALEA and the Resource Management Cost Account (RMCA). Of the 674 million pounds that the WDFW assessed in 2006, 184 million are in commercially feasible substrates. Of the 184 million, about 5 million are available to be harvested each year.

DNR officers are present during harvesting. Buoys mark the boundaries which measure distance from shore, depth (between 18' and 70'), and bound out salmonid migration corridors, eel grass beds and herring spawning grounds.

Wildstock commercial geoduck fishery relies solely on natural recruitment for the repopulation of tracts. These tracts are on state-owned lands between 18 and 70 feet below low tide. Geoducks spawn millions of larvae. The larvae, smaller than the tip of (Todd's) little finger, float on the water column for weeks. Those that aren't eaten by crabs and starfish, and which nature floats to a habitable substrate, burrow in. Geoducks can only burrow when they are young. They

Continued on page 11

Positively Speaking

Why I Still Believe in True Love; Despite Evidence to the Contrary

by Deborah H. Anderson

It's all about the wedding these days. I've been told I get ten friends, or couples, I can invite who are just my friends. They will be the people who most helped me nurture my son to the point he could know the joy of being a good husband. Ten who will dab at their eyes with me as the kids walk together around the altar three times in true Russian Orthodox beauty to begin their life together as true friends, true lovers, and true husband and wife. Even as I write this months before the event, tears drip over my lids in the most exquisite joy knowing my son has chosen and grown in utter maturity to know the most remarkable phenomenon of all for the rest of his life: True Love.

Please do not feel sorry for me when you read this next sentence. There have been many blessings in my life including miracle healings, miracle babies, and good gifts and talents I have enjoyed. Yet I have never known True Love. Yet somehow in my heart I know what it would be like, feel like, live like and I know this: True Love exists, powers the world with its beauty and transforms every evil rendering it lifeless. True love is noble. I think it's the color of the sea. It's warm like an early spring day that will be temperate enough to walk about without a sweater. In the background of true love, there is the gentle music of peace; a mixture of the hum of bees and distant lawnmowers making perfect lawns. It is the smell of Gardenias.

Don't get me wrong. I was a great wife. I loved being a wife and it was painful when I discovered it was not mutual. I honestly believe that I have remained single for so long out of the deepest respect for True Love. There will be no dashing into a relationship for me. My belief in True Love supercedes all neediness for company on the occasional night I notice I'm alone in the house. Not just anyone will fill the void. No, if I am ever meant to know True Love it will be exactly right in every way. Right person, right time, right pace. I will never accept second best. And when I catch him looking at me I will smile with the contentment that comes from being truly known and unconditionally loved.

If you are married right now, you might silently admonish me to be more realistic. Surely I must know that True Love moves aside for 'getting through' about six months after the wedding. True Love sidesteps socks that don't quite get thrown in the hamper let alone turned right side out for the laundry. True love sidesteps job disappointments and fights over asking for directions and children who break your heart with independent positions and office flirtations and too big a balance on

the Visa card and furnaces that break down and cars that need tires. True Love sidesteps not getting enough attention because there's a heavy workload and in laws that discourage and bodies that fail us.

That's what you might tell me. And I would say back to you.....no it doesn't. If True Love is there in the beginning, it is always there. One must just take one's foot off the air hose supplying the oxygen and True Love will spring to life.

If you are married and have found True Love gone missing, do me a favor. Stop whatever it is you are doing and let True Love inflate once more. It is the most precious experience you will ever know.

If you were standing in the presence of True Love on your wedding day and find today you are not, please stop and think only on what is keeping that love from overwhelming you with Joy right this very minute. And then fix it. Because, ultimately it is the only thing that matters and it can change the world.

It's terrific that you're well thought of at your job. That car and house and boat you own is gorgeous. The awards you won are awesome. Your children are lovely and your dog is beautiful and the cats are perfect and the horses are the best. You have a lovely mother and father. That last vacation you took was perfect.

But THAT.....when you look into each other's eyes and hold each other and are for one sweet moment breathless because you are so perfectly matched and get to be friends forever. THAT.....is your treasure: True Love.

Valentines Day, the card is nice. But hold each other first and stare into each other's eyes without saying a word and think again of how fantastically fortunate you are to simply be in each other's presence and know each other's hearts.

If you're faking it, if love was not there when you first married, try, this Valentines' Day to be friends and see if it might grow.

Me? My tradition is to love and nurture myself that day as my True Love would.

I spend the day searching for couples who clearly are experiencing True Love. I stand in the blessing of what they shower on the world.

Accept no substitutes. Settle only for True Love.

At their reception I know I will see the relaxed joy of the two of them realizing they get to wake up everyday of the rest of their lives knowing True Love.

Congratulations Isaac and Slavica. The best is yet to come! Happy Valentine's Day. Love Deborah

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"Tears.....All Kind of Tears".....the second in a series of 4 Waterlily Workshops parenting series lead by Deborah Anderson will be held Wednesday 13 February 2008. The focus will include the causes and appropriate positive responses to a variety of tear types experienced by children of all ages from birth to adolescence including tantrums, tired tears, frustration and the blues. Mommy and Daddy, brother and sister tears will also be addressed. The cost for a single workshop is \$25 with a decrease in cost for multiple workshops. Partial scholarships are available. These workshops are appropriate for both well child and special needs families. Nursing babies are welcome. Call 463.4630 for registration. Workshops are limited to ten families.



Pay it Forward

Continued from page 1

and looking forward to a bleak holiday. Sally Carlson, a deacon at the Episcopal Church on Vashon, had this to say after a December trip to Chehalis: "What bothered me most is that the destruction looked so familiar. Some of what I saw was not that much different than what I have seen in New Orleans." She put out the word to Vashon's extensive disaster preparedness community, and suggested that the flood victims would welcome seasoned, split wood. With the help of other

Rotarians Jan Milligan, Ka Luomala, Gary Sipple, John Moore, and Bill Brown to load the wood, Mike



Jan, Mike, Marie and John with the mother lode
Troy Kindred Photos



Ka, Jan, John, Gary and Marie take a welcome
coffee break thanks to Barbara (center)

Vashon churches and community groups, Carlson lined up a number of wood donors, including Rick and Deborah Brown, Bob and Laurie Tucker, John and May Gerstle, Bob Booth, Margaret Gritten, and Bob and Mary Faine. Al and Muriel Watts helped transport some wood, and Pastor Dan Houston offered the Presbyterian Church as a collection point.

Troy Kindred and Marie Browne solicited the help of fellow

Kimmel donated the use of a Kimmco dump truck, and Kimmco employee Mike Weed volunteered his time both to drive around the Island gathering wood as well as to drive the load to Chehalis. Barbara Wells supplied hot coffee and pastries for the work crew. So, what is 'local'? In this case, it took on a broader definition than just Vashon Island. And to our neighbors in Chehalis, that's a good thing.



Gary Sipple and John Moore pack it in



Vashon Island High School
Winter Sports Update

Girls Basketball: Last week the girls dominated Charles Wright and look to be one of the strongest teams in the District, and the Region at that. They are featured as “Also Receiving Votes” in the Top 10 State Rankings.

Boys Basketball: The boys also beat Charles Wright and then they demolished Steilacoom 47-27 to bolster a 13-1 record for the season. They are ranked 4th in the state.

Guys Wrestling: The team has a 4-1 record in League and can sew up a 2nd place finish in League with wins this week.

The Pirate Wrestlers also won the Everett Classic on Saturday, Jan. 12, placing first among 15 other schools. Individual placings: 1st Place awards went to Alex Stemer, Rogan Lopez, and Adam Thalsofer. Sam Chapman placed 2nd, Eddie Protzeller and Timmy Jovanovich placed 3rd, Quinn Patrick and Geran Webb placed 5th. JV placers were Kyle Martin 1st, Jesse Mish 1st, Dom Stemer 3rd. JV Girl placers were Mad Dog Wolczko 2nd, Sylvie Shiosaki and Lizzie Corliss both won a match.



Taylor “Yoshimi” Butz vs. Timmy the Green Robot



The Vashon Pirate Wrestlers Place 1st at the 15 team Everett Classic Wrestling Tournament!



Alex “Steamboat” Stemer (amidst teammates) shows off the Outstanding Wrestler Award that he won at the Everett Classic Wrestling Tournament.



Girls Wrestling: Madeleine “Mad Dog” Wolczko (13-0) and Sylvie “Karate” Shiosaki (12-0) are both undefeated against female competition. Lizzie Corliss is 3-4 against girls and will be ready for Girls Districts on February 2nd.

Watch for both the Guys and Girls Wrestlers at the Tacoma Dome for the State Tournament on Friday and Saturday, Feb. 15 and 16. Come and support your local grapplers!

00000



Rockbusters Ian “Mad Pup” Mattingly poses with Kyrk Mozeleski at the Sub-Divisional Wrestling Tournament.

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Not Just a Great Burger

DOIT Board Elects New Officers

by Maryam Steffen

The board of Development of Island Teens at its January meeting elected Crystal Culp as president. She succeeds Stephen Silha, who served for six years. The new vice-president is Jean Navarre. Secretary is Maryam Steffen. Treasurer is Mike Sudduth.

“DOIT’s in a place, after a number of years, where it’s doing all this great philanthropy work that most Islanders don’t know about,” said Culp, who has been on the board four years. “Under Stephen’s leadership, the organization has opened up opportunities for so many young people, and cross-generational culture on the island. Support is growing.”

DOIT has funded the Burton Skate Park and Recreation Center since its beginning, and has been a major funder of the Vashon Youth Council, the Youth-Adult Dialogues, and the Opportunity Knocks grants which help teens fulfill their dreams. It also

participates in the Vashon Island Prevention / Intervention Team, a coalition of youth-serving agencies for which DOIT served as chair in 2006-07.



New DOIT President Crystal Culp (right) and new Vice President Jean Navarre, photo Stephen Silha.

The board is seeking new members (all ages) who are interested in helping to fulfill its mission to be a catalyst that supports and develops unique potential and contributions of Vashon Island youth through funding of activities by and for youth, educating the community about youth empowerment, and advocating on behalf of youth.

Please call Crystal Culp at (206) 579-4199 for more information.

Loopy Laffs

My mind not only wanders, it sometimes leaves town completely.
Today is the tomorrow you worried about yesterday.
The more you say, the less people remember.
Insanity is my only means of relaxation.
Chastity is curable, if detected early.
Honk if you want to see my finger.
If you can't convince them, confuse them.
There is a guaranteed way to get what you want: want less.
I didn't say it was your fault. I said I was going to blame you.
I'm having second thoughts about my job at the clock factory.
The only people who listen to both sides of an argument are the neighbors.

Sitting on the side of the highway waiting to catch speeding drivers, a State Police officer sees a car puttering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five old ladies — two in the front seat and three in the back - eyes wide and white as ghosts.

The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?" she asked. "No sir, I was doing the speed limit exactly... twenty-two miles an hour!" the old woman says a bit proudly. The State Police officer, trying to contain a chuckle, explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask... is everyone in this car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks.

"Oh, they'll be all right in a minute officer. We just got off Route 119."

(Thanks to Joane for sending us this one.)

EVIL	CREST	MASS
LITE	LOTTO	AIRS
FAST	FORWARD	GRIT
	IMP	ADMIT
OWING	MANLY	ADD
RAW	MILDER	XII
BROCCOLI	THING	
	WIND	ACLU
BEFOG	ORIENTAL	
AGO	ABULIA	USE
NOR	RULED	AMBLE
TEEN	FISTS	PRO
SPIC	NEWEL	TOOL
PATH	ERODE	SULK

Solution to puzzle on page 7

One half of the world doesn't understand the other half and it doesn't matter which half you're in.

The only time a windshield wiper will work properly is when it's holding a parking ticket.

Baseball serves as a good model for democracy in action: Every player is equally important and each has a chance to be a hero. —Edward Abbey

Loopy Definitions

- Flashlight: A case for holding dead batteries.
- Consciousness: That annoying time between naps.
- Willpower: The ability to eat only one salted peanut.
- Experience: A comb life gives you after you lose your hair.
- Vacation: A time when parents realize that teachers aren't paid enough.

OFF SHORE

GOOD AFTERNOON, GENTLEMEN. DO YOU HAVE ANY VALUABLES TO DECLARE?

...ER... YES AND NO.

AND HOW IS THAT?

WELL, YES, IN THAT WE DO HAVE BILLIONS OF POTENTIALLY VALUABLE GOVERNMENT I.O.U.'S ABOARD...

... BUT NO, IN THAT THESE NOTES HAVE NO ACTUAL CASH VALUE! WE'RE TRANSFERRING THEM TO A SECURE STORAGE FACILITY OFFSHORE.

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

THIS BABY'S GOT A LOTTA BELLS AND WHISTLES

A-C!

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NO CUPHOLDER, THOUGH

WILD WORLD

By Ed Prohaska

DINNER'S EDDY

OOOH, THIS SHOULD BE FUN, I THOUGHT THEY WERE JUST NICKNAMED THE CANNIBALS!

Get your facts first—then you can distort them as much as you please.

—Mark Twain

Cowboy Wisdom
Don't assume malice for what stupidity can explain.

Kid Wisdom
Don't sneeze when someone is cutting your hair.

Loop Arts

Too Beautiful Takes on Love and Marriage

by Janice Randall

Bellingham playwright, Carolyn McCarthy brings her original play, *Too Beautiful*, to the Blue Heron Stage for two nights, Friday and Saturday, Feb. 8 and 9, at 8 pm. *Too Beautiful* is a smart, humorous look at falling in love and staying there. Ruthless and riveting, the play premiered at Bellingham's IDiOM Theater last year to sold out audiences. Tickets, 12 VAA members, seniors, students/\$14 general admission, are available at Heron's Nest and Blue Heron Art Center; call to reserve by phone, 463.5131.



Carolyn McCarthy in Too Beautiful.
Courtesy photo

McCarthy, also a singer, combines songs, stories, poems and politics, along with inspiration from her own long-term relationship to irreverently address commonly held beliefs about marriage, romantic love and commitment. *Too Beautiful* is rated PG. McCarthy enthusiastically invites anyone of any age who has ever been in or thought about being in a relationship to bring a friend and check it out.

"Full of sly good humor and throat-clenching pathos...There are some serious points to be made here, but McCarthy makes them without beating her audience over the head. No matter how political she gets...the smile in her eyes never goes away."

McCarthy graduated with honors from Northfield, Minnesota's Carleton College where she acted and sang in many productions. She attended Advanced Actors Training Program at Seattle's Freehold Theatre and currently resides in Bellingham where she has earned a stellar reputation as a writer, actor and singer. She works regularly on stage and in film and television.

PTSA Auction Get's "Childish"

Continued from page 1

New this year, The Back Bay Inn will handle the entire catering component of the Auction; the help comes at a time when the event has an increased capacity to accommodate 300 at the K2 site. Among some of the extra treats will be live music and, for those purchasing premium tickets, commemorative photos taken at the Auction. Local dignitaries are being invited to the event, including elected officials from King County and beyond.

"Our deepest gratitude goes to K2 Sports for the use of its building, and K2 Commons for helping us coordinate and pull together the details," Hennessey said. "This saves us the significant cost of tent rental, which means more funds to support quality education."

K2 Sports is the Presenting Sponsor of the event. The Executive Sponsors are Matthew and



Bettie Edwards now, her then photo was at the top of the column.

Rebecca Bergman. The "Angels" are Vashon Thriftway, Puget Sound Energy, Back Bay Inn, Mark and Laura Hansen, Ray and Edith Aspiro, Gene and Sari Lipitz, Gary and Grace Christophersen and K2 Commons. The Supporting Sponsors are Windermere Real Estate, Brown Insurance and Emma Amiad, among other private donors.

"We are especially excited about the addition of Back Bay Inn this year," Hennessey said. "Owner Victoria Davies is coordinating the event that night, and her chef will be preparing the food; it will be nostalgic – and it will be amazing."

Organizers are still raising money to fund the event, and those interested in supporting the Auction may contact Hennessey at Lauri@hennesseypr.com, 206-650-4153. In early February, procurement notices for live and silent auction item donations will be mailed to select island residents and will also be available online. For more information, visit www.vashonptsaauction.org.



Denise Katz now, her then photo is the second picture.



Dave Willingham now, his then photo is at the bottom of the column.

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Our 60th Year!

Vashon Voices Auditions Singers for Spring Show

by Cynthia Becker

Vashon Voices, the island's pop and light classical chorus, holds auditions for its Spring 2008 concert entitled "Harmony: Songs of Freedom, Peace & Love" on Monday, February 4 and Monday, February 11, 2008 from 7:00-9:30pm at Vashon United Methodist Church.

The Voices will host two open group audition rehearsals in lieu of individual auditions. New singers have an opportunity to sing with the group and meet current and prospective members. Prospective members should have previous singing experience and, preferably, the ability to read music.

in musical ability." Farmer indicated he was especially interested in increasing the numbers of tenors and basses in the group.

This Spring's concert will include a collection of moving and inspired songs of freedom, peace and love from around the world. From "singing down" African Apartheid to the hymns of the African American civil rights era to the hopeful strains of John Lennon's "Imagine," the Voices will honor the efforts of those who, for whatever reason, have laid, or who are laying, the foundation for peace and freedom worldwide.



Vashon Voices recently at the Vashon United Methodist Church, photo by Evan Stults.

Music Director Joe Farmer said, "Our recent holiday concerts generated a lot of excitement in the community and within the group. We hope to continue to grow as an organization, both in numbers and

For more information about joining the group, contact music director Joe Farmer at 567-5640, or email info@vashonvoices.org. Visit www.vashonvoices.org to learn about the organization and the upcoming concert season.

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Two Great Films Come to Vashon

by Leslie McMichael, pluckmusic.com,
harp music for everyone, 206-898-4972.

A colorful German language fantasy film and a documentary featuring the island's own Father Tryphon are just two of the offerings in a dynamic new lineup of movies coming to the Vashon Theatre in the next few weeks. The varied new calendar of events has been created as a result of a new programming partnership between Vashon Film Society and the venerable 60 year old movie theatre owned by Eileen and Gordon Wolcott. It's in direct response to new challenges faced by single screen theatres in a competitive new business climate.

"Many Hollywood studios want you to play only their movie for a full three weeks," says Eileen Wolcott. "It surprises a lot of people that the studios don't care if we lose money the second and third week, but they are competing for screens with other studios. It's more important than ever to shut each other out in the race to get your dollars before movies go to DVD."

Newly released films from big studios are often launched with thousands of prints so booking them is not a problem, but these movies often come with stringent studio requirements like long minimum runs and not offering other current movies in the same time period. Even bringing in second-run films has become harder since more theatres



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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 8**

Forum to bring satellite performances of many of the city organization's films including "The Robber Hotzenplotz," a high energy



Come check out "The Robber Hotzenplotz" at the Vashon Theatre Febriaru 8 and 9.

are trying to show those movies with shorter run requirements. Wolcott knows that many island movie goers will end up going off island to see a film if she can't bring it in soon enough.

Small release independent and foreign films, always much requested by Vashon movie goers, usually open in cities first, then make their way next to theatres with lower populations. "This has never been a problem in the past," says Wolcott, "we just waited our turn. The change is that now these films are being released to DVD and other mass media so rapidly that the Vashon Theatre's spot in the lineup evaporates."

In response to these new challenges faced by the theatre, Vashon Film Society has initiated a programming partnership with Seattle art house Northwest Film

family movie based on a wildly popular children's book. The German language film will show on Friday, February 8 at 6 pm and Saturday, February 9 at 4:30 pm. Later this month Peter Ray, curator of the For Word documentary series, will bring "This Land is Your Land," an exploration of ordinary people fighting corporate power, which includes the story of giant Starbucks Coffee confronting the Vashon Island Russian Orthodox monastery's Father Tryphon.

To keep island film fans up to the minute on shows "coming soon to a theatre near you," VFS has launched a new e-newsletter for members. Support the theatre by signing up for the email bulletins at the Vashon Theatre concession counter or send your name and email address to vashonfilm@comcast.net

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New Shows on VoV

If you're a fan of Gospel Music (and who isn't?) then you've got a real treat in store. Kathleen Arnold hosts "The Gospel Truth" on www.voiceofvashon.org and VoV-TV, Comcast Channel 21 every Sunday morning at 10. All your favorites are there - Mahalia Jackson, The Staple Singers, Alex Bradford - plus some excitors that you may not be familiar with. This one is a winner. Halleluiah!

And, also on Sunday — at 6PM we are airing the syndicated program, What's the Word. If you love language and words then you won't want to miss this one, a Radio Series sponsored by the Modern Language Association and hosted by Sally Plaksin. First six shows are: "Walt Whitman and Democracy", "Al Pacino's Shakespeare", "City of Ladies", "Chaucer's Canterbury Tales", "What Writers Read" and "Listening to Literature".

Happy Listening — Bill Wood

Veterans Speak On Iraq War

Continued from page 1


One of their organizations is Iraq Veterans Against the War (IVAW). This group was founded by Iraq war veterans in July 2004. They have been demanding the immediate withdrawal of all occupying forces in Iraq; reparations for destruction and corporate pillaging of Iraq. Also they call for full benefits, adequate healthcare (including mental health), and other benefits for returning servicemen and women. The IVAW are now 48 states strong, and on numerous bases overseas, including in Iraq. They are speaking out and educating the public about the realities of this war.

You can learn more about this organization and meet some of these veterans here on Vashon on Sunday, Feb. 17th at 2 pm at the Land Trust Building. Chanan Suarez Diaz, President of the Seattle Chapter of IVAW, will be speaking on his experiences while serving in Iraq and what caused him to join the IVAW. Chanan is a US Navy veteran who served five years,

including in Ar Ramadi, Iraq from 2004-2005. He was honored with a Purple Heart after being injured in Iraq and with the Navy Commendation Medal with Valor for saving two lives. Chanan was recruited while in high school with the promise of money for college.

The Vashon Maury Island Green Party is hosting this event and fundraiser for the IVAW so that they can continue their important work. Some of their upcoming events include an Active Duty outreach at Fort Lewis in February, and "intense involvement in a momentous national event called "Winter Soldier: Iraq and Afghanistan" in Washington D.C. in March. For more information about the IVAW check their website at: www.ivaw.org

If you feel the same as so many Americans do about this occupation, then get involved. Come out and find out why American soldiers are opposing this war.



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