

Vol. 5, #9

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM April 25, 2008

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Marjorie M. Watkins

Youth Baseball and Softball Opening Day

Everyone is invited to attend the 6th Annual Vashon Youth Baseball and Softball Opening Day Celebration on Saturday, April 26th. Players, coaches and volunteers celebrate the grand old game at the VHS playing fields beginning at 9:30am with skill games on Mariner Field and team pictures just beyond the right field fence. <u>Continued on page 4</u>



Spring Dreams, Photo by Lance Morgan.

Songs of Freedom, Peace & Love





The cover of Loop columnist Marj Watkins' new historical adventure novel, out this week. See page 8 for an overview of the story. Illustration by Suzanna Leigh.

Vashon Island packs a lot of authors into a small space. Vashon Book Shop's local author shelf has about 15 current authors and Books By The Way about 25. On the Loop's staff, in addition to Marj Watkin's books, Kathy Abascal is the author of *Herbs and Influenza* and *Clinical Botanical Medicine*, Ed Swan's *The Birds of Vashon Island* has sold out its first printing and Mary Tuel is in the process of writing a book based on her columns. This issue of the Loop features six looks at Island books either recently out or back in the news with relevant topics starting on Page 4.

PTSA Auction A Multitude of Feasts

by Heidi Fowler

Seldom does a community fundraiser come along where the male attendees haven't been dragged to the event; guys, prepare to love this year's Vashon PTSA. With vintage cars, motorcycles, a "man lounge," and approachable food playing on the comforts of our childhoods, this is one auction the ladies may need to drag the men out of by night's end.



Camp Fire Celebrates Birthday

by Lauri Hennessey

April 30th is around the corner, and for many parents, that means "Early Release Day". Kids sometimes end up at loose ends with little to do. This Early Release Day, parents and kids can come and celebrate Camp Fire's Birthday!



Alina Brown and Ciera Orchard share some fun at Camp Sealth last summer. Photo by Hawk Jones/kotagraph.

Mayoral Race Starts



Would You Elect this Man for Unofficial Mayor? "He may look scary, but as a

Vashon Voices and the Vashon Island Youth & Teen Chorus join up Saturday, May 10 at 3:00pm and 7:00pm at Bethel Church for a concert of moving and inspired songs of freedom and peace from around the globe. From "singing down" African Apartheid to the hymns of the African American civil rights era to the hopeful strains of John Lennon's "Imagine," we honor the efforts of those who, for whatever reason, have laid, or who are laying, the foundation for peace and freedom worldwide. Photo by Joe Farmer.

The PTSA Auction features a fantastic menu conceived and prepared by Chef Curtis at the Back Bay Inn. Some lucky diner's going to get some of fresh Dungeness Crab in this photo by Heidi Fowler.

football coach, he is the best!" so say the football teams of Paul "Big Wally" Wallrof. After retiring from coaching football at the University of Puget Sound he took up golf. He wasn't very good at it so he decided to do what he knew best. He wanted to start a youth football team. It was a big job requiring sponsors to fund the endeavor. "It is hard to say no to such a big guy," says his dentist Dr. Mike Maki. We are hoping many more will say "Yes!" when he begins collecting for the Unofficial Mayor Race to benefit Vashon Pirate Youth Football. Save your bucks so you can vote for this ugly Pirate. Hit Heart Hustle Hug

VASHON PTSA AUCTION

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.

Get in The Loop

Poetry Workshop

Are you a poet? Do you love poetry, and would like to understand it better? Then join the Senior Center's poetry and music workshop on Wednesdays 1-3 p.m. at the SC on Bank Road. It's fun, it's free, it's taught by Mel Michaels, who's a graduate student at Goddard College, studying for his MFA. Poetry needn't be signed or read by its author—just bring your enthusiasm and humor. The class runs for nine weeks, until June 18. Please call the Senior Center to sign up, 463-5173.

Foreign Policy Discussion

"U.S. Defense Policy," ends the "Great Decisions" spring series of current events discussions at 2 p.m. April 28 at the Vashon Library, facilitated by Gary Knutson. The Cold War is supposed to be "long over," and there are new threats to American and world security. How should the U.S. structure its military to meet these new challenges? What do you think? The Foreign Policy Association, which supplies background materials for the series, believes that we don't have to agree—but we must be informed. A book of background articles prepared by the FPA is available at the library reference desk for reading ahead of time. Call the library at 463-2069 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, Mari Watkins, Susan Wolf Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Ad sales and design: Email: ads@vashonloop.com Ed Email: Editor: Swan, editor@vashonloop.com Publishers: Marie Browne and Troy Kindred PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Published every two weeks by Paradise Valley Press © April 25, 2008 - Vol. V, #9 Don't miss an issue! Subscribe to The Loop! \$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

May at the Library

Mother Goose on the Loose Presented by Nancy Stewart

Tuesday, May 06, 11am Favorite nursery rhymes come to life with interactive props and lots of help from young audience members. For ages 2 and older. No registration required. Sponsored by Friends of the Vashon Library.

Rhyme Time!

Presented by Recess Monkey Saturday, May 17, 11am Three teachers from Seattle have formed a rock band for kids. They will weave puns, jokes, stories and shenanigans into a show with catchy, singable and danceable ditties. For ages 3 and older. Registration is required and begins Saturday, May 3- please call 463-2069.

Microsoft Publisher

Saturday, May 10, 10am-11:30am Learn how to do desktop publishing such as creating flyers, bookmarks, and business cards. Prerequisite: basic computer skill. Registration is required and begins Saturday, April 26th.

Introduction to Windows Saturday, May 10, 1pm – 2:30pm Learn how to use Windows XP on non-library computers to start programs, save documents, and manage the documents in the computer's filing system. Prerequisite: basic computer skill. Registration is required and begins Saturday, April 26th.

Microsoft Power Point Saturday, May 10, 3-4:30pm

Saturday, May 10, 3-4:30pm Learn how to create a slideshow presentation. Prerequisite: basic computer skill. Registration is required and begins Saturday, April 26th.



Workshops at DIG

Pre-registration is required, (206)463-5096. Please be prompt and wear weather friendly clothing. DIG is located at 19028 Vashon Hwy SW, Vashon Island; see our website: www.dignursery.com for directions.

Artful Containers with Sylvia Matlock, Saturday May 3rd, 1pm. Sylvia's container magic has been featured in numerous publications – recently in Garden Design, Pacific Magazine, Metropolitan Home and Better Homes and Gardens. This hands-on potting workshop will divulge her secrets for creating a stunning container garden that will look great all summer long. Fee of \$35.00 OR Free with \$35.00 purchase of plants.

Tickets on Sale Now

Come relive your past while toasting to the future of our island kids. Enjoy fine Back Bay Inn food, live music from yesterday, and an outstanding selection of items. It's a great way to support our schools!



5:30 PM at K2 Commons

Tickets are available at the Vashon Bookshop and Books by the Way, or online at brownpapertickets.com.

\$30 for unreserved seating

560 for reserved seating with great benefits including a preview gathering with champagne and appetizers, stay-at-your-seat check out service and a keepsake photo.

For more information on the auction and to preview the catalog, go to www.vashonptsaauction.org.



The Comic Spirit

Joe Meeker, a Vashon treasure, has traveled extensively around the world as a lecturer and consultant to academic, government and corporate institutions. Professor Emeritus of literature and philosophy, his favored discipline is interdisciplinary study which weaves nature, mind and art together. Producer and host of the 1980s NPR radio series based on his book, Minding the Earth. (Other books include Spheres of Life and The Comedy of Survival.) Dr. Meeker is the driving force and co-creator of the delightful collaborative research course Artful Vashon, debuting this semester at Vashon College.

On March 9, Joe Meeker joined the Sunday Morning Conversation with Part I of his work, The Comic Spirit, a thought provoking discussion of comedy and tragedy as complex literary models of human behavior. Stimulating, intriguing, and truly enjoyable are descriptions of this well-received material. On April 27, Part II of The Conversation with Joe promises the same." For more information contact Elaine Kearney 206-992-1071. Sunday Morning Conversations are held in Lewis Hall behind the Burton Community Church at 23905 Vashon Highway. Religious Education is offered for children 3 and older. Morning refreshments provided.

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.



Flagstone with Ross Johnson, Sunday, May 11 repeated May 25, 1pm. Ross will show you the best way to prepare the ground, place the stone and tamp down a handsome new addition to your landscape.

Swing Set Movement Class

What's Cookin' with Swing Set will start on Thursday May 1st and run through June 12th. Class 1: Ages 9 months - 2 years; time: 10:00-10:45; Class 2: Ages 2 and a half — 3 and a half; time: 11:15-12:00. Tuition: \$100 if paid before April 25th and \$105 after that time. For more info or to register please contact Kim 463-0062 or Gabriele 463-9916 or respond to this email.



Troy and Marie Talk Market Action

Unless you've been hiding under a rock, you're probably aware that real estate has not exactly been booming the last few months.

Seattle Metro West **Glendale Business Center**

E A

- Troy: about how slow the market has been so far this year. We've had a whopping 18 houses sold compared to 33 last year. I'd say it's slower than molasses in April. Get it? Molasses in April?
- Marie: Yes, I get it. And you're right. Our latest market stats show that it continues to be a very strong buyer's market at all price points except the lowest prices. We have literally years worth of inventory at some price points, and even at the lower prices - like under \$400K - sellers can expect their house to be on the market an average of four months.
- Troy: But even though the average may be four months, the range of days on market is from 15 to 246 days. So when a seller wants to know how long it's going to take to sell a house, the answer is - as always - it depends. It depends on price, condition, and location. There are some absolutely fantastic houses on the Vashon market right now that are priced very well.
- Marie: That's right. Some sellers have lowered their prices to be truly compelling, which is what it takes to get a sale in this market. Others are OK with waiting for the buyers to come out and absorb some of the inventory.
- What buyers? The irony is that because of the scary stuff being put Troy: out by the mainstream media, many buyers are hesitant to commit. Some are waiting for prices to come down even more. I've had a lot of potential buyers ask me lately if I think prices are at the bottom. The only way you know when prices are at the bottom is when they start going up again.

- Marie, I know this is not big news, but I think we should tell people Marie: You can't time the real estate market any better than you can time the stock market. Prices are great, interest rates are fantastic - it's a great time to buy. We just had a buyer lock into a 5.5% rate on a 30-year fixed mortgage. It doesn't get much better than that. And, some sellers are willing to offer buyer incentives like buying down the interest rate, which makes the monthly payment even lower.
 - Your months in inventory trending chart shows that at many price Troy: points inventory is actually coming down, meaning that even though the buying season is just beginning there are already fewer homes for buyers to choose from. Once that inventory comes down to less than 6 months, it will be a seller's market again.
 - Marie: That's right. The big question is, when will that happen? We don't know, but we do know that the pendulum swings quickly when we are at the extreme end of one unbalanced market and moving in the other direction. Rather than trying to time the market, buyers should consider working with an agent – preferably a REALTOR®...
 - Troy: Preferably us!
 - Marie: Yes, that goes without saying, but thanks for saying it anyway. They should be working with us to help them evaluate the price, condition, location, and affordability of the houses on the market and how a real estate purchase fits with their overall financial goals.
 - Troy: Let's finish by telling people that they can see all the stats on our website, at www.yourHTR.com. And that we publish a monthly enewsletter that includes even more real estate related information. People can check out a sample copy by emailing marie@yourHTR.com.

Call us! 206.463.LIST (5478). Email us! marie@yourHTR.com or troy@yourHTR.com.. Visit our website! www.yourHTR.com. We want to be your agents of choice, whether you are buying or selling – or just interested in real estate.



Review of Nature In The City

A book about finding urban nature written by Maria Dolan and Islander Kathryn True.

For over 4 years now, my copy of Nature In The City has been sitting in the back seat of my car whenever I drive on the ferry. Like a lot of Vashon residents, many of my trips into Seattle are efforts to pack a number of activities into one trip. Also, due to ferry schedules that are often out of synch with my schedule, I sometimes find myself with free time in Seattle. This book is such a fine nature and parks tour guide to the Duwamish River

it close at hand to help with planning visits to the parks or to give me great spur of the moment ideas; and it has.

I used to live on the east side of Phinney Ridge and on many Saturdays I rode my bicycle up and over the hill to Carkeek Park. When I was there throughout the year I would reconnect with some of the wild patterns of Seattle. In the Fall I was

amazed by the Chum Salmon happening. It has sections on water wiggling their way up Piper's Creek to recycle nutrients back to their home. Since I know the park so well, I started reading Nature In The City by going to the Carkeek section first. Like many of the chapters in the book, it has excellent and clear details including a map of the park, driving directions, contact information, which bus line to take to the park, a photo, a drawing, web site, and more.

But the Carkeek Chapter and other sections of the book have so much more than just the directions and details needed to arrive and thrive in the parks. Nature In The City is one of the best natural history guides to our Puget place. There are

Wates - Hites + Windite - Natural Wanders

Kathryn True and Maria Dolan

by Michael Laurie

enjoyable stories about many of the wonders that we all can encounter around the Sound. if we will just take a moment to slow down. The book will give you many very enjoyable moments of getting to know your sometimes quiet neighbors: the jellyfish, porpoises, plankton, peregrines, octopus, Fringecup, bats, moon snail egg collars, Madrones, anemones, Pacific tree frogs, Millipedes, and Red fox.

There is a very detailed bicycle guide to Seattle that I always want restoration area. It tells how the

e in the City

once untamed river was turned into an industrial site and how through the work of a dedicated few it is slowly reclaiming some of its wild ways. One of the eco-heroes of the Duwamish watershed was John Beal. By healing Hamm Creek he healed himself and added 30 years to his life. The book dives right in with other ways we all keep the can healing

conservation, P-patch gardens, invasive plant removal, backyard wildlife sanctuaries, and good organizations who have been leading the way.

The last 7 chapters cover some cool places outside Seattle including one on Vashon. In the back of the book there is a very helpful table that lets you know at a glance for each park: the best time to go, wheelchair access, special features, distances, if dogs are OK and more.

I highly recommend this book as both a way to get to know the parks of Seattle and a way to get to know our home ground all around.

PANDORA'S

Wacky weather trend continues. How much mud is in your house? Fur? Don't get me started - the spring shed is on. Get your deshedding implement out of the closet. Lost it? Come get a new one.

Cheryl's pick of the week: New Addiction canned cat food - Venison and Avocado. Yummy.



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

(206) 463-3401



Vashon Trails Book Makes it to Third Printing

Youth Baseball and

Walks, Trails, and Parks on Vashon Island

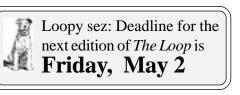
Walks, Trails and Parks on Vashon Island was written as a guide to the

shoreline, public trails and parks and interesting road walks on the Island. The book was authored by John Gerstle and Susan Sullivan who enjoy hiking and exploring the Island. Ray Pfortner, a well known Island photographer contributed the cover photos and Shirley Ferris contributed the photographs accompanying the text. Ann Spiers and Rayna Holtz were major contributors who added their extensive knowledge of the Island's history, geology and wildlife to make the book a reference guide.

The book was published by Capturing Memories, an Island publisher, and is dedicated to the Vashon Park district which

by Cathy Fulton

underwrote its publication and receives all proceeds. The book is now in its third edition and is available at Books By The Way, the Country Store, Essentials 4, Thriftway, the Vashon Book Shop, the Vashon Pharmacy, Vashon Print & Design and at the Park District office. For information call Susan McCabe at the Park District at 463-9602.



Softball Opening Day

Continued from page 1

Complimentary donuts and coffee will be served and ballgames will be played on multiple fields throughout the day. A colorful parade of teams highlights the ceremony at 11:30am at the VHS stadium. There will also be a raffle for a variety of special items including a set of Seattle Mariners tickets. Hot Dogs are on the menu along with the traditional "first" pitches of the new season. Come join in the best celebration of Spring, **Opening Day!**

An Intimate Portrait of Betty McDonald

by Rachel Bard

celebrating Betty MacDonald's 100th birthday, book critic Michael Upchurch lamented in *The Seattle* Times that nobody had written a biography of her. At that moment I was in the middle of reading *Much* Laughter, A Few Tears, by Vashon Islander Blanche Caffiere. The subtitle—"Memoirs of a Woman's Friendship with Betty MacDonald and Her Family"-tells any MacDonald enthusiast that here we'll find the real scoop on our Betty. The book depicts her through the eyes of a friend who knew her from high school days to her death that Betty had TB. She spent time at at 49. Instead of a traditional biography, with all the facts and dates laid out in neatly organized chapters, it's an account of Blanche's deep friendship with Betty and the Bard family—especially her sister Mary and her mother Sydney. At the same time, it's like two parallel stories, dipping now into Betty's life, now into Blanche's but mostly about the times they were together—which were many. What gives it so much charm is the two women's highspirited view of what life's all about. Their vivacious personalities shine from every page.

They met as freshmen at Lincoln High School in Seattle. They soon found they laughed at the same kind of things-peculiar people, funny overheard remarks. But it was without malice, just a token of their tremendous joie de vivre and observant eyes and ears.

Blanche hit it off with the Bard family at once. Sydney, a widow, presided—if that's the word for her warm, permissive relationship with all about her-over a household where spur-of-the-moment ideas for fun were the norm. The girls take a notion for a nighttime swim in Lake Washington, sans bathing suits? Sure. Waffles at midnight? Why not?

Besides Betty's older sister Mary, there were her younger siblings: Cleve, Dede and Alison. They lived at the Palisades in Laurelhurst, a far cry (and a far ride by streetcar and bus) from Blanche's home near Green Lake. Of her first trip there with Betty, when the bus was full of exuberant Laurelhurst school kids, Blanche wrote, "Then as now, Laurelhurst was a posh place to live, and I felt socially upgraded traveling with this noisy bunch." After high school, they went separate ways for a while: Betty to the University of Washington, Blanche to Bellingham and the beginning of her teaching career. Presently Betty met and was charmed by dashing, handsome Bob Heskett. They married. They bought a chicken farm near Chimacum on the Olympic Peninsula. And you've already read about that in *The Egg* and I. The marriage proved a disaster and ended in divorce. Blanche caught up with Betty again after she moved back to Seattle. In spite of the fact that Mary was the only breadwinner in the bunch, and dinner might be merely beans (served on Sydney's Wedgwood platters), the good times kept rolling. "That was the essence of the Bards-

During the recent hoopla they flung convention to the wind and made money seem mundane and secondary to fun in life," wrote Blanche.

> After Blanche's marriage (to Jock Hutchings, a former beau of Mary Bard's—but that's another story), she still visited the Bards as often as she could. These days she didn't see so much of Betty, who was working with the National Recovery Administration, became the first female labor inspector in the country, and led a busy social life. But Sydney kept her informed.

> Then came the devastating news Firlands, the tuberculosis hospital north of Seattle. True to form, she remained upbeat despite the grim situation and remembered enough of the funny things of her stay to incorporate them in a later book, *The* Plague and I.

> After Blanche, Jock and baby Jill moved to Portland, she missed her Betty and made frequent visits to Seattle. She always dropped in to see Sydney and get the latest news of Mary and Betty—who was, reportedly, "dating interesting men."

World War II loomed and Jock joined the Air Corps. Now Blanche had an excuse to leave Portland. She settled in Burton. Almost at once, miraculously, Betty appeared, also a newcomer to the island, living with her new husband Don MacDonald and Betty's two daughters at Dolphin Point at the north end. Betty and Blanche joyfully resumed their friendship and Blanche's addresses. where it had left off.

her to fame, are well known to today's islanders. But Blanche tells a publisher began (Mary Bard knew somebody who knew somebody) how Betty plunged and enthusiastically into the writing.



After the book took off her life became terribly busy with tours, speaking engagements, radio gabfests with Sydney, Mary and interviews and her publisher's demands for more books. She complied with Onions in the Stew, The Plague and I, and the Mrs. Piggle-Wiggle stories.

Both the friends' lives changed dramatically in the late 1950s: Blanche was divorced and Betty, who had moved to Carmel, was diagnosed with cancer. She came back to Seattle. During one of Blanche's visits to her in the hospital, a fan from Chile (Betty's books were adored all over the world) came in and she, Betty and Blanche chatted animatedly for a short while. When the visitor left she asked for Betty's

Weeks later Blanche received a Betty's Vashon years, where she Christmas card from the woman in wrote The Egg and I and it rocketed Chile. She called Betty and asked if she'd had one too.

"Betty didn't sound as alert and us just how the initial contact with sparkly as she always had. It was obvious she was under sedation. She said dreamily, 'Blanchie, shame on you. Here I am on my deathbed, and you're out there stealing my best

friends!' We both laughed and said goodbye. I was unaware that it was to be our last talk. A week later Betty died."

Blanche's book overflows with anecdotes and intimate bits about Betty's life. She closes with an insight that only a close friend could give us: "Betty thrived on observing people and their foibles. So did I. From the first moment of our friendship to the very last times we talked together, it was the ordinariness of everyday living that drew us close. Betty drained to the dregs the full cup of human comedy."

Blanche Caffiere wrote this book when she was 85. She followed it with Rocking Chair Memories, just what the name implies, in 2002. She lived on Vashon until eight years ago and died in 2007. We're all in her debt. And we also owe thanks to Blanche's daughter Jill Andrews for facilitating the publication of the books.

Rachel Bard, an Island author, is often asked if she's related to Betty MacDonald's Bard clan. She isn't. But sometimes she wishes she were.



April 25, '08



As I write I'm listening to the weather forecast on the radio. The forecast is for snow. We're coming into late April, and the weather forecast is for snow, and rain, and hail. With occasional sun breaks.

Now I'm as ready as the next bleeding heart liberal to believe that global warming is a fact, but the weather this spring has me confused.

Last week a friend driving home from Spokane was held up for an hour and a half on Interstate 90 while the state crews did avalanche control at Snoqualmie Pass.

Two days later we had an eighty-five degree day that gave all the trees and shrubs a burst of growth and bloom. Summer! We got out our shorts and tees.

Two days after that I drove into Seattle and landed in a hail stormcum-cloudburst. Within a few minutes the gutters were running with several inches of water, and the water had large bubbles caused by rain and hail pelting it, and on the higher ground hail collected like snow. This kept up for ten minutes or so, at the end of which lightning flashed and thunder boomed, and then the rain slowed to a spit, and the sun broke through.

We've always said, "If you don't like the weather, wait ten minutes," but it has never been as true as it is this spring.

Over forty years ago when I was a freshman in college, I had to take Biology 101, a general education course. The teacher felt that the only real major anyone should have in college was chemistry, and that it was his job to wash out as many nonchemistry majors as he could. You could tell he had no patience with our unformed, unscientific minds. He taught us with the gloom and despair of a prophet destined to reveal truths that no one wanted to hear. He told us about the greenhouse effect and global warming. He told us that we ignored what we were doing to the environment at our peril. It sounded horrible and fantastical, like science fiction. back then. He was right, and nobody listened. No wonder he was always in a bad mood. When I moved to Los Angeles in 1969 and experienced smog, I began to see his point. I could look up in the sky and see what looked like solid earth floating above the LA basin. That was air pollution. If I drove with the windows down on a hot day, my eyes stung and burned. I found out that sensation was caused by sulfur compounds in the air combining with the tears

Spiritual Smart Aleck **Global Warming**, Local Confusion

By Mary Litchfield Tuel

in my eyes to make sulfuric acid. In my eyes.

There were daily air quality alerts. Sometimes children were not allowed to play outside because the air would poison them.

That was my first observation of humans pooping in the nest. LA has cleaned up the air quite a bit since, but I continue to be amazed at how short-sighted we are regarding the effects of our behavior and actions on the world we live in, and how little we apparently care about what we leave for our children and grand children, especially if there's a buck to be made in the short run. Shortsighted. Pooping in our own it the fault of La Niña? Is it an 12:40)? Have Pinky and the Brain nest.

There is so much we don't and can't know. Is this snowy, icy spring a result of global warming's



isolated quirk of nature? Is it the last days, as many fundamentalist Christians would like to believe, despite the gospel's assurance that upsetting the earth's equilibrium? Is no one will see it coming (Luke

finally taken over the world?

Heck, I don't know. Hand me my jacket, will you? I have to go break the ice in the dog's water dish. If this is global warming, I'm confused. തതത

The Past Remembered III

Vashon-Maury Island Memories Collected and written by Garland Baker Norin, Blanche Hamilton Caffiere, and others.

review by Morgan Ahern, Vashon library

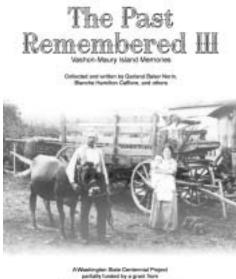
If you have even the slightest interest or curiosity about the history of Vashon-Maury Island, The Past *Remember III* will be an endless delight. It is a compilation of research, photos, memories and interviews that spans many years.

As an avid reader and Islander, I was anxious to read The Past *Remembered III*, and I felt personally welcomed to the book by the dedication to Marjorie Rose Stanley, Vashon's first librarian. The picture of Garland Norin and Blanche Caffiere obviously taken in the library welcomed me even more. What more could a library employee wish for? I suppose the logical answer to that question would be: a good book. Well, I found that in The Past Remembered III as well.

The history of the Island is told

early conservationist, who saved and dried out every twig she pruned and then burned in her stove. As she said, "not a twig was wasted". There's a delicious sounding recipe for Asta's Danish Coffee Cake included with her interview.

Reading the book I learned about the original Vashon College, and



Asta Schade is an example of an of color who lived on Vashon Island. The tribute to the Japanese Americans who lived here is touching, but made me want more.

> The Past Remembered III is delightful; each story would make a wonderful book of its own. The photographs are great and add to the impact of the book. Reading The Past Remembered III, made me want to read The Past Remembered II and The Past Remembered. Unfortunately, both these books are now out of print. For those interested, I know you can read them through the library system.

As Asta Schade said from her home overlooking the north end ferry, "...we have the best of two worlds right here on Vashon Island". The Past Remembered III makes me revel in my luck in living here. Thanks to the Vashon-Maury Island Heritage Association and to everyone involved in producing this valuable and enjoyable trip through Vashon history. You reinforce the belief that history is best taught through the stories of all our lives.

with colorful details revealed through the stories of Vashon original settlers. Each story becomes a patch on a quilt worthy to join the wonderful quilts made by present day Island quilt makers. (Check out the one hanging in the Vashon Library).

Some of the stories are humorous and touching. All are inspiring. The early Vashon settlers were faced with hard lives and they relied on inner strength, ingenuity and community to solve their many problems. Knute Paulson loaded his strawberry crop onto wheelbarrow and crossed the island on foot after he missed the west side boat off the Island. Remarkably, he made the sailing from the east side and got his crop to market on time.

that the MV Vashon was the first cross sound ferry on the Puget Sound. It left Portage for Des Moines on Nov. 13, 1916; nine years after Hilmar Steen brought the third car to Vashon.

I have to admit that my favorite story came from the diaries of Abby Williams Hill, an unconventional young woman and artist born in 1861. She became a social activist and critic of segregation and child labor in the early 1900's.

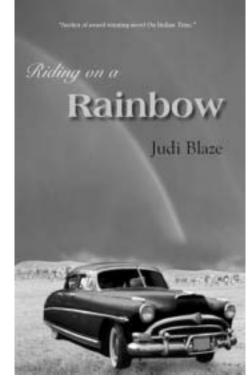
My one wish would be for more stories and interviews with people



From Fact to Fiction

both Livingston, Montana, and Portland— Judi Blaze began work on her first novel, Riding On a Rainbow, which is loosely based on a true story of her life growing up as an Irish traveler, or gypsy. Writing non-fiction is what Blaze was trained to do as a journalist, but fiction is what she was drawn to.

Riding on a Rainbow is the story of a family struggling through the 50's. It takes the reader through four decades, feeling the pain and suffering that finally tears up the family unit. As descendants of Irish travelers, Maggie and her family are unable to change a way of life that has trailed them like a shadow. After six years of writing the book, the



manuscript sat in a drawer for many years and finally came out in 2005.

Blaze's second novel, On Indian Time, is based on the life of her former husband of 22 years, a Native American artist. The story contrasts the lives of two brothers whose journey takes them in opposite directions. Raised by an abusive German father and Sioux mother in the windy railroad town of Deadrock, Montana-a play on

While working as a reporter—in the word Livingston—Martin Twoshields and his brothers are torn between the white and Indian world. On Indian Time, an awardwining novel at First Novel Fest, is the gripping and beautiful story of a family torn between a white society and the traditions and culture of the past.

> Beach People, Blaze's third novel—takes place on the Oregon coast where fishermen, loggers and artists make up the sum of the three villages, and is also where Blaze lived for several years, owning an Indian art gallery. The story is a combination of mystery, suspense and romance about two friends connected by love, deception and fear. It's a slice of life that evokes memories of past loves, rocking boats on a silent bay, and friends who remain in hearts forever.

Blaze has won several awards, including first place for the National Federation of Press women for an article that appeared in the Livingston Enterprise. Another story she wrote about a Mormon polygamist town in Montana was picked up by the AP and sent across the country, portions of it eventually appearing in dozens of newspapers, the New York Times, and Newsweek. As a reporter, she was also a freelance writer, writing stories for Montana Magazine, Dad Magazine, and many weekly news magazines, to name a few. Her stories have appeared in anthologies, most recently, Sunscripts, a South Florida University anthology, and an online magazine called The Chick Lit Review, featuring an excerpt of Blaze's fourth novel, Orchid Island, which is Blaze's first and only try at Chick Lit.

Her three new books that haven't yet been published are being shopped around. One is called Go to the Water-Stories from the Island. About half of the stories are gentle stories that take place on the Island, while the others are quirky and anomalous. "My short stories are fun to write. They're stories that

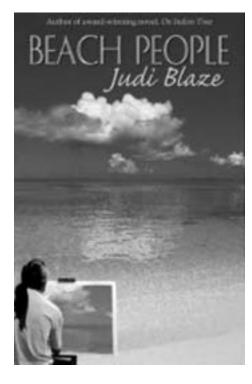


Support Volunteers Wanted

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

have unusual people, portrayed in strange, grotesque circumstances. I let my imagination go wild with these stories, often reading them back and wondering who wrote them." She said she often chooses fictional characters who have never fit into society.



Orchid Island is the story of a woman who wins an Ebay auction and wins 'Two weeks on an island with an artist family.' "I just wanted to try a little Chick Lit to see if I could do it. Now I've done it and may never do it again." The novel is also being marketed.

Her latest novel, Tequila Sunday, has just come back from the editor and is going through a re-write. The novel takes place in Mexico, where the main character, Augustine, says everyone has a story. All he wanted to do is prove that everyone's life was interesting enough to muster up a good narrative, and what better time than Sunday nights at his establishment and local watering hole, the Social Club, in San Blas, Mexico. "This novel was the most fun I've had writing any book. I love Mexico and while visiting, the idea for a novel came to me.

Currently- besides writing her books and short stories—Judi Blaze owns Old & Funqui, an antiques and collectibles shop on Vashon. Her books can be picked up at the local bookstores, The Country Store, Old & Funqui, and the library.

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The Reigning Queen of Everything I Love "Savage Love"

I did. It was some fluff about decorating my new boyfriend's gazillion dollar townhouse. And then I read "Savage Love". Savage Love is a syndicated advice columnist in *The Stranger*, Seattle's local alternative newspaper. I don't know what the word alternative really means these days, but like porn and the Supreme Court, I know it when I see it. Dan Savage writes Savage Love. He is opinionated and quick witted. He is also openly gay and in a committed relationship. More interestingly, near as I can tell, he lives on Vashon Island.

I started reading Dan's column back in High School. I was going through that phase where sex was still dirty and bad unless you did it with the lights off and you were married to the person you were "doing it" with, although even then it was questionable. From my feminist stepmother I was informed that being pretty was anti-woman and that all men wanted was sex. We could give it to them, but only on our terms. From my mother, well, sex was the worst thing I could do. Worse than drugs, I could get a "reputation". God Forbid.

Dad tried to be open with me; he probably did the best job of them all, politely not noticing when The Joy of Sex, Our Bodies Ourselves and Changing Bodies, Changing Lives were missing from the bookshelf downstairs. In the end though, he was still Dad and I was still a teenage girl.

Then, of course, there was the whole lesbian thing. I worried I was one. Ewwww. Yucky. And Oral sex either gender that was disgusting. I mean, like, who puts their mouth there?

boy I was dating when I was 16 ¹/₂. He loved me, I loved him and it was that should have settled the matter. his first time too. I felt guilty about Your third son? Total fag, lady. But it because I liked it, only "sluts" anti-feminists had sex.



I had a column to write. Really, What I really learned over the years though was that the people writing the letters weren't all weirdoes; they were normal people who had sex. Straight, gay, bi, transgendered and anyone else that I could think of, they were all having sex. They weren't worried about subjugating themselves to the patriarchy or getting a reputation, they weren't ashamed of being sexual; they were worried about having an orgasm.

When I started dancing, I had internalized some of this new found freedom. If sex and sexual behavior weren't bad, well, then how could dancing be bad? I promised myself that I would allow my boundaries to be stretched but to not do anything that I wasn't comfortable with doing. I spent many happy years traveling around the country figuring myself out one lap dance at a time.

I kept this from my family for years. I let them think I was a waitress. I found solidarity in Dan's columns. They didn't rule my life but they reminded that I wasn't the only one struggling with sexual issues. He even, god bless him, let me be a guest expert once in his column, years ago.

I've quit dancing, realized that I like women a little but am mostly straight and I've had countless orgasms but I still read his column weekly. His political commentary can't be beat and his honesty about himself and others is refreshing.

This week I opened up *The* Stranger website and read his column.

Dan's mother died.

My heart sank. I want to hug him and tell him I'm sorry.

His mother was his defender, the was a whole other matter; with leader of the family and a best friend when he was alone in the world with being gay. Dan writes,

"When I asked my parents to I gave my virginity to a college take me to the national tour of A Chorus Line for my 13th birthday, my parents were Catholic and religious and it somehow still came as a shock when I told them. My mother came around fast and she came out swinging-rainbow stickers on her car, a PFLAG membership card in her wallet, and an ultimatum delivered to the whole family: Anyone who had a problem with me had a problem with her. But the real reason I feel compelled to thank her in this space, back here with the escort ads, is because I wouldn't have this space if it weren't for her." Well Dan, I wouldn't have this space if it weren't for you. It isn't a syndicated column like yours, but its mine and I am thankful for it. I will skip all of the platitudes about how your mother will live on through





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say that I have reached the point where I can shamelessly have sex

your work and, by way of you with multiple partners of all genders helping me, through mine. I'll just and orientations at once with the lights on.

Thanks for that.

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ROYAL SPY By Marjorie M. Watkins Illustrated by Suzanna Leigh Marj Watkins Introduces Her New Historical Adventure Novel

Rotaida and the Runestone. Both these historical adventure stories are set in the middle of Charlemagne's realm, a time when life was rough, with Francia and The Saxon Federation midway in a 30-year war; Christianity and paganism going head to head.



Royal Spy is the sequel to Padraig the Eirish monk turned soldier, and Martin, Rotaida's friend, determined to find and protect her, the pint-size Kobolds struggling to survive and regain their lands from Saxons they can only fight face to belt instead of face to face, Graf Helmut the Saxon warleader, the troll family of furry Huge, wart-faced Katrin, and Two Heads whose dual nature baffles everybody., and of course Charlemagne's large family with all its problems, including an imprisoned Queen accused of crimes against the king and country.

> Rotaida begins this book at heart still the terrified kitchen slave she was before her father bought her freedom. Through the book she becomes more confident, more inventive, braver, and more the royal princess she needs to grow into.

The author has visited and researched the places and estimated personalities of the historical characters in the book by what history tells us of their actions. The troll family and the Kobolds may suggest a basis for northern European tales of trolls and dwarves. Snatches of old languages-Old Saxon, the continental version; Frankish; Celtic; and Latin, add authenticity and interest without being troublesome to a reader, since they are all translated. Both Royal Spy and its predecessor, Rotaida and the Runestone, will be found at Books by the Way, Vashon Bookshop, the Country Store, and Essentials 4, as well as from author Marj Watkins at 463-9626 and illustrator Suzanna Leigh at 463-5255.

No joy in Muddville for me, a late bloomer with very few sex positive female role models.

There wasn't much place to go with all of this. Then one day, someone showed me Dan's column. At first, it grossed me out. I mean, like, all sorts of totally weird people wrote in. It fascinated me, all these bizarre letters and his even more bizarre answers. Dan was gay and not embarrassed of it. He gave advice to other people who had sex problems. I learned about kinks and the fact that pretty much everyone has them. For some people it is vanilla as having an intense desire to have your nipples licked, for others, well, they need to be tied up and peed on to enjoy themselves. "What are the runes trying to tell me?"

In the first book, Rotaida, sold as a slave when her mother died, seeks her natural father, and to solve the mystery of her mother's past, a mystery inside another mystery.

Royal Spy describes what came next, when the day after finding her father, Charlemagne sends her on a spy mission, just to eavesdrop on two Saxons suspected of plotting against him and his kingdom. Life is seldom that simple. She is promptly trapped by Morag the witch using runes for bait, and born away by boat toward Saxon territory, leaving no tracks.

The characters she meets on her journey will fascinate the-reader-Morag the half-blind witch with the blue-violet eyes, Irma the goosewife,



World-wide Food Riots

In Egypt, a country where public protests and demonstrations are illegal, recent food riots have resulted in the arrest of hundreds of protesters and even deaths. Almost 40% of Egyptians live below the poverty level—defined as an income of \$2.00 per day—and, the prices of cooking oil, rice and other food staples have doubled locally since the beginning of 2008.

For years, the government of Hosni Mubarak—an active ally of the current American regime—has subsidized bread production nationwide but, recently, efforts have fallen short because of industry-wide corruption and an increase in world-wide flour prices. The subsidized price of a 110 pound sack of flour had been under \$3 previously, but reached \$45 earlier in the year and only fell back to \$36 when the government intervened.

Increased demand around the

world-as wheat farmers have turned, enmasse, corn and to soybean production to the answer increasing interest in biofuels—plus rising fuel costs and bad weather have resulted in a world-wide

doubling of wheat prices. Overall, global food prices rose over 25% between 2006 and 2007, all factors that have compounded the situation in Egypt, the world's second largest importer of wheat.

increases, of course, is that black market prices of subsidized bread and flour has become more lucrative, resulting in even less bread for the poor. The problem has caused Mubarak to enlist the army to bake bread for the poor. How much more basic does homeland security get? According to the April 8th Seattle Times, "Across Egypt this year, people have waited in line for hours at bakeries that sell government-subsidized bread, sign of a growing crisis over the primary foodstuff in the Arab world's mostpopulous country. ...after the death of at least six people since March 17 - some succumbing to exhaustion during the long waits, others stabbed in vicious struggles for places in line." This comes at the same time Syrians are also protesting the cost of bread, poor Mexicans are demanding relief from the crushing increases in the cost of tortillas and Haitians—some of whom have been reduced to eating dirt—are taking to the streets as well. There have been food riots in West Africa,

Morocco, Yemen, Bengal and Indonesia. People have been killed in a cooking oil stampede in China; Russia has reimposed Soviet-era price freezes on bread, eggs, cheese, milk, sugar and vegetable oil.

The UN Food and Agriculture Organization (FAO) says "What distinguishes the current state of agricultural markets is the concurrence of the hike in world prices of, not just a selected few, but nearly all, major food and feed commodities." According to them, 37 countries face food crises.

"The security implications (of the food crisis) should also not be underestimated as food riots are already being reported across the globe," says John Holmes, the undersecretary general for humanitarian affairs and emergency relief coordinator.

One part of the problem stems from massive changes in the diet of vast numbers of Chinese consumers—who have developed a new fondness for animal proteinresulting in increasing percentages of world-wide grain and soy being fed to cattle and hogs. The other, bigger, part of the equation is the increasing use of food-crops for fuel as misguided efforts to grow our way out of the energy crisis accelerate.



Egyptian woman walk past riot police in Cairo, AP Photo.

No one seems to be listening to the voices denouncing the use of food for fuel, while there are many other alternatives-from switchgrass, and sugar-cane waste, and even to oil-producing algae. One of the results of such American politicians, eager to resume corn-subsidies that had been curtailed by cooler heads of previous regimes, don't seem to care that the People of the Corn in Mexico and the People of the Wheat in the Middle-East are all suffering. International Corporations like Nestlé and Monsanto certainly don't



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

Madame Toujours

Dear Madame Toujours,

I have a problem with my wife Veronica. We recently hired a college student from the horticulture dept at the university to get our gardens into shape. My wife has gone completely crazy. She sits out on the patio all day with her laptop and her cell phone and pretends to be working, but really, she's just ogling this young man who's younger than our married son. Then she gets on the phone with her girlfriends and giggles about his physical attributes. I guess he has unusually large hands and feetwhatever that means.

Anyway, it's really getting on my nerves. I've told her she's making a fool of herself and that it's vulgar and undignified, but she laughs at me and takes lemonade to the gardener. I'm about ready to pave over the whole property with asphalt if it will get rid of this kid.

What gets into perfectly sensible women when they get to a certain age?

> Sincerely, Farmer Fred

Cher M. Fred,

Assuredly, you should not be paving over the gardens just yet. courtships. Eh bien, it is the price of Usually, the female persons are not really enjoying to have the romance with the fellows who are young enough to be their offsprings. Mostly, they are thinking this icky. However, les femmes who have very sensibly married the largebrained successful types are often finding that they are not having anybody to do the sweaty manual labors about the yard. Naturally, she is becoming aroused when she is seeing the sweaty laboring fellows dotted about the landscapes. Probably even if you are hiring the filthy, middle-aged fellow with the flabby man-bosoms, Mme. Veronica will be out on the veranda sighing and quivering with the excitements.

Ignore this unless you are wanting to go out and exert yourself with the shovels and the dirts.

More importantly, why are you making yourself tiresome and unpleasant to Mme. Veronica when she is having right in front of her the young, muscular person who is addressing her respectfully as "ma'am?" Madame, she is the sensible person, but there is no need for you to be making for her the unreasonable temptations.

Sit with Mme. Veronica on the veranda. Bring her the lemonade. Buy her the colorful plantings for the garden and the little plaster trolls and bunnies. Tell her she is making you to be breathless with the passions. Offer to be her "garden monkey." Call her "ma'am.'

If *Mme*. Veronica is seeming to become extremely attached to the young garden person, perhaps you can be finding the young horticultural femme who is also needing the employments.

Now *M*. Garden Boy is too busy with the young femme to be entertaining Mme. Veronica. You will be paying twice as much and getting less work done as the young persons are busy making the love.

Interestingly enough, the Philippine government has recently voted to declare 'corporate farming' the official government policy for dealing with their own food shortages. Sort of like electing the wolf to feed the lambs, it seems to me.

We take so many things for granted here—like a little cooking oil-when people are dying for it elsewhere.

Something seems bent on attacking human civilization at its roots world-wide. These are the very people we need to protect to honor our human heritage because we know what happens when you cut something off from its roots—it starves to death.

Bon Chance, M. Fred. Madame is still enjoying M. Garden Boy, and she was never having the romantic interests for him anyway. Everybody is happy, *n'est pas*?



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🖎 LoOp Letters

been special moments every time I have ridden the car ferry *Issaquah* out across Puget Sound. Even though the ride is short, maybe twelve minutes, maybe a little longer, I get out of the car and go upstairs to the passenger deck- the Place of Amenities (where once even smokers were welcome)- to get a whiff of the galley and rummage the recycle bins for a fresh newspaper (sorry, PI). I take a moment to visit the stainless trough in the Men's room (& cover my nose to exclude the odors wafting from the teratogenic chemical cakes theresometimes a dozen or more- which may be A Big Reason that women outlive men), get a long, mindemptying look across the water, and feel the tension slip away, as a result... and then examine, for the umpteenth time, the portrait of the Erickson sisters, their dog, & "their" fawn, on a beach, somewhere, with a woman in the distance keeping an eye on them. It is 1900. It is magic.

This picture has given me something New, every single time I've gazed into its slightly grainy hide. It is blown up to the point where the "1900ness" shows... at 2' by 3' maybe. The photographer is standing close to the water, looking landward, at a young girl- perhaps 3- who is offering a large maple leaf to a fawn that is barely old enough to have lost its spots. The girl looks toward the camera with the coquettish smile of which only a small child is capable... curious, knowing that she's a center of attention, and turning on the charm in case she's being "naughty" on a level unknown or undiscovered, so far, in her marvelous life.

The fawn is posing, calm, but wary. It has a rope-like a leash around its neck, the end of which trails off onto the ground. It has one large eye on the photographer, or almost so... the way many wild animals, who know they're being watched, will do ... so as not to be taken by surprise by virtue of the distraction of the focused attention.

Looking over the back of the fawn is a dog, whose attention is solely on the photographer. It could be a spaniel, judging by the muzzle cursory examinations missed & ears. It is being restrained by entirely. These were some of the another girl, an older sister, maybe highest quality "teaching aids" in 5, who is looking at the dog as if she's talking to it... and she has a grip on its lip- from the side- so that her fingers are in the dog's mouthnext to its teeth- and her thumb is outside. This is how she restrains the animal from "going after" the photographer. Down the beach, beyond a log that is cribbed up for cutting there's laundry billowing on clothesline... and a large woman looks towards the scene of the photo. The house, partially obscured by a grand old cedar stump that may be an intrinsic part of the house's construction, is an ample structure. The girls are wearing shoes, and dresses. The caption of the picture implies that

For the last few years there have the girls' parents are an Erickson and a Zackuse. They look to be children of an indigenous person (or persons).

> This picture has hung on the wall next to the "men's room" stairway of this boat for a few years along with a wealth of pictures from this era of similar cultural subject matter (eg Indian whalers, carvers, basketmakers, canoe racers, hops pickers, etc & the loggers, miners, etc of the "immigrant" culture) all around the boat. All have been valuable to me as objects from which to learn some of the past of our region, physical & cultural, at a time of great transition. They've evoked curiosity, and surprise, admiration ... and heartbreak. Their presence is an example of what I like best about public services, thoughtfully enhanced... like poems on the bus, and the art and sculptures that add interest to our parks and office buildings.

> Recently, "My" pictures were gone when I rode... and the wall where it- and its companion- were hanging is now a freshly painted banner advertising a new Attitude at a local bank ("My" bank, it turns out). I am non-plussed about this loss. On the one hand, if this is what it takes to keep the fare increases in check. then I think "to hell with the State Colors on the ferries... let's have 'em tarted up like a NASCAR racer, with every possible surface, inside and out, ceilings, floors, stalls & urinals, employees logoed "to the max". At least it will provide some jobs and revenue to facilitate our travel needs (and Desires, too) as traffic moves around the Sound. As someone who's so inured to visual advertising that I can often see it as, perhaps, some of its creators see it, i.e. as commercial art, it would only be a different kind of visual "background noise" to me. I'll just "zone it out..." and look beyond the windows and the rails for my visual stimulation and enjoyment.

However, the pictures that have been displaced brought me incredible gifts... by informing my powers of analysis, over time, and by drawing me back again & again to see additional features that my my experience... partly because they lent themselves to re-evaluation and reflection. They also offered a visible link to the past- the past of OUR places, right Here- which the modern consumer-in-a-hurry culture has little use for- but which seems essential to a cultural future that has both continuity and a sense of Place. Culture is a process based upon continuous responses to surrounding situations. Seeing those children in the picture evoked a bitter sweetness that I truly cherished... and whose absence I lament.



When You Stand To Fight The Good Fight

A friend is one who'll stand with you When you stand to fight the good fight When you stand to fight the good fight And you're standing there alone.

A friend is one to shield the blows When you're down and bent and on your knees When you're down and bent and on your knees And kneeling there alone.

A friend is one to risk his own When your money's spent and you're stripped to bone When your money's spent and you're down to bone A friend will come and risk his own.

A friend is one to bring the light

John Browne, Jr.

In your darkest hour when you still must fight When it's dark and you hurt and you still must fight A friend will come and bring the light.

If you need a friend and you're bloody red In the dark of night in a bloody bed And you hurt and you ache, feeling almost dead A friend will come, a friend will come, A friend will come to shield your head.

A friend will come, When you stand to fight the good fight.

From "The Answer" by Mark A. Goldman

VIPP Adopt-A-Cat Day

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

April 25, '08



Empath in the Water

by Orca Annie Stateler, VHP Coordinator

Happy Earth Month. Besides news of the white killer whale, my favorite, recent cetacean story involves a female bottlenose dolphin named Moko. Moko saved lives and succeeded heroically where human efforts failed.

Two pygmy sperm whales, a 10 ft. female and her 7 ft. male calf, stranded themselves off a New



A classic view of a gray whale off Glen Acres, with a Vashon ferry in the background. Photo by Mark Sears.

Zealand beach, apparently disoriented by a sandbar close to shore. The whales could not swim to open water.

The pair balked as Conservation Officer Malcolm Smith tried for several hours to push them into deeper water. Smith reported that Moko the dolphin subsequently approached the beach. He heard her

and the stranded whales vocalize to each other.

Smith explained, "The whales made contact with the dolphin and she escorted them about 200 yards parallel with the beach to the edge of the sandbar. Then she did a rightangle turn through a quite narrow channel Spieden (J8) and other J Pod members off Maury Island, sea . . . I was not Sears. © November 2007. aware dolphins could communicate with pygmy sperm whales, but something happened that allowed Moko to guide the two whales to safety." Amazed, Smith declared, "I've never heard of anything like this before." Stranded whales who cannot be moved off the beach are commonly euthanized. Mother and calf have not been seen since Moko rescued them. Altruistic Moko is a local celebrity. She plays with swimmers, nudges kayaks, and approaches boats for a rub. Read the March 12 article, "New Zealand dolphin rescued stranded whales," at Telegraph.co.uk. Also of interest on

Telegraph.co.uk is an April 16 piece titled, "Solitary dolphins living near shore need better protection, study says." Visit the American Cetacean Society (ACS) website at http:// acsonline.org/factpack/index.html for natural history and pictures of bottlenose dolphins and pygmy sperm whales.

Since ancient times, philosophers, scientists, and artists have marveled at dolphins who come to the aid of drowning humans. Biologists look for an underlying, self-serving survival advantage in the helping behavior of social species. Moko's story challenges the prevailing Western belief that cetaceans are unlikely to communicate with other species. What is the advantage to Moko in rescuing pygmy sperm whales, or to other dolphins in saving humans? We should remain open to the idea that cetaceans intervene for reasons

> that are not exclusively selfserving.

scholarly For insights on altruism in dolphins, read the Cetacean book Societies: Field Studies Dolphins of and Whales, by Mann, et al. For something lighter, Animal Planet is airing "Saved by Dolphins," featuring commentary by

experts like Janet Mann, the lead author of "Cetacean Societies."

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Thanks to Charlotte and Richard for the Dall's porpoise reports. In Colvos Pass, we have seen unusually pigmented porpoises that are





On a considerably sad note, the Center for Whale Research now concurs with Mark's assessment that Baby J43 is missing and presumed dead. You may recall I wrote of the dreaded possibility in a November 30 "Dorsal Spin." The orca photo accompanying this article is our humble tribute to J Pod. Mark took this photo on the day he discovered J43 was absent. The pod was perceptibly subdued. The orcas' extraordinarily caring behavior with their newborns and families can teach us volumes about compassion. I do regard them as empaths in the water. തതത



The Vashon Loop, p. 11





and led them out to perhaps contemplating the loss of Baby J43. Photo by Mark

probably hybrids of Dall's and Harbor porpoises. The VHP appreciates photos - send them to Orca Annie at Vashonorcas@aol.com.

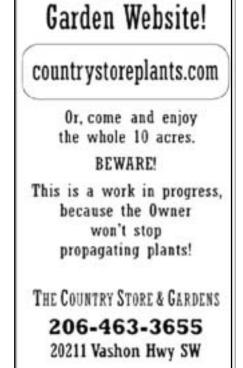
Gray whales are another species to check out on the ACS website. Spring is the time we are most likely to see them in Island waters. A typical sighting is of a mottled gray back and broad flukes - gray above and white underneath. Gray whales do not have dorsal fins. Instead, they have a dorsal hump with "knuckles" along the tail stock. The photo here by Mark Sears shows a gray whale surfacing off Glen Acres, with a Vashon ferry in the background.

WITH WASHINGTON ARTIST BERGSMA looky will be at Liberty Bell Printing Saturday, April 26 from 1 - 4 . Jooks looks forwated to matting

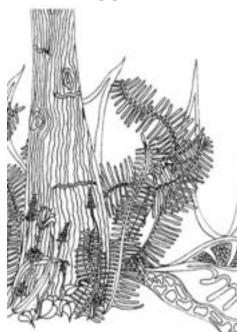
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The Vashon Loop, p. 12



Grapefruit Seed Extract

by Kathy Abascal

Most health food store customers prefer to use "natural" products (that is products that are made by Mother Nature) over manmade chemicals whenever possible. And most products in the health food stores are designed to meet these expectations. Most but not all. Grapefruit seed extract is one of the "unnatural" products that some are tricked into using.

Grapefruit seed extract is often recommended as an antimicrobial for a variety of infections. People report that it works very well although it is very bitter tasting. This sounds like a good product to most because we are very familiar with grapefruit as a food. The problem is that grapefruit seeds are not antimicrobial. Study after study shows that ground grapefruit seeds in capsules or extracted in a solvent like alcohol are completely ineffective against bacteria and other microbes.

So, who is right? The people who have tried the extract or the people who have tested it on bacteria? Actually, both are right. The grapefruit seed extract sold in the store is not the same as the

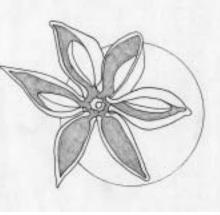
New Class Starting: **By Kathy Abascal** Eating for health & weight loss.

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"natural" extract tested in the studies. Instead, the store extract contains a chemical that does not occur naturally in grapefruit. This is how the antimicrobial grapefruit seed extract is made:

Grapefruit seed and pulp are dried and ground into a powder. This is all I would have thought to be involved in making the extract but the process continues. The fiber and pectin are removed from the powder. No problem with this, people are not using the extract as a source of fiber. The remaining slurry forms a concentrated flavonoid-rich powder which is dissolved in glycerin. Glycerin is a benign solvent.

Then food grade ammonium chloride and ascorbic acid are added. This mixture undergoes catalytic conversion using "natural" catalysts, including hydrochloric acid and natural enzymes. In the end, grapefruit seed extracts like Citricidal (a common brand of the extract) contain a group of quaternary ammonium chlorides including benzethonium chloride, its primary active constituent. The



Star Anise

starting point was ammonium chloride, a synthetic chemical that is harmful if swallowed in larger amounts; it is a skin irritant. Benzethonium chloride, the end point, is a manufactured chemical that is lacking in safety data but is believed by some to be an endocrine and skin toxicant. Endocrine toxicants are chemicals that have the ability to disrupt our hormones. Commonly encountered endocrine toxicants include PCBs and DDT. Grapefruit itself contains neither chemical.

manufacturer of Citricidal: "Benzethonium chloride is a wellknown synthetic antiseptic agent; it is not added to the grapefruit Deconstructed where you will learn extract, but is formed from the original grapefruit flavonoids during the ammoniating process." They assure us that it has no short term or long term toxicity. Maybe, maybe not. However, most of their customers are still being fooled into taking a chemical they had no intention of taking. In addition, the manufacturing process may produce other more toxic chlorinated byproducts that are released into the environment. Using grapefruit seed extract is about the same as going to the pharmacy and buying triclosan or any other synthetic antimicrobial chemical. They too may work well and they may be safe; or not.



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

Manipulation of "natural" products is not uncommon in the health food industry. Instead of using whole plant extracts more or less as made by Mother Nature, manufacturers isolate compounds from plants and then tweak them to purportedly make them more effective. The downside is that such products lack the centuries of human use that allows us to know that they are safe to use.

Plants are often used as an inexpensive entry point in a chemical process designed to produce a synthetic chemical. Wild yam (Dioscorea villosa) is a wonderful vine that has a long history of use to stop intestinal spasms. It has no history of use in perimenopause and does not contain progesterone. However, it can be used in a laboratory as a starting point in the manufacture of the hormone progesterone. Star anise (Illicium verum) is a fragrant spice that is used in small doses to flavor foods. It is also the starting point for the manufacture of Tamiflu. You cannot use star anise instead of Tamiflu (or vice versa). "Not to worry," assures the The two have nothing in common except a laboratory process.

> If you would like to explore this topic further, read the book Twinkies that your vitamins are not squeezed from fruits and vegetables but instead often are made from petrochemicals in China. My advice to those looking for truly "natural" products: As a general rule, use whole plants the way they were used traditionally. Grapefruit seeds were not used to fight infection. Wild yam was not used as a hormone. Finally, read labels carefully, try to get most of your vitamins from your foods, and avoid grapefruit seed extract. 000





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

Aries (March 20-April 19) You can fight, you can negotiate or you can work for inner balance. There are so many clashing energy sources in your heart and soul right now that you don't really have much choice, if you want a little peace of mind. You may not be so interested in that, however. If serenity seems to lack appeal, it's mainly because conflict is so intense and that intensity is addictive in the chemical sense: adrenaline, for example. You can run your mind in cool mode rather than hot, but we all know how much you like heat. The question is really about where you want to expend your energy: on conflict or creativity; on mental thrashing or emotional depth. It's worth asking yourself several times a day for a while. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) The slow progress you are making in your current quest for self-understanding would go quicker if you would let pain be your teacher. Americans in particular make up a lot of rules about pain: it's always bad; we must seek pleasure; an easy (wrong) answer is better than a difficult (correct) answer. I am not here to preach the doctrine of struggle, but rather to deliver the simple message that if you give your pain, your fear and your self-doubt a clear voice, you will actually understand what it's saying, and you will have a chance to respond appropriately. The real you is alive and well beneath your doubts, waiting for its moment to play. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Life seems to be offering you so much of what you dream of, if only you could touch it. The problem may be the fear that if you do touch it, your life will go out of control. If I had to venture an educated guess, this factor is a big piece of why so many people shun their deepest desires. You can do this, but it does not make your life any more authentic, nor will it add to your sense of control. That sense of mastery would best be created by approaching rather than avoiding. Yes, along the way there will be a few decisions that you won't be able to go back on. You will unleash a few forces you don't understand. These things are signs of progress. Eric Francis has more to say at PlanetWaves.net. Cancer (June 21-July 22) You know that very little happens unless you push. However, you've done plenty of that for a while. When you look back on this time in your life with some years of perspective, you will be astonished what you accomplished. I suggest you relax and let the power of your momentum carry you to the next phase of your life. I don't think the rest of the season have come a long way toward seeing is necessarily going to be the picture of serenity; there will be too much developing in your inner life for that to be the case. But for now, as far as the outer world is concerned, I suggest you let your achievements and the message you've been sending reach their various destinations, and see what comes back to you. Eric Francis has more to say at PlanetWaves.net.

career angle of your chart, you are in a position to exert your leadership. You tend to be a reluctant player at that game, contrary to most popular interpretations of your sign. In other words, you're more about getting things done well than being the boss, and there is a big difference. Anyway, the kind of leadership the world needs happens to be the one you have to offer, and that involves values. You tend to be a good source of information when it comes to distinguishing right from wrong; you know what has the power to last, and what is going to fade away sooner rather than later. Most significantly, you have the power to act in accord with what you truly believe. And that is the kind of leadership we need on this planet, I dare say desperately. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You have considerable support where a pending financial arrangement is concerned; you merely need to do two things: keep the dialog open and allow the movement of the cosmos to align with you. Someone seems to be driving a hard bargain. They are overstating their case and exaggerating certain facts. They are doing this in an effort to be compelling, to get your attention and to make sure you know who has the power. I suggest you hum along with this tune until the orchestra arrives. There is plenty of money to go around and at the moment you seem to be eating just fine. The question you're grappling with is why certain people who have so much make such a point of not sharing it. It's not worth agonizing over, and besides, someone appears on the verge of waking up to the simple truth. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) Beware of a tendency to want too much of a good thing, or for someone else to lead you down this particular path. Enough really is enough, but that's not the point. The issue is desire, and its motivations. You would go a long way toward getting some freedom if you sorted out the differences between needs and desires. Particularly in American culture, this distinction is overlooked. You can actually say you need an extra large McDonald's fries and people take you seriously. Here is a clue. Your list of needs is shorter than your list of desires. Also, you may take the things you need for granted more often than the things you want. Finally, one of these two is more open to influence by another person. If you were the only one making the choices, the results might be different. Eric Francis has more to say at PlanetWaves.net. Scorpio (Oct. 23-Nov. 22) You your spiritual beliefs for what they are. For most people, the God issue is a big drama about whether the universe is supposed to take care of us, more or less in the same fashion that our parents were supposed to have taken care of us when we were very small. You usually come close to living in a world where your needs are met just because you have them, or just because you believe they will be. Yet I have a hunch that the past couple of seasons have tested your



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conflicts you've lived through have made it clear that you have to be much more self-reliant, though this talent will come in handy in the near future when you are summoned to assume an entirely new dimension of leadership. Get ready. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Money is not the issue — appreciation is. It is appropriate to gently explain to humans that in the civilized world, we acknowledge others for what they give to us. You are not the type to expect every favor to be returned, but you're definitely the type who wants others to admit that they benefit from your gifts. Is this an ego trip on your part, or is it something more practical? Well, you have repeatedly shown your willingness to take chances in creative ventures, art and love, and these things — and just your example - have helped others immensely. I PlanetWaves.net. uggest, however, that you leave it to others to express their appreciation of their own volition. When they do, it will be that much more meaningful to everyone. Eric Francis has more to say at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) The kinds of petty stress that you've been under lately are nothing compared to many past times. If you look you'll see that what's bothering you is probably some form of "things are not as good as they could be." The significant question is, what would make them better? You seem determined to teach others that they must depend on themselves without letting their authority issues run amok. There must be an organizing principle in the environment and usually it's coming from you. Now, someone else seems determined to set the agenda, and they don't appear too willing to negotiate in the process. I suggest you

mettle on this one. Some of the let them have their way, for now. You have more important matters than this on your mind. Eric Francis has more to say at PlanetWaves.net.

> Aquarius (Jan. 20-Feb. 19) A health situation is more deeply grounded in the emotional and psychic levels than it is on the physical levels. This does not necessarily make it easier, but I can assure you of one thing — there is an aggravating factor in the environment, and you can if you want eliminate it, or step away from it. The factor is likely to be some form of too much. It may be too much work, though it also may be too much sugar or being subjected to the intense emotions of the people around you. The problem is that this has gone on for quite a long time before you noticed it. Now that you have a clue that something is affecting you, you have options for how to approach the issue. Eric Francis has more to say at

Pisces (Feb. 19-March 20) Beware of a false lack of confidence. And what would that be? It is some form of the illusion that you lack faith in yourself, your knowledge and your abilities. It's a little script in your mind that says, "No, you can't do it." It could also arrive as the notion that you're somehow not acceptable to others; and that you must stand alone because of it. Healing this issue, it's not necessary to go looking for certainty as much as it is helpful to understand where your faith in yourself went in the first place. Where did those fears come from? I assure you they belonged to someone else before they belonged to you. Before you can really throw them away, it would help immensely to look at them closely and understand their origin. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) With the Sun and Venus stretching across the

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By Marj Watkins

Charlemagne's **Kitchen**

Charlemagne's influence on European and thus our culture went way beyond leading or sending armies out to conquer countries whose religion differed from his. He started the first school for lay (nonclerical) students, and he believed girls just as bright and educable as boys. Though royal and noble kitchens elsewhere would not have female cooks, I believe he recognized that women as well as men know how to prepare great food.

In my first historical novel, Rotaida and the Runestone, Rotaida is a slave in the palace kitchen .The chef is a woman and two other helpers are girls. She learns to make bread for the royal table, and to cook fairly exotic dishes flavored with ingredients she had not even heard of before: cinnamon, cloves, brown sugar. Pastry cook Benedetto, a trophy from a war Charlemagne fought in Italy, cooks desserts and Martin the spit turner is in charge of cooking meats.

Cooking techniques probably had not changed much in the Frankish capital at Aachen since the Romans left. Chimneys had not been invented yet, but a high hole in the wall let out most of the smoke. Their main tools were the cauldron hanging from an iron hook in a wide, deep fireplace, a frying pan with a folding handle that could go into the portable oven, and an iron grid for grilling and to hold their brass pots above the charcoal fire on the raised fireplace.

Some dishes Rotaida and Martin probably cooked, and you could, too:

BOILED CHICKEN

Put the chicken into a stockpot and cover it with water. At this point I would add a teaspoon or even two teaspoons of salt and the vinegar. The old recipe doesn't.

Bring to a boil, reduce heat and simmer 2 ¹/₂ to 3 hours, until the chicken is tender.

Grind the spices and moisten them with a few drops of vinegar or white wine. Add to the pot. Stir in the honey and oil. Honey was plentiful, but olive oil had to be brought from the Mediterranean.

Serve either hot or cold.

FISH COOKED IN ITS OWN JUICE

1 salmon trout or ordinary trout 1 Tablespoon salt

1 Tablespoon coriander seeds

1 Tablespoon vinegar

Clean, wash and pat the fish dry. Grind the salt and coriander seeds in a seed grinder or coffee mill or blender. Or use powdered coriander seed and just stir it and the salt together.



Medieval Cooking Vessels Illustration by Peter Brears

Place the fish in an ovenproof frying pan that owns a lid. Brown it quickly on both sides, and then cover it. Bake at a 350-degree oven until fish is opaque all the way through, 10 to 15 minutes.

Remove from oven and sprinkle with apple cider vinegar. Lemon juice is fine, too, but lemons didn't travel well on the long trip by oxcart from southern Francia, Charlemagne's kitchen had none except in pickled form.

When Rotaida cooked for the traveling monks in Royal Spy, she cooked the pigeons the Kobold woman gave her like the chicken in the recipe above. The pigeons cooked in a shorter time, though, being less than one-third a chicken's size. You could try the recipe using a game hen, somewhat larger than the plumpest pigeon, but smaller than a chicken. Most of the wild green she harvested for the monks' meals grow on Vashon Island—wild cress, watercress, edible dandelion leaves and petals, huckleberries, chickweed, etc. Any of these goes well in a spring or summer salad. Royal Spy is the sequel to Rotaida and the Runestone. Both can be found at Books by the Way, Vashon Book Shop, The Country Store, and Essentials 4, as well as by contacting the author, Marj Watkins, at 463-9626. തതത



Ferry System Focused on Wrong Replacements

by Gregory J Beardsley, Port Engineer, SS Virginia V, Co-Chair Vashon FAC

In rebuttal to the statement made by Senator Mary Margret Haugen in the Whidbey News-Times article dated April 19, 2008 titled "Ferry bidding delayed again." That statement reads as follows: "A Steilacoom II-type vessel can operate other routes in addition to the Port Townsend run. In a town hall meeting Wednesday night, Haugen said it particularly could operate well on a route in Tacoma currently served by the Rhododendron, which is approximately 50 years old."

I want to point out that the Community of Vashon-Maury Island is absolutely opposed to the Steilacoom II Clone. We have sent letter after letter to WSF, the Governor, and the Legislators telling them that. None of them seem to be listening to facts. The construction of this vessel will cost the taxpayers not just the initial construction costs but the ongoing maintenance for the next 60 years. Some have estimated that to be 100 million dollars. or more.

One of the reasons the smaller Hiyu is on the inter-Island route is that the "larger" Rhododendron is too slow to keep the schedule, and the side support poles interfere with loading. To run at its current speed it must drive its engines to near 95% which accelerates its maintenance tremendously. This is why Pierce County has two similar vessels, so one can be in maintenance while the other operates.

The Vashon to Tacoma route currently has overloads much of the time. We already need a larger capacity on that route. In fact the Port Townsend to Keystone route carries less vehicles and passengers than any single route structure in WSF. The difference between the two is that Vashon/Tacoma is fairly steady and the Port Townsend/ Keystone has a big summer surge.

The only other possible place for the Clone is after the split up of the Triangle Route on the north end of Vashon. The Vashon/Southworth leg of the triangle is the only "Route" that carries less traffic than Port The "Clone" is too small to be of Townsend/Keystone. It however iy consequence to any current has a large Commercial Truck usage which would makes the Clone unsuitable there too. There are, or were, alternatives to building this wasteful Clone. Time is running out on one of those alternatives. So far there does not seem to be any other viable vessels in the world fleet.

This is a lot like the pot-au-feu people in France are still cooking. With gobs of biscuit dough bubbling on its surface it becomes Chicken and Dumplings.

1 3-lb. chicken

¹/₄ teaspoon each: black pepper, cumin, thyme, and fennel seeds

3 sprigs parsley, leafy tops only bay leaf, optional Tablespoons vinegar

Several stoned dates

1 Tablespoon honey 1 teaspoon fish sauce, optional (popular with the Romans, but I'm sure the Franks took it up) 1 Tablespoon virgin olive oil

Loopy sez: Deadline for the next edition of The Loop is Friday, May 2

independent route in the WSF System. At best it holds 2 vehicles more than the Rhododendron. By the way, the Rhododendron is now over 60 years old. This is the age which the Legislature has mandated for vessel retirement. When you add commercial vehicles into the mix that capacity is further restricted. The Clone has a lower freeboard which means that there will be greater hours of restricted loading for low tides. This not only affects commercial vehicles but any trailer, motor home or car with low ground clearance.

The Clone would become the slowest vessel in the fleet which means it cannot work with any other vessel to maintain a schedule.





"The Upside of Life"

by Deborah H. Anderson

There comes a time in every writer's life when there's a deadline and you are going to put fingers to the keyboard so there's something to send. Oh sure, I've got the column I was going to do for women's history month. Remember I swapped it out for, what turned out to be, two columns on alcohol awareness month? Now it has to wait for the next logical feminine moment which would be Mother's Day.

And if a throat infection I thought was allergies hadn't progressed suddenly and violently into bronchial infection that absolutely flattened me so that when I appeared in public during the worst, people to physically turn away from me lest they catch what sounded like the plague, this entire column would be in rhyme; lovely catchy rhyme.

Oh well.....here's what I've got.....

"Where I'm going it's 83. When I return , I hope to be Cough Free."

In a theatrical piece I'm writing on a woman who is violated in the church she has a turning point where she goes to see an opera called *Susannah*. In the fifties, 1956 to be exact, the opera, written by Carlisle Floyd debuted at the Met. The story....well... I'll take the story from a review of the opera done as a conclusion to the Arizona Opera company's 2006/07 season. This is how they described it:

"The work is based on the Biblical account of Susannah and her Elders from the Book of Daniel, as it appears in certain Bibles. From that account we learn the Elders, who steadfastly lust after Susannah, spy on her while she is bathing and soon realize that the young beauty will never give in to their lascivious advances, so they accuse her of fornicating with a young man. This charge is eventually proven false, and Susannah is saved from death. Floyd, using a librettist's poetic license, simplified the storyline by relocating the bathing Susannah to an isolated community called New Hope Valley in the Appalachian Mountains of Tennessee. There, she is observed by her own church Elders who are repelled by her audacity to bath in a small stream which is supposed to be used for baptism."

Things take time, but everything surrendered is always redeemed.

So here's what I'm throwing on this page. Be a person of faith because it leads to miracles and hope, courage and Joy. Without faith we drown in a sea of stupid human tricks. (Oh golly, David Letterman. I hope you don't have that copyrighted.)

Yea, yea, yea. I know you've got real troubles. Yea, yea, yea, I know you're afraid everyone's going to find out the truth. Now see how silly that is? I'm making those statements on the fly to no one in particular out of a general knowledge of the human condition anywhere. My guess is that someone somewhere who knows me is thinking, "I thought she was going to keep that confidential!" I did. I'm not talking about you.

I'm talking about everyone.

This weekend I get to accomplish two major work goals. I get to interview the founder of the first clergy rehab center for sexual addiction to confirm my suspicions of why elders like the ones in that opera behave the way they do. And I get to see the Opera in another city back to back with the interview.

And the reason I get to see the Opera? Get this folks....the school my daughter attends is doing this relatively obscure opera and she is in the chorus. See......THAT's how God puts life together. If God calls you to do something tough, there is an enormous blessing in it. Do the tough thing. The easy road is never God's way. God straightens crooked paths. It's in writing. That's the job description.

So, because I don't have time to write more because being sick kept me from being prepared to leave tonight, I'll say simply: Be a person of faith. See that there is a big picture. Live from your heart informed by your head. Be lead, not controlled. Smile because there is Joy in your heart. Tell the truth so you can see God redeeming bad stuff all the time. Enjoy your gifts and talents because God specifically gave them to you. The numbers of your hairs are counted in eternity. THAT's how well known you are to God. And the part I like best, besides getting to hug my youngest daughter this week? I look at the five day forecast and when it's got a little snow sign and the number 28 after it, I'm going to a place where there's this bright sun with nothing around it and the number 83. Ok.....the light bulb in the office just blew. The alarm has gone off for me to get up and there's a ton to be done. Time to stop writing. Have the best day of your life today, because whether you know it or not, your life is redeemed; every single second of it.



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PTSA Auction A Multitude of Feasts

Continued from page 1

The May 3 auction, entitled "Memories of Tomorrow," includes a host of coveted live and silent auction items, from Mariner's game prime seats and professional, artisan-guided student projects, to vacations away at donor's second homes. It will be the first major community event at the facility since K2 Sports vacated the building this winter.

Come hungry. The Back Bay Inn, which closes its own doors for the night, has donated its entire staff of 15, which will be serving and feeding the crowd of an anticipated 300-plus people. Chef Curtis Grey created a menu that playfully elevates our childhood favorites: grilled cheese goes foccacia panini with havarti. Pot roast goes braised beef with a veal demiglace. Vegetarians enjoy eggplant laden lasagna with a Wellington top crust. Those with reserved seats will enjoy an auction preview with champagne and appetizers, such as the proprietor's mini Stormy burgers with smoked gouda and Dijon aioli, and roasted tater tots cooked in garlic infused olive oil. The Auction is not just a feast for the palate, it's also a feast for the eyes. An entire, wall-length 50's drive-in (lcar hop) modeled set is being designed by VHS shop teacher John Burke, thanks donated wood and labor. In fact, the Auction has an entire "Man friendly section" with a dude-icated lounge. K2 has its own custom chopper slated to be

on display as well as vintage cars, and vintage motorcycles throughout various parts of the venue. Look for era-specific showcases and musical entertainment to add to the "memories" theme.

The Auction will feature a raisethe-paddle initiative to help fund curriculum, specifically, teacher training to foster fluency in specific subject areas. Tickets are on sale now for \$30 per person (general) and \$60 per person reserved for groups of up to 10.

Since 2002, the Vashon PTSA auction has netted more than \$300,000 for new text books in select focus areas and enhanced arts programs. Get tickets at the Vashon Bookshop or Books by the Way, or online at Brown Paper tickets. (www.brownpapertickets.com)

It's a powerful musical and social vehicle.

So this character I'm creating goes to see the Opera and in that experience makes a turning point deciding not to descend into bitterness and despair about certain experiences she had. This will ruin the opera for you, but in the real thing the main character DOES descend into rage and bitterness and despair.

I look forward to the night my work debuts. In fact, I look forward to all the wonderful things that are going to happen in the year hence.

Love

Deborah

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Vashon Aquatic Club Names Team Captains

recently announced that Kate Thomson and Kendall Danzer have been appointed Team Captain and Junior Team Captain, respectively, of the to good use last weekend at the Seals Swim Team. Team Captains are chosen by coaching staff as part of the clubs leadership development program.

"Team Captains are chosen for their leadership qualities, work ethic, attendance at meets and practice and ability to work with coaches and team mates", says Coach Lisa MacLeod. "Team Captains are not popularity contests and candidates must work hard and show commitment to the sport and team to be considered."

Responsibilities are many and include: assisting coaches at practice and swim meets, mentoring and working with younger swimmers, leading by example, representing swimmers at team meetings and at the local house-of-delegates meetings and conferences, and much more.

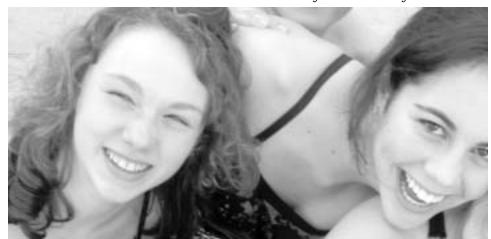
"We are proud of all our swimmers", says MacLeod. "Swimming teaches an abundance of

Vashon Aquatic Club coaches life skills. It's gratifying as a coach to see these swimmers grow into wellrounded youth and young adults."

> Ferryboat Sprint Meet at the Bainbridge Island Aquatic Center. Their work on-deck helped coaches with event management, getting younger swimmers to staging areas and starting blocks on time, and providing encouragement and support to all their teammates. Not only did they do an admirable job, but they, too, put in some impressive performances.

> The team got a surprise when one of their teammates, Will MacDonald, arrived on deck to support them after completing an early morning science fair commitment and catching a late ferry to get there.

> Meet results were not available by this writing, but will be posted with photos by publication date on the club's website at: www.vashonaquaticclub.org. Next swim meet will be the UPAC Spring Special Meet at Curtis High School in University Place on May 17th.



Kendall Danzer (left) and Kate Thomson (right) appointed Team Captions of the Seals Swim Team.

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by Gary R. Gray

Team Captains put their new roles

100% Angus Beef Now Serving **Freshly Baked**

Whats New At

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Zoom on in today and try some

Hours: 11:30 am to 7:00 pm 17705 Vashon Hwy SW

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Not Just a Great Burger

Taken as Directed

Continued from page 19

and prolonged depression. A number of cases have ended in suicide where there has been no previous occurrence of depression or despondency. In spite of all this, Lariam remains on the market and was recently given to soldiers leaving to fight in Iraq even though there was no evidence that malaria posed a threat in the areas these soldiers were to be deployed. Along with Sue Rose, area resident Robert Weber will be on hand to discuss his

Camp Fire Celebrates Birthday

Continued from page 1

The event is held across the street from Chautauqua Elementary, at VICC (Vashon Island Community Church), from 11:30 until 2. Parents and kids can come together and join this free afternoon. All they need to do is bring a sack lunch. Included will be free arts and crafts (making mosaic tiles and hats), learning camp songs, playing games, and enjoying cake and punch. Kids will be able to get a sense for what Camp Fire is about, and their parents will Camp Fire kids or talk to leaders. The event is coordinated by Vashon's Camp Fire kids to celebrate the organization's birthday. No rsvps are required, but parents must accompany children and bring their own sack lunches. Call Lauri at 463-1931 with questions.

Asst. Ass Ed \$100 Editor in Chief Bottlewasher \$250 Media Mogul \$20,000 Yes! I love being in The Loop! Enclosed is my check for a year's subscription. I will pick up my own paper at one of the fine establishments that distribute it

For \$60 or more please mail my paper

Send this form to: The Vashon Loop PO Box 253 Vashon, WA 98070 Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond. Marie and Troy

experiences as a user of Lariam in be able to ask questions of other 2001.

This screening is brought to you by the Vashon Theatre, Vashon Film Society and For Word Films and admission will be by donation. This will be the last in this series of documentaries at the Theatre until Fall. Watch for a summer series of documentaries at Café Luna- check their website for details: http:// www.cafelunavashon.com/ frame_home.htm. For more info call Peter Ray at 567-4542 or email at pgr42@att.net.



in this world Because things are being loved and people are being used.



Avoidable $\ \$ What a bullfighter tries to do Counterfeiters \kown-ter-fit-ers \: Workers who put together kitchen cabinets

Heroes \hee'-rhos\: what a guy in a boat does

Pharmacist \farm'-uh-sist\: a helper on the farm

One Liners

Punctual people have nothing better to do.

Insanity runs in some families—in others it positively races! A careful driver looks both ways before cruising through a stop sign. Whom is a word that was invented to make everyone sound like a butler. You can't take it with you—but you can stash it where nobody else can find it.

Kids Letters to God:

Dear God, We read that Thomas Edison made light, but in Sunday school, they said You did it. So, I bet he stole Your idea. - Sincerely, Donna

A wise man can see more

from the bottom of a well

than a fool can from a

mountain top.

Cowboy Wisdom; Never engage in a battle of wits with a person who is unarmed.

A positive attitude may not solve all your problems but it will annoy enough people to make it worth the effort.

People are made to be loved and things are made to be used. There is much chaos in this world because things are being loved and people are being used.

I wanted to be a barber, but I just couldn't cut it.

Loopy Zen;

THE

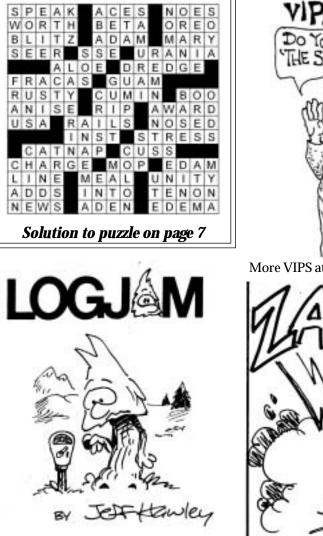
BEST MONEY CAN BUY!

Speak with respect, but carry a big question.

I'm not retired, I'm on Eternity leave. —Mike Boudreaux

My sister and I are close, and that allows us to be honest with each other. One evening as I prepared for a date, I remarked, "I'm fat." "No, you're not," she scolded. "My hair is awful," I said. "It's lovely," she encouraged. "I've never looked worse," I whined.

And she said, "Yes, you have."



OFFSHORE CLASSIC





ODEE

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The Vashon Loop, p. 17



A small town is a place where

there is little to see or do, but what you hear makes up for it. A small town is a place you don't have to leave to get away from it all.

People will believe you are confident in your successes if you keep the look of astonishment off your face.









Loop Arts

UMO performs montage of New Works

mime piece, solo buffoons and more! Don't miss the two-night UMO New Works performance Saturday, May mime piece. Performance artist Mik

Monks in red noses, a Beckett buffoon act. Founding members, David Godsey and Janet McAlpin will premiere a Samuel Beckett 3, 7:30 pm and Sunday, May 4, 2 Kuhlman will also participate in the Blue Heron

by Janice Randall

as

the

UMO.

Tickets for the

their

and

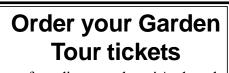
\$14

phone,



by David Godsey and Janet McAlpin perform death-defying acts with 463.5131. hoops. Photo by Michelle Bates.

pm, at Blue Heron Art Center. Elizabeth Klob will direct and curate the marvelous montage of new works. Four Zen tales, two reworked and two all new will be told from UMO's comic perspective. Lyam White will perform an all new darkly comic monologue piece werewolf. about Kajsa а Ingemansson, former UMO intern from Sweden, will perform a solo



now for a discounted rate! And mark your calendars for June 21-22. Call Vashon Allied Arts, 463.5131.



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

Silverwood Features Owner's Work

May is the month to see new work from gallery owners Margaret (Tylczak) and Eric Heffelfinger. Both artists tend to introduce new ideas. directions and executions in their annual spring show. In Margaret's case, all she can say is, look what those dogs have done to their canvases! For Eric, it's new materials from lapis to jade to pearls. With them is gallery regular Joanne Bohannon, once again bringing the gallery a new collection in ceramic clay. Full Bloom opens May 2 at Noon, with a reception for the artists from 6-9 p.m. Call the gallery with any questions at 463-1722.



Church Music **Director Wanted**

argaret Tylczak, painter annon, ceramic sculntur

SELVEPTWOOD

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

It's time for the annual Spring Art Studio Tour, and you really cannot miss it, Saturday and Sunday, May 3rd and 4th, and, May 10th and 11th, 10 am to 5 pm. After all, what could be better than tooling around our spring-lit Island, blooming with cherry blossoms and

Art Studio Tour

Amanda's Draw the Line Studio Vashon Community Care Center. (#1); the Willow Street Woodshop See steel sculptures and jewelry at



On the north end, there's Karen (#4) and Vashon Visions (#5) at

the Zartman Studio (#20) and all those glorious bells at GRB Bells (#21). Then, drive back to Vashon

by Devon Atkins

Just South of Town, find the brand new Roobiblue Photography Studios (#14),and, on Quartermaster Harbor, Penny Grist and Larry Muir's jewelry(#15) and Mary Hosick's fiery decorative pottery (#16). In Burton, there's a three woman show at the Back Bay Inn (#13).

April 25, '08

newborn pigmy goats, and stopping by the twenty-one homes and studios of some of the most talented and interesting people that live here?

In Town, visit Vashon's galleries and businesses featuring art of the Tour; then, there's Pam Ingalls' latest show (#19 on the Map) at The Hardware Store, Elemental Stitches Sewing Studio (#18) on Bank Road, and, then, over to Ridge Road for Irene Otis's Tile studio (#17).

Just South of Town is the brand new Roobiblue Photography Studios (#14), and, on Quartermaster Harbor, Penny Grist and Larry Muir's jewelry(#15) and Mary Hosick's fiery decorative pottery (#16). In Burton, there's a three woman show Back Bay Inn (#13).

Have Faith from Irene's Tiles. Photo by Sy Novak.

(#2), where driftwood becomes art; Highway (#10). Around the corner, and, Brian Brenno's (#3) glass art. on Cemetery Road, there's Liz South down Vashon Highway, Lewis's cozy Cemetery Road pottery don't miss Lightmark Photography studio (#11).

Highway for Glass on the Highway (#6).

Down Cove Road, stop in at the Fox Tales Studio (# 7) for Karen Fox's rich oil paintings, incredible garden sculpture and the group show at Barnworks (#8), and collaged monoprints by Mary Margaret Briggs (#9), and, Jiji Saunders' paintings Westside on

Pick up a colorful Tour brochure at most any Island business, or go

www.vashonislandartstudiotour.com for the self-guided Tour map and information about the Studios. Don't miss First Friday at the Blue Heron Gallery for an incredible show that highlights the arts and the art of the Tour, Friday, May 2nd, 6 – 9 pm.



Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom 🔉

Artist Jody Bergsma at Liberty Bell Printing

Jody Bergsma will appear at Liberty Bell Printing & Gifts, 4736 California Jody's Archive Restoration Project Ave. SW, Seattle, WA on Saturday, April 26, 2008. Jody will be signing from 1:00 - 4:00 pm.

occasionally had scary dreams. Her mother, in an attempt to understand her daughter's nightmares asked Jody to draw them. Her imaginative monsters, dragons and wide-eyed children were born in bright shades of emerald green and rosy pink, setting the stage for her future work, paintings that had their roots in her imagination.

From the age 15, she was painting professionally, peddling her watercolors at local art shows. Hundreds of her originals mostly of children and animals were sold during these early years.

by Michael Hoffman

Internationally known artist retail and wholesale website, www.bergsma.com, featuring listing un-published and early paintings!

Jody Bergsma retreats into As a little girl, Bergsma creative seclusion for a total of six months per year. More than 75 new works are created during this period, most of which are for Bergsma's national sales market. Besides her wildlife paintings and children's prints she has now added children's book illustrations and writing to her busy schedule.

> Jody's first recognizable style "Dream Keepers" live in a magical world of peace and harmony that celebrate family, friendship, parenthood and love. Each piece, whether a lithograph, magnet or art card, has a theme expressed by an endearing verse.

> > Her second style, the "Natural Elements," was

> > > inspired

and

The

paintings

the world.

projects

Toys.

Jody

researched

childhood trips to

the San Juan Island

with her father and

her love of our

respect for Native

American tradition

incorporated many

totem images from

Native folklore into

her original work.

artifacts used in her

museums around

completed a wide range of licensed

companies such as Universal Studios,

Sea World, Busch

Gardens, Fiesta

Franklin

aboriginal

Bergsma has

natural world.

by

has

are

has

for

at

BREATH OF POWER ... KEEP US STRONG!

money in one weekend then I ever Print Concepts, Maiden Sunshine believed possible" remarks Bergsma, and Leanin' Tree. Together they

Mint, Masterpieces, "I found I could make more Pacific Trading, TopLand Trading, "the money I made ended up paying create thousands of products sold throughout the world. For further information, please Pam Hoksbergen, contact BERGSMA GALLERY PRESS, 1301 Fraser Street #A6, Bellingham, Washington 98229. Toll Free: (800) BERGSMA Phone: (360) 733-1101, Fax: (360) 647-2758, Email: pam@bergsma.com, www.bergsma.com



Backroads at the Back Bay



by Dan Brown

Friday, May 2nd, 6 to 9pm Backroads is back, for First Friday Art Tour. Lots of folks say they loved and now pine for the band's unmatched set list. Come out for dinner and a retrospective of hits from this folkpop-rock-favorite parade. We've got Bob Dylan, Tom Paxton, Kate Wolf. Nanci

Photo of Backroads by Luke Amsden.

Griffith, Beatles, Everly Brothers, Buddy Holly, Tom Waits, Van Morrison, Townes Van Zandt, Gillian Welch, Bill Staines, Shawn Colvin, Bruce Springsteen, etc. etc., and also the requisite modern/eclectic stuff you never heard of but love anyway. Steve's hot guitar, Jean's sweet fiddle, Dan's inimitable harmonies and Robyn's jaunty leadership.

Taken as Directed

It has been repeating itself in my head all morning, so I finally googled the old truism: "What you don't know can't hurt you", and found mostly references that replaced the "can't" with CANexplanations as to where this quote might have come from had one word as a cross reference, and that word was ignorance. It seems though that the only bliss being experienced along the disinformation Photo courtesy Center for Disease Control. e f f e c t s

by Peter Ray

Producer and pharmaceutical products liability lawyer Sue Rose will be on hand at the Vashon Theatre on Sunday Aril 27th at 7pm to answer questions about her one hour documentary, Taken As generally in that upper case mode. Directed. In a series of interviews The one site that offered some with people who took Lariam as a preventative measure before traveling to areas known for their high risk factors for exposure to malaria, we are shown the devastating side

for much of my education.³

Not totally convinced that art could be a legitimate career, Jody's interests vacillated from music to engineering. Studying art in Europe was inspiring, but her aptitude for mathematics directed her to a more financially secured future in engineering school. Close to graduation, Jody dropped out to pursue the craft she really loved- art.

Jody was determined and with a \$2,000 investment she printed 10 lithographs of her early paintings and sold them at art shows. Her company Bergsma Illustrations was born.

THE BERGSMA GALLERY now includes a warehouse product showroom, international licensing and sales division and a complete



campaign trail to

the universal ignorance plan is that private joy found among the small number of people making tons of money from keeping the rest of us both at risk and in the dark.

Our For Word documentary film this month finds us looking into the less-than-truths being told by Roche Pharmaceutical Company in regard to their malaria drug Lariam. Film

experienced by,

according to an independent study in 2001, up to one in three of the people taking this drug, in spite of Roche's claim that less than one percent of users might be adversely affected. These side effects include feelings of paranoia, hallucination, losing of one's ability to concentrate

Continued on page 16

