In This Issue: Madame Toujours on the Democratic Primary, the RQE struggles with that demon ambition, Orca Annie thinks the Corps of Engineers heads are full of gravel and much, much, more...



Found a dead bird? Gary Shugart brings them back to life.

page 7



New Wrestling Award Created.

page 16



Father Tryphon in *This Land Is* Your Land

page 19

THE WASHON DO P

Vol. 5, #4

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM February 15, 2008

Would You Pay a Higher Fare?

By Pat Paquette, 2008 [Some rights reserved]

WSF recently released a draft of the new ridership survey it plans to conduct. There are the usual questions such as "why are you traveling today," followed by a series of detailed questions about how much more you'd be willing to pay, what additional services you'd pay for (e.g., reservations), etc. It was absurd, and suddenly I thought of Sam-I-Am hounding the antagonist in Green Eggs and Ham until he gets his way. With apologies to Dr. Seuss ...

WOULD YOU PAY A HIGHER FARE?

Would you pay a higher fare? I will not pay a higher fare. I will not pay more than my share.

Would you pay from here to there?

I would not pay from here to there,

I would not pay to anywhere. I will not pay a higher fare. I will not pay more than my share.

Would you pay it at the house? Would you pay it with your mouse?

Would you pay it from afar? Would you use your Visa Card?

I would not pay it at the house. I would not pay it with my mouse.

I would not pay it from afar.
I would not use my Visa Card.
I will not pay a higher fare.
I will not pay more than my share.

Would you, could you From your phone? Pay it, Or you won't get home!

I would not, could not, from my phone.

Continued on page 4



Tuesday, February 5, about 20 Vashon Rotary, VMICC Transportation Committee and Ferry Advisory Committee members went down to Olympia to talk to legislators about the many issues with the ferry system. The Island now needs a turn out on the scale of the recent Democratic Caucus meeting in the form of calls, letters and emails to the governor and legislature. Articles on Page 4 and 5 give the details on the issues and how to contact the specific government officials.

Ferry Show Down

On Saturday, February 9 more than 1600 Islanders turned out for the Democratic Caucus at McMurray Middle School. It's time for that kind of effort from the Island concerning the ferry system. Overall funding for maintenance and growth, frequent user fees and the suitability of the boats for Vashon runs all face major decisions right now. It would be inaccurate to say that the Vashon Ferry Advisory Committee and the Vashon Maury Island Community Council Transportation Committee need your help. Rather Islanders need to ask the Committee members what email and letters must be written, calls made and visits with politicians scheduled by each Islander. Otherwise we'll all be paying more money for longer waits for boats that continue to break down.



Loop and earlier Ticket readers have laughed at Ed Frohning's editorial cartoons for the past eight years. Ed and Jeff Hawley's work will be featured at an exhibition in Seattle by Cartoonists Northwest and the Art Institute of Seattle called: Left, Right, & Wrong: Celebrating the Art of Editorial Cartooning. See the neighboring article.

Vashon Cartoonists Puncture Politics

"LEFT, RIGHT, & WRONG: Celebrating the Art of Editorial Cartooning"

Cartoonists Northwest and The Art Institute of Seattle Presents Provocative Exhibit of Political Humor

By Luke Martin, Special Projects
Director, Cartoonists Northwest

Editorial cartoons by two Vashon cartoonists will be among works appearing in *Left, Right, & Wrong: Celebrating the Art of Editorial Cartooning,* at The Burnley Gallery from February 25 to March 31 on the campus of The Art Institute of Seattle. The show is proudly presented by Cartoonists Northwest (CNW) and The Art Institute of Seattle.



Jeff Hawley's "Hopeiness Is." Jeff started drawing for the Loop three years ago.

This exhibition celebrates the artistry of political and editorial cartooning, and features notable Northwest cartoonists, including David Horsey, Pat Moriarity, Peter Bagge, Donna Barr, Lew Andrus, Dan McConnell, and George Jartos. Also on view will be works by members of Cartoonists Northwest, including the Vashon Loop's own Ed Frohning (editorial toons; "Binger"; "Wild World") and Jeff Hawley ("Logam"). "Logjam isn't an overtly political comic strip," says Hawley, "so it was fun cutting loose in the editorial cartoon format. Come to this exhibit and see how I skewered a few of my pet peeves!"

"We think it's important – especially in this election year – to recognize the power of art in shaping political discussion," says Roby Gilbert, show curator and Director of the Animation program at The Art Institute of

Continued on page 6

The Vashon Loop, p. 2 February 15, '08

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.

This I Believe Vashon Style

As Unitarian Universalists we don't inherit a common body of beliefs. We have some guidelines in the Seven Principles but nowhere do we read or hear just what we should BELIEVE. However, we strongly support the rights of each one of us to formulate our own!

Some of us have tried writing down our personal beliefs. You try it – not easy! (No fair writing what you don't believe!) Edeen Parrish and Dorothy Hall-Bauer have done just that and share with all on Sunday, February 17 at the Burton Community Church at 23905 Vashon Highway.

Edeen is a retired librarian transplanted from Ojai, California. Dorothy Hall-Bauer is a recently published author. Islanders, Meet Your Neighbors can be found in both Vashon book stores with profits going to The Vashon Interfaith Council on Homelessness.

Where Should the Vashon Library be Sited?

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex

Ad sales and design:

Email: ads@vashonloop.com Editor: Ed Swan,

editor@vashonloop.com

Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070 Paid advertisements in *The Vashon Loop* in

no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal

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Don't miss an issue! Subscribe to The Loop!

\$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!

Join us for coffee and conversation at Lewis Hall after this service.

Religious education is provided for children 3 and up.

For more information contact Chuck Torrey 567-5450.

The book, "Blessing the World: What Can Save Us Now?" by Rebecca Ann Parker will be the basis for our conversation at 9:30am February 24. Have you ever wondered "How will I make it through this?" "Where is the hope for our world?" Donna Klemka will lead us in a conversation where we will explore our own responses to the suffering and destruction we are witnessing in our times. Join us in Lewis Hall behind the Burton Community Church. For more information call Judy Whitney 463-

Wendy Wharton, 29908 129th Place SW, 206-408-7800, 206-799-9433 cell.

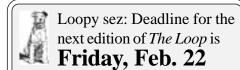
Calling All Artists!

Help the Vashon Island Growers Association (VIGA) illustrate the Vashon Island Farmers Market 2008 promotional poster. Any medium is If you have thoughts on the welcome. The design should convey subject, please email same to Bill the spirit and beauty of the Farmers Ptacek, King County Library System Market. The final poster size will be Executive Director, at billp@kcls.org. 11x 17 inches, and it will be He is anxious to hear from you so displayed all over Vashon Island please do so soonest if you so choose. during the market season, April-December. If you would like to submit an original piece of art to be



Photo of the Farmer's Market in action by Ralph Moore.

considered as a central feature of the market's 2008 promotional poster, please fill out the form below and submit your artwork by photo, slide or copy to one of the following addresses. All entries must be received by March 3 to be considered. For information or to submit by digital photo please send Mark Timken, mtimken@comcast.net.





John Keister's Take on NW Politics

Are you in favor of protecting our groundwater or are you a fan of John Keister, former host of "Almost Live"? If so, the League of Women Voters (LWV) has a program for you!

On February 20, beginning at 7:00PM in the Renton Civic Theater, John Keister will present a humorous look at the politics and people of the Pacific Northwest. Tickets are \$17.50 if purchased in advance or \$20.00 at the door. This LWV fundraiser includes wine and hors d'oeuvres before performance.

The following afternoon, at 2:30 PM at the Vashon Library, Donna Klemka, chair of the Vashon **Groundwater Protection Committee** will lead a discussion about what is being done to protect our groundwater and she'll answer any questions you have on the subject.

Both events are open to the public and promise to be fascinating.

14th Annual Science **Fair**

Saturday April 19th 10 am - 3 pm at McMurray Middle School in the Multipurpose Room

Information packets and entry forms are now available at the Vashon Library and at Chautauqua Elementary School. This community event welcomes all entries and visitors. In addition to science fair projects on display, we will have special guests and lots of fun activities for all ages. information or to volunteer for this event please contact Donna Gagner 463-4225. This event is sponsored by the Vashon PTSA.

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.

VEA Thanks PTSA

Dear Members of the PTSA,

Vashon The Education Association would like to thank you for your very generous donation of \$50 to every teacher in the Vashon Island School District!! This was especially appreciated in light of your already generous donations to our programs and schools. We are

so fortunate to have such an conscientious group of people who are dedicated to supporting our schools, their teachers, and their children. You have helped to lighten the load. And, for this, we are truly grateful!

Sincerely, Elizabeth Golen-Johnson, Vice President, VEA

The Vashon Loop, p. 3 February 15, '08





Interest rates are way down! The average 30 year fixed loan rate is 5.78%. There are lots of properties to choose from on Vashon - it's a great time to buy! Want to see everything that's on the market? Check out our website at www.yourHTR.com. You can set up your own search, or we'll do it for you!

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9- 2 1/2 Bath

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Just Listed

Build Your Dream Home in Dilworth



Shy two-acre lot overlooking the Sound, the mainland, and the mountains beyond. Paid Heights water share, approved 3 BR septic design, and house plans included.

\$295,000

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

MLS # 27192127

1 bedroom

1 Bath

Right Next Door

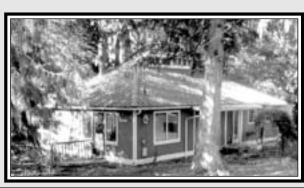
Office space

Partial Basement



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

13536 SW 171st St

MLS # 27191401

3 bedroom

2 Baths

.30 Acre

1472 SQFT

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Attention Builders!

Over four acres of lightly wooded, level land, zoned R4 (4 houses per acre), with 3 water shares and on the sewer line. Easy access, private but close to the main highway. But wait, there's more: a doublewide manufactured home to live in or rent out while developing the property. \$525,000

9 3 Watershares

2 Bath

4.27 Acres

→ 3 Bedroom

Something of the second second

MLS # 27206954





The Vashon Loop, p. 4 February 15, '08

Wake up and get off your duffs, Vashon!

By Kari Ulatoski

ride the ferry during rush hour — a lot more?

This is not a hypothetical question. As you read this, the State Transportation Commission and the Legislature are devising a plan to do away with your frequent-user discount pass and to charge you a premium to take the ferry to work during rush hour.

Ferry fares — rightly called "tariffs" in Olympia (a tariff is a toll or a tax) — currently are frozen. However, the Transportation Commission by law has to start working now on a plan for increasing tariffs when the freeze is over next year. It is becoming increasingly clear that the preferred approach will be peak-period pricing. In a nutshell, this means you pay a higher tariff during rush hour, when everyone is going to work. If you wait until off-peak periods, you can buy a ticket for less.

Do you really think that long ferry lines aren't enough of a deterrent to traveling during rush hour? If you could change your work hours, wouldn't you have done so already? Clearly, this halfbaked plan is just a ruse for charging us more while not giving us any additional service.

Our delegates in the 34th District and Kitsap County are working hard to ensure that ferry riders get affordable.

What if you had to pay more to a fair deal. But we are outnumbered and outgunned by influential legislators from Island County and the rest of Washington State and dare I say it — your own governor.

> We're on our own, folks. We need to fight and to find allies. We need to get smart and feisty. And we need to do it NOW! If we wait until the new fares are announced later this year, it will be too late!

> A handful of us are working on this, but we will not succeed unless the entire community takes a stand together. We can make a difference! Get involved today.

> Or, choose to do nothing and watch your rates go up 25 percent, up to 45 percent in the summer.

> Yes, this letter is meant to be incendiary, and yes, it's addressed

> WAKE UP AND GET OFF YOUR DUFFS, VASHON! It's your island, your community and it's time to fight for it!

> Kari Ulatoski is the Chair of VMICC Transportation Committee. The Committee needs volunteers for both short- and long-term tasks including ferry issues, bus connections on and off island, the Dockton Road project, PO Boat route planning. She reached can be kulatosk@centurytel.net or call her at *206-567-0587.* Help keep your community, your island livable and

Please mark your calendars for the VMICC meeting with Washington State Secretary of Transportation Paula Hammond on Thursday, March 20. Watch the Loop for more details.

Ferry Action in the Legislature

by Alan Mendel, Chair, Vashon Ferry Advisory Committee

February 6th the House Transportation Committee unanimously passed HB2718 relating to frequent user discounts for ferry riders. This bill would restore language removed last year authorizing consideration of frequent user discounts. A public hearing was held on the bill on February 5th in Olympia and also supported the bill. Seven Vashon residents testified in favor of the bill, citing issues such as fairness, the economic impact of the elimination of the discount and our total reliance on the ferry system. The bill now goes directly to the floor of the House with no amendments allowed. If the House passes the bill it will get considered by the Senate Transportation Committee.

The House Transportation Committee also passed HB2455 relating to the expiration of ferry passes. The bill has been amended to extend the expiration date to 120 days from the current 90 days. Unfortunately there companion bill in the Senate so it is made this year. However some of for new ferries to serve the Port something about this situation.

First, the good news. On the groundwork has been done for next year and we can renew our efforts then.

HB2453, which would eliminate the 30 minute lockout preventing multiple uses of the same car and driver frequent user ticket, was heard by the House Transportation Committee in January and is still being considered by them. Favorable action is expected soon. approximately 20 Vashon residents There is a companion bill in the attended. Also present were about Senate which has not yet been, and 10 Kitsap County residents who $\,$ may not be, scheduled for hearing. Although this is an important issue it does not affect as many ferry users as does the issue of frequent user discounts, so our efforts should be focused on SB6688 at this time.

Even though this is a short session of the legislature there is much going on that is of interest and concern to ferry users, which we all are. Everyone needs to make their voices heard by their own legislators and those who are on the House and Senate Transportation Committees. Please do what you can to help all of us make our interactions with Washington State Ferries as painless as possible, both financially and otherwise.

Now the bad news. There has unlikely that any changes will be been much publicity about the need

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Townsend-Keystone route. The current plan is to build a 50 car ferry very quickly to go into service on that route early next year. In the meantime WSF is leasing a very similar ferry from Pierce County to serve in the interim. There are very serious questions as to whether this type of vessel will be able to handle the seas and weather it will encounter in that part of the Sound. The Secretary of Transportation, Paula Hammond, was quoted last week as saying that this 50 car boat would be a good fit on the Point Defiance-Tahlequah route or as a backup boat if it wouldn't work on the route for which it is specifically being built. This boat will not work on the Point Defiance-Tahlequah route. It will not work as a backup. 50 cars is just not enough capacity. The Rhody carries 48 cars. By the time it will be replaced we will need a bigger boat there. The smaller boats on the Fauntleroy route are 87 car boats and the larger ones 124 cars. Replacing either of these with a 50 car boat will have too great a negative impact on capacity to be viable. The only place a 50 car boat would work is between Vashon and Southworth when the Triangle is broken up. But that was not

If you are concerned with this issue, contact the Secretary of Transportation and your legislators. They are the people who can do

mentioned by Paula Hammond.

Would You Pay a **Higher Fare?**

Continued from page 1

Marie and Troy

You may like it. You will see. You will get more for a fee!

I would not, could not pay a fee. Not from my phone! Now let me be.

I would not pay it at the house. I would not pay it with my mouse. I would not pay it from afar. I would not use my Visa Card. I would not pay from here to there,

I would not pay to anywhere. I will not pay a higher fare. I will not pay more than my share.

A boat! A boat! We need new boats! Could you, would you, for a boat?

Not for a boat! Not for a fee! Not from my phone! Don't mess with me!

I would not, could not, at the house.

I would not, could not, with my mouse.

I would not pay it from afar. I would not use my Visa Card. I would not pay from here to there,

I would not pay to anywhere. I will not pay a higher fare. I will not pay more than my share.

Continued on page 5

The Vashon Loop, p. 5 February 15, '08

Ferry Boats and Overloads

It looks like we have survived the first ferry crisis of the year. I do not think it will be the last, but we can hope. The ferry system has very deep problems that will take years to work through.

The best news from the last month and last summer is the apparent recognition, finally, that Vashon is the 4th largest route in the WSF system. With the addition of the Southworth traffic we are nearing the third largest in vehicle traffic and have a very respectable passenger count. We are by far the largest users of discounted fares (tariffs) in the system.

With the two Issaquah 124 class ferries we were able to maintain an average 92% of the normal capacity. Vashon took the brunt of the loss in the morning when we did not have the two dedicated Issaquah runs. Southworth was worse off in the evening. The big question will be what happens if we have a two boat schedule with two Evergreen State Class vessels, or a one boat schedule. A two boat schedule with this class would only handle some 65% of normal capacity. The Vashon FAC has put that question to the department. We hope the point will be brought home to Secretary Hammond when she comes to the Island next month.

The current maintenance schedule is very aggressive. It stretches out into the Summer. We all need to be prepared. At any one time there will be up to six vessels out of service. This leaves no spare vessels for any possible breakdowns. Since we are the only route with three boats we can expect to suffer some consequences.

I know that we have serious overload issues. WSF knows this too. So far we have been unable to get them to monitor and record this information. We are the only major ferry destination that does not have web cameras to monitor the traffic. We have only hand written tally sheets to work with. The overload estimates are mostly guesses by the terminal workers.

by Greg Beardsley, Co-Chair, Vashon FAC

To help remedy this, the Vashon FAC is working on signage for the main highway so ferry riders can report the overloads. To report overloads an email can be sent to vashonfac@comcast.net. When reporting we need the date, time arriving in the line and which departure you were trying to make. Additional information about moving up in the line and the departure you make will be helpful

Until signs are in place the following locations relate to the cumulative line up:

> On the Dock 35 vehicles Below 112th 83 vehicles Ferry sign at corner

102 vehicles

Ferry sign above corner 121 vehicles Below 116th 143 vehicles **Cunliff Road** 177 vehicles 103rd, top of hill 240 vehicles

The Vashon FAC is looking for help in data entry for our ferry statistics. We are looking for someone interested in improving our spreadsheet. For students this will count toward your community service requirements. Anyone interested please respond to the email above.

These traffic statistics will be used to maintain and hopefully improve the ferry service for Vashon as the new vessels come online. It is also possible that we can prove the need to get the third ferry running more hours on the weekends. Without our work at this we cannot expect to improve, let alone maintain our service level.

Would You Pay a Higher Fare?

Continued from page 4

You do not want a higher fare?

I do not want it, what's not clear?

Would you, for a HOT lane pass?

Would you, for less greenhouse gas?

I would not, for a HOT lane pass. I could not, for less greenhouse gas.

I would not pay it at the house. I would not pay it with my mouse. I would not pay it from afar. I would not use my Visa Card. I would not pay from here to there,

I will not pay a higher fare. I will not pay more than my share.

It needs repair! Would you pay a higher fare?

I would not pay to anywhere.

You do not want it. So you say. Who else do you think will pay? We will take your boat away!

If you will let me be, I will try it. We will see ...

Hey! Where's that boat You said we'd see? Where's that service for a fee? I am paying from the house. I am paying with my mouse. I am paying from afar. I pay with my Visa Card. I am paying from my phone, And still I'm late arriving home. Why is there no HOT lane pass? I am paying out the ass.

The boat! The boat!

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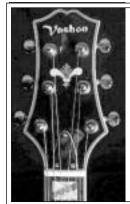
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Attention Tahlequah - Pt. Defiance Riders

Vickie L. Mercer, former chair of the VMICC Transportation Committee

days, afternoon overloads and then imagine a boat that carries 5 less cars each trip. Well, ladies and gentlemen, if you don't write letters to object to a 50 car boat on your run on a permanent basis, it may happen in the future.

Last week new DOT head, Paula Hammond, announced to the Everett Herald that if the new 50 car Steilacoom II boats don't work on the Keystone to Pt. Townsend route, the boats would be reassigned to Vashon. We should ask, "maybe two of them"? We don't know because no one is talking to folks on Vashon Island. Does the DOT know where Vashon Island is? Do they know that there are over 12,000 people who aren't just going to the theater (that was what Commissioner Bob Distler compared our frequent user fares to when arguing for congestion pricing) but to work, school and medical treatments?

As WSF planners have been working on designing Taj Mahal tourist trap terminals while aging boats in their fleet were about to sink, we now find them in panic mode to fill the holes left in the

Think back to recent Rhody largest ferry fleet in the United States. WSF deck crews are telling the DOT and the Governor that the three Steilacoom II vessels for \$100 million are not appropriate for WSF's fleet, especially in the northern rough waters of Puget Sound and they are voicing concern for passenger safety. We must also ask is this an appropriate use of our tax dollars if they don't know if the vessels will work for the location they are being assigned initially.

I watched in horror interviews on February 4th as passengers on their way to Pt. Townsend told their stories of hitting a rogue wave between Keystone and Pt. Townsend while riding the passenger only boat Snohomish and immediately assumed a 20% downward tilt. **Immediately** following the cabin filled with six inches of water and all the passengers had to run for higher positions on the Approximately 2,000 gallons of water came into the vessel through the ceiling and set off the alarms. Yes the waters do get rough up there and the crews know that and no one is listening to them. If there

Continued on page 12

Governor and Legislative Contacts

Christine Gregoire, Governor, Washington State: P.O. Box 40002, Olympia, WA 98504-0002; (360)

902-4111 Paula Hammond, Secretary of Department of Transportation, hammonp@wsdot.wa.gov

David Moseley, WSF CEO, moseley@wsdot.wa.gov Sen. Mary Margaret Haugen,

Senate Transportation Committee Chair: 305 John A. Cherberg Building P.O. Box 40410. Olympia, WA 98504-0410 (360) 786-7618

Sen. Phil Rockefeller: 218 John A. Cherberg Building, PO Box 40423, Olympia, WA 98504-0423 (360) 786-7644

Rep. Judy Clibborn, House of Representatives Transportation Committee Chair, 435 John L. O'Brien Bldg., P.O.Box 40600, Olympia, Washington 98504-0600, 360-786-7926

Rep. Sherry Appleton: 424 John L. O'Brien Building, P.O. Box 40600, Olympia, WA 98504-0600, (360) 786-7934

Rep. Christine Rolfes: 341 John L. O'Brien Building, P.O. Box 40600. Olympia. WA 98504-0600. (360) 786-7842

The Transportation Commission: P.O. Box 47308, Olympia, WA 98504-7308, 360-705-7070

Spiritual Smart **Aleck**

It's for You

By Mary Litchfield Tuel

Lent has begun, and the focus of my Lent this year will be "call." Right now the calls most of us are getting are recorded messages from or on behalf of Presidential the best version of whom you were candidates. That's not the kind of call I'm talking about.

I've started reading the book of Acts, also known as the Acts of the Apostles. The reason I wanted to read this book is because it contains the story of the conversion of Saul. Perhaps you've heard this story, but I'll go over it for those of you who are a little fuzzy on your Bible.

In first century Palestine there was a man, Saul of Tarsus, who took it upon himself to persecute the followers of Jesus of Nazareth. He imprisoned many people in Jerusalem, and then he thought he'd do the same in Damascus, so he headed there with a few friends.

But something happened on the way to Damascus. "Suddenly, a light from heaven flashed around him. He fell on the ground, and heard a voice saying to him, 'Saul, Saul, why do you persecute me?" – Acts 9:3-4, NRSV

It does not say in the Bible that Saul was riding a donkey, so I can't say the Lord knocked him off his ass in order to knock him on his ass, but there, I worked it in.

Anyway, Saul was pretty freaked out lying there in the dust, not least of all because he realized he was now blind. "Who are you?" he yelled. The voice replied, "Why, I'm Jesus, the one you've been persecuting."

Saul's friends saw him fall and heard the voice speak to him. I get the impression they were standing with their mouths hanging open. The voice told Saul to get up and continue to Damascus, where he would be told what to do. His companions took him by the hand and led him to Damascus, where he waited for three days in the house of Judas (no, not the traitor Judas, another instructions.

In Damascus a Christian named Ananias laid hands on Saul, and said, "Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit."

Immediately "the scales fell from his eyes," Saul could see, and he got up, was baptized, and had dinner. He changed his name from Saul to Paul and went on to quite a career preaching, teaching, and writing, including the letters that make up much of what we call the New Testament. You may have heard of him.

That's a pretty dramatic call. Most of us don't get knocked to the ground or blinded when we're called. Most of us don't hear a voice giving us instructions, but all of us are called.

The universal call is to become created to be, but during your life you are called to do specific things, like make a CD of Celtic hymns, for example. Answering your call is what leads you to do things that might not seem reasonable to someone else, or even to you.

There's usually not much money in answering a call. Paul supported himself making tents. He thought it was important not to be a financial burden to anybody. So answering a call may not make a lot of practical sense, but it does make great spiritual sense.

What value can you place on encouraging people, or lifting their hearts along the way? At the end of your life do you want to look back and say, "I never did anything I didn't get paid for," or, "I sang one song for one person that helped her that day?" I know most people would vote for the money, but some of us will always come down on the side of the song.

How do you discern the difference between being called, and being crazy? Well, a call might tell you to give your life to God and do good in the world. Craziness might tell you to do violence to yourself or others. That's a basic difference. You need to check out your call with a sane spiritual advisor. It is best not to tackle these things alone. It's too easy to get lost without more perspective than your own.

You might have a hard time thinking there is something greater than yourself that wants you to stop being such a self-centered doofus and do your part, however small or large, to be a better person and make the world a better place. Sometimes God knocks you on your ass, or to your knees, or shows up where you least expect to be found, and you can't explain it but you know your number is up, and you have been called. Try to be graceful, and go forward one step at a time. You may never know what effect you have, but what you are called to be is faithful, and that's all you need to

Here. It's for you.





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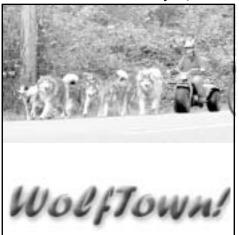
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Vashon Cartoonists Puncture Politics

Continued from page 1

Seattle. "Whether from the left or right, art is a powerful weapon in the war to persuade. This show celebrates the history and triumph of editorial art from a variety of perspectives."

"Cartoons have this unique ability to traverse taboo topics and politically-correct 'red tape' and comment on them with a wonderful blend of humor and

GEE, HARRY! I CAN'T 986 ANY GOUD GROUND TO IMPEACH BUSH!

Jeff Hawley's "Pelosi and Reid Lost at

poignancy that would be impossible with other tools of public communication! They're the loud guy in the back of the crowd who shouts out exactly what you were thinking, but could never say." says Luke Martin, Special Projects Director of Cartoonists Northwest.

Left, Right, & Wrong: Celebrating the Art of Editorial Cartooning runs from February 25 through March 31 at The Art Institute of Seattle's Burnley Gallery. The gallery is located in the South Campus and "Stinz") and many more.

building at 2323 Elliott Ave., Seattle, WA 98121. Gallery hours: Mon. through Thurs. 7 AM - 10 PM; Fri. 7 AM – 5 PM; and Sat. 9 AM – 2 PM. Closed Sundays. A public reception will be held on February 29 from 4:00 to 7:00 PM in the gallery. For more information, or to schedule interviews with artists or Art Institute staff, please contact the Department of Communications at mlivingston@aii.edu, or call (206) 239-2562.

About The Art Institute of Seattle

The Art Institute of Seattle is one The Art Institutes (www.artinstitutes.edu), with 41 education institutions located throughout North America, providing an important source of design, media arts, fashion and culinary professionals.

About Cartoonists Northwest

Cartoonists Northwest is an association of professional and amateur cartoonists who meet monthly to network, collaborate, and promote community among local artists. Established in 1981, CNW is one of Seattle's longest standing organizations and has boasted membership of such artists as: Lynn Johnston ("For Better or For Worse"), David Horsey (Seattle PI), John Lustig (Disney and "Last Kiss"), Brian Basset ("Adam @ Home" and "Red and Rover"), Donna Barr ("The Desert Peach"

The Vashon Loop, p. 7 February 15, '08

Don't Forget the Birds



Found a Dead Bird?

By Ed Swan

birds Islanders find, so I thought it might be a good idea to get more of a word out about what to do when their found. Birds on Vashon find "life" after death in a number of ways. The Island has an incredible resource in Gary Shugart, the Collections Manager at the Slater Museum of Natural History at the University of Puget Sound. Gary takes dead birds (and amphibs and reptiles and mammals, for that matter) and prepares them as specimens for several different kinds of collections.

If the bird is fresh and in relatively good condition, Gary preserves the bird in its natural shape for study by scientists and others at the museum or for use in classrooms and other settings. Gary stores the

I often receive calls about dead specimens as part of the curriculum. It's incredible how the life-like bird specimens hold the attention even of preschoolers who will stay on topic and paying attention for up to an hour. Contact Sue Trevathan at 463-1484/sue.trevathan@centurytel.net if you have a classroom or other group that would like presentation. Gary says that Thursday is "prep day" if anyone wants to come over and see how it's done. Contact him at (253) 879-3357, gshugart@ups.edu.

Birds in less than tip top shape still serve a purpose. Gary takes DNA samples for a variety of studies for both the Slater Museum and also UW's Burke Museum of Natural History. The Slater Museum also holds a collection of wings for comparison. The wing collection

> can be viewed online and a lot of other information and databases can be searched at the Slater Museum website: http:// www.ups.edu/ slatermuseum.xml.

Bird bodies assist work in other areas as well. Scientists especially check crows waterfowl for avian-borne diseases. Crows and the corvid

Nile Virus. Waterfowl receive scrutiny for the as yet slim possibility of avian flu.

If you find a dead bird on the suggested above. Gary keeps a cooler outside his garage door for drop offs and is often willing to pick The Back Bay Inn (206) 463-5355

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them up from Island houses if given Loon. If you have a question about 463-7976 edswan@centurytel.net. The next three months bring Vashon's bird species diversity to its highest peak If you find a live, injured bird, as returning breeding birds join the winter water birds before the waterfowl head north for their someone interested in guide service to find Vashon birds have them give me a call or email.

Should have called the shuttle.

206-463-2664

directions. Collecting birds or their local birds or an interesting Island feathers privately is against the law sighting or bird photo, contact me to protect birds from over enthusiastic fans, only educational institutions may maintain and keep

call Wolftown at 463-9113. They posses a license for rehabilitating raptors and can often help other nesting season. If you know birds or provide suggestions or referrals for bird care.

News of live birds has been light since the Christmas Bird Count with two exceptions. Gene Hunn found a Thayer's Gull at KVI Beach and a Yellow-billed Loon in Tramp Harbor in late January. Thayer's Gulls, while locally common around Puget Sound, rarely show up on Vashon. The loon observation gave the Island only its second record for this species closely resembling the Common

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A Varied Thrush being prepared at the museum. Vashon-Maury Island Audubon family in general provide a "canaryto students in Vashon schools. Chautauqua Elementary 4th Grade

Society collection and also gives in-a-coal-mine" function for West Audubon access to the museum's collection for teaching adult classes on the Island and for presentation Vashon Audubon organizes an Island, get in touch with Gary as award winning program in

classes each year using these bird 27 Brand of laundry detergent

52 Siamese 55 Cell stuff 56 Scarlet 57 Tactlessly

37 Whirl

41 Four-__, like a horse

42 Bit 44 Dual 45 Bring up **48** Top

51 Coat

43 American College of Physicians (abbr.)

75 Compass point

60 Used bad language

71 Boxer Muhammad

67 Cheek feature

64 Queasy

72 Dour 73 Realm

74 Throw

76 Said

46 Rescue 47 Saves 49 Desert

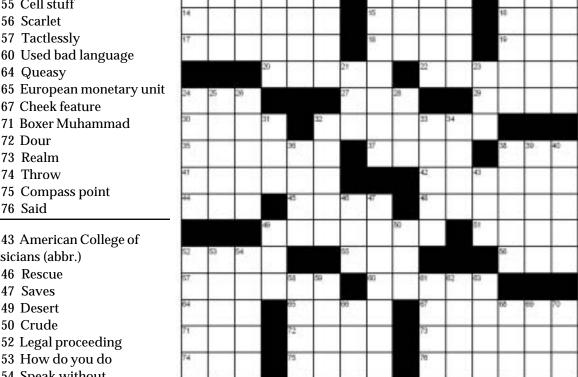
50 Crude 52 Legal proceeding

53 How do you do 54 Speak without 33 Rimmed

preparation

58 Not arms 59 Christmas

61 Chances of winning



- 63 Austin novel
- 66 Wipe
- 68 Touch affectionately
- 69 Tell a tall tale

70 Finale

Solution on page 17

24 Sign language **DOWN**

ACROSS

11 Time zone

7 Lone

14 Dawn

17 Cringe

19 Winter mo.

20 Islam's city

22 Wounds

18 Rend

1 Swiss mountain cottage

15 A piece of bedroom

16 Expression of surprise

furniture (2 wds.)

- 1 Auto 2 Tint
- 3 Electric spark
- 4 Hulk 5 Canal
- 6 Baby powder
- 7 Pound cake brand (2 wds.) 8 Kimono sash
- 9 Israel's son 10 Adam's garden
- 11 Type of food

- 12 Mislead
- 13 Bitter herb

- 29 Murky
- 30 Selector 32 Pronoun 35 Fabled
- 38 Resort hotel
- 49 Square bladed dagger
- 21 Food container
- 23 Peanut butter brand 24 Grown-up
- 25 Tendon 26 Slow (musical term) 28 Acid drug
- 31 Lower limb 32 __ days (long ago)
- 34 Catamount 36 Air (prefix)
- 38 Depone
- 39 Pet __ (annoyance) 40 Supplemental
- 62 Mob activity

The Reigning Queen of Everything

Feminism

By Sarah Blakemore, RQE



Feminism. It is a word whose meaning I've had to consider on multiple occasions over my years as a stripper. I had to think about what my in and out of the industry. There were long discussions in the locker room about what our job meant - were we being exploited or were we exploiting our customers? Did our job further the Feminist Agenda or did it hinder it? Were we representative of Third Wave Feminism? Was Third Wave Feminism something we wanted to embrace?

The questions and discussion were endless. I found it entertaining and engaging to be around such strong, confident women from all over the country and the world. And, God help me, I loved the crazies too. The broken girls who were struggling to survive with mental illness and drug addiction. They were all part of the discussion; in no other format have I ever found their voices so audible certainly not in the academic Ivory Tower discussions of Feminism.

By the time my stripping career came to a close, I had a solidly developed notion of Feminism; how it related to me and more importantly, how it related to the perceptions and goals of other women. I was comfortable in my ability and right to prance around in 8 inch heels and be taken seriously as an intelligent, ambitious woman.

And then, dear readers, yours truly went back to the ranks of corporate America. Not just any part of corporate America, but the most seemingly innocuous viper's nest in Corporate America: The Investment Bank. At first it seemed like fun. Hey, check me out. I went from being a stripper to being a banker. And not an Administrative Assistant or someone stuck in the back office, but a real banker with a real title and position. This is fun. WHEEEE!

Really, I thought I'd hang out for awhile, take a break from stripping and then go back to the club scene and after all, I can do anything. Like any addict, I didn't realize that I was hooked until it was too late. The crack cocaine of finance got to me. The dinners and the wine that costs more than my rent; the cleanliness of the industry - the way people smile and open doors for me - so charming and relaxing. And frankly, I'm not even that high up on the food chain. There is a lot of territory left to conquer.

Like an addict, I tell myself that I can manage it. I laugh at movies like Thank You for Smoking, knowing that I have actually uttered the yuppie Nuremburg Defense. "Hey, I've got a mortgage to pay." But, true to some of the values I developed while stripping, I make sure that I know myself in all of this; that I am the eye of the storm. I can't control how around me but I can control how I react and how I manage myself.

Others can be dishonest around me but I can be honest and fair in the way that I do conduct myself.

Slowly, however, I begin to see actions meant for other women, both the chinks in my armor. I feel the spirit and drive of competition propelling me forward. I look for ways that my work can be noticeable, visible to those in positions to further my career. This ambition is fine, but with this drive comes personal investment. I've started thinking about how I want my life to look over the next few years and banking starts to play a bigger role. Personal investment means that the stakes are higher. It matters more if I win because I've committed myself to this challenge.

And thus far, I have been successful in my endeavors. I wrote down what I wanted from this job and four months later I had it. I have a new set of goals now and am well on my way to reaching them; more money and a better title.

Nothing wrong with all of this, right?

In the New Year, with the announcement of the merger, there was a big shuffle of personnel. The Head of The Desk (HOD) needed a role filled. He came to my boss, MK, and asked if she knew of anyone. MK said the only person she could confidently recommend was me.

I heart MK.

I am pleased to report that things are going well. I have been told a number of times that I am outperforming my predecessor by leaps and bounds.

Smile.

Here is where the smile ends. Not in terms of job performance, but in terms of ethics, most specifically Feminism.

The reason that HOD needs someone is because the woman who performs my function is out on maternity leave. She will be out until late August. Pregnant Lady has the title and pay rate that I want. I like PL. She is helpful and very good at her job. But when I met PL, my producing my show. I'm the RQE immediate thought was, good, she'll Jackson Pollack's kitchen. be easy to get out of my way.

Uhg. When did I become a horrible person in the name of nothing truly important?

So here I am. I am positioning myself in such a way as to benefit from the fact that not only is PL going to be out on maternity leave, she is already out for the rest of her pregnancy. She is having a difficult pregnancy and has been confined to bed rest.

While she is out I am highly visible in her role. It is a step above mine and, like I mentioned, significantly more money.

Fortunately the reality of the situation is that by law they can't give away her job to me. Good. I shouldn't be able to take it.

However, what concerns me more others behave or the circumstances is that the ruthless side of me was ready to cut this woman off at the

Continued on page 10

We've Got a Lot of Kids

I Don't Know Art, **But I Know What He** Looks Like

by Kevin Pottinger

Our kids produce great big mounds of art. Most afternoons, they're hard at work at the kitchen table, coloring, painting, pounding slabs of bruise-brown salty Playdoh and snipping full-sized sheets of paper into tiny pieces and throwing them all over the floor.

We use our high-ceilinged entryway as gallery space. The sixteen-foot crisp white walls are perfect for clusters of kid's art, each colorful objet d'art crowding another, like posters stapled over one another on telephone poles: a pig

Our oldest son Colin created a painting last year in kindergarten that he called "Eight Suck". It has an artist's statement: "This is the number eight. See this big machine around it? It is sucking the "E" sound out of it." Another of his drawings depicts our family; smallest to largest. Colin and his Mom are the largest. All of us sport five long spidery stick fingers as long as our legs, long spindly necks and several strands of multicolored hair standing completely on end.

Our three-year old twins, Their Twin Majesties the Babies, have utterly different styles of painting with water colors. Alec dips his wet brush experimentally into each color in the tray, and puts paint to paper with enthusiastic pointillist plops, as if the brush were heavy and he was in a hurry to put it down. His sister Gracie, on the other hand, digs her wet brush into the trays of paint like a clam shovel, pulling up great vivid chunks of color that she plasters on the paper using a trowel-like brush technique. The paint is often a quarter-inch thick in places, creating topographic textures looking like the remains of a condiment fight in

what her painting represented. After a thoughtful moment, she replied wistfully, "Art", followed by a heavy sigh. I signed both Alec and Gracie's names to their pictures and put them up on our gallery wall to dry. Later, Colin secretly crossed out Gracie's name and penciled in his own. There is no more sincere form of flattery than plagiarism.

Along the bottom of the wall above the mopboard, we've displayed our oldest daughter Meredith's House Series. It's a set of five or six almost completely identical depictions of our house, with subtle, almost imperceptible variations in each, rendered in colored markers. In one image the window may be blue, in the next, more of an understated, yet still quite similar blue. A little higher up,

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we have displayed her Heart Series. It's the same sort of thing, several almost completely identical hearts, rendered in tempera paints, with giant artist's signatures.

All four of our budding artistes have turned out for ballet lessons, thanks to the brilliant people at the Blue Heron. At first, Meredith and her little friend Sophia went together to ballet lessons, then this year Gracie signed up as well; soon Alec got jealous so he started taking ballet lessons too.

One afternoon, Colin was standing by the door to Meredith's ballet class waiting for Maria, and got swept in with the crush of girls heading into the ballet class, and ended up staying for the class. He was the only boy in the class, and when he skipped across the floor, all the little girls tittered instinctively I asked three-year old Gracie like a flock of starlings, hands over their mouths. We found a natural flair for ballet in Colin; now he's taking ballet lessons with the older

> Over the last few months, Colin has been developing his theme, "Colin's Theme", on the piano in the living room. It's about ten seconds long, using two fingers of each hand; cha-cha-cha, cha-cha-cha, cha-chacha. He's been adding to it over the last few weeks, starting on different notes, varying the volume, using the sustain pedal. Meredith quietly sings a wordless, shapeless, pretty tune when she's drawing her houses and hearts: the Houses and Hearts tune. Alec and Gracie seem to find their self-expression pummeling one

> Perhaps that's how drums were invented. $\omega\omega\omega$

A New Recipe Book

Could a new recipe book help save a human place on this world? Let me give you some facts to ponder.

There are thousands of plants that have fed humanity, yet the world economy concentrates its efforts on growing nine, when considered by volume. Wheat, rice and corn make up half of the food consumed in the world. Barley, oats, sorghum and millet combine for another quarter. Beans—including soy—and potatoes make up the bulk of the rest.

more than 4 million hectares worldwide—of roughly 5000 available choices. The choices have not been made ecologically or with flavor and nutrition in mind.

The top nine and a majority of the rest have been chosen because they are machine harvestable and adapted to the modern farm techniques, including artificial fertilizers and standardized processing. Other crops that could actually produce more nutrition per acre are ignored because they are not so readily made into an industrial product.

Over 800 million people worldwide depend completely upon crops grown by modern methods. The problem with that, of course, is that modern methods all involve the investment of large amounts of fossil fuel. Artificial fertilizer is made from oil, a commodity that is increasing price and decreasing in availability. Irrigation, processing and transportation are also oil dependent.

Many people agree that we have reached the point of peak oil meaning, the most oil that will ever be produced annually is being produced right now. From now on, less and less with be produced.

At the same time, other people, not so widely publicized, are saying that we are also reaching peak food and peak water at this moment as bode well for any of us.

Permaculturists, who expound an approach to designing human settlements, in particular the development of perennial agricultural systems, that mimic the structure and interrelationships found in natural ecologies, tells us that an average of 200 pounds of meat can be harvested from an acre of prime land. The same acre could produce 3000 pounds of grain, 14,000 pounds of apples and 30,000 pounds of honey locust flower.

There is no market for it, but honey locust flour has more nutrition than any grain. The Honey locust (Gleditsia triacanthos) is a deciduous tree native to North America. It is mostly found in the moist soil of river valleys ranging from southeastern South Dakota to

New Orleans and central Texas, and as far east as central Pennsylvania.

Natural ecosystems have not only always produced more planetary wealth than our supposedly progressive methods, they have consistently maximized the food available to the planet's inhabitants. Cows always produce less meat than the naturally occurring herbivores.

According to a recent study, "... an untouched savanna is capable of an annual production of 24 to 37 tons of meat per square kilometer in the form of wild animals, while the best pasture-cattle systems in Africa can yield only eight tons of beef per square kilometer per year. Yet in the name of agricultural progress and the imperative of control, many ungulates are being threatened with extinction, and other herd sizes are being substantially reduced."

Everywhere we have gone, Only 33 crops are grown on civilization has cleared the forests and plowed the prairies with the excuse of feeding ourselves, yet it has turned out we were actually setting ourselves up for starvation. We insisted on having beef, when eland and wildebeest would have been a better choice.

> We have been stupid about what we chose to grow and eat. Urban people, so divorced from the production of food, would never know there were other choices. Rural people, intimately engaged in the production, would not dare admit it.

> Since we persist in our ignorance (the root of which is 'ignore'), our standards continue to fall as to what is acceptable to us as food. Most of us will die, never having consumed honey locust flour, venison, elk meat, or cattail. I have eaten cattail pollen and it is quite tasty, with some part of plant available to eat yeararound, and it is quite productive.

> Cattail is eager to grow in the marshy areas we have always felt compelled to drain, but it is not machine harvestable so, despite is superior nutrition, its abundance right here on Vashon Island and its flavor, you won't be finding it a Thriftway any time soon.

I think we have to talk about the reinvention of agriculture, something based on the European farm village in which people live in a town that has a vital civic and well. This combination does not cultural life, with farms and wild lands just outside the village. We could adapt that model on Vashon and, Grandmother knows, She has provided us plenty of deer to eat around here.

Of course, we are not only talking about the reinvention of the human community, we are talking about redesigning the dinner plate, the kitchen and the recipe collections—changing everything from the production approach to marketing. I don't have a lot of recipes for elk and cattails, but I'm willing to learn.

making and eating cookies out of

യയയ



Madame Toujours

Dear Madame Toujours,

I am really struggling with my choice for the democratic candidate for president, and I think you are probably the only possible person who could help me with my choice.

Here's my difficulty: Barack Obama is a charming, personable man with many fine qualities, and I agree with many of his positions, and he makes me feel all warm and fuzzy. The thing is, I really believe our country needs a strong man to lead us out of the mess we've gotten ourselves into, and I just can't help feeling that Hillary is that man. I mean, she's got a plan, she's organized, she's tough and compassionate, she's a staunch Methodist, and she's got loads of experience.

On the other hand, she's also got Bill. I mean, he's a charming man, but do we really want him roaming around the country getting up to who knows what mischief? I mean some of things he's been saying on the TV! Poor Hillary. Still, can't she keep him on a leash, and if she can't manage her husband, can she really manage an entire country?

business where people call her "Hillary?" When her husband was campaigning, everybody referred to him as "Clinton." Is this some kind of discrimination? Are people not taking her seriously because she's a woman? Does this mean she is weak? And how long before we can elect Chelsea—I mean Ms. Clinton

> Sincerely, **Perplexed**

Chere Mme. Perplexed,

Oui, c'est tres difficile the Next time: why are Haitians important decisions for the running of the country. Who to be voting for, what to be voting for, whether the husband of Mme. President is an ornament to the nation.

Moi, I cannot be making for you the important personal political decisions, but possibly, I can be helping for you to clarify the crucial issues.

Bien sur, the sensible females are always being attracted to the gentle fellows with the warmth and the compassions. You can be marrying him with the impugnities. Possibly, he is the excellent candidate to be the warm and compassionate husband for the nation.

However, possibly, you are having the correctness to be wishing for the strong female type who is whipping the nation into shape. Naturally, you are looking at the husband for the example of the competence of the wife.

However, I am suggesting that you are glancing across the living room at the husband who is sitting in the La-z-boy with the "Cheetos" crumbs on the facial whiskers and the beer propped on the belly. Now look at the husband of Mme. Clinton. Suddenly, *Mme.* Clinton, she is looking very competent, *n'est* pas? Nobody is controlling the husband. He is mostly the And by the way, what is this undomesticated animal who is making you proud if he is not scratching himself lewdly in the public venues.

Bon Chance, Mme. Perplexed, and as for the question of the correct address for Mme. Clinton, yes, it is the cultural practice to be addressing the female types very often by the given names. This is the expression of the charm and warmth, and nobody is much caring as long as they are addressing her as Madame PRESIDENT Hillary.

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The Vashon Loop, p. 10 February 15, '08

Nelson

🖎 LoOp Op Ed

Passenger ferries to Out with the Old and improve in with the New

by Dow Constantine, King County Councilmember

In contrast to the recent troubles with the Washington State Ferry car ferries affecting service to Vashon and Maury, there is good news on the passenger ferry front.

This June, the newly-formed King County Ferry District will assume funding of Vashon Island-to-downtown foot ferry service while the state continues to operate the boats. In June 2009, the ferry district will assume direct operation from Washington State Ferries ensuring that this valuable lifeline for residents stays in operation.

The King County Council voted last April to establish the ferry district, which will also run the Elliott Bay Water Taxi (West Seattle-to-downtown) and allow the creation and future operation of five new passenger-only ferry routes elsewhere in King County.

Countywide ferry districts were authorized by the state Legislature as part of a general abandonment of WSF passenger ferry routes. Vashon has retained its passenger-only ferry route due in large part to the heroic efforts of the 34th District's legislative delegation.

King County plans to not only preserve service, but to improve it. The King County Ferry District's future plans for the Vashon-to-downtown route are:

To return to three morning and three evening runs, rather than the two-and-two service currently offered by Washington State Ferries. When the third boat was cut, daily ridership fell from about 400 people per day to 270—the goal is to reverse that trend.

To serve the route with cleaner, more fuel-efficient, faster 149-passenger catamaran ferries that can travel up to 30 knots.

To charge fares both ways, a system that won't penalize one-way riders, without summer surcharges or extra fares for those bringing bicycles aboard.

Passenger ferries are just one part of the solution to our region's transportation problems. Foot ferry service is easier, quicker, and cheaper to establish than building new roads. The benefits of the King County Ferry District will stretch well beyond Vashon Island. Two-thirds of King County residents live in communities situated on Puget Sound or Lake Washington. Passenger ferries already carry millions of riders in cities such as Vancouver, San Francisco, and New York.

Ferry districts are also authorized under state law to create new shuttle bus service connecting docks with nearby neighborhoods. This could enable King County to supplement the current Metro bus service to better serve islanders.

by State Representative Sharon

I have a husband, two daughters and a full-time job, and I live in Vashon Island; the last thing I need is an unreliable ferry system. For those of us who depend on ferries day in and day, the situation has become worrisome. We have been first-hand witnesses to the steady deterioration of the Washington State Ferries system. Since the passage of Initiative 695 in 2000 which repealed the motor vehicle excise tax that funded the ferries the state has been forced to reduce investments in our ferry system, with increasingly negative effects for

On February 5, eighteen islanders took time out of their busy schedules and made the trip to Olympia to testify before the House Transportation Committee regarding House Bill 2718, one of several measures aimed at providing relief to ferry commuters. I was pleased to join them in a rally before the hearing to draw attention to the fact that ferries are our highways.

I was appointed to the Legislature in November and I feel that I arrived here at just the right time to work on the ferry system. I have joined with legislators from Bainbridge Island, the Kitsap Peninsula, the Olympic Peninsula, Whidbey Island and the San Juan Islands to press for more funding and better oversight of the ferry system.

In addition, our entire ferry system will soon benefit from new leadership, as Governor Gregoire has chosen David Moseley to be Assistant Secretary of Transportation for Washington State Ferries. Moseley comes with a strong record of fixing troubled organizations. He's got a big job ahead, but we're optimistic that he will bring the accountability and efficiency needed for improvement.

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Diane Newby: Certified facilitator & Trainer. Through her infution and training in bodywork and breathwork she is honored to assist you in accessing your own natural transformational abilities.

We have to keep in mind that the ferry system didn't go downhill in a day, so fixing it will take time. We're working hard and carefully studying the best long-term solutions for Washington State Ferries. Just as many islanders and others in the area, I am tired that our lives have been severely disrupted due to the broken ferry system, and I am excited that the State is finally taking action to address these long-simmering problems.

State Rep. Sharon Nelson represents the 34th Legislative District, which includes Burien, North Highline, Vashon and Maury Islands, and West Seattle. She serves on three committees: Agriculture and Natural Resources, Appropriations Subcommittee on General Government and Audit Review, and Local Government.

Contact Rep. Nelson: PO Box 40600, 332 John L. O'Brien Bldg., Olympia, WA 98504-0600, Toll-free Hotline: 1-800-562-6000, TTY (hearing impaired): 1-800-635-9993, nelson.sharon@leg.wa.gov

We will work with new leadership at Washington State Ferries and the King County Ferry District to better connect bus service to both auto and passenger ferries and to offer routes that reach more areas on the island.

Vashon and Maury Island residents deserve better transit options. The new King County Ferry District will be a big step in the right direction.



Feminism

Continued from page 8

knees. A woman who is doing something that I think all women should be entitled to: Have a career AND a family. I should, by feminist virtue, be supportive of this. But then there is the other side of this argument.

To get something, you must give up something.

My boss, MK, who is very high up the corporate food chain, does not have any children. She made a choice about what she wanted. If she was leaving the office early to care for children, she wouldn't be where she is now. She made a choice. I support her choice.

If you decide to have kids, should you have to give up that career trajectory?

Part of me says yes, because life is about choices.

[And before we all whine about men don't have to make these choices, I am going remind you all that men have to miss first steps and little league games too in order to make it up the corporate hierarchy. For those of you who don't believe me, just take a minute to think of the iconic absentee father.]

I'm conflicted. Where does my ambition end and another woman's right to choose her lifestyle begin? More accurately, what should the consequences of her choices mean?

I'm out of space.

I've written too many words and still have no conclusion. Development of Feminism will continue. The best I can do is ask myself: Who do I want to be in this situation?



The Heads Are **Gravel**

by Orca Annie Stateler, VHP Coordinator

Before I digress, please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.

In draft findings released February 8, the Army Corps of Engineers (ACOE) reached the profoundly disappointing conclusion that a massive pier proposed to unload gravel from Glacier Northwest's Maury Island mine would not cause serious environmental damage (see "Corps backs gravel-mine plan," Seattle Times, 2/9/08.)

To read the ACOE draft report, go to www.nws.usace.army.mil and look at the section marked "Links of Interest." Send comments to olivia.h.romano@usace.army.mil, or to U.S. Army Corps of Engineers, Regulatory Branch, P.O. Box 3755, Seattle, WA 98124-3755.

Reading "Corps backs gravelmine plan" prompted me to revisit a Dorsal Spin I wrote in September 2004. At the time, I took umbrage with Glacier Northwest attorney William Cronin's unenlightened remarks about orcas being a "nonissue" if Glacier expands. (See "Orca habitat at risk if barging allowed, UW scientist testifies," Seattle Times, 8/20/04.) Now for a refresher on what is at stake.



Disenfranchised by the ACOE: Granny (J2) and Ruffles (J1) grace the waters of the Maury Island Aquatic Reserve. Photo © area altogether." November 2007, Mark Sears.

Too often, we treat destruction environmental-impact statement on of orca habitat as a "nonissue." Killer whales are an endangered species in Washington State, and the orcas we usually see in Puget Sound, the Southern Residents, are listed as endangered in the US and Canada. Contrary to Cronin's dismissive claim, Glacier Northwest's proposed expansion will significantly increase local vessel traffic. A large-scale mining and transfer facility at the site will introduce barging into an aquatic reserve, where no industrial activity has occurred for decades.

Such intrusive development will jeopardize vital habitat for forage fish, salmon, shorebirds, and killer

Vashon-Maury has 50% of the undeveloped nearshore in King County, a considerable chunk of which lies within the Maury Island Aquatic Reserve. In fall and winter, chum salmon runs draw Southern Resident orcas here. Ours is the only island in Central Puget Sound that J, K, and L Pods routinely circumnavigate.

As they traverse East Passage, the Southern Residents frequently hug the Maury Island shoreline. Maury's herring spawning grounds attract salmon and orcas. Killer whales hunt fish in this area. If Glacier's expansion despoils crucial eelgrass beds, herring and salmon will suffer. If local forage fish and salmon stocks are further compromised, the Southern Residents will be forced to expend more energy during their most vulnerable time of year to search elsewhere for food.

The Southern Residents find respite here, where they can forage, socialize, and give birth in comparative peace. Vashon-Maury waters serve as an orca nursery in fall and winter. Since the early 1990's, VHP associate Mark Sears has discovered about a dozen newborns around the Island. Pt. Robinson, within underwater acoustic range of the Glacier site, may be the best place in Central Puget Sound to encounter Southern Residents with calves. Here, as many Islanders know, orcas swim close to shore, sometimes just a few feet from adoring fans on the beach.

If the extended pier, barging activity, and underwater noise at the Glacier site disturb the Southern Residents, they will avoid the Maury Island shoreline. We will not see future generations of baby orcas anywhere near the Glacier dock.

expert testimony to the Shorelines Hearings Board, orca researcher Dave validated Bain concerns about lengthening the pier and noise from barging. He said, "They (killer whales) won't want to go past it. That could eliminate their use of the Vashon Island

Dr. Bain also noted that Glacier's proposed expansion did not consider research that shows

underwater noise is a likely contributor to the Southern Residents' decline.

For the ACOE to say that pier construction would occur only when orcas are not visible in the area is facile and misses the point. Sound travels five times farther in water than in air. Killer whales have the most sensitive hearing of any toothed whales. They rely on sophisticated acoustic abilities like



echolocation for survival. Orcas use

Noisy engines and propellers mask the effectiveness echolocation. Cumulative underwater noise from boats, pile driving, dock construction, and other manmade sources interferes with orca social communication and may permanently damage the whales' hearing. Simply put, a deaf whale is a dead whale.

To prevent the Southern echolocation to navigate and hunt. Residents' extinction, we must curtail disruptive activities that corrupt prime orca habitat with noise and other pollution. Adding Glacier's barging operation to the underwater cacophony in East Passage is inconsistent with orca recovery and the greater effort to restore Puget Sound.

> For permission to use any of this article, contact Orca Annie at Vashonorcas@aol.com.

LoOp Letters

Nader for President

I see that someone is exploring who doesn't have the will to fight... having Ralph Nader run for President in 2008. http:// www.naderexplore08.org/

I for one am interested in having him run and would support his candidacy. I would do so because I believe that of all the people who have been candidates for President in recent memory he would make the best president. We do not need any more liars and cheats in the White House. We don't need anyone in the White House who, as a public official, failed to preserve, protect and defend the Constitution which they were honor bound to do. We don't need anyone in the White House who can't be trusted to do their best for all The People. We don't need anyone in the White House who doesn't understand the meaning of honor and integrity...

whether or not there is interest in who would continue to shame us for what we have allowed our country to become. I believe Ralph Nader would serve honorably. I believe he can be trusted to do what needs to be done. He believes in the rule of law and would not shirk his duty. He has the vision, the experience, the guts and the skill to be the best President we ever had. I would vote for him. If he runs I will vote for him. I am saying this in hopes that you will finally stand up and fight for what you believe in... I hope you will let go of any fear of failure but instead stand up for what we really need now. Please click on the link above and ask him to please run for

> Thank you, Mark Α. Goldman, www.gpln.com.



The Quandary of **Osteoporosis**

By Kathy Abascal

Osteoporosis is a problem in the Western world, one that women need to take very seriously as they approach and enter menopause. Most women I know are aware of this issue and work diligently at strengthening their bones by religiously swallowing calcium supplements. But are we doing the right thing? Research increasingly indicates that we are not.

First off, most of us are unaware that our protein intake has a substantial negative effect on our bones. Evidence exists that excess protein in our diet, especially animal protein (meat, dairy, chicken, pork,

fish, etc.), likely c a u s e s osteoporosis. While we need protein on a daily basis for health, metabolizing protein generates acidic waste. In order to buffer this waste as it is transported to the kidneys for removal, we



Kudzu

pull calcium from our bones. This magnesium.) calcium is then lost in the urine. One researcher summed it up by pointing out that the connection between too much protein and bone loss is as clear as the connection between smoking and lung cancer.

Numerous studies of dietary the world support this conclusion. The US, Canada, and Europe have the highest intake of animal protein. These countries also have the highest rate of osteoporosis. In countries where dietary protein is limited, osteoporosis is rare. According the World Health Organization, we only need 20-30 grams of protein a day while our government recommends 45-60 grams a day. A farmer in Southeast Asia eating a mostly vegetarian diet gets about 65 grams a day. The average American eating animal products usually gets 100 to 160 grams each day. Those on an Atkins type diet can get between 200 and 400 grams a day. So, the first step in preventing osteoporosis (as well

as many other diseases) is to limit the amount of animal protein in your diet and give up your protein shake.

Second, most of us have been told that we need extra calcium in our diet to maintain bone strength. Unfortunately, most try to get calcium through dairy products. This contributes to an excess of protein in the diet, ultimately leaching more calcium from the bones than the dairy provides. Others take calcium supplements on a daily basis, often 1-1,500 mg/day. While some studies suggest this is a wise move — at least if the supplement also contains some magnesium — newer studies indicate that this too is a mistake.

The most recent study carefully analyzed the data from all of the large studies on the ability of extra calcium to prevent hip fractures. The results show that, at best, consuming large amounts of dietary calcium did not in any way reduce a woman's risk of suffering a hip fracture. In postmenopausal women, calcium supplementation did not reduce the risk of a vertebral fracture at all. And shockingly, calcium supplements instead increased the risk of hip fractures by 64%.

Other studies have also found that taking large amounts of calcium each day does not help prevent osteoporosis. Instead, it appears increasing magnesium intake may be better for the bones. In one study, women on a low protein diet who took 500 mg of calcium citrate with

> 600 mg magnesium reversed postmenopausal bone loss. They are now studying the effect of taking 1,000 mg magnesium a day. (Most calcium supplements provide the opposite ratio, and consist of about 1,000 mg of calcium with 500 mg of

This leaves us on the horns of a dilemma. We will not have scientific proof of how best to prevent osteoporosis for many years to come. In the mean time, each of us will have to decide what to do and stuck with the leftover tiny boats. we will have to risk being wrong. patterns and disease from around The safest bet is that an appropriate diet will be the best preventative. This diet should be low in protein by Western standards and dairy and meat should be occasional treats rather than a daily food. We should eat large amounts of dark leafy greens, rich in calcium and magnesium, as well as other vegetables and fruits. Such a diet will be high in fiber as well as minerals, and will support an intestinal flora that improves our ability to absorb those minerals. This is actually a very safe bet as a healthy diet not only prevents osteoporosis but prevents most other chronic ailments as well. Regular weight bearing exercise with plenty of sunshine in the summer and a



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

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 ongoing Conscious Eating for Health &

Weight Loss classes at the Roasterie and be adding classes perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.







are also important.

If I were at particular risk for osteoporosis, I personally would not eat much dairy and I would not take a high dose calcium supplement. I might take magnesium a supplement. Of course, being an herbalist, I would instead rely more heavily on an herbal remedy. My

vitamin D supplement in the winter first choice would be to take kudzu (Pueraria montana) root because it prevented bone loss in animals and also actually stimulated bone formation. Lots of people will argue that my approach is crazy, certainly the dairy industry will, but I am confident that getting minerals from vegetables and herbs is the very best way to go.

Attention Tahlequah - Pt. Defiance Riders

Continued from page 5

Steilacoom II class vessels will withstand the rough waters and be susceptible to taking water over the bow, the problems need to be addressed now before Vashon gets

There will be no opportunity for a Vashon public hearing prior to the end of the legislative session so please write letters of protest to Paula Hammond, David Moseley and Governor Gregoire now.

Other issues in the current legislature are:

HB2817 / SB6688: " The desirability of reasonable fares for persons using the ferry system to commute daily to work and other frequent users who live in ferrydependent communities." This bill has passed out of the House **Transportation Committee changing** the word "shall" to "may" and is waiting for action by the Full House. The Senate Transportation has not allowed a hearing on this bill. After a call to action by VMICC Transportation Committee Chair,

are questions about whether the Kari Ulatoski, 18 people from Vashon traveled to Olympia, of which six were able to testify in favor of this bill. A rally took place just prior to the House Transportation Committee hearing with signs protesting any removal frequent user fares and protections from seasonal surcharges from guidance for those establishing our tariffs.

HB2455: "The prohibition of expiration of ferry passes." There was a compromise on this bill to make progress so Rep. Sherry Appleton removed the requirement to refund monies for expired tickets, extended the frequent user fare to 120 days validation and there will be language to prevent people from buying up passes (gaming the system) before an increase in fares. She would have preferred an all out prohibition on expiration of fare media but the bill would not have made it out of committee. This too has been voted out of the House Transportation Committee and is waiting for the full house to take action.

February 15, '08



Planet Waxes

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



Aries (March 20-April 19) If you experience a social injury or insult of some kind, consider the gift that it gives you. There is one, as long as you're willing to find it. You can do that, rather than feel emotionally injured. The opportunity could be about learning to understand your vulnerabilities. And here is the razor's edge. To be close to people, we need to be vulnerable, but that is different than hypersensitive. Anyone who is sensitive is open to both pleasure and pain. Anyone who is hypersensitive is basically vulnerable only to pain. That should be a pretty good incentive to make a sane decision. Meanwhile, bear one crucial thing in mind — your feelings are extremely currently powerful transmitters. People are going to feel you, and they are going to respond. When two or more are gathered be mindful what you project onto one another. Or for that matter, what you project onto the world when you are alone. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) An unusual professional opportunity may arrive in the form of doing something "pro bono" — specifically to assist someone else. Money is not the issue in this particular experience; rather, all you need to focus on is opening up your inner channel and allowing your creativity to flow. The flow is what you are after; allowing your true creative energy into the environment. Regarding another aspect of your work, there is a commitment involved, though you've already made it. There is also money involved, but it emerges not through any one endeavor but more through the sharing of resources in a long-term experience. The keynote here is that everyone's horizons will expand, not just those of one individual involved. Honor that one idea and you are in for some pleasant surprises. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) Mercury has made its way into Aquarius, and this means adventure. If you can't get on an airplane or the Space Shuttle, try taking a road trip of at least two hours and one overnight. You may be busy, but this will help you focus your ideas and clear your head. If you think a kid is holding you back, take the kid along too. What you need is movement, the expansion of your geographic horizons, which will key right into the expansion of your psychological horizons. I guess in a pinch, getting together with some good friends and tripping will suffice. But after a rather close and stuffy experience of someone or something the past few weeks, you really seem to need some fresh air and the sound of tires humming beneath your feet. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) It would help if you would get yourself out of the house, out of your shell, and into the mood to take some chances with people. You like to think of yourself as cautious by nature, but we both know that's only a small aspect of who you are, and certainly not the dominant aspect of your character. Now, if you choose to take a chance, be mindful that any interaction with others you don't know can bristle you the wrong way. You don't need to wear your raincoat or a suit of psychic armor, but do be mindful of the fact that you're open and receptive. If you choose who to be receptive to — mainly by who you notice feels you — the possibilities for unusual pleasure, exotic dalliances and the kind of stuff you only read about in Kama Sutra books is possible. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) There must be a lot going on. That feels like a statement from my first year of writing horoscopes, looking at a chart with seven planets piled up in one house — your opposite house Aquarius — perplexfully wondering what on Earth is going on. This is your house of relationships. Has a whole mob arrived for the weekend? Have you been stumping in the New Hampshire primaries? Have you opened a charm school? Have you gone to Utah and become polygamous? Are you contemplating all of the above? The key is to not let any of this distract you from what work you are so intent on completing. There is someone else around who can play host or hostess while you take care of the important stuff. You don't need to dive into the social scene. Making the occasional cameo appearance will suffice. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Keep track of how your body feels. This is the Big Yoga of this lifetime for you; Virgos are some of the smartest people around, but generally need to be dunked under water to have their body speak to them; I refer to the Virgo Moon as well. But your body is talking and if you listen, you will see that it's making sense. There is a long-range healing issue that is ready to cough up some of its secrets, and reveal the truth of its being. This will surprise you in its simplicity, transcending your other complicated theories about what has been going on for you. It will surprise you in its complexity, being so connected to many other subjects of your life. Just listen to yourself for the next few days, listen to your fingers, toes, nose and pantyhose. If you do, you'll hear whispers of many subtle truths that have, in recent weeks and seasons, slipped through your hands. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) How is your home improvement project coming? Now is the time to knock down walls, pull down old curtains, pull up old rugs, clean out closets and generally get the show on the road. Perhaps rent a dumpster or get a deluxe ticket to the local transfer station. Don't worry if you lack the plan or the funds to finish the job - start with starting the job and you will clear the energy sufficiently to let the funds, the plan and the time come in. I see the image of making things not only bigger from the inside, but substantially better. This astrology lasts throughout the year, but the coming week or so (preferably this weekend) is unusually magnificent for starting projects that get greater-thanpossible results. The issue is precisely one of how you use, arrange, organize and work within physical space. Try making some small adjustment and see what happens. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) A loved one may seem like he or she is on an adventure; and if it happens to be with someone else, take the chance to do all that introspective stuff that you know you need to do. If it happens to be with you, make sure you get some time to yourself the next couple of weeks (and I extend this idea to all who are born under Marsruled signs, including Aries and Capricorn). We are in the final weeks of a rare Mars retrograde. There is something deep in your psyche that is striving to heal itself, to mend and join with itself. It is surely possible to do that in a sexual context with another person, but the more meaningful journey at this point will be allowing the hemispheres of your own

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mind to mend and heal into one unity. You need to see the opposite viewpoints you have about yourself, review your agreements with yourself, and see yourself from both sides of the mirror. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You may not feel like you need to do any financial restructuring, but in a few weeks it will be obvious why this will benefit you. But closer to the point is some deep question that has arisen where your values are concerned. You seem to be caught in a maze where you feel certain things at certain times, and then you turn a corner and it's as if all those things were suddenly no longer true. You might value the quest for perfectly unnecessary real estate (or purchases) one minute and unmitigated altruism the next. The two seem to have no meeting place, and worse they may be at odds. Plus, at the moment you have so many ideas about life it's impossible to tell what is really true, what is meaningful and what is real. I suggest you dance with the confusion for a while. Soon enough, you will discover an organizing principle around which to make your decisions about what counts, and what doesn't. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) This must be an intense moment of anticipation for you: if it's not, meditate and tune in, because the planets are moving, in particular, Pluto. The world is vibrating with the approaching shift of Pluto into your birth sign. Even the slugs on the political slime trail in New Hampshire and Iowa have been talking about change, change, change. For you, this is a moment of release from a kind of vacuum that you don't necessarily know you've been in. You are likely to discover that the spell breaks, and you can suddenly feel yourself existing, living, breathing and changing. But not quite yet...the moment has not arrived. The planets depict you in your chrysalis, stirring to life, but not quite at the moment of

cracking open the case and emerging in your new form. Yet it is only a matter of days, and you know one thing at least — after so many changes, you are still alive. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) By now, you know how complex you are and how comfortable you are being that way. What has been added to the mix lately is Mercury, which has added the ability to communicate your thoughts and notions. What is soon to arrive is your ability to feel other people's responses to you. Notice, you are glowing like a halogen lamp...not just on the visible spectrum but also on many of the invisible ones, the ones that people like to call psychic or supernatural, but which are every bit as natural as a tree or a dog. Navigate carefully, and use your awareness to sense the influence and impact that you have on others. Watch their faces and feel their emotions. You will learn a lot about them, and even more about yourself. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20) Feed your dreams. Your house of dreams, the 12th house (and the one most often attributed to Pisces) is full to the brim right now, and your imagination is likely to be more vivid than the walking and talking world. Search those byways of your inner consciousness and memorize their messages, feel their colors and sense the different moods. What is in those secret spaces will slowly start to emerge and take up its role in the world, animate itself, and take up life in your waking psyche. For now, it's possible that you cannot share much except with one or two intimates, or with yourself. Try to document what you can in art, writing or music. Forget about understanding; rather, give yourself a few gestures of the feeling, and that will be enough to evoke the entire experience again when you want to, or need to. Eric Francis has more of your astrology for you at PlanetWaves.net.

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February 15, '08

Island Epicure



Small Feasts

By Marj Watkins

Even when you're only cooking for one or two, sometimes you're in the mood for an elegant, superbtasting entrée. And it doesn't always work well to cut your chosen recipe in half, or a quarter, or seem worth the effort of cooking such a small quantity.

Here's where the principle of cook-once, eat-twice applies. And the simpler the original recipe the better. Here's an example. Carbonade de Boeuf, basically just beef and onions stewed in beer meets those requirements beautifully. Add a few herbs, and the dish goes gourmet.

Carbonade de Boeuf Flamande Belgian Beef & Beer Stew

Servings: 4, Prep: 35 minutes, Cooking: 1 hour 38 minutes,

2 Tablespoons olive oil
1 large onion, wedge sliced
1/2 leek, split lengthwise,
cleaned and sliced
2 or 3 cloves garlic, sliced
1 teaspoon dried marjoram leaves
1 bay leaf, broken in pieces
Pinch dried or fresh rosemary
1 1/2 lbs. stewing beef or round
steak cut in bite-size pieces
1/2 cup flour for dredging beef
1 teaspoon salt, or to taste
1/4 teaspoon coarse ground black
pepper

1 cup Coors or other light beer Water to cover

Heat oil in a Dutch oven or large, heavy skillet. Stir-fry the onion 3 to 5 minutes. Add leek, garlic and herbs. Stir-fry 3 minutes more. Remove and reserve vegetables.

Dredge beef, shaking off excess flour. Brown the meat in the same skillet adding more oil as needed. Sprinkle with salt and pepper. Return the onion mixture to the pan. Add beer and water.

Reduce heat to medium low. Cover. Simmer until meat is forktender, about 1 1/2 hours.

Menu: Carbonade de Boeuf Flamande; salad of sliced tomatoes, minced fresh parsley and vinaigrette; braised summer squash or zucchini; buttered fettuccini or egg noodles, or rice pilaf; fresh fruit of the season.

Suggested beverages: Merlot, Semillon red, or Cabernet wine.

Non-alcoholic beverage: Cider, cranberry-apple juice, or water with a slice of lemon.

Beef Stew of the Carbonade

Prep time: Cooking time:
Servings: 2 to 3

1 Tablespoon olive or Canola Oil1 carrot, sliced or diced,1 potato, cut in large pieces1 fat or 2 slim celery stalks, cut in1-inch pieces

Hot water to cover 1/2 teaspoon Italian herb mix or fines herbs mix

About 1 1/2 cups left over Carbonade de Boeuf Flamande Garlic salt and pepper to taste Stirfry the vegetables in the oil 5 minutes. Add water. Cook 15 minutes.

Add beef and garlic salt, and pepper. Reheat.

Menu: Beef Stew of the Carbonade; Salad of green leafy lettuce, chopped apple, peeled and diced kiwifruit, and walnut halves with blue cheese dressing; whole rye bread and real butter; carrot juice, cranberry juice, or Cabernet or Merlot wine.

Perhaps you have only a cup or so of leftover Carbonade de Boeuf. Aha! You have the basis for a delicious and easy soup.

Soup of the Carbonade

Prep time: Cooking time: Servings: 2 to 3

1 cup leftover Carbonade de Boeuf Flamande

1 (10 oz.) can condensed Campbell's beef consommé

1 can water

Oregano, marjoram, or Italian seasoning

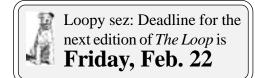
to taste

Assorted leftover cooked vegetables, i.e., carrots and peas, spinach, asparagus cut in 1-inch pieces, zucchini, summer squash, and tomatoes.

Bring all ingredients to boiling. Cover and reduce heat. Simmer 5-7 minutes to blend flavors.

Variation: Substitute for the leftover cooked vegetables or part of them: 1/4 cup frozen peas, 1 cup canned stewed or diced tomatoes, 1 to2 Tablespoons dried onion flakes, 2-3 Tablespoons chopped parsley or any of the above. Bring to a boil, reduce heat, and simmer 2-4 minutes.

Menu: Soup of the Carbonade, Chef's Salad, fruit plate, garlic toast, almond milk.



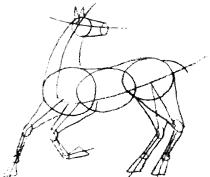


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Affordable Dream Homes in "Living Green"

by Laura Worth and Robert Bornn

BuildingCircles Organization of Vashon is looking for a forward-thinking landowner to build the first "living green" dream home on Vashon. This custom house would be the pilot for BCO's progressive housing designs, enabling mature adults to live affordably and independently in environmentally smart homes. These homes can be

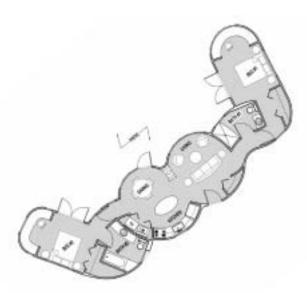
either a Primary Residence or an Accessory Dwelling Unit (ADU), as allowed by King County. The pilot custom home will aim for mid-level affordability and combine low-maintenance, durability, and energy efficiency. Ultimately, BCO hopes to evolve the designs into lower-cost, quality housing that can contribute environmentally sound solutions to the local and global housing crisis.

Robert Bornn and Laura Worth founded BCO on Vashon to actualize Bornn's

shelter design concepts. ArchEcology, LLC in Seattle will provide architectural and universal design services. Bornn stated, "We propose to combine the comfort, accessibility, and safety necessary for independent living with carbonneutral sustainability and extreme durability. We are fortunate to work with ArchEcology's founder, Nancy Henderson, who is wellrespected for combining principles of "universal design" with affordability and sustainability in

Seattle. As a LEED® Accredited Professional, she will work closely with King County to assure that our advanced architecture is in compliance."

Bornn went on to explain, "We take a comprehensive approach to living green housing design that goes way beyond 'green chic.' These high quality, but simple homes will



BCO floor plan

reflect the effort to reverse environmental degradation. This is finally a chance for people to not only build a lovely and affordable home in which they can 'age in place,' but also to model a new approach to housing solutions." The organization describes their singlestory, naturally lit, compact homes as "nature-integrated" to blend into Vashon's rural character.

Continued on page 15

The Vashon Loop, p. 15 February 15, '08

The Behind of Luxury

by Deborah H. Anderson

After what appeared to be the perfect set up, the dang thing rode around in the back of the car for four weeks before I could find two friends (thanks J& W) to haul it out and push it into the waiting hole in the entertainment center which once cost ten dollars but for me was free. See, the Thursday before New Year's Eve weekend, my daughter called to tell me our TV had died. It would turn on but wouldn't stay turned on. I tried it myself when I got home and sure enough...pop, momentary electrical noise, two words heard and fade to black. Well, it was going to be a big TV weekend and since the 19 incher so valiantly struggling to sustain the on position was about ten years old, having been a Christmas gift from Aunt N and Uncle D, I skipped upstairs to check Craigslist.

As blessings would be bestowed, there was a 27" Tobisha on Capitol Hill for \$50 with DVD player. Wrote and in record time had secured only the TV (and it turns out the base upon which it sat for \$25. I called my son. "Scored a great deal. Can I pick you up from work, you go with me to lift a TV and then I take you home?" Sure, sure. After half an hour and a quick game of six degrees of separation with the woman selling the TV, I went out to the parking lot to snag any available male to help carry the thing fifty yards to the car because this TV was so big it could serve as a coffin for a Great Dane. Definitely not a flat screen.

Home again; smug in the lovely circumstances that blended together so well, I turned to go up our hill and my daughter texted, "TV working fine. Hmmmm." You have got to be kiddin' me!!

So.... because there was no way my daughter and I could lift neither the thing, nor any of her friends or the friend's brother who was just recovering from shoulder surgery, it just sat there. We watched the 19 incher which continued to work just fine.

The night came when I did, indeed need to have the behemoth out. I needed the space in the back of the car. Coincidentally I'd picked up a lovely wingback chair with good bones for \$4 from Grannies on 'make me an offer day.' Previously it was 75% off of \$12. They'd sold the matching footstool so...you do the math. It was in the car too. And I needed help getting the Orthodox Christmas tree out of the living room. If you have three chores, you can ask a friend. I think that's a universal principle or something.

So began the great TV switch. Out of my bedroom came the rotary dial 13" I got from Granny's for \$10 so long ago I can't remember. A veritable workhorse, I unhooked the splitter the cable lady installed, took it to the tea cart in the kitchen, went down to my daughter's room and got the rabbit ears with the Chicago Bulls souvenir hacky sack stuck on them and voila.... a TV in the kitchen.

Then I unhooked the one cable from the back of the 19" and somewhat dusted surfaces where it would leave and go. When J&W came, first they took that one up to my bedroom. Then the hefting began and OK... they deserve to have their whole names published, Jasper, who is buff from gardening and milking the cow, not only helped Will bring it in from the car I'd backed all the way down to the patio, but figured out how to shift the cables and the dvd/vcr player and the cable box so they would reach.

Prior to the great shift, I couldn't get all the basic channels in the bedroom because the splitter only worked so well. Now, not only can I finish watching the Today show while I eat my cereal and blueberries, but I have all 99 channels in the bedroom with a remote. If I watch TV downstairs, I feel like I'm sitting in my own private

Luxury.....wherever I place my behind, I have luxury.

Now for reasons of faith and function, I'm committed, no matter how much money I make, to living a simpler life. Three TV's in three very convenient locations, even if they only cost a total of \$35 all together, is way beyond what I conceive of 'simpler'. I am too much a child and young adult of the "Live Simply So Others Can Simply Live" era to be comfortable with Donald Trump Gilt.

But there it is...I have a luxurious TV viewing set up. A year ago or so, when I signed up for the cable bundle package, I considered that a luxury. But I'd lived without Internet for over a year and believe me, in my line of work, it's hard to spend two hours a day making time to go to the library for email and word programs.

And I like granite countertops and stainless steel appliances. I don't eat off of paper plates if I can help it. That doesn't mean I live high on the hog or beyond my very limited means. I'll always be a bargain hunter. I don't mind owning what somebody owned before me. But the whole incident set me to thinking because by Island standards my TV thing is far from luxurious. Remember, rabbit ears, not a flat screen? Ten years old? So here's my question.

may be responsible We stewards. We may be fiscally responsible. But this is a very luxurious lifestyle we have here. We have the luxury of trees and space, and our commute, for all we complain, does not involve sitting



idly on some bridge unable to read or nap or text or knit. Yes we pay more for Island-based goods, but the service we receive from most businesses is impeccable. Two nights ago I stopped at the office of another newspaper and was puzzled because the 'open sign' was up but the door was locked. I knocked. They were closed, but they did business with me anyway. Luxury.

When we enter into any discussion on this Island, we must always remember that even the poorest of the poor have the luxury of being known and supported personally. Getting back to my question...it's this....."What is the price of luxury?" Have we paid it? Will we keep paying it? Is it our due? Ferry on.....?

Hmmmmmmm Love Deborah



Affordable Dream Homes in "Living Green"

Continued from page 14

Primary Residence or ADU on a be permeable, returning water to the property can be rented if the owner lives in either. The organization believes that for Vashon, an added benefit of these homes would be potential island rentals that would help maintain diversity without crowding.

Bornn stated, "The BCO 'living green house' will be highly insulated and well ventilated, maximizing its capability to heat and cool itself. They will utilize our aesthetically pleasing, 'solar-energy ponds' for heating water and living space along with a ground-loop cooling system to provide year-round comfort.

Bornn went on "BuildingCircles homes should achieve low-cost maintenance and reduce risk from vermin, fire, and earthquakes. These above-grade, earth-sheltered homes will be constructed of durable and highly insulated, thin-shell steel and concrete. Living roofs will permit

Under King County code a most of each building's footprint to surrounding ecology."

Worth added that the homes will nestle into the earthen formations with a combination of gentle and dramatic slopes, stonework, and vegetation framing doors, windows and skylights. Individual choices of stonework, masonry and other finishes to overhangs, decks, courtyards, and walkways will make each home an expression of individual style.

The organization's development team will work in a collaborative process to translate concept designs into affordable homes that encourage older adult independence and achieve authentic sustainability.

Contact **BuildingCircles** Organization by calling Robert Bornn or Laura Worth at 463-4284, robert@buildingcircles.org www.buildingcircles.org. Contact Nancy Henderson at (206) 860-2904 or nancyh@archecology.com.

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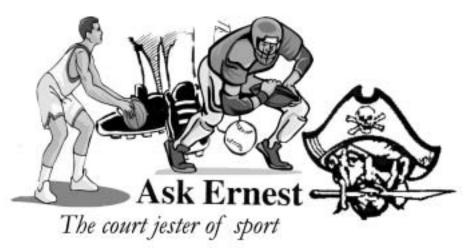
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■Applications may be picked up at Vashon High School or at the office of David Cooper, Attorney at Law, Courthouse Square. You may also apply online at www.hmcsf.org.

DEADLINE FOR ALL APPLICATIONS: APRIL 11th, 2008



VHS Winter Sports Updates

Vashon Girl Wrestlers Place 3rd in Districts, Qualifying 3 to Regionals Next Weekend!

The Vashon Girls Wrestling Team proved that quality is more important than quantity, placing 3rd in the 20 team District Tournament. Bringing three wrestlers to the event, all three qualified for Regionals next week in Arlington. "We may not have had as many girls as Fife or Mt. Tahoma, but our girls are tough as framing nails and they will continue to hammer on their opponents next (and Guys Asst. Coach), BJ Nelson.

Vashon Guys Team Places 2nd in Tri-Districts, sending 10 wrestlers to Regionals!

Vashon (ranked 12th in state) had 8 wrestlers in the finals of the tournament, locking up 2nd place behind Orting (ranked 2nd in state). 10 wrestlers will be moving on to the Regionals on February 8th in Castle Rock. 1st place winners were Slammin' Sam Chapman, Edward "Scissorshands" Protzeller, Rogen "Rodge" Lopez, Adam "Baloney" Thalhofer, and Tiny Tim Jovanovich. 2nd placers were Masta' Quang weekend," stated Girls Head Coach Patrick, Alex "Steamboat" Stemer, and Geran "G-Webb" Webb. 3rd

> place: Kyle "K-Mart" Martin, Jr. and 5th place winner Dominick "D-Train" Stemer. All 10 wrestlers can qualify for the State Tournament by placing in the top 6 in Regionals. Salazar, Ben Noah Crozier, Graeme Britz, Keegan and Shrum all competed and been valuable members of the team this year.



The Vashon Island Guys Wrestling Team placed 2nd in Tri-Districts, sending 10 wrestlers to the Regional Tournament. They are very proud of their mustaches, thank you very much! The Girls Wrestling Team placed 3rd in Districts, crowning Sylvie Shiosaki as VHS' 1st Girls District Champ.

Sylvie "Karate" Shiosaki pinned her Mt. Tahoma opponent in the finals to become Vashon's 1st Girls District Champion. Madeleine "Mad Dog" Wolczko won her first two matches before losing a decision to a Bremerton foe in the finals, finishing in 2nd place. After losing to an Olympic opponent in the quarters, Lizzie "Lizzard" Corliss battled back to place 3rd, gaining momentum for next week's Regional Tournament. Girls who place in the top 5 there will qualify for Girls State which takes place in the Tacoma Dome on February 15 and 16 (same place and time as the Guys State!).

Come out and support both the guys and the girls at the Regional and State Tournaments!

Regions: Guys: Castle Rock (Starts at 4:00 on Sat. Feb. 8th and 10:00 on Sat. Feb. 9th)

Girls: Arlington High School (Starts at 10:00 on Sat. Feb. 9th)

The State Tournament: The Tacoma Dome on Friday and Saturday, Feb. 15 and 16th. Wrestling starts at 10:00 on both days. Both Guys and Girls Teams will be competing there!!!





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Not Just a Great Burger

Dingerson Wrestling Award Created

by Janet Chapman

one of its fondest fans. When "Grandpa" Gary Dingerson passed away, his wife, Marilyn honored his love for the sport by naming Vashon's Grappler's Society as the requested donor in his memory.

In his name, The Vashon Grappler's Society formed the Dr. A Gary Dingerson Vashon Island Rock Tournament Team Sportsmanship Award that will be granted annually at the prestigious 'Rock' Tournament. This award will be presented to the visiting wrestling team that displays model sportsmanship qualities throughout the Tournament.

At this season's Vashon Rock Tournament on December 29, Marilyn was presented with a marble plaque inscribed with Gary's picture and the name of the award. The team from Quincy, WA was awarded this year's Sportsmanship honor and received a plaque in recognition. A third plaque will remain in the Vashon high school trophy case inscribed each year with the named team.

Each year, the high school wrestlers, their families and other Grappler members help to fund the Grappler Society treasury by raising money in many ways. For the past several years, they have organized, cooked and served lunches for the annual Vintage Motorcycle Enthusiasts rally, and staffed the K2 sales. This Fall they put on an alumni spaghetti feed.

Originally formed in 1985, the Vashon Grappler's Society has supported Vashon youth with education, and financial assistance for such activities as team

This past fall, Vashon Wrestling lost travel that is not always fully covered by the high school wrestling budget. Grapplers' Society is a non-profit organization with an elected board, comprised mainly of wrestling parents and alumni. Anyone can be a member.

The Grapplers' Society has been grateful for the contributions to its organization in Dr. Gary's honor, but most importantly, it has started a tradition acknowledging the merits of sportsmanship, a core value and award that Grandpa Gary would be so proud to



L to R: Dave Chapman of Vashon Grapplers' Society, Marilyn Dingerson, Coach Anders Blomgren. Photo by Nelson Phillips

BY ED FROHNING

Lopy Laffs

Could it be that the people who have nothing to say are the ones we should listen to?

Money can't buy happiness, but it can buy ice cream, and that's close enough.

I wish the buck stopped here. I could use a few.

Televangelists are the Pro Wrestlers of religion.

One Liners

There's no place like home if you don't have the money to go out. We should have cake on our birthday and fudge on our age.

Know what to expect before you connect.

DIAPER spelled backward is REPAID.

If a see 24 half a last least least

If you can't be kind, at least be vague.

Your calendar days are numbered.

 $I\ doubt, therefore\ I\ might\ be.$

It's bad luck to be superstitious.

DIAPER spelled backward is REPAID.

There is justice for all, but it doesn't seem to be equally distributed.

There are two classes of people: those who have ulcers and those who give them.

Stilts were invented by French shepherds who herded sheep in marshes near the Bay of Biscay. Grief can take care of itself but, to get the full value of a joy, you must have somebody to divide it with. —Mark Twain

A police officer stops a guy up town for speeding and asks very nicely to see his license. The guy replied, in a huff, "I wish you would get your act together. Just yesterday the judge took away my license and then today you expect me to show it to you."

There was a young lady named Hall Wore a newspaper dress to a ball. The dress caught fire, And burned her entire Front page, sports section, and all.

There was a young lady named Hall,
Wore a newspaper dress to a ball.

At 188 decibels, the whistle of the blue whale is the loudest sound produced by any animal.

.... DIDN'T WORK.

GUMMERS GONE WILD

A man goes to a psychiatrist. The doctor says, "You're crazy" The man says, "I want a second opinion!"

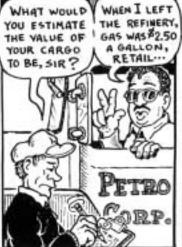
"Okay, you're ugly too!"

Offshore Classic

How many mystery
writers does it take to change
a light bulb? -- It takes only one,
but he has to give it
a good twist.

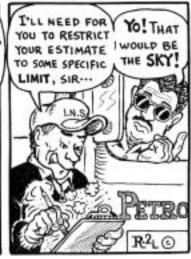
There really is a disease called the laughing disease, where people literally laugh themselves to death.







THEY SAID "SIGURD, LEARN TO FACE YOUR FEARS, BECOME A HIGHRISE WIDOW WASHER











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







The Vashon Loop, p. 18 February 15, '08

by Janice Randall

Loop Arts

Latin Group Plays with Panache

VAA PANACHE JAZZ '08 ALMA VILLEGAS QUINTET Tickets: \$14 VAA members, seniors/ \$16 general admission Complimentary champagne and dessert included



Songstress, Alma Villegas, pictured here with three members of her band, (l-r) Ben Verdier, piano, Matt Dressler, timbales and Steve Okimoto, bass, will serve up a spicy evening of Latin jazz, from jazz standards to Cuban rhythms to Brazilian bossa novas, Saturday, Feb. 16, 8 pm, at Blue Heron Art Center. The band will also be joined by Ricardo Guity, congas and Fran Lukas, alto and tenor sax. Call 463.5131 to reserve by phone. Tickets are also available at Heron's Nest and Blue Heron.

LELAVISION in Play to the Third Power

Saturday, Feb. 23, 7:30 pm Tickets: \$12 VAA members, seniors, students/\$14 general admission (available at Heron's Nest and Blue Heron Art Center

If you haven't seen Lelavision perform, treat the whole family to an amazing evening of musical sculpture with choreographed movement, all delivered with a whimsical sense of smart humor. "We decided we'd call the show Play to the third power...playing with sound + playing on sculpture + playing through space," said Ela Lamblin and Leah Mann, when they described their upcoming Blue Heron show, Saturday, Feb. 23, 7:30 pm. "The gist of the show will be as much of our best new and favorite work that we can fit into the Blue Heron space."

Using sculpture, music and movement with themes based on myth, nature and spirit, Island residents, musician/sculptor, Ela

By Janice Randall

and choreographer, Leah have delighted audiences of all ages around the world since they started collaborating more than a decade ago. Whether they are spinning in a metal, balancing on a musical tight



Lelavision's "Orbs Meet," courtesy photo.

wire or comically moving across the floor inside orbs, Lelavision offers unexpected surprises with a distinctive flair toward genius.

Don't miss this show! Reserve tickets in advance as seating is limited, by calling 463.5131.

This Month at Café Luna

Angela Reed, Saturday, February 23

Explosive and elegant are two words to describe this young Seattlebased songstress. Angela Reed genuinely delivers her eclectically somehow raw and angelic at the same time.



Angela Reed, courtesy photo.

Angela was humming before she could talk, and she comes at the world with experience and training under her belt. Her debut album UNDERTONE reveals an already seasoned composer and chanteuse. influenced writing style, her stripped She attended Berkley College of down and honest fashion of Music and earned a Bachelor of performing, and her voice that is Music from Cornish College of the Arts. She displays the songwriting prowess of Joni Mitchell, the freedom of Ani Difranco, and the energy of Jeff Buckley, enfolded with her own unique pop sensibilities.

Angela Reed is a driven musician who performs with strength and class. Her competent and poignant lyrics, expressive sense of melody, unmatched passion, and personal connection with the listener make her a beautiful example of artistry



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Juno 2/15 - 2/21

There Will Be Blood

2/22 - 2/28

Sweeney Todd 2/29 - 3/06





Or, for show times and info, check www.vashontheater.com

Our 60th Year!

February Music at the Back Bay

by Dan Brown

It will be a musical Back Bay Valentine's weekend, starting on Thursday evening with Riverbend, Friday with the Geesers, and Saturday with the Impromptu Trio. The Geesers will play from 6 to 9pm, during the dinner service, Friday, February 15th. They cover mostly the instrumental tunes of the American Roots genre of music, and early folk tunes. They are; Dick Paulson on bass; Dick Gordon on fiddle, mandolin; Paul Billingsley on banjo, Peter Larsen on guitar.



Annie Roberts (left) and Nancy Morgan of Wind and Wood, courtesy photo.

The next weekend, Wind & Wood, a fabulous flute and cello duet, will perform from 6 to 9pm, Saturday, February 23rd. Annie Roberts teaches cello and piano on Vashon, and performs with the Impromptu Trio. Nancy Morgan on Backroads, courtesy photo.

flute, enjoys playing all types of music, especially classical, jazz, and improv. Annie and Nancy are Island music delights! They have both been featured soloists, and regularly perform for community theatrical shows. They also play with the Vashon-Maury Chamber Orchestra, and are frequently seen at special events and playing at private parties - music for any occasion.

Finally, Saturday, March 1st, from 6 to 9pm, Backroads will provide the ambience. A rare appearance from Steve Amsden, Robyn Landis, with Jean Richstad, Daniel Brown, and other musical surprises. It will be an oldies treat of light rock, American folk, American roots cover tunes by Bob Dylan, Tom Waits, Tom Paxton, and Bill Monroe, when Steve dusts off his vintage Guild guitar!







This Land Is Your Land

by Peter Ray

While many people may take it at the end of this film I found that I as an obvious given, I find that I often need to be reminded that you don't necessarily need to bash people over the head with facts, figures and the latest up close and graphic footage from the frontlines to make an important point and get it to sink in. Indeed, I had forgotten in all my self-flagellatory viewings of "documentaries that matter" as of late that film drama can be just as wearing as a confrontation with the raw truth, until a recent viewing of No Country For Old Men wrung that realization out of me in no

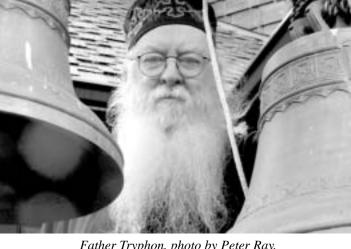
"deeply affecting". Admittedly, the subject and unifying theme here- that of what a person like you could do to stand up to the corporate state- might seem a bit daunting at best. But unlike the effective but overwhelming tsunami of info and stats put forth by the documentary the Corporation, directors Lori Cheatle and Daisy Wright and This Land Is Your Land take us on a grassroots tour of

was unable to move, which in

cinematic blurb terms is an

experience I might label as being

another America, where through the eyes and actions of people like Granny D, Jim Hightower, Naomi Klein and Bill Talen, all of a sudden Goliath does not appear quite as looming or threatening. From grandmother's across walk country to the call for fair election funding, to the



Father Tryphon, photo by Peter Ray.

uncertain terms. It took a while, but I have recovered from the feeling generated from that screening that my soul had been hooked to a car battery and repeatedly shocked while my guts were ripped out and the word "hope" was scrawled on the wall in front of me in my own blood and then set on fire while I watched with my eyes held open with toothpicks. But there I go again, head bashing.

If you are still reading, and I hope you are, I can say that the documentary we are bringing to the Vashon Theatre on Sunday February 17th at 8pm has no such Stephen Kingian allusions or aspirations. In fact, a few of the images that stick with me from the film This Land Is Your Land - a hat with a swoosh on it, a fat guy on a rock, a Wedgwood Blue purse and a monk with some bells and a cup of coffee- are hardly the stuff of nightmares or deep psychological disruption. What I also remember, though, is that as the credits rolled at 567-4768

Donate Now!

Now is the time to support quality education on Vashon by donating an item the 2008 PTSA auction. All kinds of donations are welcome, such as professional services, baked goods, arts and crafts, dinner parties, or a stay at your vacation home. Cash donations are also welcome and will go directly to supporting PTSA programs and purchasing needed educational materials for our schools.

Donation Deadline: April 1 To donate an item, please fill out a procurement form, available at all three public schools or online at www.vashonptsa.org.

Billy and the Church of Stop Shopping, one is easily convinced of the simplicity and power of Jim Hightower's tautology: "Everyone does better when everyone does better."

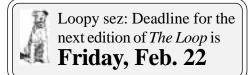
spiritual exhortations of Reverend

Our featured speaker connected with the feature is also an Island resident. Father Tryphon of the All-Saviour Orthodox Merciful Monastery out on Maury will be up on the screen and down in front with microphone in hand afterward to answer questions about his connection with the film and his battle with Starbucks over the copyrighted coffee name, "Christmas Blend".

This screening is brought to you by the Vashon Film Society and For Word Films. Admission is by donation- proceeds will go to the monastery and the Backbone Campaign. For more info contact Peter Ray at 567-4542 pgr42@att.net, or Leslie McMichael

Green Party Book Club

The February Green Party Book Club meets at 2pm on Sunday, Feb. 24th at the Vashon Tea Shop. The book this month is: "The End of America- Letters of warning to a young patriot" by Naomi Wolf. All are welcome. You do not have to be a member of the Green Party to participate; just interested in discussing books of a political nature. For more information, please call Ivy Sacks at 463-9579.





Loose Change to Play Bishop's **Pub and Bistro**



Loose Change inspired by the big R&B soul sound of the 60's aims to entertain with nonstop danceable tunes and a commanding stage presence. The band will take the stage at the newly remodeled Bishop's Pub and Bistro on Saturday February 23rd at 9pm. Troy Kindred and the band have been performing together for many years now and are an island favorite. For those who don't know Loose Change, when they tear it up, it is virtually impossible not to get up and shake your groove thing. So bring your dancing shoes and get ready to have a great time. There's a small cover charge of \$5 come early the room will fill up fast!

Kill The Messenger

by Roger Fulton

Sibel Edmonds is "the most in the wake of 9/11. But her world gagged person in the history of the United States of America." —ACLU

"Absolutely, she's credible. And the reason I feel she's very credible is because people within the FBI have corroborated a lot of her story." -Sen. Charles Grassley (R-IA)

"What Sibel Edmonds has is far more explosive than the Pentagon Papers. What she has to tell deals directly with criminal activity and may involve impeachable offenses. And I don't necessarily mean the President or the Vice-President, though I wouldn't be surprised if the information reached up that high. But other members of the Executive Branch may be impeached as well. And she says similar about Congress." —Daniel Ellsberg

'We believe that many of her allegations were supported, that the FBI did not take them seriously enough, and that her allegations were, in fact, the most significant factor in the FBI's decision to terminate her services." —Report,



Sibel Edmonds, courtesy photo.

Inspector General, Department of

The documentary Kill the Messenger explores the abuses behind the State Secrets Privilege as invoked in Sibel Edmonds' case as well as highlighting the travails and persecution of U.S. national security whistleblowers. This film has been featured in prime time in France, Belgium, and Australia, but don't expect to see it on American television anytime soon—if ever.

Out of love for her newlyadopted country, Sibel Edmonds agreed to join the FBI as a translator

gets turned upside-down when she reports wrongdoings to her supervisors: one of her colleagues from the Translation Unit is secretly working for the same Turkish officials who are "targeted" by the top-secret FBI investigations that Edmonds is working on. As a "reward" for her whistle-blowing, Edmonds is fired from the FBI. Today, she is fighting for the very ideals that American democracy relies on, and is facing, against overwhelming odds, some of the most reckless and powerful officials in the U.S. government. Kill the Messenger is a true spy story about the only American citizen who dared stand up to the FBI in an attempt to expose the truth on some specific yet hidden aspects of today's "War on Terror" and give the American people the protection and security the U.S. government has failed to provide.

Prior to screening Kill the Messenger, the original 60 Minutes interview of Edmonds from 2002 will be shown, as well as an interview of her on Democracy Now! from 2004. Altogether, those pieces total 85 minutes. Following this, we will discuss what we've just seen and talk about what we can do to help expose Sibel's full story to the world.

Kill the Messenger Produced by Zadig **Productions** Directed by Mathieu Verboud and Jean Robert Viallet Saturday, February 16, 7:00 PM, Land Trust building

This screening of Kill the Messenger is sponsored by the Vashon Democratic Club. We request a donation of \$2-5 per person to help offset our costs.

For more information about this special event, contact Roger Fulton at (206) 669-9459.



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