

In this issue: Music , mat men, drum women, and more music and much, much, more...  
Hurry home Ed, we miss you!



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Dirt

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Geezers Know  
How to Geeze

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Become a  
Citizen  
Councilor

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# THE **VASHON** LOOP

Vol. 5, #5

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM February 29, 2008

## Two Wall Shows Insightful Photos of Lightmark and Halliwell

For the March First Friday Gallery Cruise, The Two Wall Gallery is pleased to present two dramatic collections of photographs by two of Vashon's foremost photographers, Rondi Lightmark and Martin Halliwell. There will be an artists' reception for both artists Friday, March 7 from 6 to 9 PM. Rondi Lightmark is known to many Vashonistas as the creator of "Great Dog



Greetings," a greeting card company featuring Vashon dogs in all sorts of vehicles. She is also a celebrated photographer and writer and she has combined her talents for the March show in a collection of photographs taken while in the Czech Republic. Her exhibit is entitled Czech Notes: Pages from a Photo Sketchbook. In her words, "In November 2007, I journeyed to Bohemia in the northern Czech Republic to be present for the

*Continued on page 6*

## Comp Plan Update

King County Executive Ron Sims is proposing land use policy updates that, for the first time, integrate climate change, rural economic development, green jobs and equity and social justice

Sims, who is submitting a four-year update to the county's Comprehensive Plan to the King County Council this week, said the proposed changes deliver more benefit to landowners, developers, the general public and the environment.

"The needs of unincorporated landowners and protections for clean air and water that benefit all county residents are part of this proposal," said Executive Sims. "The Comp Plan is working well,

*Continued on page 12*



## Vashon's Music Scene Rocks

Music.

By Pete Welch

Each and every one of us has had all sorts of personal experiences with music.....we find ourselves calmed by it, excited by it, comforted by it, mystified by it and often haunted by it. Music can lift us out of depression or move us to tears. Some of us need music

*Continued on page 4*

## VHS Wrestlers Make Music on the Mat



State Champion Adam "Judo" Thalhofer looks up to his coaches for their wise words.



Slam Chapman, State Champ, buries his Lakeside foe's head into the mat in the finals, before winning 6-0.

## House passes Nelson's first two bills: good news for the environment

On February 18, the House of Representatives passed the first two bills sponsored by Rep. Sharon Nelson (D-Maury Island) since her appointment as state representative in November.

House Bill 2530, which requires the Washington Department of Fish and Wildlife (WDFW) to study the effectiveness of the Hydraulic Project Approval (HPA) process, passed unanimously.

"With the passage of this bill, we are taking a big step in the right direction towards making the hydraulic project approval process more effective," said Nelson.

The study outlined in Nelson's bill must consider the effectiveness of legislative enactments, the implementation

*Continued on page 4*

## Pirate Wrestlers Saved Their Best Tournament for last, setting a Vashon State Tournament Scoring Record of 121.5 points!!

See more on page 16

Alison Katica photos



"Tiny" Timmy Jovanovich scowls, warming up for his first-round match.

# 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.

## 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](http://www.vashonptsa.org).

## Dennis Paulson Talks on Shorebirds

Come to the Land Trust building for Vashon Audubon’s program on Thursday March 20, 2008 to learn why shorebirds have bills that are short or long, straight or curved, thick or thin. Follow them in their remarkable and lengthy migration to their northern breeding grounds and back. Discover their peculiar sexual habits. Dennis Paulson, Washington’s leading ornithologist, will present an illustrated lecture about the natural history of this fascinating group of birds on March 20, 2008 at the Vashon Maury Island Land Trust building located at 10014 SW Bank Road at 7:00 pm.

### The Vashon Loop

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

## March 2008 Vashon Library Programs

Here are some of the special March programs. To find out more about regular, on-going program schedules call 463-2069.

**Great Books Discussion Group:**  
*The Fall of the House of Usher* by Edgar Allen Poe  
Monday, March 3, 7-8:30pm  
Written in 1839, The Fall of the House of Usher is considered the best example of Poe’s “totality” writing style, where every element and detail is related and relevant. The Great Books Group has been meeting at the Vashon Library for 30 years. Join us for stimulating discussions about really great books! No registration necessary.

**Tax Assistance from AARP Volunteers**  
Wednesdays, March 5th- April 9th, 12:30 to 4:30pm  
AARP volunteers will provide assistance with electronic filing and tax returns for those over 60 and/or low-income individuals in the Vashon area. Bring last year’s tax return and information for 2007.  
Drop-in or by appointment. Call the Vashon Senior Center for an appointment, 206.463.5173. Co-sponsored by King County Library System.

**Need Help with Your Taxes?**  
Thursdays, February 7th -April 3rd, 11am-1pm  
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2007 tax forms. She can also help you fill out Washington State Basic Health Insurance applications and answer questions regarding new property tax regulations. It’s all free and no appointment necessary. Just drop in on Thursdays between 11am and 1pm, starting January 24 and ending on April 3rd.

**Betty MacDonald’s 100th Birthday!**  
Sunday, March 16, 1-5pm  
Betty MacDonald, who lived on Vashon when she wrote her bestseller, *The Egg and I*, and her portrait of her family’s Vashon life, *Onions in the Stew*, was born 100 years ago on March 24. Come and celebrate her humor and her enduring character, Mrs. Piggle Wiggle. Sponsored by Friends of the Vashon Library

**Softball Fielding Clinic**  
Softball Fielding Clinic Sun. Mar 2  
Girls Ages 8 – 15  
VHS Gym 11-1:00  
Come get a good fielding workout.

**VIPP Sale**  
Vashon Island Pet Protectors will hold its spring garage sale on Saturday, March 15th from 9a.m.-3p.m. & Sunday, March 16th from 10-1p.m. at the Firefighter’s Association Building on Bank Road. Donations are accepted on Friday the 14th from 10-4p.m. Unfortunately, we’re unable to accept: mattresses, computers, clothes, exercise equipment, televisions or large appliances. For more information, please call Victoria at 463-5381.

## Unitarian Fellowship

**Sunday, March 2,** Unitarian Fellowship at 9:30am in the Burton Community Church  
To Be or Not to Be: Engaged Buddhism and the Balance between Being and Doing – In our society, we tend to emphasize “doing” – producing, making a difference, changing the world. Some cultures focus more on being present to and experiencing life. Engaged Buddhism is one way to balance these two qualities of human nature. How can this Buddhist tradition inform our own approach to life?  
For more information contact Donna Klemka 206-463-2645.  
Join us in Lewis Hall after the service for coffee and conversation

February 29, ‘08  
**Vashon Library Programs for Teens**  
**SAT Preparation**  
*Saturday, March 08, 15, 22 and 29, 1pm*  
Four sessions to prepare you for the SAT.  
Space is limited. Please call the library for registration and pre-test information, 206.463.2069.  
Sponsored by Friends of the Vashon Library.


**Study Zone Grades K-12**  
Drop in at the library for homework help. Volunteers offer help with math, science, WASL or SAT test preparation and more during Study Zone hours.  
*Find your Study Zone at [www.kcls.org/studyzone](http://www.kcls.org/studyzone) or call Annie Poyner at 425.369.3312 for more information.*

**Sunday Morning Conversations, March 9 at 9:30 in Lewis Hall**  
Joe Meeker is known by many islanders for his “sold out” classes through Vashon College **The Power of Storytelling**. A nationally recognized professor emeritus, he uniquely combines his diverse expertise in comparative lit, philosophy, environmental studies, and human ecology into one-of-a-kind, highly entertaining, thought-provoking presentations. ”The Power of Storytelling” will be an insightful and humorous commentary on the human condition you won’t want to miss.  
For more information call: Elaine Kearney 206-567-5835  
The Burton Community Church is at 23905 Vashon Highway.  
Religious Exploration is offered for children 3 and up..  
Coffee and tea offered.

## Vashon CERT wants you NOW!

It’s that time of year again and your opportunity to become a member of Vashon CERT (Community Emergency Response Team). Join Vashon’s ninth CERT training class and learn basic response and organizational skills such as Disaster First Aid, Size-up and Triage, Disaster Psychology, Light Search and Rescue, Fire Suppression, and Communication.  
CERTs have been established by hundreds of communities nationwide using the model created by the Los Angeles City Fire Department. CERT training promotes a partnering effort between emergency services - Vashon Island Fire and Rescue (VIF&R) - and the people that they serve. The goal is for emergency personnel to train community members in basic response skills. CERT members are then integrated into the emergency response capability for their area.  
Vashon CERT members maintain and refine their skills by participating in exercises and activities offered by the sponsoring agency and others. Quarterly meetings give members the opportunity to share ideas, training experiences, equipment recommendations, and participate in disaster simulations. Finally, members can volunteer for projects that improve community emergency preparedness.

This course is not about how to prepare your family, although it is included in the training. It’s about how to assist our limited number of first responders to protect our community in a disaster. In addition, you can apply this training to many non-disaster situations such as kitchen fires, car accidents, and backcountry injuries.  
There are no physical or skill requirements. You just need a desire to be an effective team member who is trained to respond in an emergency; a person who has learned how to do the most good for the most people in times of disaster.  
The classes will be held at the Vashon Island Fire and Rescue Training Center on Bank Road each Friday night from 6 pm to 10 pm, for seven weeks. The classes begin March 14 and end April 25. During the course students participate in two Saturday classes: April 5 and April 19.  
If you would like to attend this class or would like more information, please send an email to [vashoncert@yahoo.com](mailto:vashoncert@yahoo.com) contact Vashon CERT Managers – Catherine or Michael Cochrane, 463.4558.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 7**



# HOME TEAM REALTY

Interest rates are way down! 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](http://www.yourHTR.com). You can set up your own search, or we'll do it for you!

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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**

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



MLS # 27192127

Right Next Door

13533 SW 171st St

## On the Creek



This historic house was once the camp kitchen for Beulah Park Camp. Now, it's a spacious and unique house in charming Beulah Park. The 1/4 acre lot borders a breathtaking ravine; open your bedroom window and listen to the soothing sounds of the creek tumbling into Colvos Passage. It's like living in a treehouse - with a cantilevered foundation and metal roof! The interior needs some work, 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!

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





Music Scene Rocks

*Continued from page 1*  
to start the day and as company when we drive, especially those of us who commute off-island to the city. At times, we just need it to calm our thoughts when we are done for the day....to usher us into the world of dreams at night.



Turner Down

In fact, music can work for us in more than one way- it can distract us from pain, it can boost our mood or revive old memories and it can even prompt the body to match its rhythms...yeah, that's right...make us want to shake it out on the dance floor. It has tempo, rhythm, melody, harmony....so it stimulates the brain in many ways all at once.

Music can provoke your thoughts, set a mood, or put you on edge. It can be a release or an old friend that brings comfort..... or quite simply and my favorite, it can be used to drive the neighbors crazy. I still have the answering machine recording of my neighbor threatening to call the sheriff after a night of loud music. Been thinking of adding reverb to it and shopping it around as a good CD intro.....

Vashon's music scene is rich with some of the most incredible artists you will ever come across in your lifetime. Join me in recognizing our music community and getting to know them by getting out and supporting some of the live shows on the island. So many choices of venues, some of which are:

**Café Luna:** They have live music just about every weekend and usually without a cover charge. It's a nice intimate atmosphere and a perfect place to curl up on a couch and listen to some music. They bring in local performers, as well as off-island artists. Check out their lineup at [www.cafelunavashon.com](http://www.cafelunavashon.com).

**The Hardware Store:** They have a fantastic Open Mic Night every third Tuesday of the month. This Open Mic is diverse, inclusive, and full of all kinds of

local talent. I would say it's definitely a good time and worth checking out. For more info, check out [www.thsrestaurant.com](http://www.thsrestaurant.com).

**Bishop's Bistro & Lounge:** Formally Bishop's Pub & Grill and now under new owners that have spared no expense to bring the island some first class entertainment, you can look forward to some really great live shows in the very near future. Keep tabs on what's happening by checking out their website [www.bishopspubandgrill.com](http://www.bishopspubandgrill.com).

**Blue Heron Art Center:** Among the millions of other things that this Art Center has to offer, they put on some pretty cool music shows from time to time. For upcoming events, visit their website at [vashonalliedarts.org](http://vashonalliedarts.org).

**Back Bay Inn:** They have live music every weekend, on the deck in the summer. Stormy and Victoria inspire the activities for an exciting very hopping spot featuring Island musicians. An intimate setting with music inside every weekend over the winter in the dinning room. [www.backbayinn.net](http://www.backbayinn.net)

**Minglemint Roastery:** Weekly live music mostly presented Saturdays from 11am to 2pm, but randomly held at other times. This Vashon grown/inspired tradition started with Peter Larsen, when Seattle's Best Coffee started it's first



Shakey Jake

roastery there. [www.minglement.com](http://www.minglement.com)

**Vashon Park District:** Several sites are sponsored by the Susan McCabe program & music supported at Ober Park Concerts in the Park, The Village Green, and Strawberry Festival. [www.vashonparkdistrict.org](http://www.vashonparkdistrict.org)

**Vashon Strawberry Festival:** Troy Kindred has taken the reigns from Bill Brown/Jim Ferrari, as Music Coordinator for the 2008 Vashon Strawberry Festival. There are two main stages, one at Ober Park, and one at Pandora's

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Vashon/Maury. Stay straight at the big Y in the road and it's the first driveway on the left. Enter driveway and for optimal parking, back into the space, but only if you are comfortable doing so.

When: March 8, 2008, Saturday, from 12 noon until 2:30 PM

Cost: \$25.00

Contact to Register: Susan Cassaro 206-463-5359 or 206-406-8442

Please bring pillow/blanket and mat to lay on/ we have limited amounts

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Dave Merrill: Formerly a Senior Trainer & Certified facilitator with TBF. Dave has had experience with a variety of healing and psycho-spiritual teachings, including Jungian psychology, the Diamond Approach, and Tibetan Buddhism.  
Susan Cassaro: Certified facilitator & Trainer. Susan has experienced Journey Work/Brandon Bays as a trainer and a variety of Energy work.  
Jim Bacon: Certified facilitator & Trainer. The gifts of his inquiry into many modalities blend together powerfully and enhance his contribution to and rewards from Transformational Breathing.  
Julie Downing: Certified facilitator & Trainer. Her interest in a holistic approach to life led her to USM and an MA in Spiritual Psychology.  
Diane Newby: Certified facilitator & Trainer. Through her intuition and training in bodywork and breathwork she is honored to assist you in accessing your own natural transformational abilities.



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Box. Troy is working on having another at the Village Green. [vashonchamber.com/strawberry\\_fest](http://vashonchamber.com/strawberry_fest).

Watch for numerous inspired concerts / offerings at these sites, supported by members of the Havurate EE Shalom, Vashon Co-Housing, the Methodist Church, the Presbyterian Church, and the Bethel Evangelical Free Church.

These are only some of the places on the island that you can experience great live music. There are others, tucked away here and there....you just have to find them. Could be a midnight jam in your neighbor's garage, could be a rockin' barn bash with half the island present.....why, even Sporty's has been know to rock it once in awhile.

For more information on the Vashon music scene, visit [www.vashonmusic.com](http://www.vashonmusic.com) and remember.....music creates community.....music matters.

House passes bills:


*Continued from page 1*  
by the WDFW, and the impact that historic funding levels have had on the HPA program's effectiveness.

House Bill 3186, which allows the formation of beach management districts, passed by a vote of 85 to 10.

"This bill will provide a tool for the residents of Fauntleroy to deal with the ongoing problem of rotting sea lettuce in Fauntleroy Cove," said Nelson. "Lake management districts have been successfully used in the past to clean up lakes with overgrown vegetation, and this bill will enable the cleanup of Fauntleroy Cove and other polluted beaches."

Nelson's bill will allow state agencies to work together to assist beach management districts. The coordination efforts among agencies will increase efficiency and minimize impact on marine life.

Both bills now go to the Senate for further consideration.



Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, March 7**

# Woman’s Way Red Lodge

By Mary G.L. Shackelford

It isn’t every day that a bunch of women gets the chance to create a 30 inch Mother Drum...a drum that called to be made, a drum devoted to healing and community, a drum made by a women’s community to share woman’s wisdom. “Once you have played on a Mother Drum alongside a dozen other folks swinging their drumsticks to one common beat, you can feel the pulse reverberate in your heart for days”, says Kristina Turner, Vice-Chair of

gently without pressure or expectations, simply being focused and creative with a common goal. The entire experience was quite magical and inspiring.”

Following drum-making tradition, the Mother Drum, made of maple wood and bison skin, rested in silence for a month, settling into her new self. During that time, Keepers in Training (KIT) tended her, offering cornmeal blessings and other prayers. First, there was a Drum Blessing at the Red Lodge fall festival in West Seattle. Finally, in December, there was an Awakening of the Drum Ceremony. After prayers and blessings and an offering of song, women took up the Grandmother’s Arms (drumsticks) and listened for the first time for the drum’s voice. You can imagine.

“Now that she’s awake, we are excited to share this drum with our Vashon community,” Kristina smiles. Come to the Grange (northend ferry parking lot) at 4 PM on Saturday, March 29, to play the drum, sing and dance. All are invited to a community

Woman’s Way Red Lodge. “It’s a vibration that moves all through your body, brings you peace and wakes up a cellular awareness of living in community.” The vision to create this healing drum emerged at a 24-hour Drum Vigil for Peace that Red Lodge sponsored on Vashon last Summer Solstice. With joy and excitement, Red Lodge members are now dreaming how this recently-finished drum will travel and bring her medicine to many communities.

On March 29, Woman’s Way Red Lodge, a non-profit dedicated to enlivening sacred feminine energy through education, service, and sustainability, is hosting a Friendraiser at the Grange Hall and invites the men, women, and children of Vashon to share the drum and experience her medicine.

When women gathered in October in Pt. Angeles to make this sacred drum, three women and two teenagers from Vashon joined in. There was from the beginning a sense of possibility and mystery. Says Amy Wolff: “I’ve been around and played these big drums for several years, but to be part of making our own drum was deeply moving and exciting. Using our own muscle and tender loving care to physically wed the bison hide to the wood was a powerful experience. Having my teenage daughter and her friend participating was Red Lodge in action: generations working together with open hearts and open minds. We made room for each other



Kristina Turner puts finishing touches on the inside of the Mother Drum’s maple frame which includes the handprints of all those who helped make the drum

potluck (bring your own bowl, cup, and utensils) at 5:30 PM. Learn about Woman’s Way Red Lodge and meet other people who are drawn to this work. Then stay for a big treat when electric cellist and vocalist Jami Sieber and

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African drummer Geoff Johns team up for a concert beginning at 7:30 PM. Tickets for the entire function are available at Vashon Bookshop.

A number of Vashon men and women are active participants in Red Lodge activities like compassionate listening trainings, mentoring in the ways of the sweat lodge ceremony, drumming for peace on Solstice, and Weaving the Hoop of Connection, a group of 13 Vashon women (ages 17 to 60+) who met monthly in 2007. Susan



Sarah Kai Schwarz and Malaika Caldwell create drumsticks from devil’s club stems and deer skin.

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

Pitiger has participated in most of the local offerings. “I honor WWRL for the intentions of creating peace and healing in the way of the woman,” Susan reflects. “My participation in Red Lodge activities has allowed me to bloom into a woman of intention.”

For more information about Woman’s Way Red Lodge, visit [wwrl.org](http://wwrl.org). To hear Jami Sieber and the Thai Elephant Orchestra, go to [jamisieber.com](http://jamisieber.com)








# Happy Easter!

Hop on in for an Egg-cellent deal!

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# Spiritual Smart Aleck

Your Cheatin' Heart Will Tell On You\*

Continuing a Lenten study:  
The Fifth Chapter of Acts.

After Jesus was crucified, resurrected, and taken up to heaven, the Jewish sect of his followers was growing fast. Some people were selling pieces of land and giving the money to the disciples. Apparently discipleship didn't pay any better than it does now.

Well, Ananias (not the Ananias who laid hands on Saul/Paul. Another Ananias) and his wife Sapphira sold some land, but they decided to keep part of the proceeds for themselves, and gave the rest to the disciples.

When Ananias brought the money to Peter, Peter said, "Ananias, you low life, double dealing, shekel sucking scum – why did you listen to Satan and lie to God?"

Ananias, upon hearing this, fell down and died. A few young guy disciples carried him out and buried him. This is told so matter-of-factly, you wonder if it didn't happen all the time. "Oh, look. Someone else died. Better take him out and bury him."

Sapphira, waiting at home, was wondering where Ananias was, and went around to Peter's house to make inquiries.

Peter asked Sapphira a trick question: "Did you sell your land for such and such a price?" "Why, yes," answered Sapphira, for that was what she and her husband had agreed to tell Peter. This was the wrong answer.

"Sapphira," said Peter, "How dare you? You and your husband are a couple of scheming liars. Look, here come the guys who buried Ananias, and they'll bury you, too." And Sapphira fell down dead, and the boys carried her away and buried her, too.

Moral: Lying to God = Death. Being honest with God = Life.

I would like to see this done as a CSI episode. The bodies of Ananias and Sapphira are discovered by a passing pita vendor who spots a foot sticking out of a hastily dug

shallow grave. The authorities are called in, in this case a top notch team of Roman forensic specialists who study the bodies for clues as to the manner of their demise. They find no wounds, no signs of illness or poisoning, but they look around and find a trail of fresh dirt that leads to Peter's house.

They question Peter, who tells them that Ananias and Sapphira lied to God, and as a consequence were struck dead. The Romans are flummoxed. They have no evidence to pin the killings on anyone, and have to come in with a verdict of "death by God." Not being Jews and having no knowledge of the Hebrew Scriptures, they are unaware of God's long history as a serial smiter, but they can't come up with any other answer. They close the case, shaking their heads, and go back to other more earthly investigations, except one who takes early retirement and moves to an island out in the Mediterranean, where he strolls the shore every day, occasionally picking up an empty sea shell and asking, "And you? What killed you? Was it God? Ha ha ha."

Seriously, folks, the story of Ananias and Sapphira packs a heck of a punch, whether you take it as a literal story of what happened to two people who thought they could look righteous while making a tidy profit, or as a metaphor for what happens when you don't turn your life over completely to God (your higher power, truth, reality, or, insert your label here: \_\_\_\_).

People get away with stuff all the time in this physical world, and have no regrets or remorse until and unless they get caught. When it comes to the accounting of your own soul, you can't cook the books and get away with it. In the bigger reality, there are no secrets, and you can't get away with lying. Pretty scary, huh? Yeah. That's why God wins so few popularity contests.

\*Your Cheating Heart, by Hank Williams. © 1952 by Fred Rose Music, Inc.

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### Two Wall Shows

*Continued from page 1*

birth of my first grandchild. I found myself in an icy, dreamlike landscape inhabited by people with great physical energy, still recovering from the deprivations of Communism, yet with much of their architecture untouched since they were never bombed during WWII. In this show, I offer excerpts of my travels, organized around themes like "Time," "Identity," and "Birth." I like to think of my pieces as "sketches" that illustrate the strange, unique, lovely, dark, and also delightful experiences to be found in this amazing fairytale of a country. My "notes" on each page represent my attempts to grapple with the daunting Czech language."

Martin Halliwell is also well known on the island, and has been exhibiting photographs for 30 years in California and Washington. For the March show, he is showing a collection of photographs under the title IN RETRO SPECT: America Reacts to 9/11. These photographs, taken between



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September 2001 and March 2003, reflect the mood and sentiment immediately following the events of 9/11 and ultimately leading to the invasion of Iraq. In Martin's words, "The consequences of such an action were clearly expressed through sanctions, rallies and marches. These peaceful expressions were met with and suppressed by what turned out to be a police state. Many people were treated like criminals and arrested for exercising their constitutional right to freedom of speech. These photographs involve two main distortions: the simplification into black and white and the capturing of an instant in time. In a sense, the images look back into a world now gone forever, thinking of a time that will never return. The strength of the images and whether or not to be considered good art depends on the power and truth of the visual statement."

00000



# Don't Forget the Birds



By Ed Swan

## Long-tailed Ducks

Long-tailed Ducks, one of the rarer birds for central and southern Puget Sound, visited Tramp Harbor in December and January and may still be found around the Island. Old timers may know of this duck as the Oldsquaw, the American Ornithological Union having changed the name presumably out of political correctness a few years back to a descriptive appellation. John Arum first reported a male and a female on December 9 and two to three birds appeared regularly through late January. In this part of the Sound, observers report them in small numbers and not every year. For Vashon in particular, their occurrence proves to be even less often. These birds gave me my first look at the species in Vashon waters in nine years of watching for them.

Long-tailed Ducks breed all around the Northern Hemisphere on arctic tundra. In winter they come south and forage generally in deeper and more open waters than related diving ducks such as the scoters. These ducks dive down to the bottom to feed mostly on crustaceans and molluscs. Fishermen have caught them at depths of 200 feet in Lake Michigan. Like the scoters, they will also sometimes be associated with feeding opportunities such as Herring spawns.

Sibley's Guide lists Long-tailed Ducks with the "distinctive sea ducks" and they do, indeed, look distinctive in adult plumage with their long tails and striking white and brown patterns, with a mostly white head and back in winter and mostly dark chocolate brown back and head in breeding plumage. Juveniles lack the long tail and look mottled brown and white and rather non-descript.

The Vashon birds were I think mostly juveniles because I saw no

long tail on any of them. However, possibly the birds were in the middle of their molting process and regrowing the tail, I'm not sure. In Gary Shugart's photo of one just off the fishing pier in Tramp Harbor featured here, the bird looks halfway to adult plumage. There's no tail, the crown of the head is still brown (it would be pure white with an adult) and the back is mostly brown instead of mostly white like an adult.



A juvenile male Long-tailed Duck in winter plumage, photo by Gary Shugart.

However, the bill in the color version shows the pink of an adult male.

All of the Long-tailed Ducks were noted off the Tramp Harbor fishing pier at high tide. In the last month, the diving ducks around the Island shifted around quite a bit and the Long-tailed Ducks haven't been seen since. With the wigeon, this movement appears mostly part of their change from feeding predominantly on eelgrass along the marine shoreline in fall to their post-Christmas switch to grazing near ponds and in wet fields. However,

the diving ducks usually don't start moving around so much until closer to spring. Gary Shugart is looking

a handful at this point, but soon we should see up to a hundred or more at a time. The resident land birds began cranking up their songs and trying them out again after the silence of fall and winter in preparation for nesting. I heard several Hutton's Vireo's battling it out, each sounding just a little bit different than the other. I noticed the starlings checking out the Purple Martin boxes at Ellisport as well, luckily it seems that as year-round residents, they get their nesting done before the Purple Martins arrive and need the same house. If you have a question about local birds or an interesting Island sighting or bird photo, contact me at 463-7976 or edswan@centurytel.net. The next three months bring Vashon's bird species diversity to its highest peak as returning breeding birds join the winter water birds before the waterfowl head north for their nesting season. If you know someone interested in guide service to find Vashon birds have them give me a call or email.



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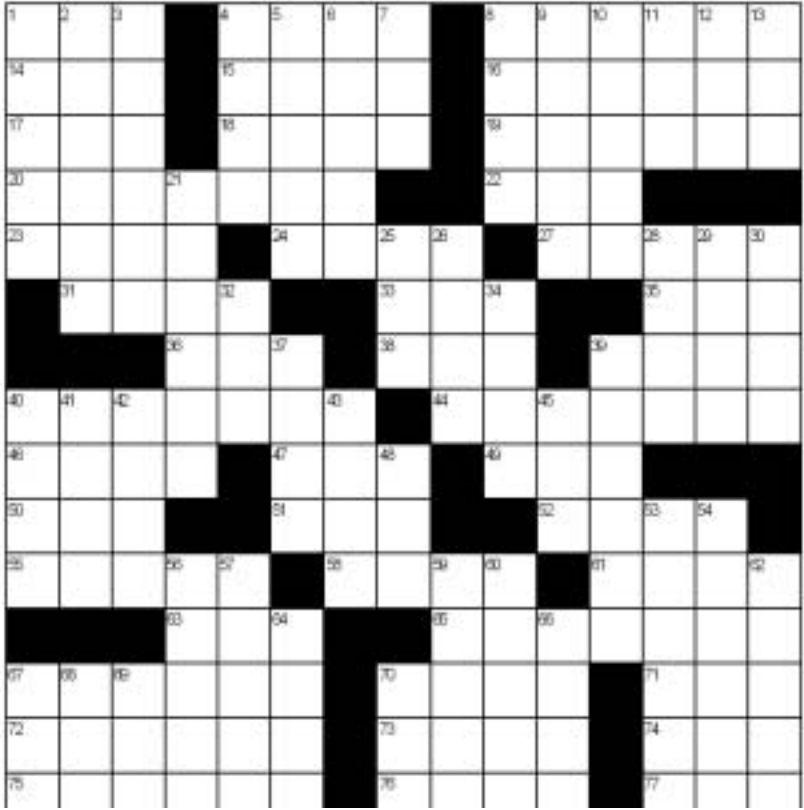
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13 Melancholy	45 Roman seven	
21 Squeeze out	48 Irritate	



Solution on page 17

# The Reigning Queen of Everything



Dear Readers,

Although it is clear that I am not an advice columnist, this should not deter you from writing to me. You can rest assured that any mail you send me will be answered with the RQE's usual dry wit and strikingly astute observations.

Sincerely,  
RQE

On to the most recent installment of my expressive genius.

I'm still single. No, wait, keep reading. I promise this isn't another self indulgent column about being single.

Everyone who has read my column knows that I'm single. Recently I have met a very charming man who calls me Saralicious. Not to be confused with Salacious. It is Sara-licious. Like Sarah and Delicious put together. I call him Desert Boy because he lives in Arizona and likes to go hiking. Lalalala, he calls me Saralicious. Mr. Smarty Pants has a Ph.D in Optical Engineering. He is currently between projects so he is spending lots of time hiking and goofing off while doing a little consulting work on the side.

He calls me Saralicious. This is a sign. I'm in his phone as Saralicious. Right. Anyway.

So Desert Boy and I are talking about how much work defines who we are and what that means to other people.

"People really don't know what to do when you tell them that you don't do anything," he says. "And girls think you are total loser," he laughs.

I turn pink, but he can't see me because we are on the phone. I am one of those girls that thinks if you are unemployed you are a complete loser. I decide not to tell him this.

"People don't know what to do with you if you don't fit into a box," he says.

The conversation drifts on to other things, more personal things that I suddenly feel protective of and don't want to share with anyone. Because they are mine. Ours.

I am, however, left to think about self definition.

As you all know, I was a stripper for many years. I loved it some days, hated it others, but over all it was an interesting ride. I'm missing it right now. Not that I don't love my banking job,

because I do. It is more engaging than anything I've done in a long time. But I live in constant fear that I am going to mess it up, ruin it, and that I will be a failure. This will sound familiar to anyone who read my column last August as I worried and sweated over my Variety Show.

Now at cocktail parties and other outings, when people ask what I do, I tell them I am a banker. Not stripper, a banker. Of course I still hit the club on the side, but I'm not a stripper any more. I don't identify as a stripper.

This shouldn't be a big deal, right? We don't define ourselves solely by our work. We have social lives, hobbies and families. It shouldn't matter that I'm a banker now and not a stripper. But it does, and not because my need for spandex-lycra blend clothing has dropped by approximately 97.3%.

There are obvious lifestyle differences. I work longer hours now and my day starts instead of ends in the early hours of the morning. My job now requires responsibility and people rely on me to finish projects accurately and in a timely manner. If I don't do my job, I let my boss down. I work out. I spend my spare time re-reading all of the economics text books I didn't read in undergrad and sweating over the financial markets.

Needless to say, I had none of these responsibilities as a stripper. It was freeing. I miss it more and more frequently. All of this is to be expected. I remind myself that the lifestyle change was welcome; I was tired of the constant hustle of dancing, of never being awake during the day. I like the regular paycheck too. I got a big, fat raise at year-end and now my banking job pays me almost as much as dancing.

The difficult part: When I told people I was a stripper, I said it with confidence. I knew who I was in that role, as that definition of self. It was fun. I was cute. I was edgy. I was a stripper. Men loved me. Women loved me or hated me but they all wanted to be me, on one level or another. Everyone was fascinated. It was an easy way to be exceptional. Even the people who were too jaded to admit that they were interested would ask me questions about it at length, wanting to know what it was like.

Now I'm a banker. People assume I work a lot (true) and talk

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about nothing other than finance (not true). They think that I spend my summers in the Hamptons and my winters skiing. But mostly they assume I am boring.

Uhg.

As a stripper, I got very little professional respect. Now I get plenty of respect but no one finds me immediately fascinating. As a stripper I was in an interesting box. As a banker I am in a boring box that I have to work my way out of to be interesting.

The external definition of self isn't the part that requires conquering; it is the internal struggle that gives me the most problems. Who am I in this role?

Do I want the second house in the country? Do I want the BMW and the purebred dog and a horse farm? Do I want to spend my time volunteering and going to charity dinners? I duuno. Maybe. It doesn't sound so bad. But as a stripper I would have hated that idea. Except for the horses, the BMW, house in the country and volunteering. I will have to deliberate more on the purebred dog.

So really, I want the same things. The only difference is that my public self has made a radical change. This is not the first time I have wondered about how to define myself and it won't be the last. I am sure that other major life events will have the same effect. When I become a wife and a mother I am sure that I will search for definition of self.

Jesus Christ, I really need to lighten up. It's just a job. Talk about first world problems. "Oh, poor me, I can't figure out how to define myself as I effortlessly move from one well paying job to another."

Yeah, it's not quite the same as fleeing ethnic cleansing in [insert unstable African country here].

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 7**



# Garden The World

By MEarth



## Poor Haitians Eat Dirt

Eating dirt is not exactly what came to mind when I named this column Garden the World.

A January 30 article in the *Seattle Times*, from *The Associated Press*, was titled 'Haiti's poor feed on cookies baked with dirt.' It described how, with food prices rising, due, in part, to the use of corn for fuel, has the poorest Haitians eating cookies made from dirt, salt and vegetable shortening.

The cost of the oil needed for 'modern' agriculture—for fertilization, irrigation, processing and transportation—has raised food prices 40% in some areas, particularly in the Caribbean, where most food has to be imported.

Of course, there is not an emergency shortage of arable land in Haiti, most of it is in the hands of the wealthy and they grow crops for export, not to feed their people. The vast majority of Haitians live on less than \$2 a day and two cups of rice costs \$.60, up 50% from a year ago.

Here is an especially sickening twist—the dirt comes from the highlands of the island, so merchants truck it in and sell at the rate of \$5 for enough to make a hundred cookies, which are, in turn, sold for \$.05 each. Women buy the dirt, then strain the clumps and rocks out of it, mix it with salt, shortening and water, and then dry it on rooftops for sale or for their own families to eat.

One such woman, who supports her family selling cookies, was quoted as saying, "I'm hoping one day I'll have enough food to eat, so I can stop eating these, I know it's not good for me."

The crisis in the Caribbean is so bad, an emergency conference was held in December. One of their main recommendations was the creation of large regional farms. Well, DUH.

For a one minute video on the practice of eating dirt, see the story at [seattletimes.com](http://seattletimes.com).

Regular readers of this column could probably write the rest of this one themselves. Overpopulation, blah, blah, blah. Misguided agricultural system, blah, blah, blah. Fossil fuel reliance, blah, blah, blah. Using food for fuel, blah, blah, blah.

PEOPLE ARE EATING DIRT!

Other people, presumably the very ones who own all the land and



do not use it to feed their people, are selling it to them, knowing full-well what they are using it for. If this does not totally condemn the current system of doing things, we are in worse shape than even I imagined.

The Caribbean population, people were the first recipients in our hemisphere of contact with the invading Europeans, have been among the longest suffering. Cuba struggles unnecessarily under outdated sanctions—another triumph of politics over people, Haiti is one of the poorest places on Earth and many other countries survive catering to the jaded American tourist trade.

When Mexicans, the People of the Corn, cannot afford to buy corn, and when people are eating dirt due largely to our social and economic practices, what else can we expect as this juggernaut we call western civilization comes crashing down around us?

Be careful out there. Love, ME.

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## Madame Toujours

Dear Madame Toujours,

I know you hear this all the time, but I am at my wits' end, and I may have to kill my boyfriend Carlton. He's got this really maddening thing where he picks arguments with me. He'll argue with anything. If I say it looks like a beautiful day, he gets all shirty and insists it's too hot. If I say I hate chocolate, he snaps at me that I love chocolate, have always loved chocolate and he can prove it. If I say that my great, great-grandmother died from being hit by a runaway drover's cart, he insists she was actually hit by a train.

I have tried to tell him that his nitpicking and argument stresses me out, but he doesn't seem to believe me. He just keeps right on arguing. He follows me from room to room. One time, he actually followed me into the bathroom to convince me that mayonnaise is better than Miracle Whip.

I wish I could dump him, but at my age, where am I going to find another guy who loves black and white movies from the fifties, ballroom dancing and golden retrievers? Can I really afford to start over from the beginning? I'd like to get married and have kids sometime before menopause. Is there a solution?

Sincerely,  
Frustrated

Chere Mlle. Frustrated,

It is being perfectly possible to be dealing with the unfortunate habits of M. Carlton. What you are not understanding is that there are many persons who are enjoying the pleasant stimulations of the heated arguments.

It is no good to be explaining to these individuals that you are not enjoying the quarrels. M. Carlton is not believing you. He is supposing that this is the clever ruse for winning the argument.

Get for yourself the earplugs. When M. Carlton is beginning one

of the very amusing quarrels, you can be saying, "No thank you. I am not enjoying the arguments." Then take the earplugs from the pocket, place them in the ears and hum softly to yourself while M. Carlton rants. Occasionally murmur "Mm-hm," and "Don't be ridiculous, you idiot."

If M. Carlton is being particularly insistent, you can be purchasing the "iPod" device. Fill it up with the loud rock and rolling music, possible the "heavy metals." When M. Carlton is having the arguments, you can be putting the headphones on the ears and listening to the loud musics. Sing along. Dance. Now you are having the excellent cardio-bobular exercises, and M. Carlton is having to go argue with the television.

However, it is being unkind to be frustrating always the needs of the beloved. From time to time, make the outrageous statement such as, "The global warmings, this is the big farce," or "The alien abductions are the very serious concern for the national security." Defend this position vehemently. Make up facts. Refuse to see reason.

Bon Chance, Mlle. Frustrated, and remember: to be giving for M. Carlton the argument, it is the act of love.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 7**

## Geezers

By Dan Brown

Who are the **Geezers**? What is a **Geezer**? You can find out First Friday Art Tour evening, March 7th, at the Back Bay Inn. This first photographic evidence of the gaggle, can be seen and heard in person from 6 to 9pm in the Back Bay dining room. They will be geezing and picking their American roots, and Bluegrass tunes with frequent melodic outbursts from Peter Larson on guitar, Dick Gordon on fiddle &



mandolin, Paul Billingsley on banjo, and Dick Paulson on acoustic bass. One highlight of the evening will occur when renowned island baritone/bass vocalist Dick Paulson belts out a tune like *Sixteen Tons*, made famous by a 1955 recording of Tennessee Ernie Ford. The Merle Travis song has been covered by dozens of musicians like Johnny Cash, Johnny Desmond, Frankie

Lane, and more recently, in 2005, a rock version by the Eels. Paulson, certainly Vashon's most acclaimed bass vocalist, also frequently performs in classical circles singing with the Vashon Island Chorale, Vashon Voices, or Drama Dock shows. His past starring performance as Tevia in *Fiddler on the Roof*, brought him accolades from Pohl Road to Dolphin Point. **Geezer** is a British slang term, in its simplest form meaning, a man. In the US, **Geezer** generally refers to an old man, or more liberally, any old person, usually eccentric. In Australia, the term **Geezer** is often used to refer to someone from England, due to the belief that the English say **Geezer** a lot. It may be used in a number of senses; to refer to a man whose name you do not know, similar to use of the word guy. It is also used to refer to a man who is overtly manly, masculine, or heterosexual, also someone noticeably capable, reliable, plain speaking or down-to-earth. Although essentially a masculine quality it is not synonymous with macho however, and its usage may be thought of as very similar to that of the US English word dude. On Vashon, the **Geezers** are Peter, Paul, Dick, & Dick. Come hear them in action March 7th.



## LoOp Op Ed

## Guantanamo Comes to Main Street U.S.A.

by Mark A. Goldman, <http://www.gpln.com/followingorders.htm>

They say that the difference between how democracy in Europe has evolved compared to that of the United States is that in Europe the government is afraid of the People whereas in the United States the People are afraid of the government. That's a dangerous state of affairs and it looks like it's going to get worse. It's not only a matter of who you vote for... it's a matter of how well informed you are when you do vote... and Americans now are notorious for not being nearly as well informed as the citizens of many other countries are. So in America, we don't really think very deeply about the range of choices that are or are not available to us. Fatal mistake. The video below is indicative of the evolving consciousness of law enforcement in our nation... and it's our 'Shock and Awe' government, with its penchant for gratuitous and unconscionable violence, and the People's refusal to hold them accountable, that is setting the stage for our future in this 'land of the free and home of the brave.'

When we allow fear and force to dominate the way in which our government deals with people we don't know... we open the door to despotism, for surely when we fail to protect the legitimate rights of

any group or person, we sow the seeds of our own destruction. Take a look at this video if you want to know what is happening to civil liberties in our own country. I guess for some members of our community, this is not news at all. Apparently local law enforcement officers are now being trained to treat citizens the way military personnel were trained to treat Guantanamo prisoners. Your government doesn't seem to care anymore what you think... except maybe during an election year and even then, not so much. And like the military, many police officers who have been trained to just follow orders, are doing just that...just following orders. Watch this disturbing video. Everything by the book... [http://www.youtube.com/watch?v=rq3jV1\\_GOTs](http://www.youtube.com/watch?v=rq3jV1_GOTs)

Our silence and indifference to the plight of others is what allows this kind of thing to happen. You probably won't get a better wake up call than this. No doubt bad public relations will force this kind of evidence into dark corners. The question is, will we wake up, or will we remain silent until something like this happens to someone we know and care about... or maybe to a lot of people we know and care about?

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## Hello from Wolftown

by T. Martino

Ok, suppose you were getting your dinner and were well on your way to a terrific meal.....no wait.....that's not a good enough example. Ok suppose you were starving and were cold and you just had spent a lot of time and energy chasing down your dinner and some human being decided that you were not allowed to catch it and interfered? And you went hungry. I know this is a hard one. But folks if you are a predator you eat living things. And you have to chase and kill them to do it. You as a predator expend energy, calories, chasing and struggling with prey, and you have to replace them or perish. Every bit of energy an animal in the wild has is precious. So it's best, if we truly love wild critters from Orcas to wolves, or sharp shinned hawks, to leave them well alone! Pop had a saying, "If they can sense you, you are too close." I was taught this by my dear old Pop and grandparents as a kid. Pop spent a lot of time with me in the woods and would often examine old carcasses and he would identify why the Mountain Lion caught this particular deer. "Sister, Look.....an old tendon injury. Sister, see this brush rabbit's teeth, it's older and doing poorly...." Predators are not dummies. They try for the easiest meals. This makes good sense when you are REALLY counting calories. The opposite way than us human beings. But the predators do something for us and the environment. They take out by digestion unwanted and often bad bacteria and diseases. Not all mind you but by eating they remove a lot from our surroundings. Often an animal that is caught by a predator is ill. That's why it was caught. And it is merciful as the prey animal is spared a lingering death. Oh I know everyone can get freaked because of what western civilization calls, THE SURVIVAL OF THE FITTEST.

But it was explained this way to me as a child. I watched a big red tail hawk take a large gopher snake one day when I was about 7 or 8 years old. This snake I was very familiar with as it lived in a hole by our chicken house. There it served as rat patrol. Snakes in my family were regarded with awe and love for some reason. To the utter horror and consternation of our Irish catholic neighbors that lived in the next farm house over. (They couldn't believe it when my Pop gave us kids snakes at Easter. To be released the following day.) Granny noticed my sorrow over the snake and said, "Teresa Ann, everything in life helps everything else. Teresa Ann, it's all one thing." Simple words from a country woman. But they are the truth. The best thing we can do if we see an indigenous predator taking its natural prey, is Do Not interfere. You may call me and ask questions at any time, day or night. I will come out and access the situation. But it is best to not interfere. If you rescue these animals and bring them to me, they often die. Because there was something seriously wrong with them to begin with. I know it can be hard to watch if you were not raised this way. But think about it. I know you are trying to be compassionate and I love you for it. But sometimes it's better to trust what nature does and to truly see the world. She has a lot to teach us. Love ya!  
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 **LoOp Letters**

Editor,  
I REALLY don't want to lose our frequent user discount!! I believe we MUST support our community's commuters, for all sorts of sound, economic reasons! SO...can we find the FAT in the Ferry System? I hope so! Because it IS there. I see it every time I ride a mostly empty ferry. My point? The Legislature told the Ferry System to "reduce costs OR increase revenue." **The WFS said** , "Let's increase revenue by dumping the commuter discount while adding a \$15 Million new ticket system!" Blech! **Well, what will WE say?** How about, "Stop wasting our money! Let's trim the fat!" We are a well-educated island, and we know that Peak Oil has already come and gone. CONSERVATION is an absolute MUST! Our ferries guzzle fuel...so, saving fuel is a great way to REDUCE COSTS...and IMAGINE IF WE COULD ACTUALLY CUT OUR FERRY FEES!? Think hard on this question: Would you be willing to live with fewer trips during low-use times in exchange for a REDUCTION in your ferry fees? I think the recent 2-Boat period was a valuable opportunity to test our abilities to cope with less. We succeeded so

well that I found myself on a Wednesday 9am ferry that was barely 1/3 full! People used mass transit more, they drove less, or they found other times to travel. We will succeed when we want to...let's show our maturity by acknowledging that *some* of our ferry trips are a convenience. Finally, increased fares will hit the lower income groups much harder , so the pressure is applied unequally. BUT, a decrease in ferry trips will give EVERYONE an equal chance at catching a ferry AND equal incentive to find alternatives! SO, how does this sound? If the Vashon/Southworth/Fauntleroy Routes used two boats (one very large and one very small)...then both could be running during commute hours and the very small ferry could run during the "off" hours. (You know, when eight people and two cars are on the 11:40pm Boat!) A change in lifestyle is HERE. Let's **TAKE PRIDE** in being an example to others around the region! Rather than asking for MORE, how about we figure out how to DEMAND LESS? AND, MAYBE EVEN PAY LESS,...at least for awhile.  
March Twisdale

Editor,  
I just wanted to say a quick thanks for running my picture in the Loop. I know you guys had a lot to do with everyone on the island knowing my name. :) So yes-thank you. You guys really make the difference. I also wanted to let you know that Berklee College of Music IS spelled with two "e's", not an "ey" like it appeared on page 18. BerkLEY is in Berkley, California, and BerkLEE is in Boston, MA (where I attended school.) Just thought I'd mention that to ya. Thanks again for the support. Keep up the good work.  
Best,  
Angela Reed  
(Editor: Oops. Sorry, and thanks for your kind words!)

Editor,  
I had an interesting conversation a few weeks ago, with the nice fellow who picks up our recycling. I had gone out to talk to him because recently his truck had been too full to take our glass recycling. As he explained, but said 'you didn't hear this from me', it turns out that the "recycling" service that we pay for every month, actually doesn't recycle the glass—they smash the glass, collect it all into one big dumpster, then haul it off to the DUMP. Am I wrong, but didn't we just pass a law in King County that our recyclable materials must not be dumped into trash or we'd be fined?  
Kristine Dahms



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Freedom of speech, freedom of petition and freedom of assembly are hollow rights if people feel unable to be heard.

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Participants meet in small groups, three or four times a year, at times and places convenient to them to discuss, and provide feedback on important public policy issues affecting the county.

# Be an official Citizen Councilor

On September 7, 2007, the King County Council voted unanimously to accept Initiative 24 (now known as Ordinance 15896), and to create the office of Citizen Councilor Network within the department of county auditor. The intent is to improve the people's freedom to be heard by providing, without cost to those participating, an enhanced public arena for effective civic engagement.

You are invited to register as Citizen Councilors. Vashon residents should use "Optional Organization Code: 070" when they register. This helps tie people from Vashon together when small groups are formed

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Marie and Troy





## SPRING TIME IS NETTLE TIME

By Kathy Abascal

The nettles are almost up. Throughout the wet, dank places of the Pacific Northwest, young nettles a couple of leaves high are there for the taking. Before you know it, they will be tall and gnarly. So, if you are lucky enough to live on or near land that has not been manicured to death, you should go gather nettles in the next few weeks.

Nettles and man have evolved together, and nettles are extremely good to us, an occasional nettle burn notwithstanding. We have used nettles as a food, as a medicine, and as a fiber for a very long time. Before flax was introduced to Northern Europe, nettles were used to make an extremely fine cloth. In fact, a Bronze Age man found in Denmark was buried in nettle cloth. You may have read the Hans Christian Anderson fairy tale of the Wild Swans in which the sister wove nettle shirts to break a spell cast on her brothers. As a child I thought that seemed a bit mean as my experience with nettles was limited to welts from nettle burns. Only later did I learn that nettle fabric can be as fine and soft as silk.

People are drawn to nettles because they are very rich in vitamins and minerals. In days before vegetables were flown in from South America or grown in greenhouses, nettles were a godsend at the end of a long nutritionally challenged winter. Nettles remain a godsend (although underutilized today) because they are a gourmet food that is unparalleled nutritionally and energetically. Have you ever tried steamed nettles with shiitake mushrooms and aged balsamic vinegar or a rich nettle & potato soup? And while you gather nettles for dinner, pick some extra to make your own nettle vinegar. Just fill a jar with chopped up nettles, cover with an organic vinegar, and let it steep for a while. You can also freeze young nettles for use later in the season.

Nettles are equally wonderful as a medicine. They are especially renowned for people with allergies, and small studies suggest that something in nettles lessens or prevents allergic symptoms. As the alders are about to release their pollen, those of you with spring

allergies should be doing nettles. Nettles are available in capsules or tinctures but most practitioners agree that fresh young nettles deliver more punch and should be used when they are around. Nettles also benefit people with chronic ailments such as rheumatoid arthritis, acne rosacea, and hepatitis C. This may simply be due to the plant's ability to deliver good nutrition in a way that is easily absorbed. Or it may be that the plant's interesting chemical constituents have a positive effect on the body's inflammatory response. Or both — we do not really know at this point.

Nettle leaf is diuretic and seems to increase the excretion of uric acid. It is a wonderful tea to reduce premenstrual or perimenopausal bloating, and it is a good helper for people with a tendency toward gout or some types of kidney stones.

In addition to the leaves, the nettle root is also medicinal. At least four double blind clinical trials show that it, usually combined with other herbs, improves the symptoms caused by an enlarged prostate. These symptoms, to one degree or another, tend to begin bothering men around the age of forty. Nettle root and saw palmetto berry (another herb) was as effective as the prostate drug finestrade but the herbs did not share the drug's side effects of erectile dysfunction and headache. Unfortunately, I think you need to be careful gathering nettle root in the Puget Sound area. Nettles are fairly long-lived plants and they concentrate minerals. This area, thanks to the Tacoma smelter, has been overexposed to cadmium, lead, and arsenic and it is possible that these minerals are concentrated in the roots. (The young shoots, however, should not present this problem, in case you were wondering). As a result, you should get a medicine made from nettle roots gathered or cultivated in more pristine areas if you want a prostate medicine.

Later in the season, you can also gather nettle seed. Nettle seed were often added to fodder for horses to make their hair shiny and healthy. An old German doctor decided it might be good for his convalescent home patients as well, and began giving them one or two tablespoons of nettle seeds daily and found it gave them extra energy. Henriette Kress, a well-known Finnish herbalist, promotes nettle seed as an overall adaptogen for run-down, overly tired, burned-out, or just bone-weary people — folks who would do things if they just had the energy for it. Remember though, if you want to gather nettle seed later this summer that you need to sieve it to separate it from other parts of the plant that may contain those stinging hairs that make nettles so memorable. So, while the sun is shining, get out there and gather one of the best local spring delicacies available.

~~~~~



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 7**



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today*.

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

## Comp Plan Update

*Continued from page 1*

and now we propose targeted small changes designed to deliver even more benefits."

The proposal for the first time includes strategies to identify, mitigate and adapt to climate change. It includes what is believed to be the nation's first policy for project level review for greenhouse gases under state environmental protection regulations. Code changes to implement the policy will be submitted in May.

In response to increasing development pressure in rural areas and resource lands such as forests, the Executive is proposing the Rural and Resource Lands Preservation Program, which will increase the ability of landowners to realize financial benefits through transfer of development rights (TDR) to higher density urban areas.

Developers in urban unincorporated areas will see a streamlined transportation concurrency process to facilitate and encourage development in areas of high density and large commercial development where public transit is also an option. Transportation concurrency policy is being revamped to use broad geographic travel areas to determine requirements instead of making decisions for individual proposals as used in the past.

King County has had increasing success in controlling sprawl since adoption of the county's first comprehensive plan under the State Growth Management Act (GMA) in 1994. Over the last 14 years, the rate of annual residential growth in the rural area has been reduced from nearly 12 percent of the countywide total to hold steady at between 4 and 5 percent.

In conjunction with the cities, King County has determined that there is sufficient capacity in the urban growth area (UGA) to accommodate growth. The 2007 Buildable Lands Report, published in September 2007, demonstrates that the King County UGA contains



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the capacity to accommodate more than 289,000 added housing units.

Sims said this capacity is substantially more than enough to meet the adopted 2022 growth targets which are based on the state population forecast for King County. In fact, the Buildable Lands Report measured a greater capacity in 2007 than the corresponding 2002 report found, even though 49,000 new housing units had been added during the intervening five years. Sims said this is due partly to actions taken by the county and its cities to use land more efficiently, including increased densities of residential development.

"That is why this plan does not propose any major changes to the urban growth boundary to accommodate growth," Sims said. "The changes we are recommending are ones that establish more logical boundaries and have an overriding public purpose." Councilmember Larry Gossett, Chair of the Council's Growth Management and Natural Resources Committee noted that the Comprehensive Plan will be one of the first existing county programs to incorporate elements of a recently announced Equity and Social Justice Initiative.

"I am looking forward to reviewing the plan and to advance land use policies that identify areas where we can address the root causes of inequities and seek out and promote decisions based on equity," Gossett said.

The King County Comprehensive Plan guides growth and development in the unincorporated areas of King County and sets county policy on major issues such as annexations, transportation, and the environment. The King County Comprehensive Plan was adopted under the State Growth Management Act in 1994. Technical changes to this plan can be made once a year. Substantive changes can be made every four years, during a major plan update.

More information can be found at: <http://www.metrokc.gov/permits/codes/CompPlan>



**Aries** (March 20-April 19)

That which you could not see and feel now appears to have some substance. It may not have it for long; if some picture you've been missing comes into focus, try to memorize it. What you may be feeling is that people are simply not reacting to you like you want them to. You cannot seem to reach them emotionally. You are all kinds of fiery, and you're certainly not concealing your opinion. The people around you are interesting, smart and diverse. But you can't seem to reach them on the level of tears and sweat. Over the next day or two you will have a mirror dropped in front of your reality, and you'll catch a glimpse at what others are responding to, or trying to respond to. To put it simply, you need to go deeper. The good news is that you are about to do precisely that.

**Taurus** (April 19-May 20)

As I've mentioned a couple of times lately, you're working swiftly toward a creative and professional breakthrough (both). Yet you may be wondering if it's the one that you really want. Well, it is what you make it, for one thing. For another, to the extent that something feels wrong, it is likely to be an unusual and compelling source of power. Focus on what's working and how you're applying your creativity to help it out; and focus on your resistance. The resistance or questioning you're likely to be feeling is a clue to what you think is wrong about yourself. That, in turn, is your ticket deeper. Any potential wrongness you may feel, any resistance, the sense of incompleteness, is like a ruse thrown over your most dependable source of power and strength. As you notice this, you'll learn to cast off no part of yourself.

**Gemini** (May 20-June 21)

Your plans are beginning to materialize, but I suggest you think of them more as visions. Visions are more interesting than plans, and the implication is that they call for a higher order of creativity. Plans are something you do with a pencil and paper; visions flash before your eyes. Plans are a fun game. Visions have a living quality and compel your soul to respond with every quantum of your life force. They represent a kind of confrontation. There may be a test of faith: do you have the strength to accept something so amazing, so beautiful, so seemingly real (but which does not exist yet)? Start with the vision that seems to be coming in loud and clear, and use the notion of planning as a means of building toward it step by step. As for faith, you don't need a lot of the stuff, just a little.

**Cancer** (June 21-July 22)

Look at the faces of the people who look at you, and watch their face change in the first three seconds of eye contact. That will tell you something about what they want, and what they have to offer. I assure you that the people who approach you are doing so because they want some kind of an exchange with you. You need to figure out what each exchange is about. The subject matters will be highly diverse. The directions of energy flow will be many. In any one-to-one situation, there are more than two people involved. Notice who they are; take a look at them hiding behind the scenes. Watch which way the resources are flowing. But most of all, have fun exploring all those social taboos you love so much.

**Leo** (July 22-Aug. 23)

An unusual opportunity is approaching. It may be love, it may be sex, it may be business — but whatever, you will recognize it by the feeling: orgasmic fusion with the cosmos. Something absolutely real, perhaps feeling a little dangerous, a little alien, but entirely necessary. You are so open to the possibilities of life right now that I could hardly imagine you being reluctant. What may give you pause for caution is considering the extent to which you want to embrace the pain of others. I can tell you this — to the extent you recognize and have empathy for one person's pain, you open up to the struggle that the world is currently in. There is a positively enormous battle raging inside people's hearts and souls about where and how they fit in. The pressure to fit in has driven many people to the point of insanity. You alone seem to represent, for so many, a safe place they can be an individual. Remember that as the events of this week unfold.

**Virgo** (Aug. 23-Sep. 22)

Does the work you are doing offer you something you cannot get anywhere else? I see two significant possibilities here. One is that you are learning and doing exactly what you need to be, and you know it. Your chosen work has taken you through the vortex to a state of mind and experience — particularly of community — that you always knew could be true. The other potential is that where you are, you don't fit in, and it's getting extremely painful. Maybe you possess a quality unique to Virgo (and often Pisces) that grants you a high tolerance for pain, and enduring unacceptable conditions. I suggest you leave that talent in the dustbin. There is only so much pressure to conform that you can really stand. There is only so much of this that the world needs. Over the next few days, the intensity of your calling is going to get stronger. If you are feeling that now is the time that you must do absolutely the right thing for yourself, please make that choice.

**Libra** (Sep. 22-Oct. 23)

You are starting to take your own life personally. This is a beautiful thing. You have an odd way of taking your own life impersonally, as if you're trying to balance your own existence against that of the world around you. In a sense, your typical self-assigned role is to assess rather than to participate. The calling to join the dance of experience is stronger than it's ever been, but you need to take a chance. Obviously, you have figured this out by now. No mental trip, no verbal concept, no architectural design, is going to compensate for your craving to actually dare something you don't normally have the guts to even consider. I suggest you take the step at a time when it feels like you're risking something significant. Strengthening ability to take a chance on the unknown, or on the uncertain, is the spiritual lesson deep beneath the surface.

**Scorpio** (Oct. 23-Nov. 22)

You are melting, and that's a beautiful thing. It's about time. It takes a lot of heat to get a Scorpio to turn from a solid to a liquid, and the temperature is just about right; just a few degrees to go. Yet you have to trust that you're not going to lose your temper, or worse, plunge into a world of emotional neediness that you strive with every cell in your body to avoid. In essence, you have to let go of the fear that you will seem needy and at the same time, you need to be willing to go there.



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People are more impressed by your human traits than by your superhuman ones. Now is the time to invite people into your most private and personal spaces, and share one of the most precious qualities in the universe — empathy.

**Sagittarius** (Nov. 22-Dec. 22)

Your mind is usually exploding with ideas, but not like this. You need to do something with them — not just run around feeling so very highly entertained. Because of your usual abundance of highly inventive concepts, you typically feel like you can just let them go, because there is another brilliant one coming along. Forget that — you can count on abundance, but not of ideas of this quality. Therefore, use the principle of containment. Yes, try to catch lightning in a jar. Get out your video camera, your digital camera or your ordinary camera...do it naked or dressed, in public or alone...dive into technology and record, record, record. Audio counts — capture your ideas. Then over the next week or so, do something even braver — play them back.

**Capricorn** (Dec. 22-Jan. 20)

Mars moves back into your opposite sign in the coming days, and makes an opposition to Pluto. Most astrologers you read on the subway will tell you that this is about a clash of some kind, and who knows, maybe something will come to blows. But that's not the only way you can use the energy. The word direct comes to mind, and yes, many people feel that anything direct is terrifying. I hope that your hard-earned evolutionary progress makes that seem distinctly unappealing. Embrace the energy of face to face. Embrace direct. Let people come to you — leave the door wide open — and be afraid of nobody. This is the point in your life when you can actually afford to have no fear, of anyone or anything. And if you can do that — you can have a lot of fun, as long as you use some of that basic Capricorn common sense.

**Aquarius** (Jan. 20-Feb. 19)

You are making some enormous discoveries about who you are — but so far, amazing (and frustrating, at times) as the trip has been, it's like it's all been practice. Now, discoveries are beautiful, and becoming someone new is beautiful, but I suggest you pay attention to the shadow factor. In other words, not everything that comes up will be about sweetness and starlight. We tend to be a society of people addicted to over-stimulation without risk. One of the ways we avoid risk, on the most personal level, is to avoid the discussion of anything about ourselves that we don't like; to filter out the emotional level of experience (and all its contradictions) with the more easily crafted mental level. I suggest that you go willingly wherever your psyche wants to take you. I suggest you make a vow that there is nothing in yourself that you're unwilling to look at see, feel, or experience. You crave freedom — this is one of the first things you need to do, if you really want it.

**Pisces** (Feb. 19-March 20)

Keep stoking the flames of your imagination. Your life is interesting and that's not going to change anytime soon. But the furnace that's pumping out all the heat is that place deep in your psychic sphere that only a Pisces really understands. It's where you access your deeper self, soak up the energy and bring in entirely new visions for yourself and for the world around you. There's plenty to occupy you in your waking life, and as a result, you might forget to keep looking behind the veil. I assure you, not only is your inner world equally interesting, it's also currently the spawning ground for a new generation of creative projects, erotic journeys, friendships and mystical revelations. Envision yourself as free from your inhibitions in tangible ways, then let them manifest.

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

# Island Epicure



By Marj Watkins

## Food Magic with Chicken and Cabbage

Even the government admits now that food prices have gone up, and bode to go even higher. Basic nutrition still requires fruits and vegetables, and protein foods, grains, and sufficient calories. How can we stay anywhere near our food budget, yet eat well?

Going vegetarian or vegan doesn't always eating cheaply, and for those of us allergic to wheat and soy those fake meats bring to mind the saying, "One man's meat is another's poison."

What magic can we work to keep producing healthy, taste-tempting meals for our families? We keep our grocery flyers around from week to week and consult them when making our shopping lists. We eat winter vegetables in winter, when they're at their freshest best and less expensive than those that have traveled from Mexico or Chile. Right now that means carrots, cabbage, apples, and mostly the inexpensive meats.

Chinese dishes make a little meat go a long way. Lean and thrifty pork and chicken, combined with vegetables, cook quickly, saving fuel. When our Chinese daughter-in-law visited in January, she cooked this simple, satisfying meal for us. (Her name is pronounced like 'Syau Ning'.)

### XIAO NING'S EGG-WRAPPED PORK IN CABBAGE SOUP

4 servings

- 4 eggs
- 1/2 pound ground pork
- Salt, pepper
- 2 slices ginger root, minced
- 1/2 small head cabbage
- 4 cups water or chicken broth

4 cups cooked rice

Make the eggs into four very flat omelets. Reserve.

Mix the pork, salt, pepper and ginger well.

Divide the pork among the four omelets. Wrap each around its blob of pork.

Cut or tear the cabbage in fairly large pieces. Heat the water or broth.

Cook the cabbage and the egg-wrapped pork until the cabbage is tender and the pork inside the egg wraps is cooked through, about 20 minutes.

With a slotted spoon, transfer the egg-wrapped "dumplings" to a warm plate.

Divide the cabbage and broth among four soup bowls.

Serve the "dumplings" with the rice.

### CHICKEN WITH CABBAGE

4 servings

- 4 chicken thighs or half breasts
- 1 onion, coarsely chopped
- 2 tablespoons canola oil
- 4 to 5 cups chopped cabbage
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon turmeric
- 1/4 teaspoon caraway seeds
- Salt and pepper
- 1/4 cup hot water
- Poultry seasoning, optional

Lightly brown the chicken pieces in hot oil in a wide skillet about 5 minutes per side. Remove and reserve. Add onion to pan. Stir-fry 3 to 5 minutes, until glossy and somewhat wilted. Add cabbage. Sprinkle with vinegar, turmeric, caraway seeds, salt and pepper. Add water. Stir. Reduce heat to medium, cover and cook 5 minutes. Add reserved chicken pieces. Sprinkle with poultry seasoning if using. Cover. Cook until chicken is tender, about 30 minutes. Cabbage will be very well cooked, pale gold in color and supremely well flavored with the herbs and chicken.

Note: Poultry seasoning is a mixture of ground thyme, sage, marjoram, rosemary, black pepper and nutmeg. It may be omitted, or you can make your own using your favorites from among this list.

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A BOOK REVIEW

Paddling the Waters of Vashon Island

A Circumnavigation & Some Adventures

By Biffle French

Lao Mei Publications, Burton WA, 2008.

Reviewed by Morgan Ahern

I know that you can't judge a book by its cover, but in this case it would be justified. The cover photograph by Ray Pfortner is one of the most beautiful I've seen. I felt compelled to open the book. I don't kayak, or even swim. I love water, but being near it is enough for me. I'm not even remotely an armchair kayaker. That being said, I'm glad I read Paddling the Waters of Vashon Island.

French effectively made me feel like I was climbing into the kayak with him, and I was less stressed than I would have thought because of his emphasis on safety and caution. He imparted his expertise with wonderful maps and mathematical calculations that held my attention throughout. This speaks strongly of French's ability to engage, even with material that is sometimes dry and boring.

I enjoyed most of French's historical meanderings, especially concerning the exploits of Puget and Vancouver, though I resented his 15-second synopses of Native American cultures. I think it was interesting that more attention wasn't given to the Native People of the Puget Sound considering their extensive utilization of and respect for the waters surrounding Vashon Island.

French provided interesting anecdotes about the history of Vashon Island, including the introduction of blackberries and the Strawberry Festival, which he sees as the last festival on the island. However, I was put off by the exclusion of mention of the Japanese Americans on Vashon prior to their incarceration during WWII, especially because of their contributions to the cultivation of strawberries. I realize that Paddling the Waters of Vashon Island made no claim to be a history book but one incurs some responsibilities when one forays into the waters of history. Much like kayaking I suppose.

All in all, I enjoyed reading Paddling the Waters of Vashon Island, with qualifications which more concern French's ruminations than kayaking. His book was a wonderful journey around Vashon and it's probably the closest I'll ever get to circumnavigating the island. He gave me an increased awareness of the birds and other wildlife I encounter on the beaches of Vashon. Actually, he added to my enjoyment of every beach walk I take. I think that's saying a lot, and I thank him for writing his book.



# Positively Speaking

## Music! Music! Music!

by Deborah H. Anderson

Steve reminds me; actually, it's A-M, and N-Z. In between the business of our lives we're going to start calling people to see if they can come. I'm to take N-Z.

Years ago, many many years ago, Steve was Lieutenant Cable to my Bloody Mary. It was our junior year in high school. He wrote about fifteen years ago and we renewed our friendship at his encouragement. Life had moved on for both of us, he is married with two great kids and I have my life, which I love as well. He's the director/theatre manager for a university back East. I'm a teacher in many arenas teaching about the sacred parts of life like children and love and parenting and growing and being faithful.

For years, I've been hounding him about my dream. You see Steve and I and one hundred other kids shared a remarkable musical moment in time; a miracle if you will, crossed between Mr. Holland's Opus and Music of the Heart

Between 1966 and 1968 we were lead by a brash young teacher who drew us up into a level of musical maturity we did not know we could achieve.

Let's go back to 1966. I just bought a retro Simplicity pattern at the Jo Anne Fabrics and Hancock Fabrics 5 for \$5.00 sale.? It's short, above the knee and has little cap sleeves and a v slit – can't really call it a neckline—with a teeny tiny bow at the bottom of the slit.

Yes, that was us. Those were days of orange and green shag anything, big bold prints and short skirts and the world was still reeling from the unending Vietnam war. Parents were out of date and God was supposedly dead and marijuana was just a condiment to flavor everyone's life. Sex was free.

But just outside Philadelphia near Valley Forge if you will, there was a high school where the student government leaders wore matching heather everything if they were girls—I mean cable knit sweater, skirt with wide leather belt, and cable knit knee socks with penny loafers all in the same shade of heather wool. A crisp button down oxford shirt tied it all together.

But here's the hitch. Although it appeared that the hippie movement had eluded us, here was what was unique. We were a

naturally integrated high school. There we stood during first period, Black, White, Italian, Jews with a few odd Irish thrown in. If you are from back East, you know that those are the primary racial definitions. DeFrancesco sang next to Gross sang next to ... you get the idea....I don't have permission to use their names.

Sallie must have been about six years older than us max. I remember she had a yellow V Dub bug. I've wanted one ever since. The repertoire we sang and the level of musicianship she expected spoiled me for the rest of my life. From hence forth I was only able to sing under wonderfully trained, amiable, passionate about music, conductors who treated their singers with respect and the expectation that together we would make music that was beyond ourselves.

I tried singing under a conductor that was not a vocal conductor once and I simply couldn't do it. Conducting is like sign language. What they do with their hands and where they put them makes you do things. Wave two arms at me (called mirror conducting) and I'm going to feel like I'm riding with someone with a gear shift on either side and no hands on the steering wheel. Give me cut offs that are clear and interrupt the technique portion of the rehearsal long enough remind us the meaning of what we're singing and most of all, whether we are performing or rehearsing, make it about the music and not us. That's what she taught me to expect from a good conductor.

Sallie was perfection in her technique and expectations.. but most of all, she loved us and laughed with us and in a world that was burning down and fighting to find some shred of human unity and taking on racism and feminism and pacifism all at the same time, she collected us first period and made us sing Randall Thompson' Alleluia at a breathtakingly sustained dead crawl that was a single sound from beginning to end, and Brahms's and Vaughn Williams and Tuskegee Spirituals and show tunes and best of all "Song of Democracy". Someday I would like to collect every high school student who loves singing on the Island and conduct that piece just for the sheer exquisite beauty and

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So.....I yammered and yammered and yammered to Steve about how we should all gather and do it again.....and he contacted Sallie ( who left conducting after two years with us and ,as I know the story, never conducted again.) and she said yes....and next year Memorial Day weekend 2009, hopefully most of us will gather again and sing under her direction. We will sing as adults who survived and perhaps prevailed because of the music she ingrained in our souls.

The best change the Island has made in the last fifteen years is the

tremendous growth in the numbers of people creating music. Love and Music are the only things that change the world. They are enharmonic. Let us continue on that path. Let us never make it about ego or personality lest we erode the very essence of the plus factor of music. We make music because WE CAN'T NOT MAKE MUSIC. It's like holding our breath, or draining our blood, or starving ourselves to cease from making music.

Music on Vashon is just one giant jam session and that's how it ought to be. As Bach used to say...Sole Deo Gloria.

Love  
Deborah

## Light at the Edge of the World

By Summer Peet

Imagine a world with only one ethnicity of people instead of thousands, one religion in place of hundreds, and a single language that represented thousands. This was what anthropologist and ethnobotanist Wade Davis brought to the attention of many school groups, including The Harbor School, just a few weeks ago. Davis's presentation, titled *Light at the Edge of the World*, focused on the many disappearing cultures around the globe, and the importance of diversity, coupled with stunning photos from his many amazing journeys. Despite the seemingly depressing theme, I believe nobody walked away from Benaroya Hall that day with a feeling of depression. I admit some of the stories that Davis captivated us with were a little downbeat, but for the most part, the talk was uplifting, interesting, and motivating.

From the deep and lush rainforests of South America, to the windswept and rocky plateau of Tibet, Davis has experienced what it is like to think and see how various cultures different than ours do. He talks about what is important to them, and gives examples in his marvelous stories, which all had important lessons in them that kept one thinking for days afterwards.

Even though many students at The Harbor School might not want to do exactly what Davis has accomplished when they grow up, the stories' morals could be applied everywhere in life, and he showed us that one really can follow their dreams.

There are many other surprising things about Davis's career. He has spent time in the Caribbean, to see if zombies actually exist, and if so, how? You are probably wondering if they do, and the answer is yes. Although they are few and far between, zombies, or the living dead, are created by a poisoned powder as a punishment of the tribe. Davis once said; "Voodoo is not some sort of black magic cult. It is the distillation of very profound religious ideas that came over the tragic era of slavery." The only way we will know if the world will listen to the wise words of Wade Davis and other experts in the field of scientific studies, is to wait and see, and to keep our minds positive, and our eyes open.

All in all, the Wade Davis presentation was a fascinating event, which opened many students' eyes into different realms of thought.

Harbor School plans to offer their own adventurer's science symposium, on "Exploring the Micro World", March 10 – 14, 9:00 – 3:00. People can sign up by calling Harbor School, 567-5955.



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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](http://www.hmcsf.org).

DEADLINE FOR ALL APPLICATIONS: APRIL 11th, 2008



Vashon Winter Sports Summaries:

Alison Katica photos

The Girls Basketball Team won the League Championship! They also placed 2nd in Districts, losing 55-37 to Seattle Christian. The playoffs are now underway!

The Boys Basketball Team won their 4th straight League Championship! They also placed 2nd in Districts, losing 47-44 to Seattle Christian. The playoffs are now rocking and rolling!

Pirate Wrestlers Saved Their Best Tournament for last, setting a Vashon State Tournament Scoring Record of 121.5 points!!

Guys Team Places 4th in the State!

- 7 State Placers:  
1st Place: Sam Chapman  
1st Place: Adam Thalhofer  
3rd Place: Alex Stemer

- 3rd Place: Rogan Lopez  
6th Place: Eddie Protzeller  
6th Place: Quinn Patrick  
8th Place: Geran Webb  
Tim Jovanovich won one match, just short of placing.

Girls Team Places 6th in State!  
1st Place: Sylvie Shiosaki  
5th Place: Madeleine Wolczko  
The Pirates put together a very impressive, hard fought two days of competition!

Other Notes of Interest:  
The Voice of Vashon Wrestling, Rich Chwaszczewski, was again one of the main announcers at the Mat Classic.

Sylvie Shiosaki and Alex Stemer were Honorable Mention Academic All State.

The Vashon Fans at State are quickly becoming famous for their support and vocal capacity!



Placing 6th at state, Eddie “Scissorhands” Protzeller torques on his Tenino opponent’s trick shoulder.



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Not Just a Great Burger



Alex “Steamboat” Stemer, 3rd place finisher, hits his Kalama rival with his patented, technically superior double-leg takedown.



For some reason or another, the Vashon coaches (including father Dave) are excited after Slam’s finals victory.



# Loopy Laffs

I hope life's not a big joke because I don't get it.

Confidence is going after Moby Dick in a rowboat and taking the tartar sauce with you.

Birth, life, death. Repeat as necessary.

Mr. Baillie saw his son's shiner and demanded, "Scott, who gave you that black eye?"  
"No one," replied the spunky lad. "I had to fight for it."

The Washington POST holds a yearly contest in which readers are asked to supply alternate meanings for various words. Some of the winning entries  
Coffee (n.): a person who is coughed upon  
Flabbergasted (adj.): appalled over how much weight you have gained  
Abdicate (v.): to give up all hope of ever having a flat stomach  
Esplanade (v.): to attempt a conversation while drunk  
Negligent (adj.): describes a condition in which one absently opens the door while wearing a nightie  
Lymph (v.): to walk with a lisp  
Balderdash (n.): a rapidly receding hairline  
Oyster (n.): A person who sprinkles his conversation with Yiddish expressions

A couple was touring the Capitol in Washington D.C., and the guide pointed out a tall, benevolent gentleman as the congressional chaplain.  
The lady asked, "What does he do—pray for the Senate and the House?"  
The guide answered, "No ma'am, he looks at the Congress, then prays for the country."

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| FFA     | FLAB    | HABITS |
| ERN     | RIFE    | IBERIA |
| RID     | EBON    | FORKED |
| MAESTRO | IVY     |        |
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| SNUB    | EEG     | ELK    |
|         | IOU     | EAR    |
| UMBRAGE | RIVALED |        |
| SALT    | LPN     | DIG    |
| ERE     | YEA     | INST   |
| SCUBA   | EGIS    | UTAH   |
| EMU     | SHAMPOO |        |
| STASIS  | USAF    | AIM    |
| SALONS  | PUMA    | USE    |
| EDITOR  | SEER    | LTD    |

Solution to puzzle on page 7

When I was younger I could remember anything, whether it happened or not. — **Mark Twain**

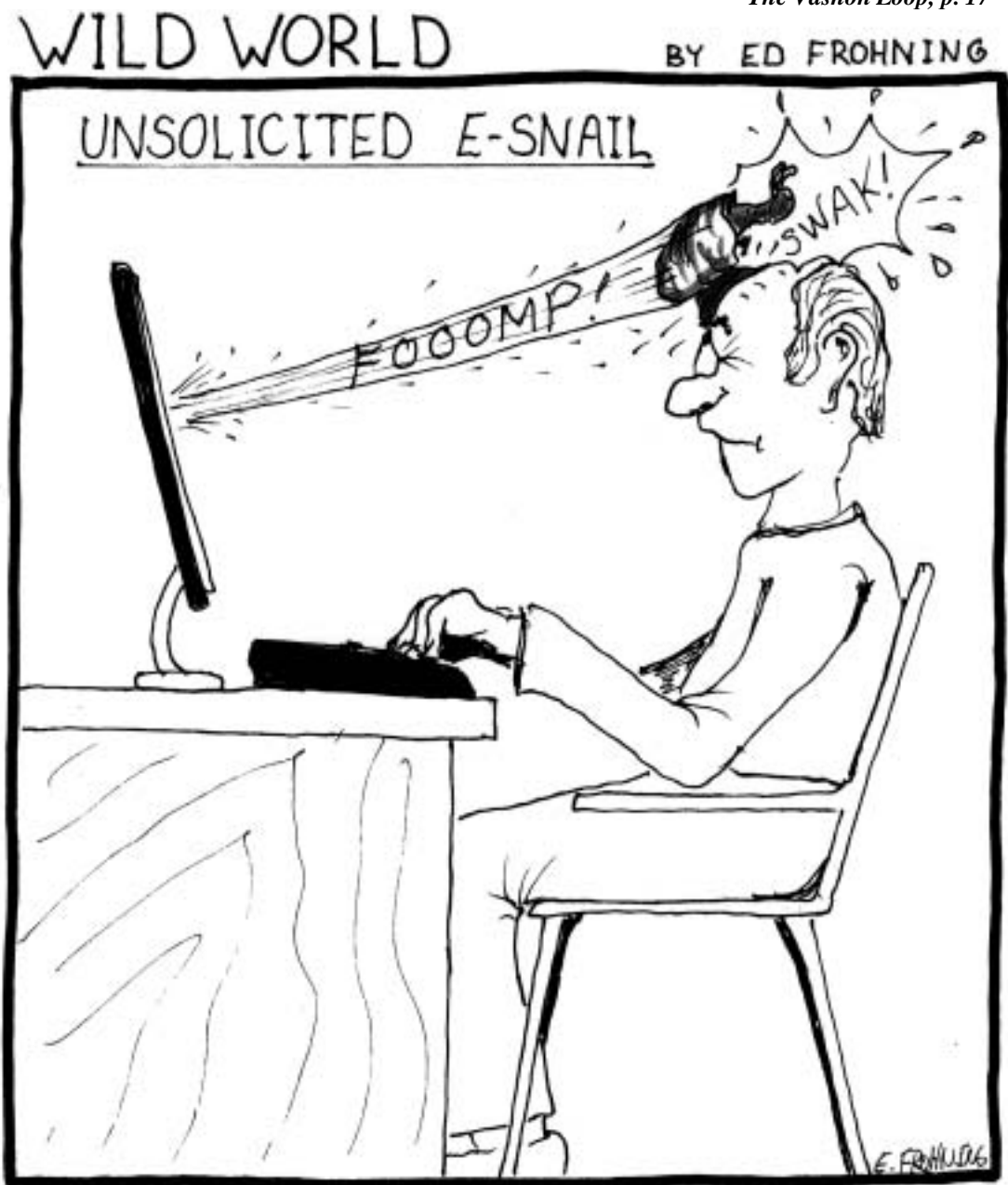
Give some people an inch, and they'll think they're a ruler.

The outcome of the income depends on the outgo for the upkeep.

Where I come from, the vallies are so narrow, dogs have to wag their tail up and down. - **Sam Snead**

Why is it that all of the instruments seeking intelligent life in the universe are pointed away from Earth?

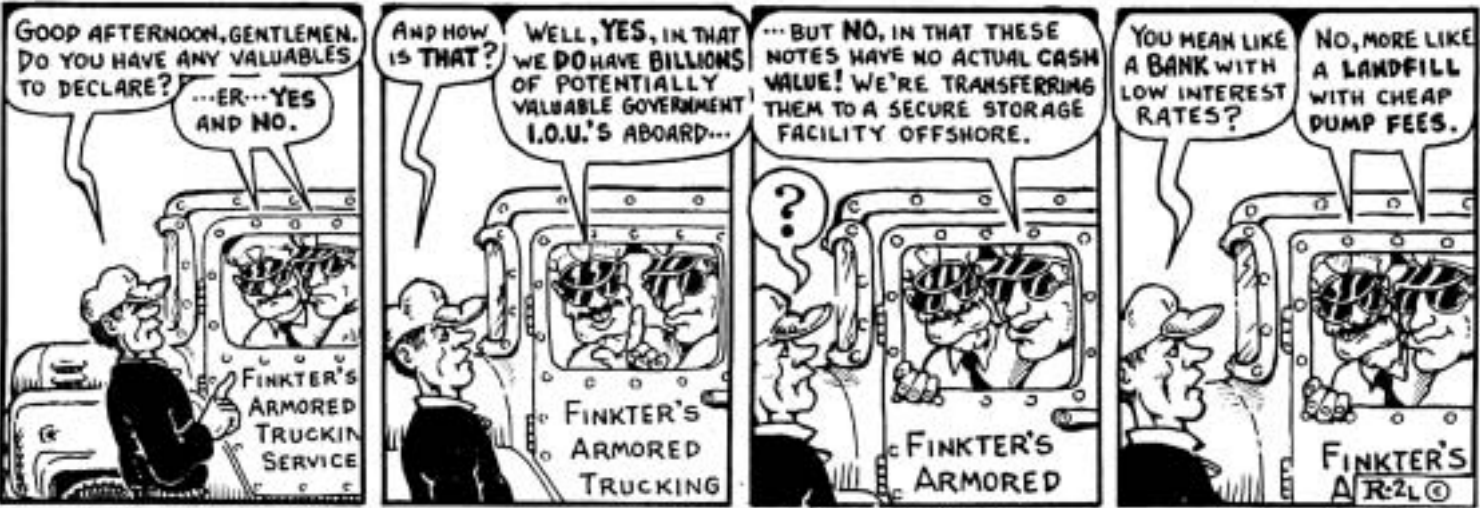
Bad officials are elected by good citizens who do not vote. — **George Jean Nathan**



Life is a riddle but the answer's not written on the back of anything.

Vote for the man who promises the least. He will be the least disappointing. - **Bernard Baruch**

## OFF SHORE



## LOGJAM





# Loop Arts

## “Water, Wind and Weather”

a celebration of water with Marnie Jones, Photographer!  
At The Hardware Store Restaurant Gallery, opening  
March 7, 6-8pm

Islander Marnie Jones is perhaps best known on Vashon for her work against the Maury Island mine expansion. Or, maybe you know her as owner of Angels of the Sea B&B. Or perhaps as a harpist and singer.



Islander Marnie Jones and friend

What you might not know is that Marnie has a degree in industrial design from Rhode Island School of Design(RISD) and that since she was six years old, she has been wielding a camera. She will be turning 60 in the middle of this, her first-ever show of photography.

According to Marnie, “My life has always been challenged with over-choice, but driven by healing. I love to travel and am inspired by how light plays differently in different places. I love to inspire wholeness through ideas, songs, poems, stories, street art and photographs. In between, I am healed in myself through sailing. My

woman to serve on the national board. All this was touched off by a newsletter I started for the San Francisco chapter. It became a model for other chapters and a mouthpiece for members who were tired of corporate ‘confinement’. I love how a few of them used their creativity to come up with preposterous inventions-an internal combustion magic marker, for one.”

In 1981, Marnie was elected to a fellowship, the first woman and youngest in the history of the society.

Marnie didn’t fit well into the corporate structure. “My last job was at Tonka Toys during their brief foray into girl toys. When none but my most mundane work was accepted for manufacturer, it was time to move on. A few months later, the company was bought by Hasbro and went back to steel trucks. After three years, I left and started playing the harp.”

Over the course of her life, Marnie has written and performed mostly original music and made several albums. With a few years’ lull to raise her son, this work still looms large, even though it once again had to take a back seat in 2005 when Marnie dropped everything to help out an injured friend.

Now, the friend is doing better, Marnie’s son is an independent teen and recently Marnie retired from the board of Preserve Our Islands. Music is “on the front burner”, once again. She is working with Marita Ericksen on her voice and singing with the Vashon Voices.

And taking pictures. She says, “You might wonder why I am emphasizing photography right now, with all the other demands on my time. Simply, that is the expression that years to be born. My sense is that it will inspire the next level of my music. I am also moved by the urgency of the state of our waters. I hope my work will inspire people to cherish them and take better care of them.”

Marnie lives on the harbor, facing east. “At first, this night owl didn’t like being awoken by the sun, “ she explains. “However, the weather I am seeing out my window and off my deck is so extraordinary that I can’t help but run for the camera!”

The show, which opens on March 7, will feature a plethora of views of Quartermaster and Puget Sound with clouds, rainbows, storms, sun ups and downs and lots of nuance of color. There will be photos from and of her boat under sail. A centerpiece of the show is a large picture of the tall ships as they were sailing out of the harbor in 2005.



## Liam Gallagher and friends bring Irish cheer to Vashon

By Janice Randall

An Evening of Irish songs with:  
The Cornerboys  
Saturday, March 8,  
8 pm  
Tickets: \$12/\$14  
(Includes complimentary beer)

Liam Gallagher, who has played a regular gig at Kell’s in Post Alley for 25 years, offers a vast repertoire with hundreds of Irish songs, from high spirited tunes like *Whiskey in the Jar* to beautiful ballads like *The Town I Love so Well*. He will also take requests from the audience. Gallagher will be joined by Bernie Prussing, mandolin and vocals, and drummer Morgan Alstat, who has played with the likes of Ben Harper and Jack Johnson. Betty Gallagher will play bodhran.

Belfast native, Gallagher was the second youngest of 10 kids. He

has been playing guitar since he was a kid and knew after his first paid gig at age 14 that playing and singing would be his life. “Where I grew up, we talked about the Beatles and The Clancy Brothers in the same breath—with awe and reverence.”

Gallagher’s grandfather immigrated to Montana for work the copper mines, married, had children and then moved back to Ireland with his family. Eventually all ten Gallagher children migrated to the U.S., including Liam who arrived in 1972. “All my older brothers and sisters were quite taken with Hollywood, so that’s where the rest of us initially went.” In the early 1980’s, Gallagher visited a friend in Seattle, fell in love with the climate and decided to make the move. “It was a perfect September day and there was Mt. Rainier,” he said.

## Call For Artists

The Two Wall Gallery, Vashon Island, Washington, announces a call for artists to participate in our show of politically and socially engaged works, **Up Against the Two Wall**, to be exhibited during October of 2008. Artists are invited to submit up to five pieces for consideration. The exhibit will be juried, but as many pieces will be chosen as can fit in the available space, and we plan to crowd them in. Any work with a political or social theme can be submitted, regardless of politics, with the idea that the exhibit will mimic an array of campaign or protest signs and posters. Please email images, with framed sizes and a short biography and artist statement, to Greg Wessel at SleepingDogCafe@aol.com. If you prefer to submit slides, email him for a mailing address. Submitted works should be received by June 1, 2008.

To offset the local beauties, there will be photos of contrasting landscapes and wildlife from places as diverse as Eastern Washington, Greece, New Jersey and Yellowstone Park.

Photos of the Maury mine will be for sale to support Preserve Our Islands.

“This show is really a celebration of water. It will go up during my

birth sign of Pisces, the fish. Also displayed will be related poetry, facts and stories.”

At the opening, Marnie plans to bring her harp, an instrument also associated with water. She will play intermittently, possibly with a friend or two. Refreshments will be served.

For further information, call Thrival Productions at 463-2821 or the Hardware Store at 463-1800



camera comes with me everywhere. Hey, why not? I was taught at RISD that I could do anything and I believed it!”

In her 17 years as an industrial designer, she says, “My first and last jobs involved designing toys. In between, I did all sorts of other things, including the time I drove a monstrous 200-ton Euclid coal truck in the Texas desert for a human factors evaluation. The challenge was to keep operators awake during their 12-hour shifts so they wouldn’t wander off cliffs!”

Marnie’s drive towards healing and environmental stewardship led to political action within the field. She says, “I was the program chairperson for the very ‘alternative’ 1978 annual conference of the Industrial Designers Society of America, with Ralph Nader as a highly controversial keynote speaker. Then, I was elected the first

# Call to Artists and Farmers Market Supporters

VIGA wants to feature a work of an artist on our Farmers Market poster for 2008. Maybe that artist is you or someone you know! The deadline is coming up fast and we want to make sure everyone who is interested will enter. Please spread the word.

Here are the specifics: Any medium is welcome. The design should convey the spirit and beauty of the Farmers Market. The final poster size will be 11x 17 inches, and it will be displayed all over Vashon Island during the market season, April-December.

If you would like to submit an original piece of art to be considered as a central feature of the market's 2008 promotional poster, please submit your artwork by photo, slide or copy to one of the following addresses. Include your name, contact information, and the title and medium of your piece. All entries must be received by March 3 to be

considered. To submit by digital photo please send to:

Mark Timken,  
mtimken@comcast.net

To submit by mail: Joanne Jewell  
Farmers Market Manager  
VIGA  
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Vashon Island, WA. 98070

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## MARCH Blue Heron Gallery Opening March 7

**Assemblage: Seven Vashon Island Artists**  
**Sheryl Abrams, Morgan Brig, Brian Fisher, Terri Fletcher,**  
**Penny Grist, Donna Romero, Gay Schy**

Seven experienced Vashon artists will show work in the Blue Heron Gallery during March. The

group show evolved from an artist collective that meets monthly for dinner and art discussions. Although assemblages may not necessarily be their only medium, each artist challenged themselves to create complex and surreal works of whimsy using found objects, wood, clock parts, dyed paper, copper, enamel, paint and more. "Each piece will ask questions of the viewer," said Penny Grist.

Celebrate with the artists, and enjoy complimentary appetizers and live music by horn player, Richard Person and pianist, Jim Hobson, Friday, March 7, 6 to 9 pm.



House Party, mixed media assemblage by Penny Grist



## Sweeney Todd

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## Music lives on Vashon Island

By Janice Randall

It's true. While Vashon may be reputed for its delightful plethora of visual artists, many musicians also live among us. Some we know well and hear from regularly, others maintain a more private life, writing and recording music from their bucolic studios and touring elsewhere. Living on Vashon and making music seems to go hand-in-hand and as time goes on, more musicians are rooting themselves in our creative soil. And why wouldn't they?

We all know Vashon feels rural, without actually being rural. With SeaTac residing a mere 30 minutes away (if you catch the ferries right and take the short cut) touring musicians can catch a flight anywhere they need to go. Those who perform on the Island are finding more venues than ever in which to share their music. And more opportunity to play lies just over the water for anyone who wants to jump into the Seattle musical fray. For those of us who love to play and/or listen to music, all this nets out to our mutual musical benefit!


"Music is the mediator between the spiritual and the sensual life," said Ludwig van Beethoven. And who can really argue with that when dancing in the street during Strawberry Festival to a Portage Fil swing tune? Or sitting on the grass listening to the intermingling of music and children's laughter at a Summer Concert in the Park? Or kicking back with a latte at Café Luna to hear a few tunes from a soulful singer/songwriter passing through? Or stomping the wood floors in unison to get one more song out of a hot band at the Blue Heron? Or walking past Bishops on a summer evening and taking in a moment of music

floating out of open windows. If you haven't heard the harmonious voices of Vashon Choral, you're missing an Island treasured tradition. And the musical talent that rises to the top in a Drama Dock or VHS musical can surprise and inspire. Too much music, too little time—hey someone should print a t-shirt!

Then there's Farmer's Market Saturdays, where a tune or two can be heard; music from house concerts floats across Quartermaster Harbor, Camp Burton rocks all summer between music camps and the VAA annual music festival; live jazz pours out the doors of the Blue Heron on Gallery Cruise nights. The Roasterie livens up many Saturday afternoons with local music. Several times a year, Islanders queue up for a big name at the Vashon Theater and occasional concerts above the Music Store bring in a curious crowd from the parking lot below. Classical strings and bell-ringers emanate from the Methodist Church...Music can be found just about anywhere on Vashon.

Yes, the Island is changing. We hear it said all the time. I miss Subconscious Population rocking the Heron until the wee hours on Halloween. And I'll never forget my visits to Bob's Garage where I heard some of the best fiddle music this side of the Rocky Mountains. I fondly remember my neighbor's front porch bluegrass jam sessions and the occasional music echoing in the old Elementary School gym. Yes, things change, but music of all genres carries on.

In the timeless words of Kahlil Gibran, "Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." With that in mind, I am reminded how honored I have been to hear so much wonderful music in my life—especially during my years living right here on Vashon Island. See you at the next Island musical event!



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