

In this issue: Deb Anderson asks: "Are we ready to talk?" Page 15, the Spiritual Smart Aleck remembers Monterey Pop and much, much, more!



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recycling big
time.
page 6



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Rocks the Blue
Heron
page 18



Senator
Obama goes
to Africa
page 19

THE LOOP

Vol. 5, #7

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM March 28, 2008



Photo of Sister Eva by Father Tryphon

Novice Nun

by Father Tryphon

With the blessing of Archbishop Kyrill of San Francisco, Eva McClellan, daughter of Edward and Pamela McClellan, and a long time Vashon Islander, was clothed as a novice nun during a service preceding the Sunday, 23 March, celebration of the Divine Liturgy. The service was conducted by the monastery's superior, Father Tryphon, in the Protection of the Holy Virgin Monastery Temple, on the grounds of All-Merciful Saviour Orthodox Monastery.

Continued on page 12

Vashon Island Farmers Market

Saturdays 10am-2pm Year Round
Wednesdays 2-5pm Jul 16th-Oct 15th

Downtown Vashon in the Village Green
www.vigavashon.org



Vashon Artist Wins Poster contest

by Joanne Jewell

Artist Chelsea Coldeen has won the first annual Vashon Island Grower's Association (VIGA) Farmers Market poster contest with her enchanting watercolor painting of goats, fresh produce, flowers, honey, eggs and market bounty. The eye-catching poster will be all over Vashon from late March through the end of the year, alerting viewers to market hours, dates, locations and contact info.

Continued on page 16

Teens Volunteer Abroad

by Myra Willingham

Amigos de las Americas (AMIGOS) proudly announces the upcoming departure of eighteen teenagers from Vashon Island, for service projects in Latin America. These teens and their families are working hard to prepare for their departure. Fundraising is part of the preparation. AMIGOA will hold a rummage and bake sale this Saturday, March 29, from 10AM to 4PM at the Firefighters' Association building on Bank Road.

Continued on page 14



Derek Reinelt with students in Puquichapio, Mexico, 2007.

Vashon Recycles

Does the *Loop* harp on a little about sustainable practices in its articles and columns? Spring clean up time, a recession roaring straight at us and saving the planet gives us another excuse to fill a few more pages. This is the time to pay attention: for free, Vashon households can get rid of all those hazardous pesticides and herbicides, and those bulky computers, old building materials and stumps at King County collection events April 11-13 (haz waste) and April 26 (large household stuff). Island businesses, non-profits and residents offer more ways than ever before to reuse and recycle what we buy and reduce the need to get more stuff. Barbara Roberts, chair of the Community Council Sustainable Practices Committee lays out the many possibilities on Page 4.



With the support of the S.P.I.R.A.L. Foundation, workers in Vietnam and Nepal take trash and create handicrafts sold on Vashon at Giraffe. See page 5 for more. Photo courtesy of the S.P.I.R.A.L. Foundation <http://www.spiralfoundation.org/default.aspx?page=home>.



Craig Hanson photo by Nancy Bachant. Hanson will play at the Chorale's Sing Alleluia! Spring Concert at 7:30 PM on Saturday, April 5th, and 3:00PM on Sunday, April 6th at the Bethel Evangelical Free Church, 14736 SW Bethel Lane on Vashon. See page 18 for more on the concert.

Hanson Retires As Chorale Organist

By Nancy Bachant

Craig Hanson is truly a renaissance man, a talented organist, pianist, harpsichordist and base/baritone singer. While at the University of Washington studying architecture, he also managed to study the harpsichord under Sylvia Kind. He has played organ for various church choirs on the island, including the Lutheran and Episcopal Churches.

Continued on page 18



Hawley/Logjam Earns Award

Local Cartoonist Jeff Hawley hit fertile ground recently when he won the "Favorite New Talent" award at the 17th annual "Toonies" Awards ceremony hosted by Cartoonists Northwest. "Logjam" is the name of the winning strip and also its main character - a tree. "Logjam" has been featured in the *Vashon Loop* for the last three years and Hawley hopes to expand the strip's circulation in the future. "Spring is here and I'm planning for growing popularity," says Hawley. You can visit Logjam and his friends on the web at <http://logjamcomic.blogspot.com>.

Continued on page 16

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.

Isreali-Palestinian-US Speaking Tour

Acknowledging the Past, Imagining the Future: Palestinians and Israelis on 1948 and the Right to Return

On Thursday, April 3, at 7:00 p.m., Vashon islanders are invited to a presentation titled, “Acknowledging the Past, Imagining the Future: Palestinians and Israelis on 1948 and the Right to Return.” This public speaking engagement is part of an Israeli-Palestinian US speaking tour, sponsored by the American Friends Service Committee (AFSC) and al-Nakba Coalition of Seattle. It is particularly timely as May marks the 60th anniversary of both the state of Israel and the beginning of a Palestinian displacement of more than nine million people.

The participants in this tour have been invited to Vashon at the request of the Progressive Action Committee and Vashon peace activists, Maryrose Asher, Chair, Green Party of Washington State, and Kate Hunter, Vashon Islanders for Peace. The event will be held at 18623 Vashon Hwy SW at the Lutheran Church just south of town.

Eitan Bronstein of the Tel Aviv-based organization Zochrot, and Muhammad Jaradat of Bethlehem-based Badil Resource Center will jointly address how a shared Israeli-Palestinian resolution of the Palestinian refugee crisis is a

necessary step toward a sustainable peace. Bronstein represents Zochrot (Hebrew for ‘remembering’), an Israeli advocacy and educational organization. Zochrot is dedicated to raising awareness among Jewish Israelis about the Palestinian dispossession. Jaradat is the co-founder of Badil Resource Center for Palestinian Residency and Refugee Rights. Badil (Arabic for ‘alternative’) applies international law to secure a just resolution to the Palestinian refugee crisis. The organization, located in the occupied West Bank, strives to increase refugee involvement in finding durable solutions.

Daniel Asher, who is on the board of the Vashon Havurah, states, “We hope this discussion will lead to a greater understanding of the complex issues underlying the Israeli-Palestinian conflict and a way to find an equitable and just solution based on international law and human rights.”

This event is free and open to the public. Donations will be requested. For more information, contact Maryrose Asher dmasher@comcast.net (567-0593) or Kate Hunter (463-5117) kateahunter@comcast.net.

The Vashon Loop

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Don't miss an issue! Subscribe to The Loop! \$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

Friends of the Library

The next friends meeting, held during our annual membership drive, will be Saturday 12 April, 2008 @ 10AM. Officers elected for this year of service are as follows: Deirdre Petree, president; Ray Mielbrecht, VP; Arlene Hess, Sect; Susan Nyman, treasurer; Deborah Anderson, publicity; Lynn Blick, membership chair.

The Friends are continuing to solicit for used book donations for the front of lobby sale shelves. “Read” t-shirts and “Friends” book bags continue for sale. All proceeds go towards providing reader services sponsored by the library. Strawberry Festival activities will include the return of the library reading drill team, a small book sale that will include t-shirts and bags. We continue to invite new members and volunteers. Please contact Hester Kramer at the library, 463.2369 if you are interested.

Troy Vocals ~ Kevin Keyboard ~ Luke Guitar ~ Bill Bass ~ Brian Drums ~ Charlie Sax ~ Tony Trombone

Jim Sax ~ Mari Michael Vocals ~ Lori Vocals ~ Troy Vocals ~ Kevin Keyboard ~ Luke Guitar ~ Bill Bass ~ Brian Drums ~ Charlie Sax ~ Tony Trombone



Formerly
Bishop's Pub & Grill
Presents

This Saturday
March 29th
9pm till 1am



Loose Change
R&B Band

\$5 At Door **cut loose, rock out, boogie down, have fun** \$5 At Door

Correction:

The editor lost the caption to this great photo by Pete Murray, a Burton resident, of the Pallada off Shawnee in the last issue of the Loop. Pete Murray has graciously allowed the Loop to use many of his bird photos and other shots around Vashon.



Green Party Meets

The Vashon Maury Island Green Party will have their next meeting on Tues. April 8th at 7 pm at the home of Joy Goldstein, 10329 SW Bank Rd. Please call Joy at 463-9552 for directions. Our meeting will continue to focus on elections issues, along with planning for events both on Vashon and off. All are welcome to attend.

VIPP Bakes Sale

Outside of Thriftway, Sat. April 5th 9a.m.-1p.m. Stop by to purchase an array of goodies baked by some of the Island's best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 Saturday morning. For more information please call Victoria 463-5381.

VIPP Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day every Saturday from 11:30-2:30 at Pandora's Box. Please stop by or call Vipp at 206-389-1085



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



HOME TEAM REALTY

Troy and Marie Get Busy

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 Lookie-Loos Welcome, Buyers Adored!
 Join us all spring and summer on Saturday and
 Sunday afternoons,
 Tuesday and Thursday evenings
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 Saturday, March 29 and
 Sunday, March 30

Serene Views of Inner Harbor Call for private showing



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Tastefully renovated, bright and spacious
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Million Dollar View Open Sat 3/29, 2 to 4



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Your own Mount Rainier, larger than life
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Darling cottage Open Sun 3/30, 1 to 3



14605 Bethel Lane SW

Classic details, private lot
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 2 BR, 1 bath, 980 sq ft **\$319,000**

Fabulous mid-century modern Open Sat 3/29, 1 to 3



9515 SW 268th St

Daylight basement w/separate entrance
 Brick exterior, retro chic kitchen, hardwood floors
 Top of the world views, close to public dock and park
 3 BR, 1 3/4 bath, 3420 sq ft **\$565,000**

North End Location Call for private showing



10682 SW Cedarhurst Rd

Partial view, 2.3 acres
 100% remodeled with contemporary style
 Bright, inviting, affordable
 3 BR, 1 3/4 bath, 1200 sq ft **\$349,000**

Like Living in Your Own Park Open Sun, 3/30, 1 to 3



21710 101st Lane SW

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 Close to buslines, yet private and quiet
 3 BR, 2 1/2 bath, 1600 sq ft **\$439,000**


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Recycling on Vashon

by Barbara Roberts, chair, VMICC
Sustainable Practices Committee

Thanks to thousands of volunteer hours, Islanders willing to reuse and recycle have ample opportunities:

Vashon Freecycle(tm) is a local nonprofit group of approximately 900 members whose mission is to keep useable items out of the landfill. Everything is freely given, freely received. Offereds and Wanteds are posted on line daily. Saturday March 15 a vanity, a piano and soccer goals were taken; a microwave, Visual Basic 6, and a



wood dresser were wanted; and mirrors, a bobblehead, a couch set and Jenn Aire oven range were offered. To join go to <http://groups.yahoo.com/group/vashonfreecycle>. Items not yet taken remain listed.

Granny's is an entertainment destination department store which supports the medical center by selling donated items. Donate clean clothes and household items 8-4 M -F. More on Granny's on page 6.

Regular recycling: Paper, glass, cans and bottle recycling isn't free. Recycling takes time, space and gas. Islanders can take recyclables and garbage to the transfer station themselves to 18910 Westside Highway north of Cemetery Road. The transfer station accepts cardboard, mixed paper, newspaper, phone books, cans, class and # 1 & 2 plastic bottles (check the numbers!). County taxes pay the expenses of county collecting and sorting recyclables—creating county jobs. Minimum fee for self hauled, non-recyclable garbage is \$17.25.

Curb collection on the island is contracted by the county to American Disposal, doing business as Vashon Disposal. Recyclables are collected twice per month. Pickup of recyclables only is about \$19.50 monthly. Garbage is collected weekly. Collection of garbage only is about \$16.00 per month. Residents provide a 32 gallon can with two handles and a secure lid. Vashon Disposal's fees differ for combined garbage and recycling collection services. Vashon Disposal: 463-7770, 463-3123, 253-582-9561.

We are the only community in King County to use milk- type crates for recycling. Bob Dixon, who



works with the Solid Waste Advisory Committee, is asking that we receive the same recycling service that the rest of King County does. Other communities in King County mix recyclables in large bins. Would islanders recycle more if taxes paid the labor instead of sorting it out

ourselves? The committee report estimates county recycling was about 44% in 2006. About half the materials disposed in the landfill are resources that could have been recycled or reused.

Hazardous waste: See the box on this page for the next wastemobile visit. There is some lobbying effort underway for more frequent collections. Recycling hazardous waste would be easier if there were a place to take it or put it besides the twice-a-year pick up location.

Starts January 1, 2008

Dry out your latex paint!

King County's Local Hazardous Waste Management Program Facilities (Factoria and the Wastemobile) will **NOT** accept latex paint after January 1st, 2008.

To harden paint,

- 1) Mix latex paint with an equal amount of kitty litter or paint hardener
- 2) Stir in completely
- 3) Let the paint dry.

Once dry, put the can in your garbage container with the lid off.

206-296-4466 • 1-800-325-6165, ext. 6-4466, TTY Relay: 711 • www.metrokc.gov/dnrp/swd

By now all islanders are using compact fluorescent bulbs! Right? These bulbs contain small amounts of mercury. It is best to recycle them with hazardous waste. Fluorescent bulbs last years longer in cool space. For best longevity, don't enclose them.

Vashon Reclaim and Recycle, a relatively new non-profit on the island, will, for fees, recycle computers and electronics. VR & R needs help and is looking for volunteers to carefully disassemble electronics under their supervision. (206) 734 -4815. <http://www.vashonreclaim.com/>

Out of the Ground, Out of the Sound

Lights Electronics Metals

From your home electronics to your hazardous waste.

206.734.4815

vashonreclaim.com

Plastic Bags can be recycled, but the Island transfer station does not yet accept them. Vashon Market does! Most plastic can be reused but it is not (yet?) cost effective to do so. Plastic is derived from crude oil. According to the Earth Policy Institute, it takes about 17 million barrels of oil to make the bottles Americans use per year just for bottled water. Recycled plastic recovers a very small percent of the raw material. Bisphenol or BPA (which apparently is in all plastics) leaches into contents, especially when hot. BPA mimics estrogens. This is mostly a risk for children. Don't heat milk for babies in plastic. Experts are still studying the hazard to human and environmental

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health. (<http://www.sciam.com/article.cfm?id=plastic-not-fantastic-with-bisphenol-a>)

Yard Waste: Islanders know to cut grass with a mulching mower. The grass cuttings act like a slow-release fertilizer and hold moisture. Blackberries and woody debris can be taken to The Dirt Yard 206 567-5912 (behind The Roasterie), chipped/shredded on site, or piled up for habitat. Small fires are still legal when safe and permitted. Get a permit at the fire station office. One way to reduce floating particulates is to burn during a drizzle. Start a hot fire with a piece of wax log and a propane torch. If your neighbors have allergies, arrange times when they aren't home. The charcoal is good for the garden. Shelters of wind- felled branches attract and protect birds. Debris piles are the Greenest choice of conscientious Islanders.

Food Waste: Except for meat and grease, food scraps can and should be composted. Food scraps can be composted in any container that is secured against island wildlife. Worm bins work best and produce castings for the garden.

Zero waste? Household waste we presently can't recycle are plastics # 3, 4, 5, 6 and 7 containers,

Take It Back Day

Electronics and

Flourescent Bulb

Recycling

Saturday, March 29

10am to 2 pm

Vashon Reclaim and Recycle will accept electronic products such as computers, TVs, cell phones and other household electronics. Fluorescent light bulbs including compact fluorescent bulbs and straight tubes may be brought in as well. Look for the banner in the lot behind Keller Williams on Vashon Highway in town.

County Recycling Events On Vashon

Hazardous Waste Mobile

Friday April 11 - Sunday April 13

K2 Parking Lot

Takes button batteries, pesticides, propane tanks, flourescent bulbs and other items containing mercury. A full listing is at <http://www.metrokc.gov/dnrp/swd/calendar/event-detail.asp?MaterialID=95&ID=940#materials>.

Bulky Items Recycling

Saturday April 26- K2 Parking Lot

Takes refridgerators, tvs, computers, landscaping and building materials, stumps and other big yard waste items. A full listing at <http://www.metrokc.gov/dnrp/swd/calendar/event-detail.asp?ID=1000&Cal=1>.

plastic film, and food-soiled paper. In the city food-soiled paper goes with yard waste. Maybe the county could contract with The Dirt Yard to shred and compost food-soiled paper. If we decline to purchase products in containers we can't recycle, conceivably the manufacturers would change what they use. When petroleum is gone, all plastic will be recycled!

By July, the Vashon-Maury Island Community Council Sustainable Practices Committee will have organized printed information about the costs and politics of recycling. There will be master recyclers in a hut at the Strawberry Festival. Drop by. Bottles and cans will be collected in Community Council containers. Volunteers are needed to person the cans so that recyclables are not contaminated by food waste. Better yet: bring your own mug to the festival and take your water bottle home and reuse it. After April 15, further questions about recycling and how volunteers and county workers can help you can be addressed to Hilary Emmer at 463-7277 or anytime to the Sustainable Practices Committee of the Community Council at vmiccsp@yahoo.com. Perhaps Loop readers have interesting reuse or reduce suggestions. Send ideas to vmiccsp@yahoo.com.

Trash To Fashion At Giraffe

by Priscilla Schleigh

As our environment becomes clogged with trash, there are some positive things coming out of this problem from great products represented in our store to practices that help eliminate the accumulation of trash here on Vashon.

Bags from the XS Project, a group started by an artist give one example. These bags are made of non-recyclable plastic waist collected by Jakarta's trash pickers. XS provides positive change by developing new livelihoods for the poor while helping to clean up the environment In Jakarta alone there are between 350,000 and 450,000 trash pickers, most of them undocumented immigrants making a meager living on 30-35\$ a month. XS pays a premium price for the cleaned trash and also employs sewers to make beautiful bags for export that keep the trash out of overflowing landfills and help make a difference in many lives. XS Project has produced 25,155 bags and bought 11.6 tons of garbage at

At Giraffe we are committed to selling products that use recycled materials. Nearly 15-20% of the products in the store are from reclaimed, repurposed and recycled materials. We also attempt to close the gap by using recycled paper products and also passing on boxes and packing materials to other island businesses and reuse them for shipping items to our customers.

Some of the other items we have in the store include handbags and tote bags made of reclaimed rice feed bags in Cambodia. The group distributing these is committed not only to the environment but to hiring men and women that are



landmine and polio victims, truly reclaiming lives as well as trash. But I like to just call them great Fashion Bags...with integrity. We also have jewelry made of paper beads and PVC pipes.

Wear your commitment to the environment!!!!

Come see us: www.giraffevashon.com, store hours 11-6 Mon – Friday, 10-5 Saturday, 12-4 Sunday, 463-1372.



Rp. 6,000/kilo. So far, XS Project has involved 248 people. Check them out at: www.xsproject.us.

Another group that is doing a fantastic job of creating beauty out of refuse is the SPIRAL FOUNDATION.org. One product they create consists of color bowls made of collected candy wrappers from the remote mountain village of Lapa in Nepal. Wrappers are left in this area by hikers from the cities, so recycling programs have been started in these villages to encourage the collection of non-biodegradable trash and to educate the importance of protecting the environment. Working with international designers this group creates a marketable product that is sold throughout the US and Canada. Sustainable wages are paid by the group and net profits are sent back to the communities for primary healthcare and education.



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Not Just Antiques

by Judy Blaze

Most people know their role in recycling – separate the cans, bottles, plastics and papers, and take them to recycling. But in poor economic times such as this, there's much more you can do. For instance, every time new household items, clothing, shoes, and toys are purchased, more are produced, adding to more Stuff in the world – the more you buy, the more that is produced, and manufacturing new stuff adds to global warming. Everyone should try and re-use

There is a way you can help. Old & Funqui is one of several Island stores that has antiques, art and collectibles, is an alternative to buying new. Dishes, lamps, furniture, shoes, clothing, luggage, pans, clocks, wall art, hats, purses, gifts, and more, are all available, at much lower prices too, when you decide to recycle rather than buy new. That's right; this is your chance to truly recycle. By broadening your concept of recycling, you'll not only be saving money in these hard hit

OLD & FUNQUI

Art, Antiques & Collectibles

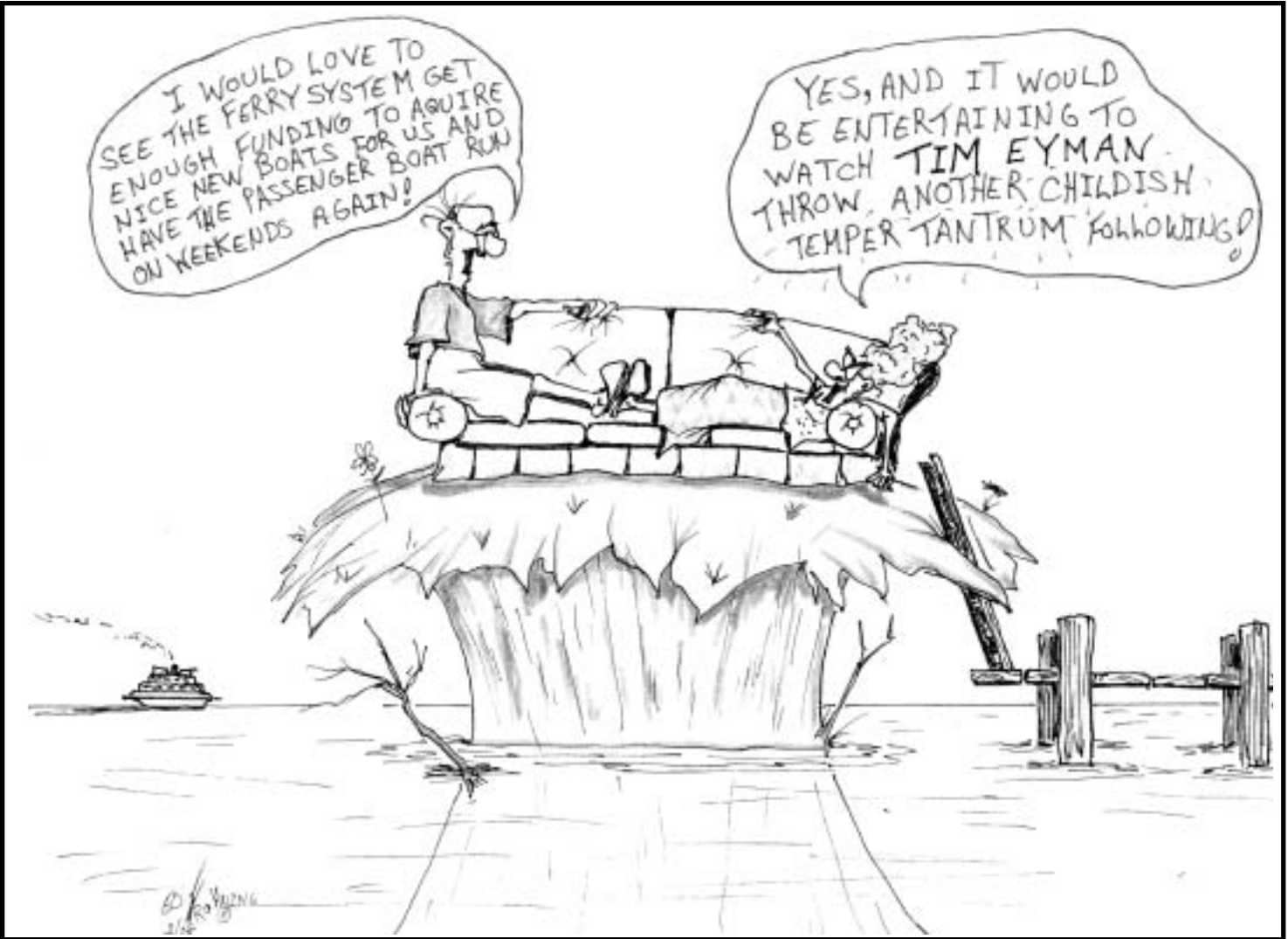
Vender Space Available

And remember, "You don't have to be rich, just funqui."
17311 Vashon Highway – on the North side of downtown by Pandora's Box.

463-0895

products for as long as feasibly possible. It is amazing how often people buy certain products and use them only once or twice, even though they can be re-used many times. For instance can you think of some items of clothing you have worn only once?

times of economic decline, you'll be helping the environment, and isn't that what it's all about? Reduce your carbon foot print by purchasing great old pieces of furniture, cool household items and more. Or, take your unused items somewhere for others to buy.





Spiritual Smart Aleck

A Couple of Smart Alecks Discuss 60s Rock Stars

By Mary Litchfield Tuel

One of the great things about the internet, besides keeping in touch with friends and family far away, is making new friends whom you might not have met otherwise.

The last few months I've had a crackin' good correspondence with a woman named Susan Bardwell, a writer who lives down in Angleton, Texas. She is a friend of Laurie Heath, who is the daughter of David and Jane Shepherd, who were my sons' band and first grade teachers, respectively.

Dave and Jane thought that I might enjoy reading Susan's stuff, so they gave me the link to her column in the Angleton Journal, an online publication that Susan and her husband Micheal put out down in Angleton, Texas. And yes, that is the way Micheal's name is spelled, and yes, I do enjoy her stuff, and you will, too. Here's the web page address:

h t t p : / /
www.weeklyjournal.net/
index.shtml.

Scroll down to Susan's smilin' face, next to which you'll see her byline, S.K. Bardwell. Click, read, and enjoy.

Besides being smart aleck writers, we are close enough in age to compare and contrast cultural icons. I mentioned that I used to dance to Grace Slick's original band, The Great Society, in San Francisco during the summer of 1966, and I didn't think Grace Slick was that slick of a singer.

Susan wrote: "What I remember most vividly about Grace Slick was seeing her on a televised New Year's Eve concert many years ago...It was awful, I was embarrassed for her. Her voice was OK, but never struck me as being awesome, and evidently it didn't hold up well. Janis (Joplin), of course, is still big in Texas. Beaumont, which was evidently quite glad to see her leave when her career started, has a statue of her now. I never was mad about her, and I didn't care much for Jim Morrison, either. Loved Hendrix but when he died, I was just kind of put out - couldn't someone teach classes to these people on how to do your drugs without dying?

"The only star I ever wept for was John Lennon. "

Mary replied: "Grace Slick never was that great a singer, I thought, so I suppose it's not a surprise that she isn't one now. Janis Joplin: maybe you had to be there. Recordings never captured the power of her live performances. I've never seen anyone more electric. Jim Morrison: another electrifying performer (I saw The Doors at the Avalon just before their first single, "Break On Through to the Other Side" hit the charts), but as a person

he was kind of an oaf, and I enjoyed the hits but never loved him like I loved Janis. I still don't get why so many people thought he was a great poet. I thought he was a legend in his own mind, and a lot of people bought it for some reason.

"Hendrix - a freakin' guitar genius. Saw him at the Monterey Pop Festival in June 1967, when he returned from England and began his conquest of the states. The most delicious part of that came years later when I was watching the video *Monterey Pop* with my two sons, and Hendrix's performance came on, and when it got to the part where he put the guitar on the floor and set it on fire, I said, 'I missed this part because everyone jumped up on the chairs and I didn't move fast enough, so I was stuck on the ground looking at everyone's back.' My sons' two heads swiveled around and they stared at me goggle-eyed, and one of them said, 'You were there?' Well, yeah, I was."

That was one of the sweeter moments of parenthood.

John Lennon - ah, what a loss. I could weep still. There is nothing I can say beyond that. So I'll stop there.

If you want to know how Dave and Jane Shepherd are doing down in Hollywood as Jane pursues her acting career, check their blog:

<http://home.mindspring.com/~shepherd2/sheptrek/index.html>



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



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CountywideCommunityForums.org

Granny's: The Grandmother of All Recycling

Donna Klamka, President of the Board of Health Center Volunteers who operate Granny's Attic

Are you looking for a pair of khakis as we move into spring, a planter for that primrose, or a new journal? Maybe you're more interested in an unusual print, a leather purse, a collectible plate, a chest of drawers, or a tool. Granny's Attic is our island second-hand store where all of these, and more, can be found.

Everything you find for sale at Granny's is supplied by donations from generous islanders. And we use the profit from our sales to support the Vashon Health Center. We also offer free flu shot clinics, pay Health Center bills for people unable to pay them, and sponsor two scholarships for High School seniors. We've also funded a training program for aids at the Community Care Center, a school breakfast program, and prenatal education. Granny's is a wonderful example of how a community is knitted together.



Granny's volunteer Kay Larsen sets out kitchen ware. Photo by Richard Lipke.

There's a lot going on behind the scenes at Granny's. A partnership of paid and volunteer staff work 7 days a week to sort the donations, price them, and keep the store stocked, ready to open.

When a donation is dropped off, a sorting process begins. We first have to get rid of broken and soiled items, which we must pay to take to the transfer station. While we discourage "dumping" at Granny's, our monthly transfer station bill still averages \$465.

Like any retail store, Granny's is organized around departments: men's, women's, and children's clothing; baby goods; books; office supplies; kitchen items; collectibles;

music and videos; linens; sewing and art supplies; hardware; lighting; small appliances; pictures; toys; luggage and furniture. You'll find these departments in the retail store and also in the back of the store where most of the 85 volunteers work. This is where they sort and price items. Then they stock the store on days the store is closed.

Granny's Attic has always been linked to the Health Center. In 1973, when the Health Center first opened in a small house in Burton, the volunteers who staffed the clinic raised money with plant and rummage sales. In 1975, their idea of a thrift store became a reality when they negotiated for the use of an old gas station at the high school corner (that later became Minglemint). The rent was settled at \$18 per month, and the work of creating a retail space was begun. Long tables were strategically placed over the grease pit so no one

would fall in. Pipes were hung to serve as clothes racks, and the large garage doors were opened to the summer sun.

In September of 1976, Granny's Attic moved to its present site at Sunrise Ridge. Since then, Granny's has grown to occupy three buildings and has donated over \$2.6 million to the Health Center. We are pleased to be part of the recycling effort on

the island, and appreciate the support of our community through both donations and purchases!

Granny's Attic is open for donations daily 8 - 4. Store hours are Tuesday, Thursday, and Saturday, 10-5.

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Vashon Garage Sales

by Jan Barnes

Spring ... a time for renewal and the beginning of the yard/garage/rummage sale season!

Why we go to sales:

- 1. For great buys; it's not necessarily about saving money; but you can and do to save money.
- 2. To have fun; it's cheap entertainment for all ages and there's usually something for everybody. It's often more about "want" than "need". Some people have an idea of what they're looking for; I know what I want when I see it.
- 3. To spend time with friends and meet new people
- 4. It is a source of income for some, via local or internet re-selling.
- 5. To see the island

What you will find at sales:

- 1. Just about anything! You name it and chances are that you'll eventually find it.
- 2. Useful, obscure or collectible items. Some items are previously loved and some have never been used. There are items for hobbies, entertainment, home furnishing or decoration, clothes, sports, toys, building materials, and rural items not found in the city.
- 3. Buyers are in competition for a limited number of items, collect different things, and have different tastes. We've all got stories of "the thing that got away" and "the thing I got", remembering where it was and the price.

Tips for sellers:

It's a good way to pass on surplus items while making a few bucks in the process. Advertise via newspapers, signs, internet, and word of mouth. You should have a descriptive ad (buyers have a keen sense of reading between the lines), a complete address and good directional signage.

Have a safe environment with good lighting. Keep dogs in the house or leashed.

An opening crowd can be overwhelming. Allow people in within a reasonable variance from the advertised time. If you're off the beaten path, "early birds" won't come back.

Have tags/stickers on everything or divide sections by price. Buyers don't like to ask +/- or feel the price is based on a whim. Be open to negotiation.

Prices should be reasonable, not comparable to retail. Don't expect to be compensated for sentimental value.

Ask for advice on big-ticket items. Check an appraiser's references, e.g. I saw a clock at a Saturday sale for \$250 that the same local "appraiser" (who had priced it) later refused to pay \$50 for it on Sunday.

Don't have a sale every week or month. If it didn't sell the first ten times, odds are it won't sell on the 11th time either.

Don't expect people to buy heavily stained or soiled items.

Don't sell items that you know are broken without labeling them as such.

Tips for buyers:

- "Map" the sale locations, keeping in mind the price of fuel, start times, and you're ad rating.
- Dress appropriately and for the weather. This isn't stiletto terrain and our weather can be fickle.
- Go in groups of 2 or more. It saves fuel and allows for a driver and a navigator.
- Be courteous
- Bring small bills and coins; don't expect change for a \$50 bill.
- Don't expect the seller to provide a restroom
- Remember that items are sold "as is" unless otherwise specified.
- Bring any needed measurements.



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Be open to alternative uses (besides the obvious) for items.

Don't be too proud to dig. Look around in boxes and under tables. Sometimes, items are literally hiding in plain site e.g. the table things are on.

What goes around comes around. When possible, pass on what another buyer covets. We are happy for each other's "scores" and we can hold grudges (boy, can we ever!). We have long memories re slighted incidents (and have occasionally been tempted to throw those responsible off course with "There's an awesome sale in Manzanita Beach!"). Happy hunting!

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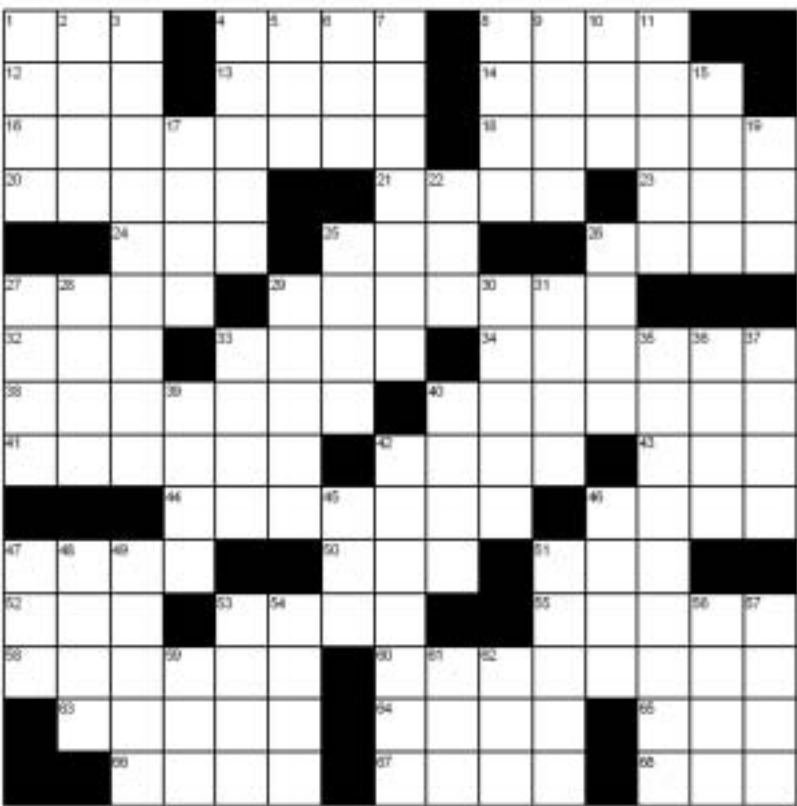
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Loopy sez: Deadline for the next edition of The Loop is Friday, April 4

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Solution on page 17

The Reigning Queen
of Everything

The RQE Goes to
the GYN



Being a banker generally gets me more respect than being a stripper. I expected this to be a welcome relief to the inevitable explanation I always had to give for my choice to be a stripper. Surprisingly, I find it annoying. I'm just as smart, funny, witty (or not) as a banker as I was as a stripper but this fact always seems to get lost in translation.

Today I went to the gynecologist. Always a good time. My fun little jaunt to the girl doctor was made even more fun by the fact it was an emergency visit. The new candidate for the role of RQE's boyfriend had been rather, uh, vigorous in his coital affections. Read here: He held me down like he had just been released from prison. This sort of behavior was not, apparently accounted for in the extensive testing of the Today Sponge™. As a result I did not find a warning against this behavior in the microscopic instructions inside the box. In light of this lack of warning I got to visit the gynecologist in quite a hurry today when, after having removed the Today Sponge™ before having more post prison sex I realized that something wasn't right. Upon further inspection it became clear that I had a nasty case of what can only be described as bloody vaginal post nasal drip.

Eeeeeew.
Like, really gross.

The Candidate would like me to point out that he is a well respected investment banker who has never been in prison or even done anything that would warrant his going to prison. This description is merely an analogous vehicle with which the RQE can explain the fervor of his passions.

Fine. Whatever.

Anyway, so I go to the Girl Doctor. I don't have a GYN, so not only was this an emergency visit, it was a brand new visit.

This just keeps getting better.

It turns out that Girl Doctor is super cool. She takes my medical history, listens to everything I have to say and asks relevant questions. I like her.

It helps that she is young and pretty without being fluffy or childish. She is clearly a strong woman.

I like her more.

She asks for my number of sex partners.

This year?

No.

Oh, you mean THE number.

Right.

So, I kinda wracked them up in my early 20s. Lots of drunken nights out. I'm not usually ashamed of my number (but I'm still not telling the world so quit jumping ahead to

anything that looks numeric) but somehow being called to the mat by this nice woman seems intimidating.

I breathe in. I am a strong woman who has made conscious decisions in my life. I can say how many people I have slept with to a medical professional.

I tell her, but with the caveat about my early 20s.

She smiles and then tells me not to worry. There are patients she has had that have numbers triple mine and are 10 years younger.

I don't feel so bad.

She then goes on to tell me that this is still surprising to her, but hey, everyone makes their own choices right? As long as you are healthy about it.

I really, really like this woman.

Just when I think I can't like her any more, she says, "That's even more than some of the professionals I see."

Professionals?

I know she ain't even talkin' about bankers. She's talkin' 'bout the world's oldest profession.

My jaw drops to the floor.

Amazing.

Really amazing.

This nice, tidy, clean, attractive woman is not only telling me that my sexual adventures are fine by her, but she openly treats prostitutes. I love her.

Yours truly has never been a hooker, but as a dancer I have been lumped in to this category. It is difficult to deal with because on the one hand, I don't want to add to the stigma by acting as though being mistaken for a prostitute is an insult but on the other hand, it is hard not to want to shield myself from people's venomous reactions to this chosen career. But this is a dilemma for another day. What matters here is this super cool Girl Doctor.

I've been to the GYN before. I've been shamed at the GYN before for being a dancer. I was prepared to be defensive of being a dancer even though I'm a banker now. But with her simple admission of treating "working girls" she gave me permission to freely talk about all the crazy things I've done in the past.

What made Girl Doctor even better was the fact that she didn't make it in to some sort of political statement. There weren't famous feminists all over her walls, just her medical degrees and pictures of naked pregnant women. She was dressed professionally, wore her hair back in a surprisingly feminine bun and smiled when she looked at me. There was no agenda besides being a nice person and giving me the help I needed.

It was a relief to be somewhere that my whole self was acceptable. How nice would it be if my time as



Madame

Toujours

Dear Madame Toujours,

I have been married to my husband Joshua for two years. Joshua is a wonderful guy, and I thought we had a very satisfying...um...relationship. Recently, however, Joshua has confessed to something that makes me a little uncomfortable. It seems that from early puberty, he has been abnormally attracted to feet.

I admit I had noticed an unusual willingness to pumice my heels, and my toenails have never been so well-groomed, but I thought he was just attentive. I definitely thought it was odd that he was always buying me open-toe shoes with adorable flowers and bows and laces. Now it turns out all the time he was moisturizing my cuticles, he was fantasizing about making lewd advances to my instep.

Now I like a good foot rub as much as the next girl—by which I mean moaning in ecstasy etc.—but I'm not sure if I can take it to quite this extreme.

If I'm prudish with my feet, will he go around fondling other toes? He says he likes looking at other feet, but mine are the only ones he wants to come home to. Can I trust him? Can he be cured? What do you think?

Sincerely,
Twinkle-Toes

Chere Mme. Toes,

Quite possibly, there is being no cause for the alarms. First, ascertain that *M.* Joshua, while being enamored of your feet, is not indifferent to other qualities such as your bosoms or your sense of humor.

a stripper could be valued at the bank? How nice would it be if everyone's life experience could be valued instead of judged? Next time you find yourself being judgmental of someone's past, try to remember that there is value in experience, even if it isn't your own. I'd almost forgotten how nice it was to have that outlook. Girl Doctor totally reminded me.

I like the respect I get from being a banker. It is nice to have people expect you to be educated and smart, but I get tired of the attitude that my past is something that "is behind me now". Like it is something to be ashamed of, a mistake that I made when I was young and foolish. I'm not ashamed.

Also, it is very nice to be dressing the feet in the fetching garments and jewelries, but be sure that *M.* Joshua, he is not being actually more attracted to the shoes than to yourself. It is being perfectly acceptable that he is amusing himself with the toes, but you will prefer to be included in the festivities on most occasions.

Next, consider the advantages if, from time to time, *M.* Joshua, he is wishing to engage in the romantic interludes with the extremities. You are coming home from the long day at the offices. You are dropping to the sofa, exhausted. You have the headache. You have not the mood for *l'amour*. *Quelle bon chance.* *M.* Joshua, he is engaging in the lengthy tryst below your knees without bothering the rest of you which is having the lovely nap. Also the nice foot rub.

Mostly, the foot-loving persons are being extremely difficult to cure. However, if you are determined, or if you find he is becoming excessively attached to the feet to the exclusion of the other interesting attributes, you may wish to be striking him smartly several times between the eyes with the heavy work boot. This is mostly not having any effect on the habits and the proclivities, but it is sometimes making you to feel better.

Bon Chance, Mme. Toes, and take care with the curing techniques as it is maybe backfiring and causing him to become enamored of extremely strict persons in unattractive footwear.

oooo



Garden The World

By MEarth



Forests and Fisheries Forever

To my way of thinking, there are some measurable indicators of planet health and wealth in this world—things Grandmother Earth cultivated in abundance. Throughout history, civilizations have risen and fallen again and again on the strength of these resources. Let us consider two such this fortnight—forests and fisheries.

First, though, I must point out that it is clear that the Earth has long had an effective way of accruing assets. It is called Climax Ecology, the most efficient method we know of accumulating planetary wealth. Under that category, vast forests and oceans full of fish were among the ample fortunes we were bequeathed—and, by any reasonable consideration, they should have lasted us forever.

In addition to these and other wealth-producing programs we will consider on other occasions, She created large-scale systems for the distribution, circulation, recycling and reusing of every valuable scrap of this slow and steady accumulation of capital, systems dedicated to the wise-use re-investment of these riches at every step of the way. Preservation of this wealth was demonstrably important to Her and nothing we have done in our massive disruption of this essential machinery has improved upon or even approximated it.

While we might consider our history and come to believe that we have created rich civilizations, the stark truth of the matter is that we have actually fabricated them out of sizable portions of the wealth the Earth left laying around, liquid assets, so to speak. Any measure of the rise of our western style of civilization is just a mirrored charting of the loss or depletion of true earthly wealth. We are not only squandering the profits from millennia of judicious investment, we have burned through the very planetary principal in a manner any economic advisor could have told us long ago was colossally ill-advised.

As to the subjects at hand, fully 90% of the original forests that once covered this world have already been harvested—such a benign-sounding word until you remember transplant organs are 'harvested.' They have been cut up, used up, and burned up with no serious effort made to replenish them at any point along the way. Still, somehow, there is continuous pressure on what old growth forest survives—have we learned nothing?

If it were not for all of the other crises on the planet, the disappearance of the world's forests alone would be

considered a planetary emergency, so important are the services of forests to the planetary ecosystem. —Wm. Kötke

Tropical rainforests are the cradle of the life on this planet. Some of the older tropical forest areas have been standing for 70 to 160 million years—and acres of what remains disappears daily. What a presumptuous species we are. Forests are the lungs of this living world, the organs of our O₂ exchange. They take the C out of the CO₂ and give back the O₂. They effectively absorb and store the carbon, a dangerous element in our hands, apparently.

As I have previously emphasized in this space, the forests of the world have long fueled empire. Whether burned or used as construction materials for fleets, wagons and cities, the wood surrounding our civilizations' birth places was consumed at ravening speed—without the slightest by-thought about what the function of forests might be in the grander scheme of things.

Everywhere there was civilization, there were forests—and everywhere it has been, they are no more. When the Spanish Armada was destroyed, there were no trees



Disappearing oceans. Matt Collins illustration, for Scientific American

left to replace it and Spain moved to the back of the bus. Venice was once a world power due to the strength of its navy but once the city-state's trees were gone, they were gone as well.

I find it fascinating how human beings struggle to do something—say harvest and process trees or catch fish—until they learn to do it so well they destroy the very resource they have been learning how to use.

At the same time we have been using up our climax forests—now down to ten percent of what we inherited—we have also reached the point that, if fishing around the

world continues at its present pace, more and more of the valuable fish species will vanish, marine ecosystems will unravel wholesale and there will be global collapse of all ocean-going species currently consumed by human beings and species dependent upon them.

With our desperate over-fishing—essentially the plundering of the world's marine life—and the other major ecological disruptions we cause, all of about 20 major ocean fisheries are currently being harvested at or beyond sustainable levels world-wide, and nine or ten of these fisheries are in on-going collapse right now. Fishery experts and marine ecologists predict that this disastrous process is likely to conclude before mid-century.

Already several civilization-sustaining fisheries all over the planet have been completely destroyed, reduced to less than 10% of a sustainable population. Since the 1940s, the list has increased steadily—the Antarctic Blue Whale, East Asian Sardines, California Sardines, the once super-abundant North Atlantic Cod off Newfoundland, Pacific Salmon, Atlantic-Scandian

Herring, Barents Sea Cod, and Peruvian Anchovy. Even today, there is so much demand for such fish as Orange Ruff and Chilean Sea Bass, that those species are on the veriest brink of vanishing—and they are so popular that fishermen will not stop taking them and will not until they are no more.

To me, the most heartbreaking thing about these trends is that they are readily reversible—as opposed to some of the other issues we have to confront. Fisheries recover nicely if left to their own devices and climax forest recreates itself.

Less easily remediated is the accelerating acidification of the

oceans due to all the carbon we release into the environment in one form or another, an element that falls into the ocean in massive quantities and that is steadily turning the sea water into a carbolic acid soup that is killing coral everywhere and melting shell fish and mollusks. Combine that with the huge 'dead-zones' we create with poisonous runoff and the dumping of trash into the sea and it does not bode well.

Is there hope for any remediation of these situations? Current conditions are not encouraging, especially under an administration that spends so much energy debunking good science and undercutting the very scientists who are struggling to right our foundering ship of fools.

We aren't talking someday or centuries from now any more either, we are talking decades. I may not live to see the total collapse of the ocean eco-system but my son will and so will your children. They are also likely see the remaining forests turned into newsprint and firewood, and the last of the fish ground up for cat food or enjoyed to the point of extinction.

I shudder to think of the world we are leaving them.

Our great grand-children will never believe we had an abundance of anything.



Espresso

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

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LoOp Op Ed

What do you want Vashon town to be in a decade?

by Jay Becker

That's the basic question a diverse group of Islanders is attempting to answer as they examine one set of conditions influencing how you spend your money, permitted uses in different zones of the town.. It's much the same question Islanders tried to answer to set up the town plan more than a decade ago. The results, complete with surprise consequences, is what you experience now in the most built-up portion of the Island.

The group now reviewing the town plan include Allan and Laura Snyder, retired retailers who helped develop the current plan; Jay Becker, business property owner and observer of the original process; Melodie Woods, five year Islander who works in a TV production firm; Greg Wessel, Islander in the county's residential building permit department; Barbara Roberts, Islander active in several community volunteer groups; Ian Moore, Island musician who travels widely; Tom Bangasser, former Chamber of Commerce president who develops real estate; Connie Sorensen, Island real estate salesperson; Marie Browne, another real estate salesperson and The Loop forum owner; Jessica Wetzstein, Fiscal Coordinator for the Department of External Affairs at the University of Washington; and Kyle Britz whose e-mail title is Eagle Scout. Both Wetzstein and Britz were born and raised here. Others, who haven't yet appeared at committee meetings, have expressed interest.

The group, called the Town Plan subcommittee of the Vashon Maury Island Community Council Land Use and Natural Resources standing committee, is charged with recommending needed changes to the relatively large 17 parcel industrial zone of the town. That's the zone most visible by the K2 factory complex east of Vashon Highway between the compact core and Center. To do that reasonably the Town Plan committee is setting out to learn about the forces playing on the town such as:

- Water** availability
- Traffic** patterns and volumes
- Retail leakage** (buying elsewhere)
- Transportation** to and from the Island
- Affordable housing** for modest income households
- Business promotion** efforts
- Home occupation** expansion needs
- Small lot** single family detached home development
- Globalization and Internet** shopping effects
- Permitting** process impacts
- Population** trends and needs

The list of trends to look at isn't final yet, there's still time to add to it.

The first two meetings of the group were taken up mainly brainstorming what kind of information is needed where it might be found. A third just occurred on March 27 to hear about water availability. After the committee recommends changes, if any, to the parent Land Use committee, Town Plan committee members may want to do more. The whole town plan is long overdue for review and tailoring to the 21st century.

Toward the end of the 20th century the Island faced having to accept a certain amount of population growth. The state had decided letting population sprawl was bad for the open space Islanders liked. And we didn't want the county telling us what would happen. We'd do our own planning. We said encouraging our seemingly inevitable growth into urban areas already served by utilities would help save our elbow room. With professional insights to inform decisions, we tried to concentrate population growth in a compact, safe, walkable town area that looked much like it looks now.

The town didn't grow as much as some expected, however, nor did the Island. Now we number 10,123 or 10,500 folks depending which source you consult. Disposable income of Islanders, on average, about doubled to round \$60 million a year, depending on which source you consult. Apartments were built. Vashon Household began to build "affordable" housing for nurses and teachers and store clerks and small business owners. Retail and light industry began to follow the plan. Many street improvements called for by the current plan were developed. Most owners of vacant land haven't developed their land as allowed by zoning so traffic improvements envisioned there haven't happened. The northwest quadrant of the town hasn't developed. Owners didn't want to, it was a headwaters of Shinglemill Creek, only driveways poked at the edges.

A good bit of the industrial zone was also was wetland. Industrial development proceeds however, with a big building going up in the industrial zone as this is written. Industrial development includes a Forest Stewards sawmill which buys Island trees from woodlots. This helps landowners pay taxes on open space enjoyed by all. Island Lumber, three office buildings, a sandwich shop, a storage facility, and three office buildings were major investments in new "retail" use buildings.

The current group reviewing the town plan seems to agree, without a vote yet, that the town plan is

PANDORA'S BOX

Spring is officially here. Shedding season is in full swing. Come get some shampoo and a new brush. It's better than paying for therapy.

Cheryl's pick of the week:

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basically reasonable still. So what? For one thing, locally owned businesses mean far more donations of time and money than absentee owners who are apt to take their factory to China or someplace away, as the Festival Fun Run volunteers were pained to discover recently. At any rate, the committee is now deciding what factors affecting us should be examined beyond the anecdote

level to decide what implications are for changing the town plan for the first half of the 21st Century.

In retirement Jay Becker remains a lifelong observer of small towns worldwide, former editor-publisher of the Beachcomber, and former chairman of the Small Towns Institute. The next Loop will feature another look by Mr. Becker at the evolution of the new town planning process.

Think Fast

by Steve Graham, Vashon Green Party

For the past several months, our grand and glorious financial wizards, Masters of the Universe, Smartest Guys in the Room, have been acting like a flock of chickens with their heads cut off, running randomly in all directions and spouting blood everywhere. Countless billions of dollars appear and disappear with dizzying speed, markets are up and down by hundreds of points on a daily basis, nobody seems to know what's going on, and everyone suspects and distrusts everyone else.

But down here on Main Street, it's pretty clear. You don't have to be a weatherman to know which way the wind blows. We're broke, folks. The government is broke, the citizens are broke, everybody's in hock up to their eyeballs, and there's no obvious way to pay it back. And I'm not just talking about housing. For decades, the USA has been the Titanic of economies, biggest, baddest, and impossible to sink. But lo and behold, there's always a bigger iceberg, and we just hit it. So while we still have a few moments of leisure as the hold fills up with water, and we're waiting to climb into the lifeboats and face the icy waters, we can be considering just what the hell we're going to be able to do. This one will call for American Ingenuity on a grand scale. And we'll have to think fast.

It will be a hard lesson, but one that we desperately need to learn.

The American Dream - our culture of more stuff, more growth, more profits, more "productivity", less time, and more ecological destruction - needs to be turned on its head. Sustainability is not just a word or a feel-good concept. American society is the least sustainable, most wasteful and most opulent that's ever been seen on the planet. Turning that around is not going to be simple or painless. But it must be turned around, not just for us, but for the rest of the planet and the climate. This will take everything we have in the way of political guts, cooperation, and innovative ideas.

There are some obvious places to start, like eliminating the pervasive waste in our society. We have to stop spending three quarters of a trillion dollars a year on the military-industrial complex, for one. That mass of organizations wastes a huge portion of our money and talent on stuff that just oppresses other people and pisses them off. We don't have to own the world, and we have to stop acting like Pinkertons for multinational corporations - hired thugs to beat everybody else up and take their resources so our financial elites can profit from them. Let's save the ¾ trillion and use some of it to buy those resources at a fair price that gives the other folks a living wage. Then maybe they won't hate us so much. And maybe we

Continued on page 11



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Think Fast

Continued from page 10

can get living wages for ourselves, while we're at it. And build up our own schools, transportation resources and energy at the same time. That's a lot of our money, and it could do a whole lot of good if we got control of it back.

Our health care system is another spot that's long overdue for rehab. The purpose of health care is not to generate profits for wealthy elites - it's to keep our population safe and healthy. Confusing this with private enterprise has created a system of complete health care insecurity, one that costs twice as much per capita as other civilized nations and keeps people afraid to seek medical attention or in terror of bankruptcy from medical emergencies. This problem has been solved effectively and for much less money in other societies. We need to learn their lesson, cut the crap and build a system that works much better and costs a whole lot less.

There are lots of other places for waste reduction - the prison-industrial complex and its war on drugs, corporate welfare, homeland security and citizen surveillance, earmarks, mass consumption of useless stuff, government inefficiency and incompetence, and others too many to mention. We all know what they are. But the first key to attacking them is regaining control of our democracy, through election reform that brings voter-owned elections instead of the current corporate-owned ones. We'll never dislodge these parasites until we can loosen their grip on the electoral process, and turn our legislators from employees back into

representatives. A movement to do this is already growing and showing successes here in Washington and in other states. It needs to grow faster. A lot faster.

But we'll have to do more than just cut back on waste. We need a new vision for the future, one that puts sustainability at the forefront and re-examines all of our current priorities in that light. That vision is already beginning to be built at the local level. Not up in DC - the Beltway is currently covered by a Cone of Stupidity that prevents any intelligent ideas from being implemented. But locally it's still possible to imagine and build solutions that might work. And as those solutions prove out, they can be adopted by others and spread to build a future that we can be proud of.

It's hard to see that future now. The darkness is gathering everywhere. But if we do it right, we can come out of this crisis with a magnificent human society that can last for thousands of years, coexisting peacefully with the planet and all of its denizens. And that would be really something.



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Marie and Troy



Skullcap, a Great Herb

By Kathy Abascal

Skullcap (*Scutellaria spp.*) is one of my favorite herbs because it works so well for a wide variety of ailments. Native Americans used various species of skullcap as a poultice for sore eyes, and as a tea to soothe nerves and strengthen the kidneys. The tea was also used for colds, coughs, and fevers. The roots were used to bring on menses and help expel the placenta after birth.

Western herbalists began using the above-ground parts of official species of skullcap (*S. lateriflora*) for various nervous conditions in the 1800s. They claimed it helped in epilepsy, muscle spasms, twitches, and many other nervous conditions. Today, it continues to be widely used in Western herbal medicine for nervous agitation, tics, and tight painful muscles. My teacher, Michael Moore, has used many of the different Western species of skullcap for almost any malfunction of the nervous system, such as insomnia, anxiety, fear, and nervous headaches. He recommends it as a general nerve restorative in people who are totally stressed out as well as to help relieve some of the pain in the early stages of multiple sclerosis. Western herbalists generally do not use the root of the various American skullcaps.

In contrast, Chinese herbalists use only the root of their skullcaps (primarily *S. baicalensis*). and they have many, varied uses for their skullcap. Chinese skullcap is often used for patterns involving high fever, irritability, and cough with thick, yellow mucus or for “hot” sores and swellings. It has a history of use as a mouthwash for inflamed gums, and is commonly used for chronic inflammatory and allergic conditions. The root is a major ingredient in a patent formula, minor bupleurum, used to treat hepatitis. However, there are few reports that Chinese skullcap is useful for nervous conditions as such.

Based on these variations in traditional use, many herbalists claim that the herb of the Western species is primarily a medicine for the nerves while the root of the Chinese species is uniquely anti-inflammatory and liver protective. The plants are generally not

considered interchangeable. However, almost all of the research on skullcap studied its flavonoids rather than the plant itself. These flavonoids were almost as effective as tetracycline at killing bacteria associated with gum disease. They have a strong, protective action on the liver and a steroid-like effect on inflammation. In animals, they had a strong anti-allergic action, dilated the bronchi in guinea pigs with allergies, and even helped animals in anaphylactic shock. Skullcap’s flavonoids are diuretic and reduce blood pressure in dogs, cats, and rabbits. Only a few studies looked at the action of the whole plant. In epileptic rats, Western skullcap herb combined with two other strong plants left them seizure-free. In humans, Western skullcap reduced anxiety, and Chinese skullcap root shortened the duration of diarrhea in dysentery and helped patients with hepatitis.

To try to learn if there is an explanation why skullcap is used so differently in the West and the East, my colleague Eric Yarnell and I did a study that roughly compared various extracts of *S. lateriflora* and *S. baicalensis*. Our results indicate that they have more in common than not. Certainly, they both have all of the flavonoids used in the various research studies. My sense is that skullcap species can be used interchangeably, although the relative strengths of the plants may vary somewhat.



Skullcap

For some time now, I have also been trying to use Western skullcap herb more in the manner that Chinese skullcap root is used. For instance, I use Western skullcap in my formula for periodontal disease, a formula that works very well at stopping gum inflammation and bleeding. Recently, I was able to tincture some fresh Chinese skullcap root and I have used it for nerve pain and nervous disorders. My clients report that it is highly effective, and some actually have come to prefer it to Western skullcap herb. Much remains to be learned about skullcap but my sense is that Chinese skullcap root is a bit stronger as an anti-inflammatory. It has become my favorite for people with allergies with swollen sinuses, congestion, and some minor wheezing. I have used some of the less well known Western species to help quiet sciatic nerve pain and they remain my favorites for sharp nerve pain. I have not yet tried any skullcap for colds and high fevers but intend to try them if and when I experience such ailments next.



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.

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.

Skullcap is an amazing plant, and I think more people should keep a skullcap tincture in their medicine cabinet. That way, they would have a medicine on hand to use when they are stressed and twitchy, sleeping poorly or are anxious. It could also be used for inflamed gums, colds, and fevers. Finally, as the spring pollen fills the air, it can provide substantial allergy relief. That is a lot of help from a single tincture.

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By Kathy Abascal

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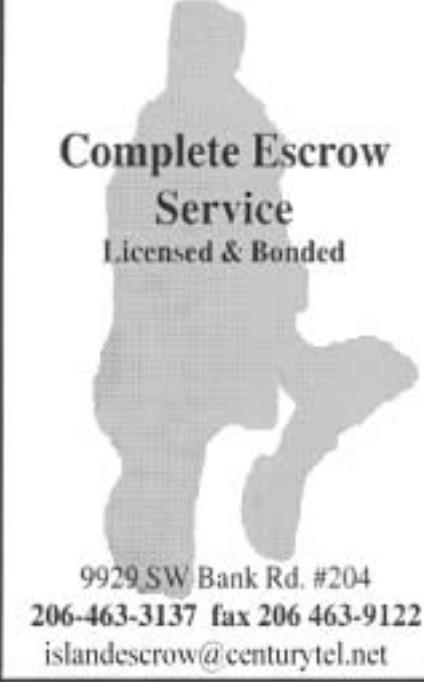
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Novice Nun

Continued from page 1

Sister Eva was born in Portland, Oregon, moving to Tacoma, Washington, at the age of three. She and her family moved to Shelton, WA. when she turned thirteen years old, where she completed her high school education. Sister Eva converted to the Eastern Orthodox Church while living in St. Louis, MO. Sister Eva, who works as a private care giver on the island, will continue to live in a private home, until such time as a permanent location can be found for an Orthodox monastery of women on Vashon Island.

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



Planet Waves

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



Aries (March 20-April 19) The particular challenge, as the Sun makes a conjunction to the eminent asteroid Pallas Athene, is exploring the balance between your masculine and feminine sides. In the current version of the world, there always seems to be a tradeoff. Women who have risen to positions of influence are typically made to sacrifice — at least temporarily — an aspect of their femininity. Men who have opened themselves up to an inner life, to vulnerability, or to dedication to service, seem required to let go of an element of their masculinity. These exchanges often involve personality traits or gender roles, but at the moment there is a deeper alchemy involved; a dedication to experiencing life from another viewpoint and being changed in the process. At first it may feel strange, but not for long. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) Every now and then, actual progress comes upon you quickly, and you go with it. (For a Taurus, there are a lot of other possibilities.) This would be your week, but you will need to do a few things if you want to take advantage of the fair winds. One is make your strategy conscious. Currently it's lurking in the background, "too large to see," or too foggy to discern. Second, you need to build on what you've accomplished and at the same time bring in a large element of something entirely new. Last, it would help a lot if you had faith in your own ideas and their positive influences on others. I know this may sound a little skeptical, even though the astrology is not holding back in any way. The problem is that this week's alignment between Jupiter, Chiron, Uranus and your planet Venus looks so positive, you may not believe it. The only "it" you need to believe in is yourself. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Devote yourself to the art of compromise and you'll come out with far more than what you think is your fair share. Lead the way. Embody the principle of the greatest good for all concerned, and trust the results. Look more closely at those who seem to come out on the losing end of an agreement and you will see what they have gained that you would not have otherwise noticed. Look at those who seem to gain the most and notice the ways in which they seem no better for the experience. In this world it's easy to make up simplistic stories about why some people deserve to win and others deserve to lose. Go beyond those, to the deeper underlying truth that the benefits of life are not distributed evenly, no matter how hard anyone tries. You stand to gain enormously in the coming days. Be honest with yourself and those around you, and take at least one opportunity to be fair when you don't have to be. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) During the next two weeks, you have the power to set in motion a sequence of events that reaches out on a far greater scale than you're accustomed to. The results may seem like the manifestation of luck, which is true if you count circumstances involving years of preparation and dedication as such. Allow the luck factor to be about protecting you from your own errors, or your tendencies to be hot headed and pushy just at the wrong moment. Make it a habit to understate your case, and to

invest your energy into sizing up the positions of the pieces on the chessboard rather than moving them around willy-nilly. Decide what benefit you need, desire or require from one particular situation, and set your boundary right there. The ensuing developments involve a significant degree of public benefit; take a step back from that, and remember every moment how blessed you truly are. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) Spiritual training is one of the best habits a human can acquire. I mean specifically cultivating two traits: one is compassion, and the other is seeking inwardly for your answers. Follow these two practices like yoga and you cannot go wrong. Spiritual training is, at its most basic, a conscious strategy for living. We make certain decisions in advance about how we're going to respond when presented with common situations or challenges. Too often, these strategies are imposed on us, representing alien or unoriginal values, or worse, values that are self-defeating. I suggest that you stay close to your core principles, and make every effort to look through the images and mirages of the world and make contact with the deeper levels of human experience. If you keep your mind and soul in alignment, the results will radiate out like a sphere of protection for many miles around you. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Isn't it fascinating how the same influences that so recently seemed brash or unattractive today seem poetic, beautiful and like a blessing? Well, everyone has grown and changed; what initially seemed like raw energy has gone through a process of refinement. Yet you would probably not have responded at all had you not been subjected to a few shocks to your sensibilities. Beauty, love and that peculiar thing called art are only meaningful if we notice them, and for a while, you were dangerously risking not noticing at all. The result is that you've gradually arrived in a state of balance between noticing and creating; between feeling and expressing; between existence and action. Now you can reach for much greater things than you ever dreamed possible. But please bear in mind, as I am pretty certain you do, that the greatest achievement of all on this planet is a community where everyone eats, has shelter, and space to enjoy life for its own sake. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) In any question involving a professional matter, remember that you will never be satisfied in a career that does not nourish others. Take the concept of nourish as broadly or as narrowly as you like, but make sure that you have tangible evidence. This being said, you may notice that certain others in your environment have a distinctly different plan. It can be quite difficult to discern what a person's agenda is, but if you track a series of their decisions, actions or the ideas they express, you will see a pattern. And that pattern may clash directly with your agenda even if you deny having one. You do, and you need to know exactly what it is. You will make some significant discoveries based on the ways you come into conflict with others during the coming days, and you will gain immeasurably as you resolve to live your life your way. And if this comes down to a career decision of some kind, keep this whole



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equation in mind. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) One of the most brilliant talents a person can develop is learning to get out of their own way. Try it. You are a talented, creative person by nature, but you have a little tendency to get hung up on your concepts of what life is supposed to be like, the order things are supposed to happen in, and an attachment to the results you're expecting. Those are the things you need to set aside. They have exceedingly little basis in truth, but they also block access to your deeper talents. You need structure in your life, but most of the time you suffer from too much rather than too little. So ease up on your expectations; visualize the results as starting as a clean canvas rather than as a preconceived idea; and make room for the existence of a plan more beautiful than you can imagine. Then, follow your intuition and do your small part — but nothing more. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You have reached a significant checkpoint in the long cycle of your personal development. I am doing my best to understate the case. If you investigate your life in some detail, you will notice that your relationships are growing; your talents are developing; you have found a way to live authentically and even independently that does not threaten the people around you. Your strategy has long been to not care what other people think — or so you feign. You actually care, but you cultivated the maturity to not let it bother you. Now something much more facilitating of intimacy is developing: a devotion to sensitivity. You may want to ask yourself why you felt so deeply, for so long that if you were truly empathic of the plight of others, you would somehow lose your identity or individuality. The truth is, once you have these things, you can't actually lose them. Yet you don't know till you

get there. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) At the core of every human being is a well of sorrow, yet this is the water that nourishes life. You are learning to make contact with your own sadness, your own sense of loss and most of all, the fact that the time span of every human life and every human relationship is limited. This is the mark of true maturity; of true humility; and from this viewpoint, it is possible to embrace your existence and your relationships consciously. If you are wondering why you suddenly have more to offer the people around you, why you are feeling more generous, and why you take your own needs less seriously, I would propose that it's the result of some deep and unusual growth. Existence is indeed fragile, and to the extent a human being can express any strength at all, it's often the result of embracing the delicacy we all share. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Recognize how much you have and you'll realize you need very little else. For the foreseeable future, your life is an exercise in making the best use of your existing resources. You have so much, and so many options. I understand that the prevailing values of the world are designed specifically to conceal this fact; our economy (for example) is driven on the false perception of need, and our identities are shaped on a false sense of lack. Therefore, recognize the extent to which your personal choices represent an insurrection against something much larger than yourself. The beauty of this moment is that you require nobody's consent or approval to live your own way. I am aware that there are certain people who are currently attempting to play a controlling role, but in truth they have no more substance or influence than a shadow. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

The Thrifty Kitchen

Thrift means much more than buying grocery specials. It also means making the most of what we buy, and stocking up on frequently used non-perishables so we won't have to dash to the store, spending gasoline and time, to get an item or two. We recycle our grocery bags to carry our papers to the recycling depot and/or to the Food Bank.

Aluminum foil we've baked cookies on, sparing our baking sheets from needing a wash, can usually be wiped off and reused for the same purpose. Plastic storage bags, turned inside out, washed, dried, and reversed again, can often be reused. My sister-in-law even dries paper towels that are merely wet and reuses them. Rubber bands that have controlled our incoming mail find a multitude of uses, as do twist ties.

We date everything that goes into our freezer or refrigerator if it doesn't come with a use-by date and do occasional inventories to make sure we use them before freezer burn or age make them inedible. Even cooked meats build up toxic aldehydes after four days refrigerated, so we try to work leftovers into soups, salads, or casseroles within three days.

Our favorite breads if left alone would grow white mold or become tough and stale before we could all the slices, so we divide a loaf into three or four packets and take out one at a time to thaw a few slices as needed.

Hoarded bones in the freezer eventually become soup stock. A chicken carcass simmered for a couple of hours with two or three garlic cloves, a coarsely chopped onion or small handful of dried onion flakes, a chunk-cut rib of celery and its leaves or the heel of a head of celery, a dash of vinegar or white wine, a couple of teaspoonfuls of salt, ½ teaspoon pepper, and water to cover will yield enough stock for a couple of good soups or stews. Stock boiled down to a gel occupies less storage space, and you'll find you can pull off a surprising amount of chicken meat from the well-cooked bones.

One leftover piece of chicken, a bit of kielbasa, or one country-style pork rib go into a collection bag labeled "por le cassoulet". Eventually they're combined with beans, onions, and seasonings for that favorite French casserole.

We usually cook beans from scratch, though an assortment of canned beans has a place of honor in our emergency food stash. Have you considered how much you pay

for water in a can of precooked kidney beans for instance? Also, to maximize nutrients, I sprout beans and lentils and cook them slowly so the Vitamin E they build up in the sprouting process won't cook out. For commuters and other workers, sprouting is best done on weekends. You can then cook them and package them for your freezer and have the basic ingredient for several later bean burritos, chilies, or minestrone.

To sprout beans: Wash beans, removing any bits of dirt or other inedible bits of matter. You may want to discard broken beans, though you don't have to. They aren't apt to sprout. Cover beans with water plus a couple of inches. Let rest overnight. Drain, rinse, let breathe for a few hours. Rinse and drain again. Repeat this process for 18 to 36 hours depending on how eager the beans are to grow; 1 cup of dry beans grows to 2 cups or more of sprouted beans. Let sprouts grow no longer than the beans, unless using mung beans. Sprouted lentils are crunch protein bits in tabouleh salad.

MINESTRONE

Prep time: 15 minutes Cooking: 15-20 minutes Servings: 4
1 cup cooked Great Northern beans or kidney beans
1 large or 3 small potatoes, diced
3 carrots, chopped
½ cup greens: kale, mustard, spinach, or chard
Meat stock made from soup bones, plus whatever meat you get from the bones or
1 quart chicken broth or consommé
Water to desired consistency
Garlic salt and pepper to taste
1 teaspoon Italian herb mix or 1/2 teaspoon dried oregano
Hot pepper flakes to taste

Combine all ingredients, bring to boiling, reduce heat, cover, and simmer 15 to 20 minutes to marry flavors.

Serve with an antipasto of red and green bell pepper cut in thick slivers, carrot curls or sticks, cherry tomatoes, and pickled peppers; Italian bread or sourdough bread, red wine or juice of choice.

BLACK BEAN STEW

Prep time: 10 min. Cooking: 15-20 min. Servings: 2-3
Stir-fry 5 minutes
½ cup chopped onion
1 rib celery, chopped
2 small garlic cloves or 1 large one, sliced thinly
Stir in, bring to boiling, reduce heat, cover, and cook 10 minutes:
½ cup frozen green beans
2 cups home-cooked black beans with cooking liquid
or 1 (15-ounce) can black beans
1 cup stewed or diced tomatoes
3 dashes red pepper flakes, or to taste
Stir in and heat to steaming:
½ cup diced cooked beef, ham, or chicken or ¼ lb. sliced sausage (optional)

Serve with a tossed salad, whole-grain bread and butter and a glass of cabernet or white zinfandel. Give the kids cranberry juice or carrot juice. Carrot juice serves well for drinking or cooling the soup.

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Teens Volunteer Abroad

Continued from page 1

Starting in June, these eighteen island youths will begin their adventures, spending up to eight weeks in their designated countries. They will be joining more than 500 other teenagers and young adults from throughout the United States to volunteer on public health, education, and environment projects in Costa Rica, Dominican Republic, Honduras, Mexico, Nicaragua, Panama, Paraguay and Uruguay.

Volunteers will live with families in rural communities and work in small teams on projects such as construction of libraries, playgrounds, latrines, fuel-efficient stoves, water storage tanks and chicken coops. Volunteers will also lead youth-to-youth projects to promote healthy social development, improve leadership skills and foster creative expression of young people in their host communities.

The Vashon Island youth belong to the Seattle chapter of AMIGOS.



Chloe O'Neill will be part of this year's AMIGOS Vashon contingent. Photo by Myra Willingham.

They have been training and fundraising for months to prepare for their community service assignments in Latin America. AMIGOS training programs give youth the skills needed to meet the challenges of conducting community service programs with confidence and cultural sensitivity, both in their home communities and in Latin America.

Vashon Island teens have been participating in AMIGOS for many years. The first year there were only 2 teens from the island who participated, but involvement has steadily increased over the years, with this year's group of eighteen being the largest yet.

When asked what aspect of this adventure excited her the most, Chloe O'Neill (a Vashon High School sophomore who will be a volunteer in Nicaragua) stated, "The fact that I'll have to live with a family I have never met before in a completely foreign place and I can only speak Spanish to them." Her classmate Kaija Reinelt, who is also heading to Nicaragua, added, "I'm looking forward to the fact that I will be put out of my comfort zone. But the thing I am most excited about is playing games and teaching young kids."

When asked what she was most nervous about, Chloe admitted, "I'm nervous about being away from my family for 6 weeks with hardly any contact. I am also nervous about speaking Spanish, and being teamed with a partner that I don't get along with."

Kaija's older brother Derek was an AMIGOS volunteer in Mexico in 2007. He was asked what he thought was the most important aspect of his experience. He stated, "Looking back, the most important aspect of my experience was simply taking the time to make a positive impact on a small Latin American community."

Other island fundraising activities include a carwash, coffee sales, and presentations to local community service groups. Individuals, groups, and businesses who are interested in making a donation to AMIGOS may contact Cynthia Pringle at 463-5898 or Myra Willingham 463-6995.

Founded in 1965, AMIGOS is an international non-profit organization that provides opportunities for young people to simultaneously develop leadership and decision-making skills while making a positive difference in the health and well-being of communities. For more information, visit www.amigoslink.org.

Positively Speaking

Ready to Talk?

by Deborah H. Anderson

In anticipation of Women's History Month (which is March) I immediately, upon returning from my college dorm reunion, typed out a wonderful column you will enjoy next issue. I've circulated it so everyone could make corrections and give approvals and was looking forward to submitting it for this issue of the Loop.

I swapped it out for National Alcohol Awareness Month (which is April) because there's a meeting at the high school on April 2, 2008.

I wanted to ask this question publicly because it vitally important to me before I go to that meeting. The question is this:

"ARE WE REALLY READY TO TALK?"

I ask because recently I was reminded of several times when I tried to engage community leaders in an open discussion about the drug and alcohol problem here on the Island. At the time, although the offenses were very serious, everyone from school board members to counselors to members of the business community had one unified response.

Remember Artie, oh what was his last name, on Laugh -In? He portrayed a German soldier who would rise up out of the bushes, cigarette in hand and say in a strong Prussian accent:

"Very Interesting...but stupid"

So I ask the question again. "Are we really ready to talk?"

See, I think it's interesting we say the kids have a problem, but don't address the fact that all they are doing is mimicking adult behavior. There was an urban legend that some person from King County came over to do an assessment of the youth problem and said, "There's no point in addressing the youth issue because the adult problem is so severe."

The second question is a bigger one. "ARE WE READY TO SET A GOOD EXAMPLE?"

The kids see adults work hard and de-stress with alcohol and marijuana. They see us raise money for their education while we drink wine. They see us pass a blind eye if someone has a problem.

How can we blame them? When they are little, do we not do the things that are edifying for them to see? Can we really use the "do as I say, not as I do" approach? Can we argue that we are showing them what responsible drinking is? What's responsible about artificially relaxing with a glass or a doobie? It's a default to deep breathing, a good laugh, a walk, a talk, or sleep.

I will approach the Wednesday meeting with caution. Is it lip service? Hypocrisy? Is it public appeal; the wonderful double world of the substance abuse land?

I have no doubt the people involved have the most sincere intentions. Lots of thought and planning will have gone into this no doubt.

Please oh please oh please...make it real.....make it useful...make it more than an opening discussion.

In the fall of 2008, I will again launch my 'I'll Walk With You Program'. It's a partnership program for substance abuse prevention between adults and youth. Two people showed up the first time it was offered. I realized it was too overwhelming to turn an entire culture around and I wasn't on the 'in' clique to do so. I gave up. I walked with my daughter and that was the extent of it. I was told there was an abstinence program one time where the teachers were asked to sign. It apparently divided the district.

Are we divided on this... yes.

Now, the talk is louder. But it's still about a rational look at random strangers making poor choices and diatribes for sobriety. It sounds too much like Nancy Reagan's 'Just Say No'. Well...mom and dad drink and say it's OK. They grow the stuff I smoke so it will be safe. That's true caring.

We need to talk about the quasi housewife who keeps three prescriptions for methamphetamines going with three different doctors and tells them each, a worker at the house stole them and that's why she needs more medication for ADD. We need to talk about the business people who are sauced and keep it quiet when it affects business so it won't affect profits. The drug deals we know about. It isn't news. We need to talk about the respectable people who are abusing and have kids. And are we really going to talk about our community celebrations that rely on the inclusion of alcohol and marijuana respectively for their celebratory qualities?

Those are the most difficult conversations we can ever have. We are a tight knit rural community. HOW do we have those conversations in real time? Do you know how mad addicts get when they are outed? Fighting mad. Who's going to stand behind it? Who has that much courage?

Are we really ready to have those conversations? Or are we going to lock this thing in committee or create the "No Child Left Behind" of alcohol and drug abuse?

We all know who's using. Some, no doubt, count on a loser wallet at an auction because of it. ARE we ready to face that truth? We might lose money on this if we change the culture here.

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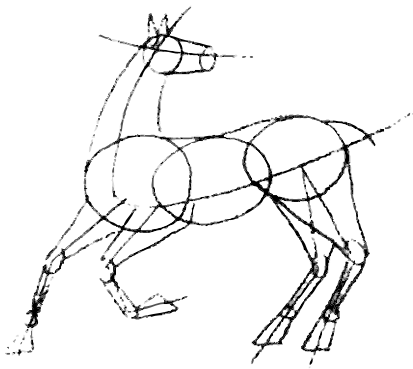
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Do we care enough about each other and our children to speak the very very very hard conversations and hold each other accountable?

It's been ten years since I kept little scraps of paper; terrified to have discovered children's Ritalin was being stolen at a daycare, watching a child who did not have adequate medication throw a chair across a room barely missing other children. I still keep those scraps with the counts on them. It reminds me to not be fooled by false interest.

See.....I've HAD those conversations. I can tell you it costs SO MUCH it will teach you to keep silent.

Are WE ready? Are YOU ready? Do we understand what it means to be dealing with this?

I've watched in horror as I have become more and more silent to join in lock step with the community attitude. "Ain't no big thing"

I love this community for all the goodness in it. I love the possibilities in this community. I love the children and youth of this community. I do not like its silence.

To quote the familiar PSA...there is an elephant in our living room. Will we feed it, cage it, or move it out of town? What are we ready to do? Because elephants don't understand English.

Love, Deborah

Parent Drug and Alcohol Awareness Forum

The PTSA is hosting a Parent Awareness Forum on Wednesday, April 2nd at 6:30 in the VHS library. Come to hear presentations from Stephen Bogan, teen drug and alcohol counselor; Susan Hanson, principal of Vashon High School; David Chapman, an attorney who will speak on parental liability issues concerning underage alcohol and drug use; a Vashon teen currently in recovery; and a parent of a teen in recovery. Together we can learn about the teen scene on Vashon as well as resources available to help. Let's do something before it is too late...no more empty chairs at graduation.

SPRING DANCE SESSIONS!

Beginner Class (Fox Trot, Waltz, Rumba, Swing) runs Thurs. April 24th - June 19th and Intermediate Class (Fox Trot, Waltz, Cha-Cha, Swing) runs Monday April 28th - June 23rd. Session Fee of \$100 per person includes 8 group lessons, 8 practice parties, and 1 private lesson. \$35 Non-refundable Deposits due by April 16th! Mail to 11933 SW Cove Rd. and Call 463-0870 with questions. This is the LAST Session before a Summer Break! Couples and Singles welcome! Overcome your nerves on the dance floor! Rekindle your relationship! Make Friends! Get Exercise!



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

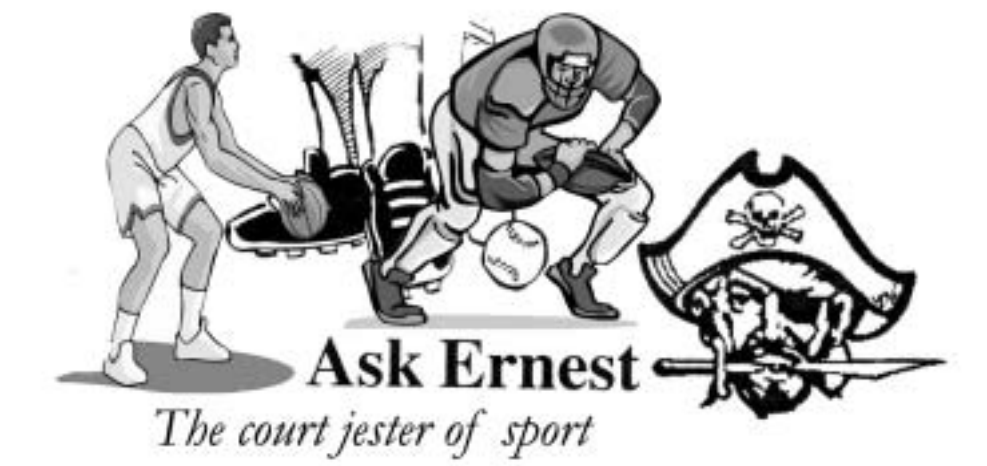
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DEADLINE FOR ALL APPLICATIONS: APRIL 11th, 2008



McMurray Wrestlers Place Nine Wrestlers in the Olympic League Tournament

The McMurray Mustangs Wrestling Team improved all year long, culminating in a great League Tournament on Saturday, March 15th at Bainbridge Middle School. Place winners are as follows: Jordan Lopez 2nd place, Elliot Ellingsen 3rd place, AJ Sawyer 3rd place, Nick Betz 4th place, John-Michael Monroe 4th place, Cole Devereau 5th place, Iris Spring 5th place, Riley Moore 6th place, Sage Everett 6th place. Hannah Green competed fiercely against the stiff competition and three 6th graders wrestled in

round robins, showing the region what they have to fear next year—the 6th graders are Slater McVeigh, Ryan O’Grady, and Preston Morris. 6th graders on the team but not competing in the League Tournament are Ryan Lenea, Nathaniel Larson, Ian Mattingly, and Marquis Stendahl. The team is coached by Bob Cannell (head coach) and a bunch of assistants—Steve Hall, Ryan Aspiri, Mike Mattingly, Per-Lars Blomgren, and Anders Blomgren.

Bob Cannell was awarded the Tri-District Coach of the Year for his great efforts and positive encouragement this year!



McMurray Middle School’s Wrestling Team

Hawley/Logjam Wins Award

Continued from page 1

About 70 cartoonists, animators, illustrators and others attended this year’s Toonies Awards. Hawley is delighted that “Logjam” was recognized as a ground-breaking comic strip, and most importantly, that it’s funny. Hawley developed “Logjam” when he was the graphics designer at a parks district and the agency’s logo featured trees. “I turned them into comic strip characters and soon heard my coworkers laughing. The seed of “Logjam” had taken root.” “Logjam’s” other characters include a mystery creature that never



Jeff Hawley, courtesy photo.

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Not Just a Great Burger

Vashon Artist Wins Poster contest

Continued from page 1

The poster also features the logos of four island businesses that are market sponsors this year, in this the first year for the Farmers Market sponsorship program. Those businesses are Minglement/The Roasterie, Café Luna, Vashon Natural Medicine and the Vashon Wilderness Program.

Chelsea grew up on Vashon Island and has always loved animals and is trained to rehabilitate small animals that are sick or injured. Her depiction of goats on the posters reveals her affection and familiarity with these island creatures.

Chelsea has also been drawing and painting since she was a small child and is most attracted to watercolor painting and antiglio printing. She currently works as a graphic artist at the Country Store where she designs catalogs, brochures and posters. You can also see large murals she painted on the barns at K-Jo Farm in Paradise Valley.

ventures out of his hollow log; Flyshack ‘n’ Phib, two frogs whose dialogue appears on their puffed-up throats; Roy Orbitsun, a tree that drives the Earth around the sun; and Bud, a sassy sapling.



Chelsea Coldeen, courtesy photo.

Opening Day of the Spring Saturday market is April 5 from 10 am-2pm. Chelsea, the poster artist will be on hand to sign posters and will also be selling some of her other work. The market will open at 10 am with the musical blessing of a bagpiper. Free hot soup, prepared by chef Paul Motoyoshi of Sol Source, will be served throughout the morning. Shoppers will find many vendors back after a winter of rest and they will be selling plant starts, trees, some produce, milk, eggs, meat, cheeses, wine, hot lunches and crafts.

Loopy Laffs

You can say any foolish thing to a dog, and the dog will give you this look that says, "My God, you're right! I never would've thought of that!" —Dave Barry

One Liners

A di-agnostic is someone who doesn't know whether there are two gods.
We never really grow up, we only learn how to act in public.
Never drink and derive—alcohol and calculus don't mix.
You can have it right, or you can have it now.
Being right too soon is socially unacceptable.
When your dreams turn to dust, it's time to vacuum.
How does it change many dyslexics to take a light bulb?
A rumor without a leg to stand on will get around some other way.
Even if you are on the right track, you'll get run over if you just sit there.

The father patted his daughter's hand fondly and said, "Your young man told me today he wanted you as his bride and I gave my consent," "O daddy," she gushed. "It's going to be so hard leaving mother!" "Don't worry about that," he beamed. "You can take her with you."

The aloe, used as a medicine since ancient times, has been found by modern medicine to be the only remedy for X-ray burns.

Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables, and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. "Why the new sign?" I asked. "My boyfriend didn't approve of the old one," she said. When I glanced at what hung above the counter, I understood. It declared, "Local Honey Dates Nuts."



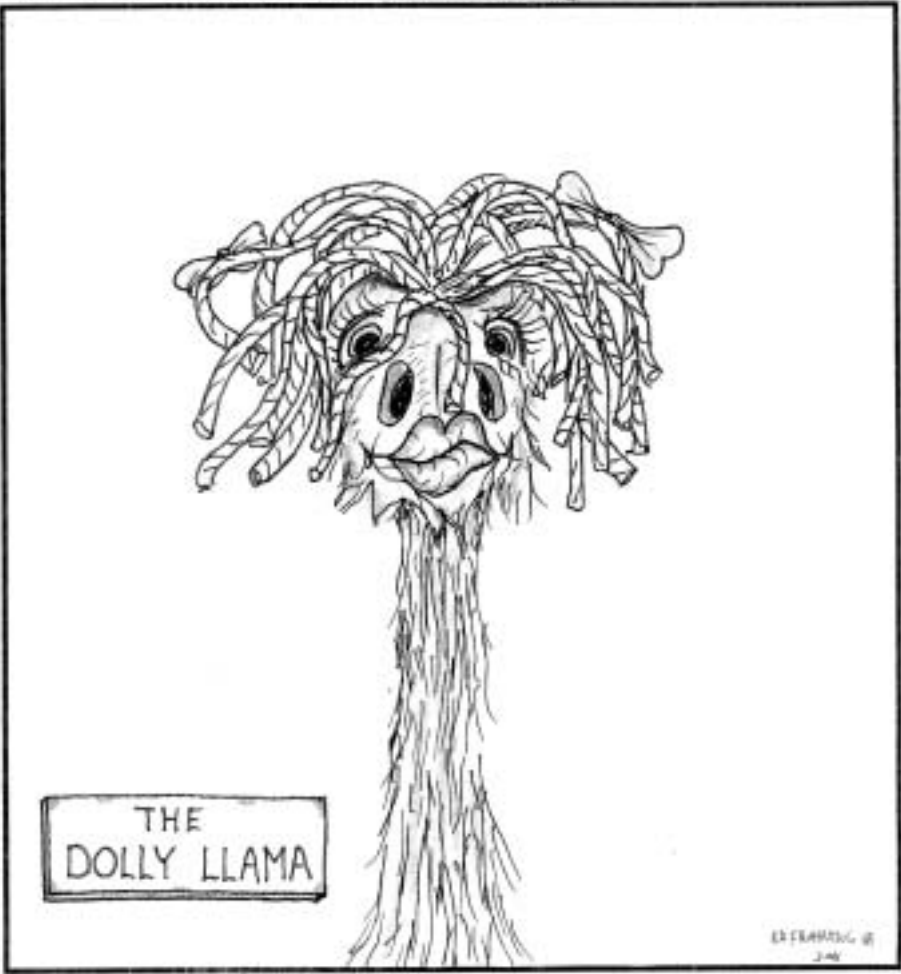
Solution to puzzle on page 7

An older guy was up at the tavern, trying to pick up the younger ladies. He approached a very pretty young woman and said, "Where have you been all my life?" The young lady took one glance at him and said, "For the first half of it, I wasn't even born yet."

My mother had a great deal of trouble with me, but I think she enjoyed it. —Mark Twain

A Vashon deputy had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem - a 12-year-old boy was standing up the road with a hand painted sign, which read 'RADAR TRAPAHEAD.' The officer then found a young accomplice down the road with a sign reading 'TIPS' and a bucket full of money. (And we used to just sell lemonade!)

WILD WORLD / Ed Frohning



Q. What's the difference between ignorance and apathy?
A. I don't know and I don't care.

Cowboy Wisdom;
Before you spur your horse, make sure it's pointed the direction you want to go.

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LOGJAM



Loop Arts

Comedy rules at Blue Heron

Comedy rules at the Blue Heron when 17 Island teens take the stage in an action-packed, one act play, “The Rules of Comedy.” One weekend only, “Rules” will play this Friday and Saturday, 7:30 pm, Sunday at 1 pm. “Rules,” rated PG, uses Shakespeare’s *Hamlet* to demonstrate how the classic rules of comedy can even make tragedy hilarious. Lisa Breen will direct. Tickets are available now at the Blue Heron and the Heron’s Nest, \$7 for VAA members, seniors and students/\$9 general admission. Reserve tickets by phone, 463.5131 and check the website for more information, vashonalliedarts.org.

by Janice Randall



Grant Lyons prepares to take pie in the face from fellow thespian Corinne Pruett while Anne Gustafson and Corry Fox look on. Photo by Janice Randall.

Moore Rocks Vashon

IAN MOORE
Saturday, April 5
8pm



Ian Moore, courtesy photo.

Hailing originally from Austin, Texas, Ian Moore became a teenage guitar prodigy who hit the big time like lightning on a Texas prairie in a

thunderstorm. He opened for The Rolling Stones and ZZ Top, sat in with Bob Dylan and appeared in the film Sling Blade with Billy Bob Thornton before he decided to buck the system, and be true to the music that moves him most. Moore’s music cannot be stuck in any genre, simply because like any true artist, he is constantly evolving.

Respected guitarist/songwriter recording artist, Moore has lived on Vashon now for a decade. In addition to having a family and becoming more involved in the complexities of Island life, he has been writing, recording and relentlessly touring, mostly in the Southwest and on the East Coast, playing for his rabidly loyal fans. Luckily, once in a blue moon he stays home and plays for us. This will be his first appearance at the Blue Heron Art Center. Don’t miss it! He will be joined by multi-instrumentalist, Colin Fuchs, of Austin. Tickets are available now, \$14/\$16. Call to reserve, 463.5131.

Hanson Retires As Chorale Organist

Continued from page 1

He is retiring as the chorale’s organist after this concert, but he will not be gone from the chorale. He will be joining the bass section as a needed bass/ baritone so he will just be switching seats, not leaving. Craig has had wonderful experiences singing with the well-known University Presbyterian Church’s Cathedral Choir in Seattle, as well as with the Chorale de Camara under well –known director Ira Jones.



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Sing Alleluia!

by Nancy Bachant

Vashon Island is in for a very professional treat in the quality of its upcoming concert, to be held this spring on Saturday, April 5th and Sunday, April 6th. Anthony Spain, new to Vashon as a guest conductor, will be leading the group at the Bethel Evangelical Free Church, and his bona fides read like a who’s who of the music world in the Northwest!

Mr. Spain, founding music director of The Northwest Symphony Orchestra since 1987, recently won a 2006-2007 ASCAP Award for Programming of Contemporary Music, presented annually by the American Society of Composers, Authors and Publishers and the American Symphony Orchestra League.

Mr. Spain will be conducting Haydn’s Mass #10 in B-flat major: *Missa Sancti Bernardi de Offida*, otherwise known as the “Heilignesse.” Written during the summer of 1796 and performed as a tribute to a Capuchin monk who devoted his life to the poor, this Mass is a glorious work that gives cheerful and exuberant expression to Haydn’s life-long reverence for his Catholic faith and was the first of six Masses composed for the Esterhazy family whom he served for thirty years.

A large group of 79 local singers, 22 musicians, and 9 soloists will perform the *Heilignesse* conducted and directed by Maestro Anthony Spain of the Northwest Symphony Orchestra. Concertmaster Jonathan Graber and Assistant Conductor Marita Eriksen provide the orchestral and vocal expertise that makes Vashon Island a very special place. Soloists selected for the Haydn Mass are local opera singers Jennifer and Andrew Krikawa, well-known

islander Marita Ericksen, Gary Koch Susan Valneti and d Marc Fichette.

Craig Hanson, the Chorale’s piano and organ accompanist, will provide excellent support for the mass and the other offered pieces: *Pie Jesu*, by Andrew Lloyd Webber, *Laudamus Te* by Francis Poulenc, Arnold Freed’s *Dance Alleluia*, *Ev’ry Time I Feel the Spirit*, a spiritual arranged by William L. Dawson, and Javier Busto’s *Ave Maria*.

Soloists for the *Pie Jesu* are the youthful voices of Kalie Heffernan, Maya Krah, Hannah Smith and Nathan Weston. The twenty-two



Spain and the Chorale at practice. Photo by Nancy Bachant.

member orchestra includes local musicians Mary Walker, Sarah Perlman, Lena de Guzman, Emerson Shedenhelm, Gaye Detzer, Heather Rhoads-Weaver, Rowena Hammill-David, Frank Hosick, Alyssa Sibbers, Vince Young, Nathan Ott, as well as guest musicians concertmaster Jonathan Graber, Stephanie McConnel, Peter Wiggins, Carmen Gorak, Lynn Zatzkin, Cheryl Phillips, Manny Garcia, and between four and five other musicians from the Northwest Symphony Orchestra.

The Sing Alleluia! Spring Concert will be held at 7:30 PM on Saturday, April 5th, and 3:00PM on Sunday, April 6th at the Bethel Evangelical Free Church, 14736 SW Bethel Lane on Vashon. Tickets are \$10.00 for students and seniors and \$12.50 for general admission.



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

Oz Collection on Display

As part of the promotion for Drama Dock’s production of “The Wizard of Oz”, Oz memorabilia will be on display throughout Vashon during the month of April. Local Wizard of Oz expert and collector, Robin Hess has generously loaned items from his Oz collection to Drama Dock for display. Oz books, figurines, lunch pails, pillows and more will be on display at Vashon Book Shop, John L. Scott Realty, Books By the Way, The Hardware Store restaurant and Vashon King County Library. The Wizard of Oz will be presented April 11-27, 2008 at VHS Theater. Shows are Fridays and Saturdays at 7:30 and Sundays at 2pm. Tickets available at Vashon Book Shop, Books By the Way and www.brownpapertickets.com.

Senator Obama Goes to Africa

by Peter Ray

I'll admit it- I've been staring at the large, blank white space on this page for over an hour now. The reason for my quandary about what to say about this one hour documentary that spotlights Barack Obama's 2006 trip to Africa is as simple and as complicated as any decision that one has to make over political choices. No matter how one approaches it, a senatorial junket is a political endeavor, even if it is billed as a personal return to one's roots- one of the places visited is both the birthplace and burial site of Obama's father in Kenya. Foreign policy adviser Mark Lippert is even quoted on film, asking the question what better place could one find for a foreign policy credential than in a country where his father was born? So that is the rub- is this a cold and calculated promotional piece, or an intimate look at a triumphant return to ancestral ties? I would contend that it's a bit of both.



Associated Press wire photo by Alex Brandon.

The trip begins in Nairobi, Kenya where Obama is scheduled to give a speech at the University of Nairobi where his father taught economics. While his text ranged from personal references to his father to a greater world view, one particular quote had a resonance that was universal:

"...in the end, if the people cannot trust their government to do the job for which it exists- to protect them and to promote their common welfare- all else is lost. And this is why the struggle against corruption is one of the great struggles of our time."

From there the entourage traveled to the Obama family home in Kisumu, where a lunch break with Granny helps make the transition from academia to hometown reconnections. The word of the Obama visit has obviously been spread far and wide, since crowds of people wanting to see the Senator from America are large and everywhere.

One of the goals of the trip was to help increase the interest and awareness of the locals in HIV/ AIDS testing and treatment. To this end, both Obama and wife Michelle got tested at one of the Center for Disease Control's mobile units, in the hope that it would encourage more people to get tested. Here Obama also spoke out against South Africa's health minister who had continued to downplay the seriousness of the disease. The trip then took them on a boat ride to Robben Island where Nelson Mandela and other anti-apartheid activists spent their years of incarceration. And from there we follow the group to the Darfur region of Chad where we learn that the people there look to the U.S. for leadership in getting help from around the world.

It is the thickening and broadening of my cynicism and skepticism over our current political process that prevents me from getting much more excited about

Conviction

by Peter Ray

In these times, perhaps more than any other, it is hard to know what to believe. It used to be, or so it seemed at the time, that a word spoken could be taken at its face value. We know now that perhaps that wasn't quite as true as it once appeared. But it seems more of a regular truism and occurrence these days that a word spoken, especially the ones uttered by those in power, require qualification, interpretation and in many cases the complete inversion of their meaning in order to make any sense out of what it was that was just said.

Some could blame this problem on the nature of the English language itself. A case in point would be the title of this month's documentary: Conviction. On one level, most certainly the lower of the two, it stands for a finding of guilt because of some illegal act. On the other side it represents a strongly held belief- one held more deeply at a personal or spiritual level. In the case of this film, conviction has both of these meanings in the sense that the three convicts represented here- Dominican Sisters Ardeth Platte, Carol Gilbert and Jackie Hudson happen to fit a twisting of Webster's

definition of convict: a person convicted by their own conscience. As it was, it took a twisting of the U.S. Code of Crimes and Criminal Procedure, Section 2155, to convict the Sisters of their crimes of conscience. What the viewer is



Sisters Ardeth Platte, Carol Gilbert and Jackie Hudson, courtesy photo.

allowed to witness is not so much a mangling of words, but a clash of values, and what is most interesting here are not just the legal and moral judgments passed, but where they come from as well.

The reason for all this word wrangling stems from an incident on October 6th, 2006, where the three

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this film. On the other hand, Obama fans will find much to cheer for in this journey. One should also note that for some reason Senator Obama goes to Africa is currently in very limited release and Vashon will be one of only four places in the country where it has been seen. At the moment there are two scheduled

screenings at the Vashon Theatre, Thursday April 10th at 7pm and Saturday the12th at 2pm. For further information check out the Theatre website, www.vashontheater.com.

Sisters took bolt cutters to the chain securing the chain link gate at the N-8 Minuteman III missile silo in Weld County, one of forty nine in Colorado, and walked onto government property to "inspect, expose and symbolically disarm" the site. While there they brandished newly purchased hardware store hammers and banged on the massive concrete cover over the silo and on the steel rails that it rolls on to open. They took baby bottles filled with their own blood and "painted" the shapes of crosses with it on the cover. They sang and prayed for peace. After being arrested and convicted for their "crimes", they were sentenced to anywhere from thirty to forty one months in prison, depending on their record of arrests for previous peaceful protests elsewhere.

One could ask, with the end of the Cold War, what is the point of protesting against nuclear weaponry? To partly answer that question we will also be screening the 18 minute film Nuclear Weapons

and the Human Future, which talks about the very real threat to life on this planet in the form of the tens of thousands of nuclear weapons still in arsenals around the world, over three thousand of which are on hair trigger alert. On a more personal level, we will also have Sister Jackie Hudson on hand to answer questions and to speak of her experiences with the events relating to Conviction, and perhaps offering thoughts on ways to affect change.

This screening will be at the Vashon Theatre on Sunday, March 30th at 7pm. Admission will be by donation and is being brought to you by the Vashon Film Society and For Word Films. For further information contact Peter Ray at 567-4542 or pgr42@att.net or Leslie McMichael at 567-4768.

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