In this issue: Deb Anderson says we were ready to talk on Page 15, the Pottingers invade Thriftway, spring salad recipes and much, much, more!



Poetry Open Mic at Cafe Luna, see "Yes, Virginia..." page 5



Islander teaches EMS in Bhutan page 16



The
Adventues of
Prince
Achmed
page 18

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Vol. 5, #8

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM April 11, 2008

Co-op Preschool Auction

"Tapas, Tangos and Big Tickets" Saturday, April 19, 6pm

by Marty Krouse

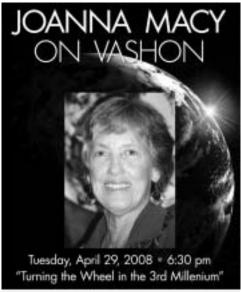
A decade after its first fundraising auction, the island's cooperative preschool is still going strong, thanks in large part to the money raised one big night each year. To celebrate its continued success, the Vashon Maury Cooperative Preschool will put on a special tenth anniversary auction event



Two- and three-year old students with their "parent-teachers" at VMCP on Vashon Island, photo by Mike Urban..

Saturday, April 19th, dubbed "Noche en Españia," featuring food, music, and entertainment to compliment an Iberian theme.

Continued on page 6



Joanna Macy Comes To Vashon!

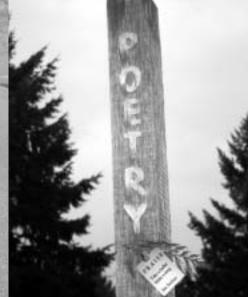
Story by Kaj Berry

Joanna Macy. If that's a name that makes you think, "Wow! A person of that international caliber coming to speak at Camp Burton Lodge, April 29th on our little island! I've read her books on deep ecology, know her work for peace, her workshops on facing grief worldwide, but never thought I'd get a chance to actually hear her, close up."

Continued on page 8



A Shirley Ferris Hiway Haiku still standing along the highway despite vandalism, photo by David Steel.



The Poetry Poles stands in the Village Green, photo by Ann Spiers.

April is Poetry Month

April is National Poetry Month and Islanders don't need to go far to see and hear great art at work. Poetry wells out from a number of springs in a diffuse network that intertwines with everyday Island life. The Poetry Pole stands in the Village Green, inviting passersby to share their best or to stop by for a moment's inspiration. Hiway Haiku, refusing to be oppressed, continues to sprout back up along the Vashon Highway. An intergenerational crowd of writers and audience members enjoys readings every month at the 8-Word, 8-Day Poetry Open Mic, at Café Luna, and there's plenty of opportunity for discussion of those things poetic at the Poetry Salon at Vashon Bookshop. Other groups, like "Mondays at Three," meet to discuss and share haiku in homes around the Island. Many of these writers move on from these venues to share their joy for words with students in Vashon schools, churches, and centers of spirituality. If there's a poet waiting to flower in you, check inside this issue of the Loop, and join in with the many Island-grown poetic opportunities.

Happy 5th Anniversary Perrys!!



April 26,2008 Marks the 5th anniverseray for PerrysPhil Threlkeld from Perrys Vashon Burgers had this to say.
It's been really Great having Perrys vashon Burgers on the Is

It's been really Great having Perrys vashon Burgers on the Island for the past 5 years. All the people I've met and all the conversations, have been worth all this time. I would like to Thank my Mom for always

Continued on page 11

14th Annual Science Fair

by Donna Gagner

Vashon Island PTSA sponsors amazing student exhibits and accomplishments in science at this year's science fair on Saturday, April 19th from 10am-3pm at McMurray Middle School. Bring your family, there's something for all ages. Explore science through hands on activities, student projects, and demonstrations.

Continued on page 8



Student Hunter Mask with his Science Fair exhibit. Photo by Donna Gagner.

Wizard of Oz Starts Now



From left to right: Ellie Hughes, Tess Mueller and Brette Flora get set to practice the Wizard of Oz. Photo by Shannon Flora.

Get your tickets now for Drama Dock's production of The Wizard of Oz. Directed by Elizabeth Anthony, this fun-filled adaptation promises a few surprises not found in the book or the movie. The cast of witches, jitterbugs, munchkins and other illustrious Oz favorites includes several well-known island thespians as well as some talented newcomers. The set, which was designed by Chris Zinovitch and costumes, created by Kate Guinee, will brighten the dullest April day. Tickets are available at Books By The Way, The Vashon Bookshop & www.brownpapertickets.com. The show runs April 11-27, Fridays & Saturdays at 7:30pm and Sundays at 2:00pm at the Vashon High School Theater.

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.

All About Irrigation

The next program event of the Vashon Island Fruit Club will be a presentation by Michael Laurie on water-efficient irrigation methods and equipment, as well as Dr. Bob Norton's summary of spring season tasks in the orchard. These presentations will follow the Club's quarterly business meeting, which begins at 7:00pm at Courthouse Square. Doors open at 6:30.

On Saturday, April 26, 1:00 at Courthouse Square, we'll have a presentation by Dr. Elizabeth Vogt on recognizing and controlling harmful insects in your orchard and

For further information on these programs, contact Mary Ornstead at 463-0565.

Green Party Book Club

The Green Party book club meets on Sunday, April 27th, at 2 pm at the Vashon Tea Shop. The book this month is: "Overthrow: America's century of regime change from Hawaii to Iraq" by Stephen Kinzer. You can pick up the book at the Vashon book stores, and get a discount for club members. You do not have to be a member of the Green Party to participate. All are welcome. Call Ivy Sacks at 463-9579 for more information.

The Vashon Loop

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

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email editor@vashonloop.com!

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Boater Education Certification Class

Two Saturday morning classes that are Step 1 for getting a Boaters Education Card—which mandatory for people age 12 and older to operate a motorized vessel of 15 horsepower and over in Washington state—are being held 8 a.m.-12 p.m. at the Senior Center on Bank Road April 19 and 26. While boaters born before Jan. 1, 1955 are exempt from this law, they will need a boater's education card when motoring in Canada. Participants must attend classes both days, and mail in the course certificate with \$10 to receive their boater's education card. The course fee is \$10, and is open to everyone. Dave Rogers is the state-certified instructor. It's a good way to get ready for boating opening day May

"Lost Boy of Sudan" **Talks at Methodist** Church

Jacob Acier will give a talk about his flight from Sudan, his life in refugee camps, and his resettlement in the United States on 4:30 pm, Sunday, April 13, at the Vashon Methodist Church. Those attending are requested to bring a tray of snacks to share. The gathering is sponsored by the Methodist Church and Havurat Ee Shalom.

Acier, 24, fled his traditional Sudanese village when he was a small child, joining a stream of people — many of them young boys like himself — trying to escape the civil war that has ripped the fabric of his country. He spent many years in refugee camps in Ethiopia and Kenya before arriving in the United States, knowing virtually nothing about modern-American culture, in 2002. Last fall, he moved to Vashon, after getting a job at Pacific Research. Jacob Recently, discovered that his mother - whom he has not seen in 17 years - had survived the war and is currently living in a refugee camp in Uganda. Jacob's goal is to make a trip to Africa to help her. Jacob is being supported in this effort, and in Protectors at www.VIPP.org. adjusting to his new life on Vashon, by a group of islanders called Jacob's Ladder.

Donations can be made to the Jacob Acier Group at an account set up at the Vashon branch of Bank of America.



New Student Registration will begin March 26 for the 2008-2009 Preschool Session

Please join us at our upcoming preschool suction on Saturday, April 19 at the VFW Hall and meet our co-op families.

Class Schedules

2-3 class: Mondays and Tuesdays 9:00 to 11:00 a.m. (child must be 2 by August 31)

3-4 class: Wednesdays, Thursdays and Fridays 9:00 to 11:00 a.m. (child must be 3 by

4-5 Pre-K class: Tuesdays through Fridays 12:30 to 3:00 p.m. (child must be 4 by August 31)

Visits welcome! For more information, to request a registration form, or to schedule a visit, call Melanie Salonen at 567-4374. You can also visit our website at

Join co-op preschool...where children and parents learn together!

'Great Decisions' **Discussion**

"Blacklisting the Enemy" continues the "Great Decisions" current events group at 2 p.m. April 14 at Vashon Library. Agreement on how precisely to define 'terrorism' remains elusive, leaving room for debate over who belongs or doesn't-on the U.S. State Department's roster of rogues. Who are you calling a terrorist: Libya? North Korea? Cuba? Syria? Iran? Sudan? Iraq? And there's a list of 42 designated "foreign terrorist organizations" so far. What do you think? Bring us your experiences and opinions. A background video prepared by the Foreign Policy Association starts the program, followed by a discussion lead by Bill Massey, facilitator. The program is free and cosponsored by the Senior Center and Friends of the Library and everyone's welcome. A book of background articles prepared by the FPA is available at the library reference desk for reading ahead of time. Call the Vashon Library at 463-2069 for more information.

Fur Ball Heads Up

Plans are under way for the "Most Fantastique Fur Ball™ Ever". Watch for those shifty animal lovers as they make their way through alleyways and knock over garbage cans looking for handouts. They will stand outside of your business or house and howl 'till you give. They haven't fed for a year and need all sorts of goods to sustain them. The 6th Annual Fur Ball™Auction will be held on August 2nd, 2008. To donate, please contact the Grand Hairball, Kate Dunagan at 567-5485, or Vashon Island Pet

Why Ask Why? Dream! www.vashondream.com

April at the Library

Author Visit by Biffle French Sunday, April 13th, 2:00pm

Author of: Paddling the Waters of Vashon Island: A Circumnavigation & Some Adventures

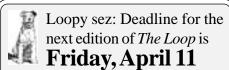
Have you ever watched kayakers paddling along the shore and wished you could go along? Climb into the kayak with author Biffle French as he describes his adventures paddling around Vashon Island. French's book includes fascinating anecdotes about the history of the island, its festivals, wildlife, and Native Americans. Join us for a pleasant Sunday afternoon meandering around our little island, without ever having to leave you chair. No registration necessary.

Late Night @ the Library Saturday, April 19th, 6:00 -10:00pm

Guitar Hero and Dance Dance Revolution open play will be available as usual. Participate in the Vashon Library Cyber Café and surf the web or play a game! Refreshments! Door prizes! Security will be provided. Sponsored by Friends of the Vashon Library. For youth in grades 6-12.

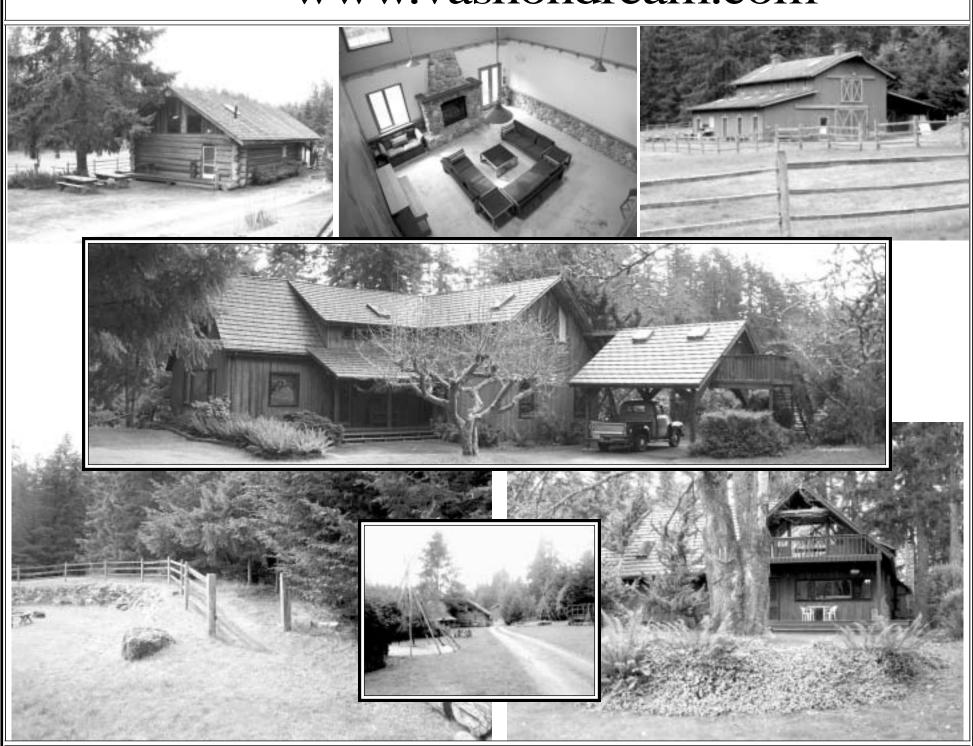
Opera Previews: I PURITANI by Vincenzo Bellini Sunday, Apr 27th, 2:00pm

Bellini (1801-1835) died at 34 and in that short life he composed ten operas, three of which have never gone out of fashion. I Puritani is Bellini's final opera and contains some of the most beautiful opera melodies ever composed. The story, set in the time of the English Civil War between the Puritans and the Royalists, is often laughable in its sudden plot shifts. The poor heroine, Elvira, has not one but two mad scenes. Believe it or not, the opera has a happy ending. No registration required. Sponsored by Friends of Vashon Library.





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The Vashon Loop, p. 4 April 11, '08

Haiku According to Vashon

Island Students Give it a Try by Kajira Berry

Haiku poetry is a very short, centuries-old form of Japanese poetry, usually considered to be based on three lines of 5, 7. 5 syllables, containing a reference to an immediate, current season or natural event.

Haiku is like a snapshot that captures the essence of what's happening, often connecting two seemingly unrelated things. Often, there is a surprise in the third line when the haiku writer includes an association that expands or flips the first observation. Writing haiku can be a lifetime obsession for those that get caught in the delight of finding just the right word for the moment's insight.

Opening the window for children to write haiku is great fun. Lately, both Harbor School's garden program and the Puget Sound Zen Center's family day introduced haiku writing to kids from five to twelve years old. One girl said, "I've always needed something to hold the images I have in my mind."

Here are some of the results. From Harbor School, 4th -6th grade children:

Growing in the spring sunshine trees live a strong peaceful life starting as a sprout **Forrest**

I see green around me a forest to an ant — a garden to me Elly

sounds in the garden it's soothing and it's slow the smoothness of the sounds Jing

A wet rainy day raccoons step and leave a mark which is soon cover'd up Elizabeth

Green leaves in the sun shining in the air — all so nice with rain drops Prasad

A stone on the ground among a million others – a piece of sand Elly

From Puget Sound Zen Center children: (note—the syllable count was not required)

Birds flutter high in the sky the ocean is facing the tall tall sky - spring is beautiful

The flowers are blooming only one bird flutters slowly in the open sky

— the ocean looks beautiful Lars

Crocuses are budding trees are budding — not so much night any more Adri

Flowers are budding birds are coming back — it's still not very warm Adri

It isn't raining so much I like it being sunny nights are getting shorter Eleanor

Daffodils come up Oh, it's so nice in the trees birds singing chirp chirp Eleanor

I saw yellow flowers blooming I saw buds and pink flowers blooming

— and moss on the trees Leila

Spring is coming as the bird sings as I feel the moss I climbed a small tree next to a pile of sticks, —then I go inside DanDan

My friend outside the window spotted the yellow flowers - I wanted to be with her Ellie

The beautiful bright tree shining with popcorn pink blossoms wakes us right up good morning Indigo and Christine

PANDORA'S BO

Hope you enjoyed March's wild ride - April resolution, no more

Hope your pet enjoys spring break - have them try a new chew toy.

Cheryl's pick of the week:

Good bye next week. I'll not be here. Come tell me all about it on April 14th.

(206) 463-3401

\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



Haiku From "Mondays at Three"

by Ann Spiers

For ten years, thirteen Islanders The fruit fly has drowned have met to share haiku. In 2003, in my unerring sorrow they published a collection entitled I swallow him whole Mondays At Three, Paradise Cove in honor of Helen Russell who first gathered the group at her cabin on Birdsong in thicket. the Island's west side. Here are Though I search the leaves all day, poems by the group.

welcome, Marissa sleeping your way in, as I, old, sleep my way out... Helen Russell

Morning fog thickens in the alder stand, a poem begins in my boots. Michael Feinstein

Up through foreign pines elders and salmonberries that the birds brought in John Browne Jr.

mock orange bouquet in translucent green glass vase let us sip and waltz Karin Brusletten

Birdsong in three notes wakes me from Swedish farmlands to coffee and chores. Shirley Ferris

steaming green tea old stoneware bowl these cold cupped hands B. Candy Gamble

Chris Bollweg

Haiku eludes me.

Barbara Chasan

A leaf underfoot gathers rainwater enough to show open sky Jill Andrews

starving Buddha his hand across the table the chair empty **Ann Spiers**

Two owls in the night Hoot-hoot across the silence then, again, nothing Jean Ameluxen

Adventure beckons... but oh! how sweet familiar ordinary ways Kajira Wyn Berry

Cut, and in a vase, Snapdragons turn to the sky. April rain falling. Ron Simons

The white cat

sits in green twilight regarding —as I fold spring smells and memories into white sheets from the clothesline above new-mown grass -Kajira Wyn Berry Earth has need of magic

if dandelions were not already wild – we would have had to invent them

-Kajira Wyn Berry

Half-day Sit

Here comes the morning light Let the chirping, tweetering And cawing begin

The roar of a distant jet A barking dog

With all the noise, What choice does this Old fool have, But to dance The jig

- David Steel

Old Issy

I knew an old woman who lived in gables, who said that the moon rises in the dawn after her dog tells stories in a language only the peacock says moo in the dawn of two suns, who tells all he knows. This language is yanoodle. And the wolf who walks, said that tigers grow tired of playing their stripes, of the tune that flies on the wings of a loon. And, inside the house the wolf meows into the sun after the tiger. -cooperative poem by Samantha

Vaughan, McMurray Middle School

"Yes, Virginia...."

by Devon Atkins

Whatever has happened to the wonder of a holiday? You'd think no one knew that April is National Poetry Month! You know, I stopped in a couple of our local gift stores this week, and there was nothing, absolutely nothing on display- no greeting cards, no decorations for front doors, no special foods, hats, or napkins. No poets rhyming on street corners! Good heavens, it's enough to make you stop believing in bears on Islands, fairy tales, and book trees!

Of course, here on Vashon we do celebrate holidays a little differently. We take pride in our understatedness, our tasteful street decorations and banners....or, not. Here on Vashon, we have small gatherings of thinking people who meet to discuss poetry, as they did at the April 2nd Vashon Bookshop Poetry Salon (First Wednesdays), where the conversation drifted in and out of poetry and poets, to the War, National values, and comparisons between the Seventies and now. It was meaty conversation and laughter, despite the obvious lack of carols, refreshments, or holiday party hats and presents.

Here on Vashon, because of our observance of National Poetry Month, both public and private schools will be closed between 7 and 10 o'clock on the evening of April 17th, Ferries will be punctual and extra speedy, the main intersection stoplight will flash with a special regularity, and there will be no cover at Café Luna. All because of National Poetry Month.

And, there's more. They say that teachers will encourage their students to write poems in recognition of the holiday, and that families will gather around kitchen tables and living room hearths to read old chestnuts and a new Billy Collins, David Kirby, or Mary

Jim

Jim is a dog, but his owner is a bird. When Jim went to play his owner flew away. -Samantha Vaughan, McMurray Middle School

LISTENING

During a fall of splintered sleet and blight, the slightest sound through floorboards tells of winter.

A first frost leaves green, roots settle silence, and fruit left on sills spends a scent of waiting. Then

when light washes through trees and sun shadows a single leaf, sometimes we stop and listen as if a sound can change what a heart grows into. -Devon Atkins

Oliver. They say that there will be poems written with eight special words (plus any additional ones), selected especially for the occasion; and, that these eight words are 1) part-time, 2) crime, 3) grime, 4) lime, 5) prime, 6) I'm, 7) climb, and, 8) sublime. And, that the young and the old, and everyone in between will meet at Café Luna, Thursday, April 17th at 7 pm to share these poems, plus some of their favorite ones, original and not. They say that the evening will be fun, often irreverent, filled with children and laughter, and with a welcoming audience that is full of appreciative faces. They say that this event is called The 8-Word, 8-Day Poetry Open Mic, that the first half-hour is reserved for the younger set, that sign-ups start this weekend, and that the Holiday is alive and well right here in our hometown. Yes, Virginia, April is National Poetry Month, and this is how we celebrate it on Vashon. (Hey, and don't forget your secret National Poetry Month handshake.)

Devon Atkins coordinates the Poetry Salon at the Vashon Book Shop at 7pm the first Wednesday of every month and the Poetry Open Mic at Café Luna at 7pm on the third Thursday each month.



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Devon's Vashon Poetry Picks

Devon picked out some of the poetry from the Open Mics at Cafe Luna, Poetry Salons at the Vashon Book Shop, some from students she works with and some of her own!

Indefinition

Inscrutable deer, inscrutable doe, once here among the carrot beds eating the new cauliflower like cheese.

How **swimmingly** they go at ease in the darkness, how easily the usurp our station—too easily for cries, for tears.

Or so the boy says, lanky, with big toes, trying to pin the blame on something we can't see

like a **raptor** above clouds or a crow in the night woods

or could it be the bird who calls out his name: killdeer, killdeer, no?

No deers to kill here, nor wings in the air, killtear, killtear, killtoe.

-Thomas Pruiksma, 8-Word, 8-Day Poetry Open Mic, October 2007

Ping Pong

It's nothing, nothing then, like the earth crushing in my hand the strike hits the table -P-I-N-G, P-O-N-G The opponent hits a hard one down the left corner

I hit it back. It hits the top of the net and, unfortunately rolls back down.

of darkness!

The opponent serves, using a slice of top spin.

I slant my paddle, I run it through the air. The opponent looks straight at it.

I don't think he knows I put the back spin on it, 1- nill. I am the lion, The fears, the great and Powerful.

-Maximo Mandl, VHS freshman

www.vashondream.com





Spiritual Smart **Aleck**

Buying Things Is Fun

By Mary Litchfield Tuel

Perhaps you recall that after 9/ 11, we were told that the best thing we could do to fight terrorism would be to go shopping. Keep that American economy perking away. That'll show 'em.

Now, seven long bloody years later, we are being told once again to go shopping. We (those of us who qualify) will be receiving checks from the government this spring. An "economic stimulus" it's called. We are not to think overmuch about where this money is coming from, only that we are to use it to go out and buy something for ourselves.

I'm thinking I'll use it to pay down my credit card debt, or some other bills. Which is what the gummint is telling us not to do. No, no, no, no! Don't pay off what you owe! Buy something new! This is meant to be CPR for our moribund economy.

Let's face it, kids, \$600 these

coming. I'm not saying no. I'm just saying that putting the country deeper into debt while encouraging us to get deeper into personal debt sounds like a dim strategy.

I've read and heard for years that we are a consumer society, and that we are addicted to spending and overspending. We keep trying to buy happiness. You can't buy happiness. You can, however, purchase a little temporary mood elevation. As my son says, "Buying things is fun, and then you get to keep the stuff!"

I'm not talking about consumerism as an outsider. I have yearned for and bought cars, computers, guitars, clothes, and one house; I have spent happy hours on the internet looking at fantasy houses and vehicles, among other things. So I'm not saying that buying things or wanting to buy things is bad.

I will say that I'm up to my neck days is chump change, an amount in crap I bought, inherited,



Illustration by Rick Tuel.

of money that will evaporate faster accepted, or found. I've acquired than a water drop on the wood stove in January. Or April, the way our weather has been lately. I say this from the perspective of having a procedure done at a hospital recently and spending one night in said hospital. \$600 would barely make them notice I'd put anything on my tab.

enough stuff in my life to have tipped to the evil side of consumerism - the point where happiness would have a better chance around here if I got rid of most of this stuff.

I keep thinking about the big picture here - the one where you can see the American dollar falling I'm not saying it won't be nice in value, and the balance of trade to be handed \$600, since it is being wildly off-balance. I'm

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We shape our dwellings, and afterwards our dwellings shape us. Winston Churchill

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thinking about one more action by this strange administration which has done so much to bring this country to its knees and disgrace it in the eyes of the rest of the world, not to mention in the eyes of over half its own citizens. Now we're all being handed a quarter to go to the store candy while administration makes out with our big sister. The candy may be sweet

in the mouth for a few seconds, but that won't keep us from realizing how much has gone sour.

So enjoy that internet cell phone, or a few minutes' peace of mind from paying down your credit balance, and get ready: we have work ahead of us as a nation, and it may involve things other than shopping.

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Co-op Preschool Auction

Continued from page 1

and VMCP alumni Kevin Joyce and Martha Enson of EnJoy Productions once again lend their talents to the show as headliners. Local band Candelites will also perform. Gourmet food and drinks, including a tapas buffet, are included with admission.

As in years past, the list of auction items up for bidding in both silent and live auctions is long and wide-ranging, a testament to the generosity of local sponsors and contributors.

From big ticket items—including a ski vacation in Big White, a cultural weekend in Portland, and a trip to Disneyland—to parties, wine tastings, and entertainment, as well as everyday goods like toys and clothing, organizer Gretchen Spranger says, "There will be something for everyone's taste and budget."

No island auction would be complete without original works by renowned artists who call Vashon home. This year's VMCP auction is no exception, featuring works by Pam Ingalls, Karen Crozier, John Anderson, and Karen Dale to name a few.

The annual VMCP auction helps offset the cost of preschool tuition as well as to raise money for scholarships. In addition to providing a needed childcare alternative for island residents, the preschool, which is affiliated with

Notable Northwest entertainers the Home and Family Life Department of the South Seattle Community College, provides critical "parent-as-teacher" education by professional staff trained in Early Childhood Education.

Noche en Españia

What: Tenth annual VMCP fundraising auction, featuring food, drinks, entertainment, live and silent auctions. All are welcome.

When: Saturday, April 19th at 6:00

Where: Vashon Island VFW Hall. 22100 Vashon Hwy How much: \$20, available at Burton Coffee, Books by the Way,

Vashon Bookshop and at the door. More information: www.vmcp.org Vashon Maury Cooperative Preschool

What: A cooperative preschool for just-walking toddlers to prekindergarten five-year-olds, embracing not only the development of the child, but also the education of parents. When: September through May, class times vary by age-group Where: VFW Hall, 22100 Vashon

How much: Monthly fees vary by age-group (current year: \$43 to \$173)

More information: www.vmcp.org

Vashon's Poetry Post

by Ann Spiers

The Poetry Post, a cedar pole, stands in Vashon town's Village Green. The post is modeled after Yakima's Poetry Pole, stewarded by Jim Bodeen of Blue Begonia Press. All are invited to pin poems (their own or others) on the pole. Stewards are always needed to care for the Post for a season.

In 2006, a gathering of forces erected the pole, including Loren Sinner Cedar, Vashon Parks and the Village stewards, Bill Ferris' Raven's Isle Woodworks, Bill Mann, Island poet Ann Spiers and Zack Krieger. Paul Motoyoshi offered a tea ceremony as a blessing for the Post on the Winter Solstice 2006. The posted poems are periodically collected and archived.

Here's a sampling of posted poems.

A Perfect Order Charles P. Ries

The elevator rises as another one descends.

Bill's son is ten and learning basketball.

The air smells of Fall says, cool nights and Harvest moons. Mary's daughter is thirteen and pregnant.

I have fallen back in love with French bread and tomatoes.

My friend Steve just had his legs blown off in Iraq. My life at middle age is finding its

balance.

In an endless galaxy amidst a vast sea I sit in a small boat and try to figure out which way the wind is blowing. Posted by an anonymous Special Operative of the international Guerilla Poetics Project which smuggles small, letter-press printed poems into books and other places.



Vespers

Calm and clear again tonight again the evening star round and perfect at the edge of the crescent moon lights our path, brightens your form like ocean phosphor. Never mind tomorrow. I will smooth the bed, scatter verbena at the corners, enter into holy silence, wait.

Please stay, we signal. Be with us. Evening lengthens in our hands, reaches us. Takes us.

- Carolyn Vespers

Posted during a memorial service for Island caregiver and poet Carolyn Vespers. The poem recounts her taking care of a dying patient whose dead friends and family gathered in his front yard

...we stand under our own umbrella we don't need pop stars.

Posted, rain washed, and these lines are what remain.



Loopy sez: Deadline for the next edition of *The Loop* is

Friday, April 11

each evening to wait with him.



- 61 Type of dressing
- 63 Place for bathing
- 69 Saucy
- 70 Gruesome
 - 71 Real
- 42 Gone With the Wind's Mr. Butler 72 Dining hall
 - 73 Chosen
 - 74 Was looked at

of solitude.

Let me stand in the stillwhite center

— the fierce embrace

of glacier winds

— the aching splendor

of snow.

Let me know

Let me hear

—the hymn-high song of cicadas

– the boom and seethe of surf

— the crystal laughter of a child.

> Let me dance in the soultrue light of stars.

Let me feel

— the flower-remembering winds of twilight

— the heart's blue fire touched by love. Let me lie in the grassgreen life of summer.

Let me seek

- wisdom caught in a net of words

contentment in the moon-pulled storms of change. Let me be in the noonhigh beauty of now.

- Kajira Wyn Berry

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Where great blue herons stand on long reedy legs and gaze with level beaks Where crows argue over beach tidbits and strut their arrogance Where seagulls circle and cry warnings Where eagles land and find themselves alone Where swallows sketch their joy across the marsh Where Fisher Creek curves into Quartermaster Harbor That place is my place. -Jill Andrews

MEMORIES

Through the years Life hustles us on, With ins and outs, and roundabouts. We should be thankful we did not know What the Winds of Time to us would blow. Now, as we near our final days and years, Cherish each day—put our life in gear. There is so much to do, and so little time— (Or like me, you could start writing rhymes.)

Need some help on what to do? These few things can see you through, Every one you do will lift your spirits, And lighten the load of someone else, too.

Get in touch with a very old friend, Send a funny postcard to one who is ill, Or a gift of food for an invalid—or tell An amusing story, or give several great big hugs. There are lots of ways to be loving and giving, To add love and laughter to a fellow traveler. As I have learned in my memoirs class: Sharing your past is like giving a part of you.

-- Mary Lou Hillendahl, Vashon Senior Center

ACROSS

1 Melt

- 5 Talk
- 10 Privet 14 Soft
- 15 Peon
- 16 Air (prefix) 17 Moderately fast (music term)
- 19 Detail
- 20 Ball holder
- 21 Strangely
- 23 Should 26 Sleep disorder
- 28 Cooking tool
- 31 Maturity

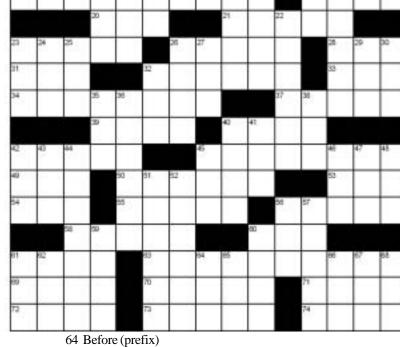
DOWN

- 1 Thirst quencher
- 2 Movie 2001's talking computer
- 3 Sign language
- 4 Artist Andrew
- 5 Giant
- 6 Seafood
- 7 Furthest back 8 "Grand" mountains
- 9 Wears away
- 10 Bucket
- 11 Keys in again
- 12 Anger
- 13 Mother
- 18 Comprehend

- 32 Tennis player Andre
- 33 Extremely high frequency (abbr.)
- 34 Current regulator
- 37 Strong rope fiber
- 39 Landing
- 40 Look at
- 45 Ancient Indic language
- 49 Possessive pronoun
- 50 Scuffle
- 53 Boxer Muhammad 54 Cell stuff
- 55 Painter Richard 56 Abundant
- 58 Trash
- 22 Pulpits
- 23 Rowing device
- 24 Good grief! 25 "To the right!"
- 26 Seaweed substance 27 Dab
- 29 Expression of surprise
- 30 Football assoc.
- 32 Dined
- 35 Choose 36 Baby_
- 38 Make angry 40 Buddies
- 41 Vane direction 42 Pole

- 43 European Nomad
- 44 Pencil ends
- 45 Compass point 46 Strike sharply
- 47 Unwell
- 48 Equal
- 51 Functional
- 52 City in Minnesota (2 wds.)
- 56 Spots
- 57 Applesauce brand
- 59 Gashes
- 60 Nearly horizontal entrance
- 61 Metronome marking
- 62 Downwind
- - - 65 Twitching
 - 66 Before, poetically
 - 67 Fear 68 Japanese money

Solution on page 17



The Vashon Loop, p. 8 April 11, '08

14th Annual Science Fair

Continued from page 1

Works shops by Vashon's science guru Barbara Gustafson include kites for kids, building with windbags, solar bead science, parachutes, rocket launches and more. Some of the great guest exhibits consist of Don Ehlen's Insect Safari collection of live and preserved insects (Talk to Don and be inspired by his passion for science.), Vashon Audubon Society's awesome Island bird collection for you to touch and investigate and the McMurray Tech Club robotics demonstration. For more information call Donna Gagner 463-4225.

PTSA Auction May 3



Emmanuel Pereyda-Antunez and Jose Sahagun, both in Elizabeth Golen-Johnson's pre-school class, create a botanical monotype collage with artist Mary Margaret Briggs as a highly coveted items up for bid during the Vashon PTSA Auctionon May 3 (more at ptsa.org).

Joanna Macy Comes to Vashon

Continued from page 1

Or maybe you're a person who says, "Joanna who? Never heard of her." In that case, let me tell you a little about her, her work and

Macy is a leading voice in activism for peace, justice and a safe environment. Her work may help you to transform despair and apathy—both personally and globally—in the face overwhelming social and ecological crisis. She and her husband Fran were active since the Chernobyl fiasco and have been leading voices against nuclear proliferation ever since.

climate change, not dealt with, she to a rapid conclusion. In New says, "The most remarkable feature of this historical moment on Earth is not that we are on the way to destroying the world—we've actually been on the way for quite a while. It is that we are beginning to wake up, as from a millennia-long sleep, to a whole new relationship to our world, to ourselves and each other."

Commenting on the fact that 2008, in the Chinese calendar is Earth Rat year, she writes: "The mantra for an Earth Rat year is "Break It Down." Break down old habits and obstacles. Break down problems into discrete pieces and tasks. The image: a family of glossypelted rats is looking at a large warehouse packed with rice. They know they can take the huge



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structure down. Each will focus on her own immediate job, her bit of the wood to chew. This is not a time for multi-tasking, but just working away sequentially, consistently, in the most ordinary fashion—for real change.

"I just discovered a new saint, and the kind of strength he evokes is similar to Earth Rat's. I have been reading about New Orleans and one of the books acquaints me with Saint Expedeet (also called Espidee). I immediately want him in my pantheon and in my life.

"To tell you his story, I'll just quote from Voodoo Queen by Martha Ward. "As beloved in the city as St. Anthony or the Virgin Mary... this saint, does not belong to the Catholic Church.... It seems that a statue of a Roman foot soldier intended to be part of a crucifixion tableau became separated from its companions. When the missing piece turned up on the levee of the Mississippi in a box marked EXPEDITE, things began to happen quickly. Word spread of a recently Acutely aware of the dangers of arrived saint who could bring things Orleans speedy results are the true miracles...

"St. Expedeet wears the garb of a Roman soldier and crushes a raven beneath his foot. The bird manages to croak Cras! Cras!— Tomorrow, tomorrow—wait, procrastinate, do it later, mañana. Espidee, however, points firmly to a sundial inscribed HODIE. Today. Do it now."

Come to hear her April 29, 6:30 pm, at the Burton Lodge. Tickets are \$25. \$20 for members of Puget Sound Zen Center, sponsor of this event. You can sign up online at pszen.org, or send a check payable to PSZC, PO Box2644, Vashon, WA 98070 to receive a confirmation packet. Tickets are also available at Books By The Way.

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We've Got a Lot of Kids

"Those Kids Must Eat a Lot, Huh?"

by Kevin Pottinger

We pull a hard right, easing the minivan into the grocery store parking space. After the motor is shut off, both side doors suddenly slide open with a bang. A cluster of bickering siblings belligerently push and shove their way into the early evening drizzle. After a couple minutes of negotiation, we all hold hands and scurry across the halfempty parking lot.

Under cover, we find the driest grocery cart we can, and hogwrestle our three-year old twins into the upper basket, over their heartfelt howls of protest. It's best to confine the twins to the cart rather than let them range freely. I try to put out of my mind the illustration depicting stick figures riding dangerously in the cart, conveniently etched into the red plastic seat base.

If my wife Maria and I are grocery shopping together, we use two carts that we heap high with groceries. It must look like we're outfitting an Everest attempt. Strangers eye the two carts, lean in a little and murmur, "Those kids must eat a lot, huh?"

When it's just me and the kids doing the grocery shopping, I put the sulking twins and the canned goods in the upper basket of the grocery cart, and all the biteable, pokeable or squishable food on the bottom rack of the cart. Our two older kids, ages five and seven, trot alongside and provide color commentary.

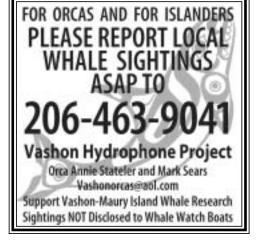
Our first stop is the meat section, where almost immediately several kids advise me of their urgent need to go potty. We make our way to the restroom in the back of the store, through the double doors, past the boxes of bananas, past the time clock and Employee-of-the-Month pictures and the deserted break room. We all file into the bathroom and the kids take turns on the throne. Kids that have finished find their amusement by washing their hands, running the cold water, then the hot water and pushing the start button on the hand drier repeatedly and putting their hands and faces

under the hot blast. We point the cart back into the store to resume shopping.

As we round the corner into the lunch meat section, our seven-year old usually hassles me about Pizzaflavored Lunchables. Apparently an overwhelming majority of kids in his class have parents that care enough about their children to purchase the delicious and highly nutritious Pizza-flavored Lunchables for their lunch. For the third or fourth time this month, I stonily examine the Pizza-flavored Lunchables he's handed me to thoughtfully consider. deceptively lightweight box has manic green and red-orange graphics, and a list of ingredients five inches long in tiny print, with tieins to wildly popular toys on the front and back. Failing to move me, he settles for his favorite chopped ham that he's had in a sandwich for lunch every day since he started school this year.

When we check out, I take the twins out of the upper basket and set them on the floor, and put the pokeable and biteable food from the lower rack in the upper basket to be scanned. Our older kids sprint to the toy section to study the Bionicles and the My Little Pony dolls. The twins are enthralled by the fascinating things on the lowest shelves by the checkout counter: the battery operated personal fans, big packs of fragrant chewing gum, huge swirly lollipops, glitter sticks and thick bars of gold-wrapped dark chocolate and marzipan.

Every so often, my wife Maria or I will come home with items neither Maria nor I put in the cart. A packet of Tom Douglas's spice rub; a box of Valentine's Day candy hearts, imprinted with BE MINE or LET"S GO STEADY; a bar of Kiss My Face soap. All the kids deny dropping the items in the cart. But when it happens the next time, if it's a package of, say, delicious Pizzaflavored Lunchables, we'll have found our culprit.



Garden The World

By MEarth

Sacred Water

My back people had a unique way of looking at water. Celts saw water as an interface between our world and the otherworld, the boundary between Earth and Sky, and of the same sacred nature as the special times of day - dawn and dusk, noon and midnight. Wells and springs were seen as gateways and doorways to the world of spirit, honored and tended by sacred women.

As the new Church came in and such practices were stamped out, sacred wells, which had always been places of oracle and divination, of seeking and finding, became 'wishing wells.' Often, the most sacred of these springs had churches built right over them and they continued to flow within the innermost sanctuaries and were even used for baptisms.

I have long felt that water was a sacred being, a doctor, a healer, a magical being that has danced with the earth and the air on this planet since long before we were ever even an embryonic thought.



Photo by Masuru Emoto

When I first moved to this place, this island in Puget Sound, I was profoundly confounded by the fact that fresh water gushed from holes in the ground in some of the canyons here. I can still scarcely believe it and, yet, it is true – here, in a place surrounded by salt water, it gushes. On one of my first pilgrimages here, I was taken down into the canyon where West Side Water gets its water. I thought it was one of the most sacred places I had ever been. When I had to take someone out for

an excursion into the sacred, that was one of the places we went and

Water its living strength first shows, When obstacles its course oppose. —Goethe

Water seems the softest of elements, yet its power is undeniable. I've seen it wash houses right off this island.

We live, surrounded by it. It is the defining element of this region. Its moods define our life. Is it raining? snowing? flooding? It affects us all continuously. We squabble over it, litigate over it, argue about it, use it, misuse it and abuse it. We all love it and want it until we have too much and then we hate it. It powers the green of the trees and the green of the mildew.

Lately, I have been reading *The* Miracle of Water by Masaru Emoto, Japanese man who has photographed thousands of water crystals throughout his years of research on the impact of words and thoughts on water. He is convinced - as am I - that water is sacred, alive and responsive to human thoughts, actions and words.

I believe water – and all elements - hear and understand human speech and prayer.

Emoto seems to show clearly that water responds strongly to subtle differences like 'can' and

> 'must,' 'let's do it' and 'do it.' uses his crystal photography to show us that we should always think and speak kindly to water - the water in our glass, the water in the sky and on the ground, and especially to the water in each other. We are, as he reminds us, 70% water.

> Emoto tells us we should tell each other we are beautiful, that we tried hard and did well and the water within will respond. I like the idea. It cannot hurt to be kind to one another, to always seek the positive in every situation and to speak the positive in

every conversation. One of the most beautiful crystals formed with thoughts of 'love and gratitude.' That rings right to me. Those have always seemed the most important attitudes to take with both the human and the sacred in this universe.

We are blessed here with an abundance of water. I love it and am so very grateful for its power, beauty and magic in this region, in our lives and in our very selves. Love and gratitude to you, my readers. Love, യയയ

it did not disappoint.

Espresso April's Back... ... Come in and say hello

Check out our new \$1 kids menu

Monday - Friday 5:30am - 4:00pm Saturday - Sunday 8:00am - 3:00pm 17311 Vashon Hwy Sw

Madame Toujours

Dear Madame Toujours,

I have been married to my wife Cherise for three years. We have one little girl, Thomasina, and a brand new baby boy named Ralph Jr. Cherise and I agreed that she should stay home with the kids until Ralphie is in the first grade, then she'll go back to work part-time. Meanwhile, she keeps busy sewing baby clothes and selling them on Ebay. She has a degree in fashion design. Last month, she made enough money to buy me a bigscreen TV for the family-room.

The thing is, lately, she has been acting resentful. Okay, maybe I shouldn't have said anything about how lucky she is to be able to stay home and pursue her hobbies, but darn it, I had a long day at the shop, and I was tired, and she wanted me to get up and hand Ralphie Jr. his binky-bear. The kid didn't need his binky-bear; he would have stopped screaming for it eventually. Anyway, it came out that she doesn't think my job is more important than what she does. How can she say that? Without my job, kind of post-partum craziness? Does she need medication?

> Sincerely, Head of the Household

Cher M. Head,

Ahem, it is appearing to me that you are laboring under the common misconception which is afflicting the western civilizations for many of the millennia. Let me explain: many thousands of the years ago, the human persons were noticing that the specializations of the labors were being very efficient, so one day everybody decided that Trog, the fellow who was being extremely good at making the stone spearheads, should stay at home and make spearheads while the fellows who couldn't make a spearhead without knocking themselves

unconscious should go out and hunt the mastodons. The other fellows weren't really any better at hunting the mastodons than Trog, but at least they were having the many excellent spearheads. Soon, Trog came to feel that his job making spearheads was exceedingly important-mostly because he was doing it.

The same thing was happening with the women and the childrearings. Mme. Trog noticed that when M. Trog was being left to tend *l'enfant*, he was mostly just leaving it behind a large rock possibly supposing that the nurturing female wolf would come along and take it back to her cave and raise it in the jungle like Mowgli. This was seeming to Trog like the excellent idea. He wished he could have been raised by wolves in the jungle like Mowgli. Trog was quite astonished to come back to the rock and find that *l'enfant* had been eaten by Sher-Kahn, the saber-tooth tiger. Why had the nurturing female wolf not protected it? He felt resentful that Mme. Trog blamed him. He had been we'd be on the street. Is this some very busy with his extremely important job making spearheads.

> Pretty soon, *Mme.* Trog learned that she had better look after le petite Trog Jr. herself. This was not because *M.* Trog Sr. was being so very good at making the important spearheads but rather that he was so extremely bad at raising the childrens.

> Bon Chance, M. Head, and before you are considering too much the advantages of staying home with the childrens, consider that it is now being prosecuted as the abuse when you are leaving le petite Ralphie Jr. behind the rock. There is no use to explain that he was taken by the wolves, because many of the judges and lawyers and jury persons are the female types who are not understanding why anybody would want to go live in the jungle like Mowgli.



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The Vashon Loop, p. 10 April 11, '08

🖎 LoOp Op Ed

Hindrances to a Thriving Town

by Jay Becker

Part II of two articles looking at some of the planning issues facing Vashon

Could the town of Vashon work 13. And other problems/ better for Islanders' well being than it does now? That's another way to phrase the question the new Town Plan sub committee of the Community Council is examining. There are many stories of difficulties facing Island business:

- **o** A small shoe store was once profitable on the Island, but the savvy young owner couldn't find affordable room to expand, got a better offer of much more money in a salary with no risk of wrong inventory, and took his growing family to the Eastside.
- **\ointigo** We used to be able to buy major appliances here. But the owners couldn't expand and their supplier cut off small outlets. Ironically, later on a Sears official visited the Island trying to find space and an operator for a suitably sized store. He couldn't.
- **ω** I talked once with the owner of a growing business who had employees working in a tent alongside his home. He needed more space. He pondered moving to Kent. I heard he finally found an Island barn. Anyway, the tent is gone.

A survey of Island business property owners in the plan area is being considered to find out their needs. The earlier plan volunteers surveyed also. That helped them decide to set up the plan and zoning as it is now.

The list of problem areas hampering better service to Islanders hasn't changed much since the present town land use plan was established more than a decade ago. Here are some of the problems/opportunities:

- 1. Water "shortage" precludes getting permits;
- 2. Traffic patterns and volumes lead to cruising for handy parking; 3. Retail "leakage" (buying off-Island);
- 4. Transportation to and from the Island seems to be deteriorating again as half the paychecks come from off the Island:
- 5. Fuel and electricity prices rise faster than general inflation;
- 6. Affordable housing lacking for modest income households leads to dramatic commuting;
- 7. United business promotion efforts to bring people to town languish:
- 8. Home occupation expansion continues without support;
- 9. Small lot single family detached home development is almost nonexistent:
- 10. Globalization and Internet user needs and effects are unknown:
- 11. Permitting process drags owners to despair:
- 12. Population trends and needs are not widely understood;

opportunities overlooked or forgotten by this writer for the moment are likely to come up. Probably, committee members will be asking Islanders again what we want the town to be like in the next 10 or 20 years.

So why haven't even more local businesses started here or existing ones expanded? That's another question for the committee. Existing ones have expanded. Sawbones Worldwide did. K2 expanded so much that moving production jobs to China and Korea made economic sense. Island Lumber certainly expanded. LS Cedar sells all over the Puget Sound area. One customer jeweler says he couldn't make it without his California customers. A long time Islander builds computer servers all over the region. Another is a vice president of a firm serving Internet customers nationwide. His office is his computer. Food processors find a market via the internet. The list goes on.

Our county executive recently reported that the overall comprehensive plan for rural areas succeeded in keeping rural land open for the past 14 years. Population growth in rural areas holds steady at four to five percent a year, he says. This contrasts with 12 percent yearly growth before the state's Growth Management Act triggered all this planning and zoning. At a four percent a year our present population might grow to some 15,000 in a decade. That's unlikely. But we already look a lot like the sprawl east of Bellevue before it started to fill in. We have a lot to figure out...but you already knew that. 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.







LoOp Letters

Here's a question worth pondering.

A guest speaker at a Vashon school explains the water cycle, and what "sole source aquifer" means. (The only water on this Island comes from the rain and from second-hand water from irrigation, septic systems, etc.) Then she asks this question: "Here on the Island, how many times during your life will you drink or use the very same water?" Silence in the room. Then a couple of high-pitched "Iccck"'s.

It's a question we should all ponder for a moment.

Then take a second look at that orange and white flyer that just came in the mail - Household Hazardous Wastemobile at the K2 parking lot this coming weekend (Friday April 11 through Sun April 13 - 10 am to 5 pm).

This is a rare opportunity to gather up the old pesticides, cleaners, oil-based paints, oil, antifreeze, and other substances in our houses, garages, sheds and barns and dispose of them. For free.

The Island has taken good care of its aquifer. But as the years go by, what slowly gets into the ground will become an increasingly difficult problem for our children and grandchildren.

Thanks for your efforts, Frank Jackson



Loopy sez: Deadline for the next edition of *The Loop* is Friday, April 11





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No One is Leading

by Mark A. Goldman

The American people have no one leading the charge for the restoration of the Constitution and the rule of law.

My point is not that few Americans are engaged and energized in doing good things, but simply that there is no individual who is leading... no one with whom you and a great many others are willing stand and fight in order to defend your country and your heritage.

Vying for political leadership are the two principal nominees hoping to be the Democratic candidate for President of the United States. And there's also the Presidential candidate for the Republicans. But none of these candidates have made the ongoing perpetration of crimes — against our Constitution and the American people — an issue or a cause worth fighting for.

I'm not going to recount here all the ways that the Constitution and the rule of law have been trampled upon in recent years. A Google search on "Bush crimes" might be time well spent for anyone who needs a review.

Apparently most citizens have been talked out of their patriotism by the mainstream media, the two main political parties, and our elected officials — those traitors who conveniently forgot their oath of office while the Constitution was being so denigrated.

One issue in the upcoming election under discussion is the ending of the war in Iraq. But on close inspection we see that that, in and of itself, would be a bogus issue. The real issue is whether we are going to recognize the illegitimacy of the war, the crimes that were committed to instigate the war, and the ongoing crimes against the Constitution and innocent people in the administration of the war. The war itself was a direct attack on the Constitution and the American people... and of course on the people of Iraq and Afghanistan.

The real issue is whether we are a nation of laws... i.e., do we believe in the rule of law... or have we simply given up on the American Experiment and the Constitution itself. If we acknowledge that the war was illegal — that egregious crimes were committed in its execution — then it will follow that we must end

The American people have no one the war. But what follows is much ling the charge for the restoration more than that.

Just talking about ending the war and bringing our troops home, without addressing the shredding of the Constitution, is a betrayal of every American and every soldier who ever fought in this war or any other. Are we going to reclaim ourselves as a Constitutional republic or have we given up trying to be the America that was originally conceived into being by the Framers?

Beyond the war and its illegality, are the following travesties that need to be addressed: the illegitimate elections that fraudulently put criminals in charge of our government and kept them there; the ongoing destruction of government itself by the purposeful evisceration of nearly every oversight function of government. Lies permeate government offices everywhere. That's why the economy is failing, why we have no energy policy, why our educational system is behind the rest of the developed world, why all citizens do not have access to affordable health care, why our food supply is at risk, why our children are at risk even when they play with toys, why our infrastructure is in a state of decay, why inflation is stealing from every paycheck, why the over-bloated military industrial complex is bankrupting our country, why Congress no longer works as a body representing real people... and the list goes on and on; when and how are we going to recognize and take responsibility for the crimes we have committed against other members of our human family?

If we refuse to acknowledge the crimes, and if we refuse to find and stand with a leader who is willing and able to honorably seek justice in their resolution, we will be surrendering our rights, our freedoms, and our heritage to the true enemies of our republic — we will be surrendering to ignorance, arrogance, cowardice, and greed. I invite you to review the following links as you consider your response: http://www.gpln.com/howiseeit.htm, http://www.gpln.com/citizen.htm, http://www.gpln.com/oneissue.htm,,http://

/www.gpln.com/resolution.htm.





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Happy 5th Anniversary Perrys!!

Continued from page 1

supporting me. Without her support I wouldn't have been here. Thanks to my family helen, Chaleh, Perry and of course my new best pal Ian Wade...you guys have been the back bone of this business and It's been hard at times but we got through it together. I look forward to many more years of making The Best Burger In Town!

Ian is going to be leaving us to go to the Marines so I wanted to give a little appreciation....

To Ian Wade...you made it through some tough training and I have a lot of respect for you sticking in there! I know you'll be great in anything to do. Thanks for all the laughs!

p.s we are across the street from the Theater, Come in and eat or we'll both Starve

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Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond. Marie and Troy The Vashon Loop, p. 12 April 11, '08



Plants To Ward Off Cataracts

by Kathy Abascal

In order to see, the lens of your eye needs to be as clear and translucent as possible. If cloudy areas develop, you have cataracts that left untreated lead to blindness. Cataracts are common in the US and about half of those over 65 have them. Nearly everyone over 75 has cataracts. When the cataracts reach a point where they substantially interfere with vision, they are treated surgically. In this operation, the clouded lens is removed and replaced with a single-focus lens. This lens cannot change its shape to bring objects at different distances into focus, so the person usually needs to use glasses for near vision after the surgery.

Obviously, it would be better to prevent cataracts from developing and there are good indications that we can do that. Smokers, people with diabetes or exposed to heavy metal poisoning or who have been using steroids for long periods tend to develop cataracts. This means that cataracts are not unavoidable disease of old age but instead are caused by accumulated oxidative stress.

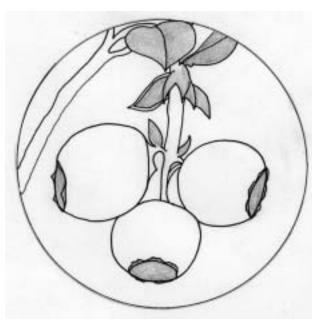
New Class Starting: By Kathy Abascal **Back On Track.**

A 3-weeks series for those who have taken the Anti-inflammatory Diet series. This class is for those who are eating well but would like a bit more inspiration and support for your efforts. It is also designed for those who would some help getting back on track. This class series is based on my own experience recovering from holiday excesses which I found very difficult to do on my own.

Two committed weeks allows you to get back on track and re-experience how good it feels to eat well. Most importantly, 2 weeks is short enough to make it doable. The Back on Track series will be on Mondays April 21, April 28 and May 5 at 6:30 PM at the Roasterie. Cost \$30. Sign up at the Roasterie or contact me (463-9211 or anemopsis@yahoo.com).

There is much we can do to prevent oxidative stress from causing cataracts: Quit smoking, if you do. Eat a diet that will not lead to diabetes and eat more mindfully if you are diabetic. If you use steroids to treat conditions like asthma or arthritis, explore the use of herbal anti-inflammatories. These herbs can allow you to "save" steroids for more serious flare-ups and greatly reduce the amount of steroids you need. Finally, eat an anti-inflammatory diet so that on a daily basis you get enough antioxidants to minimize the damage caused by the oxidative stress you simply cannot avoid.

Some antioxidants seem particularly good at preventing cataracts. Bilberry and other dark berries get their color from antioxidants called anthocyanosides. In one study, a mixture of bilberry anthocyanosides combined with vitamin E halted the progression of lens clouding in 97% of people with early stage cataracts. A good extract should contain 25%



cranberries

as anthocyanidins) and a dose of 80-160 mg three times a day is recommended. Other useful berries include blueberries, cranberries, huckleberries, blackberries, raspberries, grapes, and wild cherries. The ideal would be to eat a cup of berries a day but it might be wiser simply to eat as many berries as you can and supplement with a good extract.

Another way to ward off cataracts is to make a tea of 2-4 be a good idea. Ginkgo reduced the tablespoons of crushed blueberries to which you add a teaspoon of dried catnip. Catnip is high in many compounds that prevent cataracts in animals. Jim Duke (author of the book The Green Pharmacy) recommends two cups of catnip tea a day to prevent cataracts — with or without the blueberries. Catnip, hot or iced, is tasty and is rich in many compounds that prevent cataracts in animals. It has other benefits as well. Catnip calms the stomach, prevents flatulence, and is a mild sedative so you will feel mellower and probably sleep better if you drink it regularly.

Cataracts are also associated with a deficiency in selenium. The lenses of people with cataracts often have only about 15% of the normal amount of this mineral. A tasty way



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 ongoing Conscious Eating for Health &

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

> to ensure that you get enough selenium is to eat a brazil nut a day. A less tasty way to ensure enough selenium is to take a multi-vitamin. Note though that studies increasingly show that getting antioxidants, vitamins, and minerals from food is far superior to taking supplements.

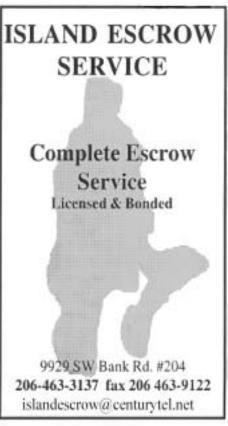
The old adage that carrots are good for vision holds true when it comes to cataracts as well. Carrots contain carotenoids carotenoids also prevent cataracts. In fact, all of

anthocyanosides (sometimes listed your yellow to orange-colored vegetables and fruits have antioxidants that protect the eyes. So, work on eating carrots, pumpkin and other winter squashes, and sweet potatoes as well as those delicious apricots, and mangos. The yellow spice turmeric is rich in interesting compounds prevented diabetic cataracts in mice. So eating curries is another way to ward off cataracts.

Finally, taking ginkgo leaf might incidence of cataracts in radiated mice. It also has many other effects that are useful as we age: It improves the flow of blood to the brain, slows the onset of dementia symptoms, and has compounds that strengthen blood vessels and prevent clotting. It is a safe herb but if you are taking blood thinners or other prescription drugs you may want to get some knowledgeable advice before taking it.

In summary: Avoid oxidative stress, particularly from steroids and smoking. Eat a healthy, anti-oxidant rich diet with an emphasis on yellow and orange fruits and vegetables. Eat even wilder, dark berries and take a good bilberry supplement when you are not eating a ton of berries and cherries. Eat a brazil nut and drink a couple of







Island Birding Guide **Species Identification** How to Attract Birds Ed Swan 減 (206) 463-7976 edswan@centurytel.net.

cups of catnip tea each day. And, if you are over 50, consider taking ginkgo leaf. $\omega\omega\omega$



Plauet-Waxes



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

Gradually, and I do mean gradually, Mars is picking up speed in Cancer, where it has been for months. This is a difficult position for Mars, and particularly so for an Aries, but there is a deep and meaningful experience here. Mars as we are trained to experience it today is not taught to ask itself questions. This is less a property of Mars and more a property of how we treat aggression or selfassertion in our current context. The past several months have turned this around entirely; they have been a crucible of inner activity, questions about your personal security and most of all, a conscious confrontation with fear. It is not over yet. But based on what you have learned this past winter, where your insecurities are concerned, you're in a lot better position than you've been in for much of your life. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You have been put through a series of tests the past week or so, most of which involve learning the art of sending one clear message to the world. You still have some odd ideas about who and what is powerful, and about your own power or lack thereof. You would do well to question where those ideas come from, and challenge them on the basis of their source, rather than based on their seeming content. Generally, ideas about authority are designed to make sure that you're the one who doesn't have it. This contradicts an obvious necessity that someone as seemingly independent as yourself might have to be the person with some actual authority over your life, and I mean on the most intimate emotional levels of your being. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) It is fair to say that you have a plan, and that it's an original one. Will it work? You might want to scale it down, and test it in miniature for a while. How long is a while? Until it works. You get to define works, but you now need to get from innovative theory to practical reality, and that will be a leap. Fortunately, it's not a leap over the Grand Canyon, but rather something that can be done in a series of logical steps, with equal emphasis on both elements — logical, and steps. You are normally a pretty conscientious thinker. You are currently running the risk, at least temporarily, of throwing that to the wind. That is not a the moment, the conversation can be guarantee of failure. It's certainly not dismissed, chalked up to a lesson or a guarantee of success. However, you don't need guarantees — you need to keep your eyes open and your mind alert to a quickly changing environment. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) Planets are now accumulating on your career angle, and this is a caution not to underestimate the respect that people have for you or for the work that you do. You might be inclined to presume that people don't give you your due only because you're so accustomed to it. It takes a lot of awareness to change a deeply seated thought in your mind. I suggest you proceed precisely with that, and put into motion any strategies you have been brewing over the past six months. There are key elements of your plan that will work if you work them. There may be other aspects that are not worth a large investment of your energy or

Aries (March 20-April 19) resources. You need to sort out which is which, and make your moves while the season is young. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You are in a great position to think for the long run and the largest possible picture. You can project your thoughts as long as your imagination will extend. The ideas you have now may seem like they exist more on the level of hopes or theories than anything tangible. They may seem to disappear after a few weeks time, but they still count. One question the astrology presents is what to do with the opportunities you have now. The Sun is strongly aligned in such a way that things that might otherwise have no substance have, for a brief period of time, both substance and energy. You have the ability to shift your view on both one particular relationship, and also on your whole concept of relationships. A longstanding debate over "the real" versus "the ideal" may finally find some resolution. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You are not accustomed to being aggressive; you spend so much time attempting to figure out the true nature of reality – or making up your own version – that you could hardly have much energy left to assert your will on the physical world. You are in a different mode at the moment. The world seems to be calling you to take action, but here is a clue. You need Plan A and Plan B. While you're at it, sketch out Plan C. In truth, the world is more like a Chinese menu than it is like a voting booth. In other words, the final result of any situation involving planning is usually a combination of ideas from many different solutions. Plan carefully, apply discipline lightly, and keep your mind flexible. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) If a friendship starts to clash with a career or professional situation, take the chance to back off from the development. What you have is a rare example of a test case — a scenario where you can play out something presumably less important for the sake of learning a lesson when something more important comes up. What differs between the first goround and the second is that the second time, your feelings will be at stake in a deeper way, and so will those of someone you care about. At taken in an abstract way. When a similar situation goes deeper, probably with someone else, you will probably not have that luxury. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) We may wonder at this late stage of history why it is so difficult for people to change, even something so flexible as one's mind. You can ask yourself the same question. You have had different reasons at different times of history. If you ask yourself now, remember that you have some leverage in the matter: the reasons of the past don't hold the kind of water they used to a few years ago, or even one year ago. The bottom line is that people tend to make their moves in quantum leaps, going from one point to another point seemingly without crossing the space in between. Yes, people have all kinds of talents. Your that surrounds you. In any other

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current option for change feels more like growth: a conscious integration of what you learned in the past, what you are experiencing now and what you want in the future — all in equal measure. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Over the next week or two, you may find that your values about one particular relationship, or your role in that relationship, begin to transform themselves radically. At times, it may seem like you're letting go of everything. At other times, it may seem like you're working within a safe boundary and on a predictable path of progress. Is it possible for both to be true at once? At this point in history, yes. The thing to remember is that relationships are dynamic. They change as the world changes, try as we may to keep them wedged into one particular corner. This is the corner you need to stay out of now: keep the lines of communication clear, express disagreements when they are small rather than waiting, and if you have to make any important decisions, come from your authentic values. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) You are finally in a position to talk about things that typically defy language. But here is a clue: you'll need to use what are called I statements. In other words, you will need to talk about yourself, in some detail, including your plans, expectations and needs. Your chart, for what it's worth, is telling me that you're in a reasonably friendly environment to do this. That may not help your prevailing sense that you need to keep your feelings to yourself, that someone won't understand, or worse, that they won't care. These are self-trivializing values. If you open up, you will make a discovery about the companionship state, it will be difficult or impossible to let anyone's love into your heart. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) You remain in a position, in fact or in fear, where your ideas clash with those of someone you perceive as having some power over you. Here, I can give you two suggestions — it's important to challenge those people who seem to hold something over your head. It's just as important to do so intelligently, and you are running the risk of having a smart plan turn into a not-so-smart expression of that plan. Focus on follow-through and make sure that you understand all of the dynamics of the situation. When you do, you'll see that you have far more power than you thought: on many levels, not just theoretical. That is, if you keep your cool. Highly recommended. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Don't for any kind of self-esteem crisis. Planets are gathering in your 2nd house, which is about resources and how we feel about ourselves. This is Aries in your chart. The problem with too many Aries planets is that far from bestowing confidence, they can create a crisis of confidence. It's like the fire gets too hot, and you run the risk of getting burned; or the sense of potential gets higher and higher, and then you discover that it's all an illusion. Well, it's not an illusion, and you are hot at the moment, though you need to measure your strokes. You need to dispense that energy carefully and you need, above all, to warm your own bones by that fire. And as I mentioned recently, if one path of contact to humanity seems blocked, try another one. There is a way in — of this I assure you. Eric Francis has more to say at PlanetWaves.net.

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Island Epicure



By Marj Watkins

Salads of Spring

May the sun shine on Saturday Market and the vendors bring us radishes, lettuces, baby spinach, other fresh vegetables, and artisan cheeses, plus flowers to cheer our tables.

I'm looking forward to a memorable, delicious, nutritionpacked salad similar to the first tabbouli I ever tasted. It was brought to a Presbyterian Church picnic by the young man who directed our newly begun Vashon Food Bank. One shelf held the donated foods for the five families we then served each 1 Tablespoon extra virgin olive oil week.

The bulgur and lentils together present a complete protein. The parsley gives you healing chlorophyll and Vitamin A, the lentils' Vitamin E developed as they sprouted. Kelp provides a dash of each of 97 vitamins and minerals including iodine, necessary for healthy thyroids.

Don't let the long list of ingredients intimidate you. This salad is quick and easy to put together when you sprout the lentils in advance (see directions below).

MARJ'S TABBOULI Serves 4

½ cup bulgur 2 cups boiling water 8 green onions, tops included 1 to 2 teaspoons salt, divided ¼ teaspoon black pepper 1/4 teaspoon garum masala (mixed spices, see below) 5 cups very finely minced parsley ¼ cup minced fresh mint or 2 teaspoons dried mint flakes ¼ cup lemon juice ¼ cup virgin olive oil 1 cup sprouted lentils

2 red-ripe tomatoes, chopped, or ½ box cherry or grape tomatoes, halved

Garnish:

Put the bulgur in a 1-quart bowl. Pour boiling water over it. Let it stand 20 minutes. Drain and squeeze out all the water you can. Mix with ½ teaspoon salt, the pepper, and the mixed spices. Chill at least 1 hour.

Combine onions and parsley in a large salad bowl.

Combine the lemon juice, remaining salt, and olive oil in a small jar.

Just before serving, combine all the ingredients. Garnish with a ring of chopped tomatoes, or halved cherry or grape tomatoes.

Mixed spices: find ready-mixed in bulk herb section or mix your own: Dash each of powdered cloves, cinnamon, nutmeg, and ginger.

To sprout lentils:

Wash lentils. In a 1-quart bowl, combine with enough water to cover generously. Let soak overnight. Drain. Let breathe for a few hours. Give them a bath and drain again.

Repeat until little white shoots appear. Don't let them get longer than ¼ inch or they will turn bitter. In warm weather they'll sprout in 18 hours.

When you haven't sprouted lentils, you can still have a tabbouli that contains complete protein, and is safe for gluten sensitive eaters.

Islander Vanessa Burgess's new book, The Gluten Free Pantry, available at Vashon bookstores. includes a tabbouli recipe that uses quinoa for the grain. Besides its complete protein, quinoa gives you more calcium, magnesium, and potassium than any other grain, plus 16 milligrams of iron per cupful.

VANESSA'S QUINOA TABBOULI 2 cups cooked quinoa

1 to 2 Tablespoons freshly squeezed lemon juice (to taste)

1 Tablespoon salt (to taste) 1 cup fresh chopped parsley and/ or mint leaves

1 cucumber chopped

1 tomato chopped

freshly ground pepper (to taste)

Mix quinoa and parsley/mint together. Add rest of vegetables. Add lemon and olive oil. Season with salt and pepper.

Storage note: If the dressing has not been mixed in, leftover salad can be kept for two or three days. Best to store in glass or ceramic.

About plastic containers: Avoid plastics with number 7 on the bottom. Especially, don't heat food in those plastic containers; when heated they leach more toxicity into the food. Number 7 plastics probably, but not always, contain bisphenol A (BPA), a suspect in increased rates of cancer, especially breast and prostate cancer, and in early puberty, type 2 diabetes, attention obesity, deficit hyperactivity in children, and in birth defects because BPA mimics estrogen.

The toxic plastic ingredient BPA also occurs in can linings of several brands of food: Progresso, Goya, Starkist, and Coco Cola. Best plastics are those with numbers 1 or 2 on the bottom. They can be recycled, but not plastics plastic containers with number 7 on the bottom. Okay for storage (at least for now), but not recyclable, are plastics numbered 3, 4, and 5.

For safety and for better flavor and nutrient content, stick with fresh or frozen foods. But bear in mind that frozen vegetables have been scalded in salt water which leaches out valuable enzymes and vitamins. Fresh is best. And washed raw vegetables are superb antioxidant sources, essential to buff up our immune systems and help us combat all sorts of unpleasant germs and virus caused illnesses, including



"Ready to DANCE!! -The Rest of the Story"

463-4-911

Continued from page 15

I thought back to the night I talked to cops about getting my daughter back and how powerless I felt that I could do nothing but file a report calling her a runaway. To this day, I love this daughter so much, I keep her pictures everywhere, because she told me when she had her mid life crisis she would come find me. I love who she is and what she would have become and watched people ruin her life and get her addicted to all kinds of stuff and trash her life. I watched helplessly because the culture of Vashon said, "Hey...no problemo."

Then the second multo blastoso metaphor of 2 April 2008 happened as we walked the baby out to the

A friend, who had testified that night, came up beside me and, because someone else was helping me carry my burden of love out to the car, I was free to chat with her. I was free to chat about how I had become gradually more and more silent over the years. She shared how she too had learned not to talk to other parents about it. We swapped examples of said, "Not anymore. No more silence"

I wanted more from the meeting, of course, because I've been observing this since 1992. Fifteen years grows a desire for all educational fundraisers to be dry. Ok ...can't handle forever? How about until our statistics drop radically below the norm and we are known for having a low recreational drug and alcohol rate?

That's what I want. No alcohol at the PTSA auction, the Preschool Auction or the Scholarship Spelling Bee. No educational related event with alcohol. Show the kids how to party, and donate, stone cold sober. Show them donations go UP!! Show them it's MORE fun not less, to have a dry event.

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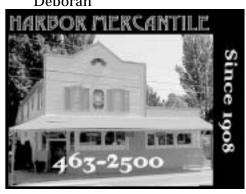
Tell them "I'll Walk With You". And if you have a history of abuse, tell them how important sober is.

For now, the miracle of the meeting when they said to the elephant, "You will put on a costume and dance. We are in charge", is enough. I'll wait for the rest, the dry auctions. Fifteen years isn't so long a wait. The year 2022 will come quickly now that we all have company.

And to my children Isaac and ChrisMarie (who are now, incredibly enough, only twelve years younger than I was when we moved here) and Caity (who was so terribly hurt at the age of four by this problem) whose names I rarely mention in this column, I say what I've said for fifteen years. "I'm sorry. That's what I meant when I said I was sorry, Chris. If I'd known, I never would have moved here. I never would have exposed you to this culture without being prepared. We lived in a bubble and I'm proud of all three of you for the way you negotiated yourselves out of the prevailing culture of abuse".

"But kidsit's getting better. experiences. We laughed and both I'm not afraid for you to have grand children on the Island anymore. They're beginning to know what we knew/know at our house. There's a different way to Vashon...there's a different way to live. I can't even begin to tell you how happy my heart is to be able to say that! I bought note cards today to write thank you notes to some wonderful people!

Love Deborah



"Ready to DANCE!! —The Rest of the Story"

by Deborah H. Anderson

And as the ranch owner says in "City Slickers" to Billy Crystal and his two cohorts after they bring in the cattle in the driving rain against all odds, "Great Gobs of Goose (pucky)!!"

Remember last column; alcohol and drug abuse, the elephant in our Island living room that doesn't speak English?

The Elephant was just made to put on a pretty costume folks and DANCE!! That's the good news. A meeting happened and lots of people showed up and by golly, they offered a third option to feed it or make it go away. They said, let's be in charge of it, dress it up and make it DANCE!!

As I've said so many times before, as a naturally sober person who can take it or leave, all thanks to God, may I say, again, that sober is not about not drinking or toking or snuffing or shooting or (or gambling or eating or shopping for that matter). Sober is a lifestyle of staying connected with present tense and knowing it won't kill ya!

Wednesday night, 2 April 2008, there was some excellent present tense goin' on in the high school library. For me it answered a lot of questions, provided some moments of healing and letting go of bitterness, and introduced me to a whole new crowd of people actually dealing with the problem. It means I don't have to be silent anymore.

I didn't go to the meeting alone. Work ran late for one of my little client's moms. So there I am putting to sleep, a beautiful cheerful nine month old - in the middle of people sharing about all manner of drug and alcohol related issues that heretofore have not been talked about in public before. It wasn't the public officials putting a spin on how they have a grasp of things and it really isn't all that bad. THAT we've heard in public before. It was moms and recovering users and encourage recovery and the dissemination of information about the legal issues.

I would have been able to sit in my bitterness and sadness much more if I hadn't been carrying that baby. My ears would hear while my eyes were literally staring into the face of hope. People at the center of the issues had finally gathered strength in numbers, thanks to some new people on the Island who are very real and who said, "Not on my watch!" I had to see the effort. I had to see that it was real in that room. Sleeping peaceful babies who have struggled to go to sleep because they hate transition is the same as a brutally honest human being young or old, pouring their hearts out.

A lot of my 'why' questions were answered as people shared. I know now why one parent hung up on me twelve years ago when I apologized to her about not knowing there was drinking at an unsupervised party. I had given her son a ride with my own son who left the party and told me he'd left because there was drinking. Now I know she hung up because she was overwhelmed by the situation. For all these years, I thought she didn't believe me and was hating me for "stirring up trouble"...again. Now that I know the truth, I can forgive that; I can forgive being overwhelmed.

Back then, I was Deb Anderson who says there's this big drug and alcohol problem on the Island when there really isn't and she's blowing it all out of proportion. I actually had a teacher say, "Well you know Debby (back when I was Debby) doesn't always know what she sees.

Yes, I do Ma'am. I know EXACTLY what I see. And thank God on Wednesday 2 April 2008 (the date needs to be stated every time like the 4th of July, Independence Day), I saw, and heard, something different.

I should have remembered basic change theory. Change theory delineates fifteen years as the time period necessary to get used to something. Fifteen years later, people on Vashon Island are use to the phrase, "We have a problem."

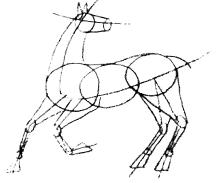
If ever there was a month when I needed to feel encouraged there would be cultural change on this Island, it was this month. Parents who use and encourage use of drugs and alcohol in your children, or model it, be on alert. There's a remnant. They are gathering to say strongly to others, "we find this crazy out of their minds. situation unacceptable".

with parents who believe drug and the money to have her kidnapped alcohol use in teenagers is and sent to an out of state inappropriate. That's a good start. abusers and professionals who It will continue with some people who are in recovery risking the loss of anonymity to boost things along. That's good, because as one woman said in the meeting, there isn't any shame in this.

Shame and pretentiousness are the same thing. One lives inside the house, the other lives outside in public. They are, hopefully, going to live somewhere besides Vashon Island. Ditch the shame and find the other option. It's the way to freedom and health.

Fifteen years ago, the school counselor called me to tell me my oldest daughter had been screened for drug use. My daughter had already told me the two things she learned first on this Island. "Mom, you never told me drugs would





Tom Wallace

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make me feel better" (I already shared that with you). And then she told me "Mom, I could run from house to house here and no one would ever make me go home". And she was right. The woman she ran to called me a bitch and told me 'Teenagers don't need rules. They just need to find themselves."

Wow! The school counselor said to me, who had lived on the Island so short a time, "You have to go get her." How?! The law wasn't behind me. The community wasn't behind me. The foster/adoptive system wasn't behind me. And those drug addicts were plumb chemically

There was only one way I could Apparently it's going to start have gotten her and I didn't have intervention/rehab program.

That was fifteen years ago. Today, if it had happened today, there would have been a group of parents, a lawyer and a psychologist who could have helped me develop the strategy and figure out the resources to go get her so ten years of her life could have been filled with watercolor lessons and singing and nursing school and dance and proms and senior graduation night.

After the meeting, waiting for sleeping babe's mom to come, I still had to endure the end of some people's noses who, obviously, had read the last column. That's OK. They don't understand the strength of the pain of losing a child to the drug culture on this Island. They have no idea what it was like it the old days. They didn't have to live

through the time of cultural lying. It's also OK because I knew God wouldn't leave it like that. God always redeems a situation. Remember? I have that faith thing going on?

Sure enough, as I sat there after the meeting, three other people, the newbies, stopped to chat and asked, "What brings you here tonight" And I told them parts of it. The whole story is too horrific; like some mafia story of cover ups and pay offs and all kinds of yucky stuff, businesses run by alcoholics and drug addicts and even a school superintendent no longer on the Island covering everything up so we could be the pretty Island with no problems that would look good on

These newbies did something that was so symbolic, such an enormous metaphor; it brings tears to my eyes as I write this. They said, "We'll help you carry the baby out to the car.'

Later I would find out mom's cell phone died and she couldn't make the connection. But these strangers who had helped lead the meeting filled with boldness and courage, compassion and concern lifted the baby up, carried the diaper bag and proceeded to walk helping me carry my burden. My arms were exhausted from holding him all night after a long day of two babies playing. My emotions were deep and intense listening to all I had heard, remembering all I'd been through. And they carried him...and his stuff.

Continued on page 14

The Vashon Loop, p. 16 April 11, '08

Islander Teaches Emergency Medicine in Bhutan

by Susan Wolf

When Geographic Expeditions wanted their Bhutan guides trained in emergency medicine, they asked the Wilderness Medicine Institute for instructors. Marjorie Mazie, a Vashon Island resident and an EMT, answered the call. After traveling to Tokyo, Bangkok and Bangladesh, she and her partner arrived in Bhutan, which is located next to India and Tibet, to teach that country's first emergency medicine course. Mazie teaches Wilderness EMS all over the US and works with troubled youth in Wilderness programs.

Their first impression is that it

was clearly COLD. With no

insulation in the stone buildings, at

restaurants or hotels they found everyone hovering around the one

space heater. Since there was no hot water for showers, with

bathing just a quick sponge bath,

beloved. In the capital Thimphu, people are building crazy for this coronation. All the massive construction is done by hand; men and women in beautiful, colorful dress are chiseling stone and using bamboo for scaffolding. It is hard to imagine the things they are attempting will be done in little over a month, but they are good natured about it and working very hard.

The second event is Bhutan's first free election. The new king is himself pushing democracy on the people and is developing a parliament. **Posters** were everywhere

> encouraging people to vote, saying it is a sacred rite. The people seem ambivalent about this, because they like the king very much. None of our friends have any real opinion about either candidate party - they like them all. Another neat thing here: the candidates

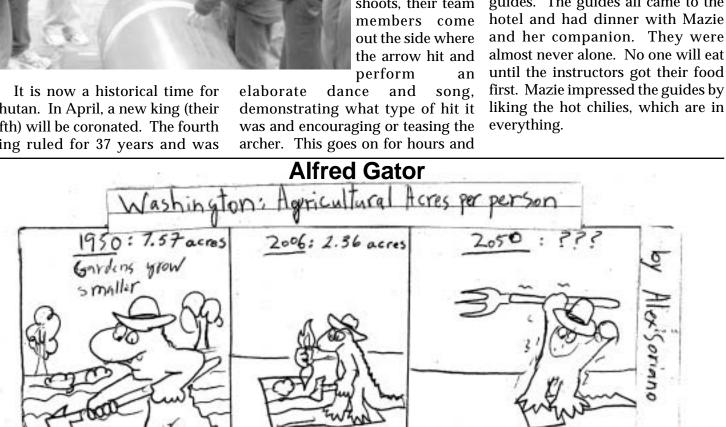
don't argue; they compliment each other and sing each others praises. Even the debates are good natured. Basically, everybody seems happy with the way things are and also happy that there will be this new system, though they don't have much opinion about it.

Archery is the national sport and

people take it very, very seriously. Tournaments are a big deal. It is very spectacular to watch because half of each team is on opposing sides of a very long field. Every time someone

except for the hotel in Paro.

Bhutan. In April, a new king (their fifth) will be coronated. The fourth king ruled for 37 years and was members come







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sometimes days with an elaborate scoring system. The dancing is joyful - there is no other word to describe it. The people here are incredibly sweet with each other.

You can see people prostrating themselves, crawling from temple to temple. Mazie saw three men in pranam (kneel to child's pose) then flat on belly, then pull back in to pranam, stand and repeat for miles and miles through day and night.

Mazie taught about 16 - 18 tour shoots, their team guides. The guides all came to the hotel and had dinner with Mazie

There was some difficulty in basic medical vocabulary. The guides laugh all the time and are very enthusiastic - especially about the fake blood and equipment. The pretend patients (other students) like to improvise; but forget to have the right symptoms, so it all gets confused. When the students report a case, they say things like "patient found unconscious" when it was just a wrist injury and no one was supposed to be unconscious. One time the students were found starting CPR on a broken leg patient! Despite these mix-ups, the students actually improved and got some very basic skills.

One of their students helped a woman in a bar. He sent her to the hospital, wrote up medical notes and presented them to the class. He was very proud about knowing how to assess the situation and calm the woman. The dearness of these people is most prominent, along with their very good sense of humor. They help each other out a lot, and laugh openly at their mistakes.

Mazie was interviewed and photographed on the Bhutan Broadcasting Service TV station one day. The Department of Tourism is quite proud of Bhutan offering this level of training for its guides. And Vashon is very proud of her citizens who travel the world to improve the condition of our global neighbors.

Lopy Laffs

What's right is right no matter how few people do it. What's wrong is wrong no matter how many people do it.

One Liners

Constant change is here to stay. Adults are just kids who owe money.

Life is full of uncertainties...but I might be wrong about that. I have this nagging fear that everyone is out to make me paranoid. No matter how much data you add to your laptop, it will not get heavier. I am becoming increasingly worried that there isn't enough anxiety in my life.

My son Earl is a construction foreman. One day he tumbled from a scaffold, managing to break his fall by grabbing on to parts of the scaffold on the way down. He received only minor scratches.

Embarrassed by the fall, he climbed back up to continue working. Then he noticed his coworkers holding up hastily made signs reading, 9.6, 9.8, and 9.4.

Income Tax: Capital punishment.

Two silkworms were in a race. They ended up in a tie.

Stupidity is like nuclear power, it can be used for good or evil but you don't want to get any on you.

A young woman was pulled over for speeding. An Illinois State Trooper walked to her car window and flipped open his ticket book. She said, 'I bet you are going to sell me a ticket to the State Troopers Ball.' He replied, 'Illinois State Troopers don't have balls.' There was a moment of silence while she smiled, and he realized what he'd just said. He then closed his book, got back in his patrol car and left. She was laughing too hard to start her car.





Genius without education is like silver in the mine. —Benjamin Franklin

Q. Which is worth more... an old ten dollar bill or a new one? A. An old ten dollar bill is always worth more than a new ONE. Q. What's brown and sticky?? A. A stick.

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family.

She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead."

A motorist was mailed a picture of his car speeding through a stop light in Seattle. A \$40 speeding ticket was included. Being cute, he sent the police department a picture of \$40. The police responded with another mailed photo of handcuffs.

WILD WORLD

By Ed Frohning



I was in an exam room at the health center the other day when a doctor started yelling, "Typhoid! Tetanus! Measles!"

I asked the nurse what was going

She told me that one of the new doctors liked to call the shots.

Why does the bachelor leave empty milk cartons in the fridge? In case someone wants black coffee.

Q: How did the pig with laryngitis feel?

A: Dis-gruntled.













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



The Vashon Loop, p. 18 April 11, '08

Loop Arts

Plan now for Garden Tour!

by Janice Randall

Order your Garden Tour tickets put it on your top ten things to do this summer! An event for gardeners and non-gardeners alike, Garden Tour is a wonderful opportunity to see some of the most beautiful private locations on the



Even though gardens are still in winter/early spring mode, design and structure anticipate summer bounty (photo by Karen Biondo).

Tour. This year's Tour is sponsored by John L. Scott and Puget Sound Energy with additional funding by Thriftway, JR Crawford, DIG and The Little House.

Start the weekend with a special Garden Connoisseurs event, Friday, 1 to 2:30 pm or 3 to 4:30 pm, June 20, when author/designer Terry Hershey (Soul Gardening: Cultivating the Good Life) will lead intimate groups through his extensive garden. Registration is limited to offer participants ample time for questions. Light refreshments are included. Tickets are \$40 per person/\$55 with Tour ticket.

Friday evening, 6 pm 'til moonlight at the Sunset Garden Gala, a lavish garden dinner party where guests will enjoy a sumptuous feast and cocktails, catered by Melinda Sontgerath, with live music and Colvos Passage views. Limited tickets available. Please call 463.5131.



UMO performs New Works or whimsy at Blue Heron Art Center Saturday, May 3, 7:30 pm and Sunday May 4, 2 pm. Tickets available now! Photo by Larry Montgomery.

Saturday and Sunday, 10 am to now (discounted until May 31) and 5 pm, visit five diverse Island gardens. Three offer spectacular views; two feature ponds; several employ striking hard landscaping; and all demonstrate strong design, interesting plants and the personality of their owners. Tour Island, get inspired and support the attendees will also find music, art

> and poetry in the gardens. Tour tickets (valid both days) are \$25/per person or \$20 through May 31.

Artists in the garden will include: Hanmer, Dean mosaic sculpture; Clare Dohna, handmade glazed tile mosaics; Brian Brenno, blown glass and mosaic glass garden flowers; Benjamin Grossman, fused glass garden art; Mike Urban, recycled

arts. So mark your calendar for June glass and steel flowers; Dean 20-22 and come out for Vashon Paulson, stone birdbaths and Allied Arts' 18th annual Garden fountains; Hans Nelson, garden benches; Steve Zartman, steel garden sculptures; Jane Howard, wood and metal found object fish mobile sculptures; Nancy Fiala, painted glass garden objects; Barbara Wells, cast glass with stone and bronze sculptures.

Don't miss out on free seminars included in your Garden Tour ticket offered by: landscape architect Michael Lee, owner of Colvos Creek Nursery, the use and care of natives in the garden; artist and landscape designer Jack Strubbe, Asian influence in Northwest gardens; plus amateur naturalists and birders Alan Huggins and Sara Van Fleet, Celebrate summer solstice who will talk about attracting feathered visitors.

Sponsored by The Little House, bid on a Little House for birds! Sixteen artists have embellished Island-made birdhouses, available by auction during Tour weekend. Also new this year, a public plant sale will take place in one of the featured gardens, thanks to garden enthusiasts, Bill Deaton and Anita Halstead. All proceeds benefit Vashon Allied Arts.

Special thanks to gardeners: Linda Rhodes and father, Bill Deaton, Shirley Bonney and Doug Shaw; Steve Abel and Marie Stanislaw; Mia McEldowney and Bill Mitchell; and Janet and Tracy Bishop and Garden Tour's generous event sponsors.

More information about Garden Tour is available by calling VAA, 463.5131, or check the website: vashonalliedarts.org. Discount tickets will be available until May 31. If interested in volunteering for Garden Tour, please call 463.5131.

www.vashondream.com

Music Church **Director Wanted**

The Episcopal Church of the Holy Spirit, Vashon Island, is accepting applications for the position of Music Director. Qualified individuals should possess music degree or equivalent experience, have proven musical leadership qualities and knowledge of theology and liturgy. Position is part-time, salaried, and can accommodate flexible hours. Position is open beginning mid-June of this year. If interested in learning more about this (joyful) position, please contact Edgar Lee, via the church office, (206) 567-4488; or email the church, office@holyspiritvashon.org. View our website for information on our location and activities, and to see a photo and history of the historic, eleven-rank tracker organ: http:// www.holyspiritvashon.org/ index.htm

10.000 BC 4/11 - 4/17

Charlie Bartlett 4/18 - 4/24

Miss Pettigrew Lives for a Day 4/25 - 5/01





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

Our 60th Year!

The Adventures of Prince Achmed

by Liz Shepherd

Seattle musical duo Miles and Karina (David Keenan and Nova Devonie) will perform their new musical score for the 1926 silent film classic, The Adventures of Prince Achmed, on Sunday, April 20, 7 pm, at Vashon Theatre, 17723 Vashon Highway SW, Vashon. The film and musical performance, co-presented by Vashon Film Society, Vashon Island Music and Vashon Theatre, is recommended for all ages.

Miles and Karina's score, played

guitar, banjo, viola, accordion, and glockenspiel, arrives $V \ a \ s \ h \ o \ n$ following critically acclaimed performances earlier this year in Seattle at Northwest Film Forum.



A scene from The Adventures of Prince Achmed, courtesy photo.

is a vital part of film history (with a running time of just over one hour, it is the oldest extant feature-length animated film) and a breathtaking, kaleidoscopic work of art. Created in 1926 by a 23-year old German teacher named Lotte Reiniger, using silhouette-animation techniques, the film is a mélange of stories from The Arabian Nights, including the tale of an Arabian prince, an evil sorcerer, a flying horse and a captured princess. The film is made of nearly 300,000 camera shots, a meticulous triumph of imagination and animation. Jean Renoir proclaimed the film "a masterpiece," adding that Lotte Reiniger was "born with magic hands."

Nova Devonie and David Keenan are uniquely qualified to create a new score for the film. They have performed as the musical duo Miles and Karina for the past 11 years. Both are accomplished musicians and songwriters, with two CDs to their credit, Quirkish Delights (2000) and Wherego (2006). Both albums contain a majority of original compositions. Their sound has been described as cinematic, sometimes sparse, often lush, both beautiful and playful, with much attention paid to melody and high

production values.

David and Nova toured together with the band "Ranch Romance" for five years, releasing three albums with Sugar Hill Records along the way. They then formed the duo Miles and Karina as an outlet for their many-faceted

The Adventures of Prince Achmed musical ideas. This has led them to a diverse range of experiences and performances in a wide array of venues, from intimate bistros to large music festivals. They regularly collaborate with Monkey Wrench Puppet Lab, providing live music during performances and original music for the ensemble's production of "Halfpenny Opera." They both continue to play and record with several Seattle groups, including Jo Miller and Her Burly Roughnecks, Downtown Mountain Boys, the Rolling Blackouts, and Karina Musette Trio.

Tickets (adults \$12/Children and seniors \$8.00) can be purchased at the door or in advance at Vashon Theatre and Vashon Island Music.

Drama Therapy on the Far Frontier

by Deb Pierce

As a drama therapist in the state Kansas), NADT created of Washington, I feel as though I am living out on the far frontier, bringing tools and ideas to my village that no one has ever heard of before. "You do what?" people say. "Drama therapy?" They scrunch up their eyes and stare at me.

Drama therapy is the use of theatre and dramatic arts and processes to achieve therapeutic goals. It is one of several creative arts therapies used in the field of mental health, although drama incorporates all of the arts, and is used with all populations.

"So you do some funky artsy stuff for yuppies with too much time on their hands, is that it?" (This is a loose translation of a conversation I had with one friend a few years ago.) No. I have worked with violent patients at a forensic state hospital in order to help them learn to identify their emotions and control their behavior. One patient went from having 30 violent outbreaks in a 30 day period, to 9 violent outbreaks in a 30 day period, after starting the drama therapy program. I also worked with women in prison, using drama to help them re-assess their own skills and abilities. This led, unexpectedly, to them doing some forgiveness work. But sure, if it came to it, I would be happy to work with yuppies. No problem.

Drama therapy is the best kind of therapy there is, because it works fast. It incorporates movement, sound, and dialogue, so it is a kinesthetic learning modality, as well as being visual, auditory, and intuitive. It can include story-telling, pantomime, character development, theatre games, writing, music, artwork, or many other activities. It is used in drug and alcohol treatment programs, convalescent and group homes, prisons, schools, hospitals, shelters, corporations, churches, synagogues, and theatres.

The National Association for Drama Therapy (NADT) started in 1979, in order "to establish and uphold rigorous standards of professional competence for drama therapists." Since there are only three drama therapy programs in the US, (New York, California, and

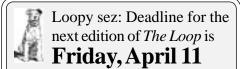


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Alternative Training program. Students in the program must hold a master's degree in either theatre or psychology, and must work with a Board Certified Trainer to meet the educational requirements and professional competencies set forth by NADT. As a Board Certified Trainer, I am currently working with two students in the Alternative Training program, and I hope to develop an internship program through Lighthouse Theatre. This would be the first program of its kind here in the Pacific Northwest.

In 2004 I started Lighthouse Theatre here on Vashon, in order to establish a foothold for drama therapy and therapeutic theatre here in the Pacific Northwest. For three years we toured my show, Rule of Thumb, in western Washington. Rule of Thumb, a one act play about domestic violence, grew out of my work with survivors. The play was used as a training and outreach tool for survivors, advocates, and mental health professionals. We gave 22 performances in 9 counties. As an example of therapeutic theatre, Rule of Thumb was presented in an "open circle" format in which the actors made direct eye contact with the audience during the performances. This helped the audience to relate and "connect" to the true stories, and often to recognize elements of their own experiences. A discussion with the audience was held directly after each performance, facilitated by a trained advocate, and resource materials, phone numbers, and websites were provided in the programs. That's therapeutic theatre.

This year Lighthouse Theatre is bringing playback theatre to Vashon, in a series of four public and private performances by Playback Theatre Northwest. Playback theatre uses improvisational format, movement, imagery, and sound effects, to "play back" true stories solicited from the audience. We used playback theatre with psychiatric patients at the hospital to help them to remember or to reframe their personal histories. Bringing a story to life for a client is incredibly powerful, regardless of whether the story is a drama or a comedy.

Lighthouse Theatre's internship program will allow drama therapy students to work directly with clients in local social service agencies, and could also involve special theatre projects. We will also be offering an "Introduction to Drama Therapy" class in the Seattle/Vashon area in the next few months. If you are interested in attending, please email me at deb@lighthousetheatre.org.

Deb Pierce is a Registered Drama Therapist and Board Certified Trainer with the National Association for Drama Therapy. She is the founder and artistic director for Lighthouse Theatre, a non-profit theatre based on drama therapy principles. For more information,

www.lighthousetheatre.org.



Support Volunteers Wanted

Support volunteers may drive, fill air bottles or assist with staging, etc. Deadline is May 9, 2008. Medical exam, background check and driver's record check required; physical agility test is not required. To request an application or to ask for more information, please call Susan Wolf at 463-4466 or visit our website at www.vifr.org.

> Vashon Island Fire & Rescue 10020 SW Bank Road Vashon, WA 98070

Resonance Debuts at Café Luna

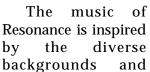
by Jason Everett

Resonance, the name given to a new musical ensemble will debut at Café Luna on Saturday April 19th at 7:30 PM. Resonance is made up of multi-talented islanders that include, Ken Jacobsen on guitar and cello; Chip Lamason on mandolin, mando-cello, and violin; Bill Moyer on percussion; and Jason Everett on basses.

have been the dominant factors in my life for awhile. It is really refreshing to be playing music again and with such a great group."

"Resonance is a perfect name for this ensemble," stated Everett. "Sound is simply resonation in space; however there is a spiritual connotation as well. Music is for many of us a spiritual practice."

> Lamason, who is fairly new to the island, is a musician and non-profit attorney. He used to live in New Orleans and was displaced by Hurricane Katrina. "It has been a real home-coming to find Vashon. The arts are vibrant here, the people are wonderful, and the scenery is beautiful."



"The music is nearly all original, musical interests of the musicians and include the world rhythms and said Jacobsen. "We started playing tonalities from Indian, Asian, together last December after an Middle Eastern, and Eastern impromptu performance where we European styles, as well as classical, had a great time and decided to keep funk, jazz, and Appalachian folk music.

> After the April performance, Resonance will begin work on a CD and more original music for an upcoming performance in June at the Blue Heron Art Center.



Resonance, photo by Chip Lamason

instrumental, and very eclectic," it going."

Moyer, who many people know for his political work leading the Backbone Campaign, has a long history of making music. "The Backbone Campaign and my family





The Vashon Loop, p. 20 April 11, '08



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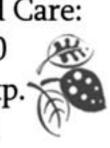
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