



VASHON

THE LOOP

Vol. 6, #5

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM March 6, 2009

Pipers Piping



Master piper John Dally will present an Introduction to Bagpipes in the Vashon Island Music Studio on Saturday, March 7th from 1-3pm. Dally has over 30 years experience playing Highland, Northumbrian, Scottish smallpipes, Lowland bagpipes, and whistles. He has performed on TV, film and radio both in the US and Britain. On Saturday he will provide an entertaining overview and demonstration of the various styles and types of bagpipes. Feel free to bring along your pipes or chanter if you want a "hands on" experience, or plan to sit back and be entertained as you learn more about this musical marvel.

Tickets cost \$15 (\$10 for students) and are available in advance at Vashon Island Music. Space is limited, so call soon to reserve your seat: (206) 463-0552.

Pirates' 54-27 Victory Game #1 of State

Photo courtesy Rik Forschmiedt - contact Rik for copies



John Gage establishes dominance for Vashon with a dunk in the first two minutes of the Pirates opening state tournament game against the Ilwaco Fishermen. Vashon overwhelmed the Fishermen 54-27.

See Sports on page 12



Princess Angeline (J17) leads her daughter Polaris (J28) and elder male Ruffles (J1) through Elliott Bay. One of these gals has a new baby. Read all about it in the Dorsal Spin. Photo courtesy of Mark Sears.

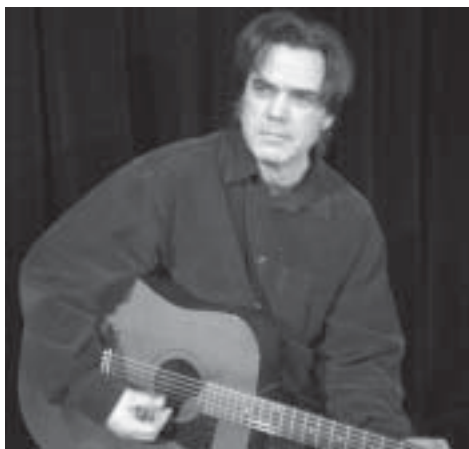
Below: Sylvie points to her family in the stands after her second state title. See more photos on page 12. Alison Katika photo.



Roots & Blues at Blue Heron

By Janice Randall

Due to December's Big Snow, the much-anticipated holiday blues reunion concert with Carter Castle, John Browne and Ricker Winsor was



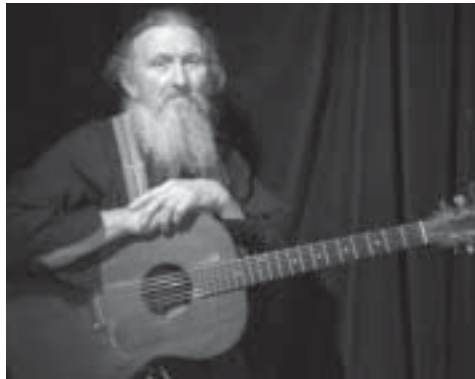
driven' singer/songwriter and says his music is based in roots with blues elements. Originally from Maryland, Castle performed in the lively 1980's Greenwich Village music scene. He has played with Iris Dement and Rod MacDonald and performed at The Tractor and Folklife. Carter also introduced new music and collaborations in VAA's New Works Series several years ago.

"When I first heard John Browne play, I thought now there's a guy who really knows how to play the blues. He's the real thing," says Castle.

Continued on page 15

rescheduled for 7:30 p.m., Saturday, March 7, at the Blue Heron. Castle and Browne will perform a full evening of roots and blues music. Unfortunately, Winsor, who lives in Vermont, is unable to return for this show. All tickets from Dec. 19 will be honored, so only a few tickets are available and may be reserved by calling 463.5131. Tickets are \$10 VAA members, seniors, students/\$12 general.

Guitarists Browne and Castle will play both solo and duo tunes. Castle classifies himself as a 'folk-



John Browne and Carter Castle play roots and blues March 7 at Blue Heron Art Center. (Photos by Janice Randall)

You Are What You Drink

by Jay Becker, Special to the Loop

The headline "You are what you drink so don't poop in the water" in nationally circulated magazine *On Tap, Drinking Water News & Information for America's Small Communities* says plainly what a group of Islanders are working on.

Crude? OK. But it sums up that "making the connection between drinking water and waste water is long overdue ... what gets flushed down the toilet doesn't stay 'down the toilet' (but) may end up in your drinking water ... " since almost all the water we drink on the Island is ground water.

Consider the long-known fact that avoiding pollution is a lot cheaper than cleaning up pollution and you get the connection with the Island's Ground Water Protection Committee's goal of persuading us all to conserve water and keep the quality. Conservation delivers more benefits than clean up in both the short and the long term says Michael Laurie, chairman of the committee and a regionally known expert on all kinds of water conservation and clean up know-how.

On Tap author Kathy Jesperson continued in her provocatively titled piece to note that "if a community's drinking water sources (mostly ground water on Vashon-Maury Island) become contaminated, it not only threatens human health, it can jeopardize the community's ecology and economy".

That's a reason national Groundwater Awareness Week March 8-14 was set up.

Nearly all Island residents, 97 percent, polled by King County felt that protecting water quality is important. Keep reading for places you can learn more.

Continued on page 15

Vashon Cares

Please mark your calendars for the first brainstorming meeting in the formation of Vashon Cares, a truly "Vashon" community project which supports personal wellness through community support for all caregivers. The creative session will be held on Sunday, March 22nd from 4:00 - 6:00 pm at the Vashon-Maury Senior Center.

Stacy Datin, Project Coordinator for Vashon Cares, has lived on Vashon Island most of her life and started her present career in Health and Wellness at the Vashon Island YMCA, now no longer in existence.

Continued on page 10



Joe and Helen

Help!

The Loop needs a bailout, and we are not on the Government Handout List. All we ask is that you help cover our printing costs and pay off our past due balance with our printer. Please send what you can to PO Box 253 etc. We don't want to read about us going out of business on the front page...

Get in *The Loop*

Submissions to the Loop

Do you have an event 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 Marie, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.



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Call to Artists!

Calling all Vashon Artists! The Glendale Gallery located at Keller Williams would like to invite Vashon Artists to show their art to the public. We are currently setting up our spring and summer line up for art exhibitions. Please contact Scott Strachan at 206.250-3427 if interested.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Sean Hoogen
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Don't miss an issue. Really.

We are in our 6th year of publication and still not bankrupt! Wow!

AARP Tax Counseling

New Dates
Submitted by Hester Kremer, Vashon Library
Wednesdays, March 11, 18 and 25, April 8 and 15, 12-3pm
Appointments can still be made through the Vashon Senior Center at 463-5173, or you can drop in and take your chances. It's free, by the way.
Hilary Emmer is still providing free tax counseling for those with incomes \$25,000 or under, in the meeting room on Thursdays from 11am to 1pm, through April 9th.

Book Fair

The Scholastic Book Fair is back at McMurray! Come and get some great books and support the 8th Grade Exploratory Week Fund for Scholarships and the McMurray Library at the same time!
Dates for the Book Fair: March 9-13, Monday to Thursday, 8 a.m. to 3 p.m. Plus the Book Fair happens Thursday from 4 to 7:30 and Friday from 8 a.m. to 1 p.m. during Student-Led Conferences.

The money from the Book Fair goes to the Library, as well as to Exploratory Week, a wonderful tradition at McMurray — a chance for the 8th graders to go off and do some wonderful things to wrap up their time at McMurray. But, in this economy, the Exploratory Week Fund for Scholarships is in more need than ever before. You can support the fund, and help 8th graders have the adventure they deserve, by supporting the Book Fair.

Questions? Email Cece Reoux at creoux@aol.com, or call her at 463-6375.

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VashonBePrepared!

Fourth Corner Exchange Comes to Vashon

Fourth Corner Exchange is a Sustainable Community Currency based in the Pacific Northwest, which operates throughout the USA and the world. Currently, Fourth Corner Exchange has over six-hundred participating members, with branches in Washington, Oregon, Colorado, New Mexico, Ohio, California in the USA, Nova Scotia and British Columbia in Canada. Founded by Francis Ayley and a small group of friends in 2002, Fourth Corner Exchange formally started trading in January 2004. From those small

beginnings it has grown to over six-hundred members, exchanging a large selection of goods & services throughout the Pacific Northwest. Francis Ayley will be on Vashon on March 29th to share his vision and help launch the Vashon Maury island chapter of the Fourth Corner Exchange. Feel free to check out the Fourth Corner web site at www.fourthcornerexchange.com

Please watch the next issue of the Vashon Loop for more details about the time and place of the meeting

Green Party

The Vashon-Maury Island Green Party's monthly meeting (the second Tuesday of each month) will be at Steve Graham's home in March. All interested parties are welcome. DATE: Tuesday, March 10, 7:00 to 9:00 PM LOCATION: 11525 SW 212th Place, Vashon DIRECTIONS: Going west

on SW 212th Place, stay to the left to the last driveway. Agenda includes: 1) Questions and Comments. 2) Report on VMIGP participation in the Gaza Peace March of Jan. 17 in Seattle. 3) How can we be more effective in the local community? 4) Next steps? Questions/Directions? Steve Graham, Administrative Coordinator, (206) 463-9579

Shefidgets Catering presents First Friday Pub Night

March 6th will feature marine life photographs from Islander Carlita Rickerson, live music from The Felt Hats who start with a spicy mix of viola, guitar and mandolin, then add a side of fresh vocals. The resulting menu of original songs, ancient melodies, familiar tunes and spontaneous improvisations is a treat best enjoyed with papi's homemade red wine or a draught of sweet ale and The Art of Wine with Ronnie Bwana (a.k.a. Ron Irvine of Vashon Winery)

This month we will be tasting three of Vashon Winery's fine wines for \$10.00

Doors open at Sound Foods at 6 pm and music starts at 7 pm Beer, wine, and a delicious menu available.

Musicians and artists please email shefidgets@hotmail.com for future First Friday participation.

Dream Workshop

Vashon Youth Council is holding a Dream Generating Workshop on Saturday March 7th from 11:00 AM to 1:30 PM. Interested youth should RSVP by emailing vyc@vashonyouthcouncil.org or calling 463 7350.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March. 16**



H HOME TEAM R E A L T Y

Troy and Marie Hire a Contractor

We frequently get asked to recommend contractors for various jobs. The reasons vary: sometimes home sellers need to fix something before putting their house on the market, sometimes buyers purchase a house with a known problem that they want to fix, sometimes homeowners just want something spruced up. Regardless of the reasons, there are some steps you can take to protect yourself from the nightmare of hiring the wrong person for the job.

Troy: Marie, I found some good tips in *Realtor Magazine* that our readers might find useful when hiring a contractor.

Marie: I knew leaving that magazine in the bathroom was a good idea. Let's hear them.

Troy: Some are common sense, and pretty basic. For example, you should get three written estimates before hiring someone, especially for a major job. Also, you should check with the Better Business Bureau, and also check past client references on anyone you are considering hiring.

Marie: It's amazing how many people feel that checking references is somehow insulting to the contractor. But if you think about it, any contractor who is reputable and capable will be *proud* of his or her references – and *proud* of his or her work! So go ahead and ask to see some examples

Troy: Exactly. Less obvious, but equally important, is to get a written contract that states exactly what the scope of work is that needs to be done, when it should be completed, what materials will be used, and whether subcontractors will be doing any of the work.

Marie: Good point. You may think it goes without saying that the deck you want built should be made of recycled barn siding, should include a wrought iron railing, and should be completed in time for your Fourth of July party, but the contractor might have a different idea. A detailed written contract eliminates misunderstandings and hard feelings.

Troy: And maybe even a lawsuit. And speaking of lawsuits, you should ask the contractor – in writing - to indemnify you if the work does not meet building code. You should also make sure the contractor agrees to clean up after the job, and that he or she take responsibility for any damage. You should also be sure the contractor has the necessary permits, licenses and insurance to legally do the job.

Marie: Fair enough. What about paying for the job?

Troy: The article I read suggested making as small a downpayment as possible, so that in the unlikely case the contractor fails to do the job, you are not out a lot of money. Also, don't make final payment until you are satisfied that the work has been completed.

Marie: But what if the job has changed since you started? It does not seem fair to hold back payment if your job started with replacing a kitchen sink but then grew to a complete kitchen remodel.

Troy: You are so subtle. I know you still think we need to remodel our kitchen. But if we wait long enough, gold flecked Formica will be back in style!

Marie: I await the day with bated breath. Anyway, it seems to me that it would be fair to pay the contractor for the original job, then hold back the money until the rest of it is completed.

Troy: I agree. But you should get the modified agreement in writing. And a handshake never hurts. Whether choosing a contractor – or any other person you will be hiring - you're always better off doing business with people you know, like, and trust.

This article first ran in May 2006. but the advice is as valid as ever. In case you are wondering Marie is still living with gold flecked Formica counters. We know it's a tough time to be a seller, but we can help. And if you are thinking about buying, the market is your oyster. Please give us a call at (206) 463-LIST. We would love to work for you.

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Positively Speaking

Holding Our Stories, Holding Our Hearts Part I

by Deborah H. Anderson

It's a funny thing about telling personal stories in this column. One would think I'm enormously transparent, which I am in a selective sort of way. So many of you tell me that you've read the words and they have been encouraging, I think the pay off for transparency is worth the vulnerability.

The column on the kids' birthdays made me realize there was one baby I didn't tell you about. I'm not sure the kids even know about it. We were going for our third child and the agency called and said they had a baby for us. This was a Friday night. We would be getting the baby the following Monday.

Whew! The kids were about seven and a half at the time. We had no baby stuff left except favourite toys and a few sentimental clothing items. The clothes they both wore to our home for the first time, the tiger costume, old favorite jammies. You know, sentimental clothes.

We went out to Fred Meyer and stocked up on everything. Diapers, formula, bottles, cloths, blankets etc. We still had the 'portable' crib (nothing was very portable in those days). And I believe we still had a car seat.

We spent the weekend reorienting to babydom. We were thrilled.

Then Sunday night the call came. As those of you who've been through adoption and or social services trials, everything can change in a heartbeat. The social worker told us the father belonged to an exceedingly wealthy family in Seattle and that while he wanted to relinquish and the birthmother already had, the family would fight it to the death. The agency knew they couldn't win against the family and their money. So, as those of you who have adopted know, miscarriages can happen with adoption too.

I don't remember what happened to the stuff. I don't think I wanted to remember. I was so sad. The roller coaster of our hearts went up and came down almost in the same motion.

Sometimes all I can say about my adventures in living is, "I have been through schtuff!!"

And then heave a big sigh. Adjusting to the change to peace is as intense as adjusting to trauma. It was definitely time to go back to the chair. Time to pay someone to listen to me talk and know that when I was done with the session I would feel much better.

After careful thinking and a trial run, I decided to go hit a different chair. This one goes up and down, and I wear a smock the entire time I sit in it.

For less than I would spend for a month of therapy, I could get (drum roll please...)

HAIRAPY. And I found a great HAIRAPIST.

Yes ladies and gentlemen, boys and girls. I decided that making the transition to peace and less trauma meant a monthly session of roots and waxing. Ah sweet joy.

To those of you who are currently going to counseling, I salute you. Having been on both sides of the chair in my life, in a nation, which still has trouble being conscious in the present tense and speaking emotionese, therapy is a good choice.

But if you are looking for something more, I suggest Hairapy.

My Hairapist listens more attentively than any counselor, either servicing or collegial, I have ever met. She never sneaks a peak at the clock too see if we're going to run over. She KNOWS we're going to run over because she wants me to look just right. In the middle of the session, she asks me what kind of tea I want and brings me a piping hot cup and leaves me to twenty glorious minutes of silence reading and sipping. Now how rejuvenating is THAT?!

When we talk, she says things like, "Oh I know what you mean, validating my impressions or assessments of situations with her own personal story."

And the wax. Can we talk about the wax? When I feel that warmth on the various facial points, I just relax everywhere. Then, when it's time for the pain, she pauses a minute and asks, "Are you ready?" Now how many counselors have you been to that say, "We're getting to a painful part here and it might sting a little." before they pull all the little emotional hairs off your soul's eyebrows which hurt at least as much as zipping that dang cloth off your upper brow or the fuzz between them to cure monobrow?

No, at this stage of the game, I need hairapy. I leave feeling like a new person, connected to my self, my goals, my dreams, my self-esteem. It gets me on the treadmill more. It makes me take a look at what I put on my body in the morning even if toddlers are going to cover it with snot and extracted food by noon. I enjoy the equity of sharing stories.

She holds parts of my story. I hold parts of her. All the empowerment, self determination and cogency one is supposed to get out of a therapy session is two fold for half the price.

And yes, I'm absolutely serious. Go sit in those moving chairs and see if I'm right.

To those of you who are searching, may I give it hearty endorsement. And while the right hairapist is not the same for everyone, I would like to say thanks, Salana, I mean Lana. You've worked miracles.

And yes, everyone, go ahead and tell me how great my hair and eyebrows look!

Love
Deborah

LA PLAYA

A Family Mexican Restaurant

Miguel and Ofelia have a new baby girl!
Melissa was born February 25, and weighed a healthy 8 lbs 4 oz.



Now that Miguel is a dad, he thinks kids should eat for free at La Playa.
So here's the deal:

KIDS EAT FREE EVERY DAY AFTER 5:00 PM!

Of course, there are rules...

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Don't Forget the Birds



Banded Loon

Gary Shugart was birdwatching down in Tramp Harbor in mid-February when he saw a Common Loon with a funny leg. As it dove, he saw red flash along the leg. He thought, "They don't have red on their legs, do they?" and so watched for it again to notice that it was a bird band. Aaron Kitchener took a video of the bird and Gary noted that it was a band for certain.

Scientists band birds for a number of reasons. When someone reports a bird with bands or a researcher re-captures a banded bird, a lot of information comes out. Bird bands help scientists confirm how long wild birds live. Banded birds particularly assist in tracing how far birds disperse from breeding sites and illuminate which routes they take in migration between breeding and wintering areas. Lately, birds banded and also fitted with radio transmitters showed the amazing distances some species might go in a single day in migration as well breaking records for known total migration mileage.

The Common Loon in Tramp Harbor turns out to be one banded by the Morro Bay Winter Loon Study in March 2005. At that time it was thought to be two to three years old. Gary Shugart contacted Ginger Gumm, who studies loons and grebes from a base at Loon Lake in northeastern Washington. Originally, she thought the Tramp Harbor loon might be one banded over there. But this bird according to Gumm's observations appears to have "Left leg [silver/red], Right leg [red/red] with no white stripes (lengthwise) or circles present on any of the colored bands," matching one of the Morro Bay loons.

At Morro Bay, once trapped, the birds are weighed, measured, photographed, feather and blood samples are taken and finally, the birds are banded. Two bands are placed on each leg. The color bands are plastic, approximately 1/2" wide by 1" long. Three of the four bands are colored (orange, green, red, white, yellow, blue). One of the bands, Fish & Wildlife, will always be silver. One interesting thing the study is investigating is radio isotope information. By examining the radio isotopes taken up by the loon to form certain feathers they pinpoint exactly where the birds winter. Each water body creates a distinct signature in the feathers. To find out some of the other cool things they can track in a banded bird, visit the Morro Bay web site at <http://morrocoastaudubon.org/loons/study.html>.

Common Loons stick around Vashon into mid-April. The east side of the Island usually gives the best chance to see them. They usually show up daily in Tramp Harbor, Pt. Robinson and the north end ferry dock. After mid-April, most loons head north to lakes in Canada to nest. A very few nest in Cascade and Okanogan lakes in our state. During the summer, one or two non-breeders may sometimes be seen patrolling Tramp Harbor. The birds begin returning for the winter as early as mid-August.

In other local bird news, the first Rufous Hummingbird returned for the season with a female at Rich Siegrist's place on February 22. Big conglomerations of Common



Mergansers and Double-crested Cormorants continued in the latter part of February in inner Quartermaster Harbor with Pete Murray and Gilbert Findlay independently reporting combined flocks of over 400 birds. John Arum found an American Coot at Mukai Pond on February 22. Nothing

**Island Birding Guide
Species Identification
How to Attract Birds**
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special elsewhere in the region, we on the Island only see at most one once a year. Snipe continue to pop up, my wife and I scared up four at K-Jo farm in Paradise Valley in the mud just a yard from the road. Sue Trevathan was the last to see the Canvasback re-finding it on the 18th but it has not since been reported. Lately I've noted our local ravens gathering twigs for a nest. Ross Adams observed two male pintail February 24 in Tramp Harbor. If you have a question about local birds or interesting sightings of birds call me at 463-7976 or email at edswan@centurytel.net.

If you'd be interested in a guided bird tour of Vashon or an off-Island trip for falcon excitement on the Skagit or down to the Nisqually National Wildlife Refuge for returning spring birds, contact me as listed above. I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March. 16**



BASIC SHOTGUN CLASS

VASHON SPORTSMEN'S CLUB

Saturday March 21, 9am-4pm
Sunday March 22, 1pm-4pm
~Open to all community & club members~

Taught by N.R.A certified instructors
This course teaches safe and responsible handling, use, care and storage of shotguns

Course fee is \$100.00 per Adult to pre-register,
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Course openings are limited. You may enroll the day of the course if space is available.

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

Aries (March 20-April 19)
If you want to feel safe and secure on the planet, go to bat for your friends. I wish I could write that 12 times, but it applies to Aries first, and since your sign is at the top of the page maybe everyone will read it. Take care of your community. Step up to the challenge; act on what you say you believe, on behalf of those you say you love. Your intuition is impeccable right now, so you will know what to do. Just remember it's always easier, safer and more sensible to work on behalf of those who work for themselves. Those who do not have another problem.

Taurus (April 19-May 20)
Personally and professionally, this will be one of the most satisfying months of your life — if you can keep your focus on yourself as opposed to your goal. The goal part you can take care of with a clear statement to yourself, made in language that you remember. As you involve yourself in the external world, you may find it far more challenging to remain self-aware. Please make it your business. Over the next two months, the planets are set to take you on a tour of some of your most sensitive inner reaches, providing many opportunities to resolve the identity chaos that has gripped your life in recent years. Goddess be praised.

Gemini (May 20-June 21)
The question is not what you believe, but why you believe it. Most of our beliefs are attached to motives. Because the motives are usually veiled, the corresponding beliefs need to be questioned, and the curtain pulled back on the whole reasoning process. Look for how you're attempting to keep control rather than dance with the truth. At first, nobody likes to hear this; we would much rather pretend than confront ourselves. You're one of the great compartmentalizers of the zodiac, able to maintain two realities at once — at a great personal cost. Self-deception is nobody's virtue. The false escape is to call it something else.

Cancer (June 21-July 22)
What exactly is an agreement? What you experience over the next few weeks will help you see, first, that there really is such a thing. Second, you will see how many levels that contact of accord must reach in order to be valid, or sustainable. You need three points of alignment, just like it takes three points to define a plane. The first two will be obvious. The

third point will be the one that takes the work, and where your worst doubts will surface; but if your solar chart means anything at all, it will be worth the work, and worth holding your ground on the not so minor but usually overlooked issue of integrity.

Leo (July 22-Aug. 23)
Be mindful that you're being influenced by people and circumstances now, which will factor into a decision you make later in the month. You need to be aware of the current influences, so that you know what is guiding your choices. One influence is more obvious than the other; and you may think it a "bad thing." The other influence is invisible, potentially based on some form of deception, denial or foggy thinking, and if you do notice the influence, it may seem like a "good thing." Beware if you find yourself making a sudden choice without substantiation, or based on facts you don't really understand.

Virgo (Aug. 23-Sep. 22)
You seem willing to leave to fate what you would be much wiser to devote to awareness. You want certain developments to proceed in a more straightforward way than is currently happening. More to the point, you seem to want to know the truth about something that seems annoyingly elusive. I suggest you carefully account for the known facts. List them, one at a time. Use the most meticulous methods of documentation you're capable of. Understand your motives. Consider the implications of acting, or failing to act. This situation is perfectly within your power to not only manage, but — to use a word one would not typically attribute to Virgo — conquer.

Libra (Sep. 22-Oct. 23)
It's time to go full throttle on this issue of your creative voice, your vision and an idea you know intuitively is correct. What the world calls "creativity" is the admixture of a vision and the process of manifesting it. At least 90% of the work is behind the scenes, or relates to some aspect of preparation. It takes less time to play a rock concert than to learn how to play the guitar. Remember that fact when it comes time to price your work — but also as you progress toward the level of mastery that you want to reach. Above all, treat your talent with the utmost respect, and devote yourself to it daily, even for an hour or a minute.

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Scorpio (Oct. 23-Nov. 22)
Despite the many allegations that you are an emotional creature, resolve for you usually arrives first on the intellectual level. Then it shows up on the emotional level. I suggest you reverse the order, study how you feel, and allow this to influence your decisions more than anything else. Your mind is likely to get in the way, and you may tell yourself that you're wrong a few times. Environmental factors may seem to dominate your awareness, and you need to factor those out carefully; what you are trying to connect with is your authentic will, and your core level of intentions. The results will be different than you're expecting.

Sagittarius (Nov. 22-Dec. 22)
Reasoning implies reasons; reasons imply intention. This is a matter of what, and also of who. Your complex mental process is being driven by something, and you need to be mindful of what that is all the time. This will take work, but it will be well worth it. You're also being influenced by a key person in your life, and you need to know their intention, which may be more difficult to discern. Be aware that their ideas are entering your mind through a weakness or vulnerability. Be aware that the motives of others are difficult and even dangerous to discern, and can usually be dismissed on the grounds that they simply do not belong to you.

Capricorn (Dec. 22-Jan. 20)
How are you going to make a crucial financial decision? That involves your finances? Maybe it has nothing to do with money; maybe it has everything to do with focusing on what is better for you. There is a big difference; though it warrants saying that generally we think that what offers more money is better. I suggest that you reach for the most meaningful level of ethics that you can

reach, and that you keep the issue of what is actually right or wrong in the front of your consciousness all the time. Certain values you hold, or think you hold, are not what you believe they are. The truth is what matters, and if you call to it, it will come to you.

Aquarius (Jan. 20-Feb. 19)
One part of you is choosing who you are; another part of you knows you have no power over this decision whatsoever. Then what about this whole matter of choice? Is it an illusion, having no more influence over your life than a movie on a screen? I think that true choice involves the decision to align with a deeper purpose than the one we typically think we have. It's less about options, and more about whether to embrace or resist some core element of your reality. Most people would feel that this inner reality is somehow at odds with what they really want; and this is the cause of much pain in the world.

Pisces (Feb. 19-March 20)
Most Pisces would say that to sell themselves, that is, to consciously participate in the marketplace, is the most difficult thing they face. Yet your ability to do precisely this may be the most valuable talent you possess. The struggle you face at this point in history — and I am speaking of reincarnation, on a long, long cycle — is that you can quickly encounter chaos when you offer yourself to the world. You are embarking on a stretch of time wherein the theme is resolving precisely that confusion. The upcoming Venus retrograde, to my thinking, is about making an agreement with yourself about what you truly want, and honoring that accord. For a while this will seem to be an inner journey without end. But only for a while.

Read Eric Francis daily at PlanetWaves.net.

Island Epicure



By Marj Watkins

Take Two Eggs, Part 2

An egg, containing within it's shell all a little chick needs to form a healthy body, presents a thrifty source of the best quality protein. Never mind the cholesterol. The egg also contains enough lecithin to emulsify all the fat therein, plus it gives you the good omega-3 fats, found also in milk and cheese as well as in grass-fed animal and seafoods. Here's an adaptable recipe in which two eggs provide the nucleus of an easy, inexpensive dish equally enjoyable for a weekend breakfast or lunch or an any-busy-day supper. Don't worry about the saturated fat in the half-n-half. It also provides necessary omega-3 fat.

CORN CUSTARD

- 3 servings
- 1 (15-ounce) can creamed corn
- ½ cup milk
- ¼ cup half-n-half
- 2 eggs, beaten
- ½ teaspoon salt
- 1/8 to ¼ teaspoon black pepper
- 3 dashes cayenne
- 1 Tablespoon dried parsley
- OR 3 Tablespoons minced fresh parsley
- 1 Tablespoon butter or olive oil

Combine all ingredients in a mixing bowl.
Stove Top: Cook in a heated, buttered or oiled 10-inch skillet on medium-low heat, covered, for 20 minutes, or until solidified. Check occasionally to make sure the custard never bubbles and boils. If that happens, the liquids tend to

separate from the solids, ruining the texture. Serve with salsa if desired.
OR
Oven: Bake in a ceramic casserole set in a water bath in a heated 325 degree oven until a knife inserted near the center comes out clean, about 45 minutes.

Nutrition per serving: Calories 225, Protein 10.3 grams, Carbs 20.8 grams(Total Fat 10.3 grams (Monounsaturated 5.5 grams, Saturated 2.1, Unsaturated, 2.7)

For a lower calorie omelet, substitute ¼ cup low-fat milk for the cream
Spray the pan with cooking oil instead of using liquid olive oil. Both steps shave about 84 calories from the recipe, or about 28 per serving.

- MUSHROOM OMELET
- 2 small servings or 1 huge omelet
- 2 Tablespoons olive oil
- 4 small or 2 large shiitake caps, stems removed, chopped
- OR other mushrooms, cleaned and chopped
- ½ bell pepper, cut in ¼-inch dice
- 2 green onions, tops included, thinly sliced
- 1/4 cup minced parsley
- 3 eggs beaten
- Salt and pepper to taste

Heat the oil in a wide skillet or omelet pan. Sauté mushrooms, onions, and bell pepper. Transfer to a dish. Reserve.
Beat the eggs with salt and pepper and water. Reheat pan. Ladle half the egg mixture into the pan. Tip and tilt it to spread the egg thin. Place half the sautéed vegetables down the center of the egg. Scatter ½ the minced parsley atop the veggies. Fold half the egg over the filling. Roll the omelet as you transfer it to a warm serving plate.
Repeat with the other half of the egg mixture and vegetable mixture.
Serve with fresh salsa.
FRESH SALSA
Makes about 2 cups
3 red-on-vine, medium-size tomatoes, diced

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- 2 green onions, tops included, minced
- ½ cup seeded minced green bell pepper
- 1/3 teaspoon salt
- Dash red pepper flakes
- 2 to 3 Tablespoons minced fresh parsley
- 1 small garlic clove, minced (optional)
- Combine all ingredients. Serve at room temperature. Store leftover salsa, covered and labeled, in refrigerator. Tastes great on grilled or braised salmon. Or pile it on shredded lettuce as a salad, or spoon onto a bowl of chili as a garnish.

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Across

- 1. College field of study
- 6. At sea
- 10. Inclined
- 13. Dweller of the Beehive State
- 15. Sky light
- 16. Ocean
- 17. Sign
- 18. Israel's son
- 19. __ you! (attention getter)
- 20. Stare at
- 22. Large Asian pheasant
- 24. Absent
- 26. Representatives
- 28. Brand of sandwich cookie

- 29. Competition at the Greek games
- 30. Bring to safety
- 31. Make a face
- 32. Dog
- 33. Ascend
- 34. Halloween mo.
- 35. Frog predecessor
- 37. Elusive
- 41. The other half of Jima
- 42. Annoying insect
- 43. Fox hole
- 44. Chairs
- 47. Sucker
- 48. Clothed

- 49. Unclip
- 50. Reserve Officers Training Corps.
- 51. Spin
- 52. Pro football team
- 54. Frost
- 56. Battle of nations
- 57. Pear shaped stringed instrument
- 59. For each one
- 63. Ripen
- 64. Detail
- 65. Pecks
- 66. Aye
- 67. South American nation
- 68. Terminal

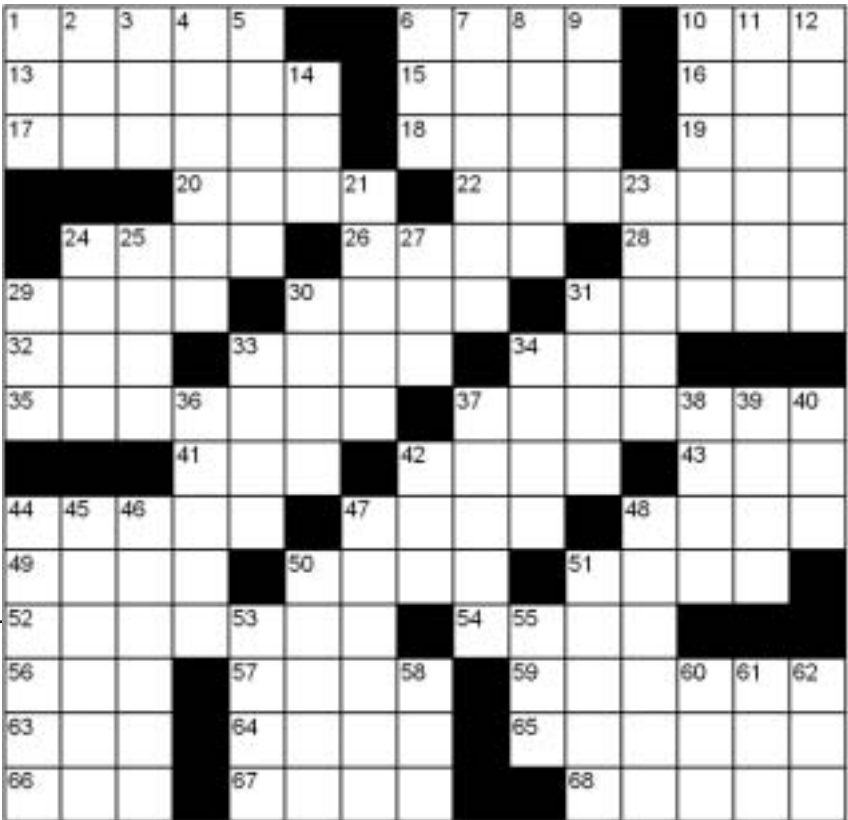
Down

- 1. Hold up
- 2. Snacked
- 3. Block
- 4. Buckeye State resident
- 5. Slender
- 6. American sign language
- 7. Dry grassy land
- 8. Roof overhang

- 9. Opera solo
- 10. No longer asea
- 11. Small person
- 12. 12th U.S. president
- 14. Zero
- 21. Take off
- 23. Letter styles
- 24. Water (Spanish)
- 25. Part of a sentence

- 27. Evening
- 29. Skit
- 30. Grainery
- 31. Beat it!
- 33. Sculls
- 34. Elliptic
- 36. Mountain climbing tool
- 37. Cain's eldest son

- 38. Bored
- 39. Beef
- 40. Tip
- 42. Obtained
- 44. Underground railway
- 45. Anger
- 46. Worships



- 47. Help develop
- 48. Purplish red
- 50. Path
- 51. Speedy
- 53. Trot
- 55. Tree
- 58. Flightless bird
- 60. Extra-sensory perception
- 61. Executive
- 62. Time zone


Solution on page 13



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Spiritual Smart Aleck



By Mary Litchfield Tuel
www.spiritualsmartaleck.blogspot.com

Don't Panic: Wash Your Hands

You have probably seen the headlines, or heard the scary stories, about MRSA: methicillin resistant staphylococcus aureus. This is a "super bug" that we have created by taking penicillin and penicillin-based antibiotics.

You can't blame anyone for this development, really. Penicillin was the miracle drug which was first used extensively on wounded soldiers during World War II. Why wouldn't we use something that saved people from blood poisoning and sped healing? When I was a child in the 50s, I can't remember how many times I was treated with a shot of penicillin. We all were. It was a miracle.

But staphylococci that survived a course of penicillin fell back and regrouped, developed resistance to penicillin, and produced new bacteria that would laugh at penicillin and all its derivative forms. So now we have MRSA. It is in hospitals, but it is also in the community. It is here on Vashon. Don't doubt it.

MRSA and other bacteria and viruses are all opportunists. Like the boll weevil they are just lookin' for a home. They have no morality that we know of; their single imperative is to live and reproduce. Hey, look, here's a cut in the skin! Hey, blood! Wahoo! We're in!

Neither do they consider the morality or worth of the host organism. They will infect the just and the unjust alike.

MRSA can – eventually – be cured, but it's not a ride you want to take if you can help it. It is painful, and makes you sick, and in extreme cases can kill you, so don't wait if you suspect you have it. Think you have a bad spider bite? Got an ugly boil or abscess? Get you to a doctor and ask to be tested for MRSA.

Prevention is the most important thing you can do. What is the best prevention?

Wash your hands. Wash your hands. Wash your hands. Concentrate especially on your nails, cuticles, and between your fingers.

When you're done washing your hands, use a clean towel – and then put the towel into the laundry. In a public restroom, get a towel in your hand to turn off the water, assuming you're in a public restroom that has towels and hand-turned faucets. This is where those electric eye faucets on the ferries come in handy. Oh, you'll want a good lotion to put on your hands so all that washing doesn't crack your skin – and let the MRSA in.

Never use anyone else's towel or washrag.

If MRSA enters your home, launder clothing, sheets, and towels in hot water, preferably with a little bleach, and dry everything in a hot dryer. You will want to clean surfaces regularly with bleach water (1 teaspoon bleach to 1 quart of tepid water). Be careful with bleach – it is dangerous. No kidding. Read the directions.

Or spray everything with hydrogen peroxide: toilet seats and flush levers or buttons, faucet handles, sinks and counter tops. Clean and disinfect any surface where bacteria might lurk. Wash dishes either in the dishwasher or with anti-bacterial dish soap. There are disinfectant wipes you can get, if you prefer not mixing your own disinfectants.

Taking all these cleaning measures and a course or two of sulfa or some other non-penicillin drug may see you through the MRSA plague, but you won't be able to go to work or school as long as you are a carrier. You have to have your nose swabbed and wait a couple of days for the culture results to get an "all clear." Until then you won't want to go out in public, and, trust me, the public will not want you out mingling with them. MRSA is rightfully seen as a plague.

Why am I writing this public health column? Guess. Right. MRSA has invaded my family. I was lucky – I did not get it, but two family members did, and there ensued a few weeks of cleaning, disinfecting, laundering, washing, and constant hand washing, plus spending most of the food money on co-pays and drugs.

Has anything good come of this experience? (1) I have discovered the beauty of splashless bleach. Man, what a great idea. (2) I have learned that being close to MRSA does not mean you will get it. (3) I have warned you that MRSA is here on the island, and it's not somebody else's problem.

Don't panic; wash your hands!

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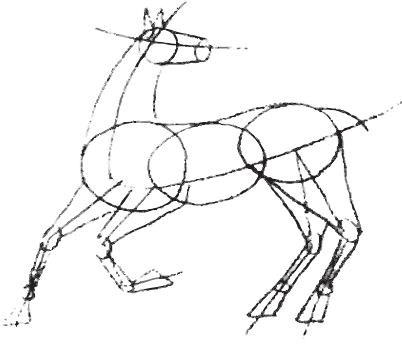
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By Orca Annie Stateler, VHP Coordinator

Black, White, and Radiant

Around 9:00 AM on February 20, I gazed out the window here at Chez VHP to inspect a noisy boat motoring over our hydrophone in Colvos Pass. Something infinitely more appealing caught my eye off the foggy Kitsap shore: dorsal fins leisurely slicing the water. I almost spilled my mammoth cup of Orca Blend! (Eva, if you are reading this, both Resident and Transient killer whales have now “endorsed” Orca Blend.)

About 15 sleepy killer whales, snug in a resting formation, uttered no calls or echolocation clicks as they journeyed north. They were undetectable on the hydrophone. Twenty minutes later, another quiet group of roughly 25 orcas followed.

Odin and I scrambled to find a suitable vantage point at the north end of Vashon, where we identified and filmed L Pod whales. I could not restrain my nerdy excitement when I spied L112, the new L Pod baby, surrounded by playful podmates. L112’s mother appears to be 18-year-old Surprise! (L86).

Not far off shore, L Pod matriarchs Alexis (L12) and Ocean Sun (L25) — ages estimated at 76 and 81, respectively — traveled with their close kin. Odin and I commemorated Pod Elders Alexis and Ocean Sun in our “Salish Sea Matriarchs” design. See a carved version at www.vashonorcas.org.

Several male relatives escorted the Elders, including 20-year-old Skana (L79), whose name means both “killer whale” and “supernatural power” in the Haida language. These orcas submerged and surfaced in languid synchrony. Skana’s tall fin and broad back rose rhythmically from the calm, green water.

Instinctively we understood why killer whales made such a powerful impression on our First Nations ancestors. Our brains searched for the Tlingit words Kéet awudanéix’i, which mean “Honored Killer Whales.” As if suspended in time, dozens of orcas glided unmolested through the tranquil passage with their precious new relative. There were no boats in sight except the Southworth ferry.

L Pod disappeared into the fog off Blake Island. When the orcas materialized near Bainbridge Island, they re-entered the post-contact world of TV news



Female Orca Racer (L72), age 23, has a gorgeous, distinctive saddle patch. Photo © 2009, Mark Sears.

helicopters and curious boaters. Fortunately, Mark Sears was there to bear witness as he collected samples and snapped ID photos.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. In this decade, February visits from the Southern Residents are uncommon. We are keen to know which pods come to Vashon and what they are eating on these rare late winter forays into lower Puget Sound.

The last time I saw Southern Residents here in late winter was March 4, 2006, when 40-plus K and L Pod orcas traveled north through Colvos Pass. Mark Sears encountered J Pod near Dolphin Point on March 8, 2005. We documented large groups of Transient killer whales cruising Island waters on February 13, 2006 (I nearly spilled my Orca Blend then, too) and March 16, 2007.

This winter, Vashon-Maury had more snow days than orca encounters. I think we all missed the celebratory interspecies gatherings of past years at Pt. Robinson. Prior to February 20, the VHP documented Southern Residents here only three times in December 2008. The orcas’ last visit was in Colvos Pass, after dark on December 22, when J and K Pods lifted our snow-dampened spirits with a dinner concert of lilting calls and echolocation clicks on our hydrophone.

According to the Center for Whale Research (CWR), beloved 31-year-old male Faith (L57) has been missing since October, though declaring him deceased would be premature at this time. Sadly, we did not see him on February 20.

On February 6 near Victoria, BC, CWR’s Ken Balcomb confirmed that the Southern Residents have two new babies, both probably born in late January. That day as well, Calf L112 traveled beside Surprise! (L86). Calf J44 traveled between 32-year-old Princess Angeline (J17) and her 16-year-old daughter Polaris (J28). Either of these females could be J44’s mom. Additional encounters with the calves are required to be certain about the mothers. Read more at www.whaleresearch.com.

I highly recommend a Seattle Times op-ed by Mark Anderson of Orca Relief, entitled “Resident Orcas on Verge of Collapse.” The direct link is http://seattletimes.nwsources.com/html/opinion/2008767685_opinc22anderson.html.

Finally, take our class, please! Sunday, March 29, from 3:00 – 6:00 PM at Courthouse Square, Odin and I are the instructors for Session 5 of the Vashon College’s Artful Vashon series. “Northwest Indigenous Culture, Art, Story and Song: Art of Native Values” is our session title. Visit www.vashoncollege.org for more information.

Contact Orca Annie at Vashonorcas@aol.com.

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We’ve Got a Lot of Kids

by Kevin Pottinger

Super Mario by Flashlight

Our oldest boy, son number one, has reached the age (eight) where he almost always thinks it’s a fantastic idea to sleep at his friend’s house, or to have one or several friends sleepover at our house. And the more often he can do that, the better. There seems to be no law of diminishing returns, no upper limit to how good life can get, with this new way of living he’s recently discovered.

Son number one’s favorite houseguests are boys that bring along their Nintendo DS, a handheld portable game console. For our own inscrutable reasons, we’ve refused to buy him a Nintendo DS. Come to think of it, all the kids he plays with regularly have a Nintendo DS. Perhaps it’s a precondition, the foundation stone of a lasting friendship.

We don’t actually know what goes on when son number one goes for a sleepover at a friend’s house. While our son’s grown-up hostess often graciously fills us in on the wholesome activities the kids engaged in while the house lights were on and all the adults were awake, our sole-source news for the after-hours party is most often son number one, and he invariably describes the overnight in one or two words: short words, such as “fine” or “good”.

We can usually tell by the bags under his eyes, and the fact that he’s fallen asleep at twelve noon in an armchair with an oatmeal cookie in his hand, that on a particular overnight things may have been especially “fine” or “good”. On the other hand, if he skips to the car well-rested and chipper, whistling and eager to get started on a brand new day, we can infer that something must have gone hay-baler-wrong with the game console.

We have one giant room that all of our kids sleep in, sort of like the nursery room in the Peter Pan stories. Our four kids range in age from four to eight, and they don’t seem to need much privacy. When our family is hosting what’s become a sort of small progressive slumber party, son number one’s friends sleep in the nursery room with the rest of our kids, on sleeping bags in the middle of the floor. We certainly don’t tell our young houseguests that we call it the nursery, though.

If we check on the boys when we turn in, we’ll usually find a pair of eight-year old boys, sometimes with our six-year old daughter, huddled under a blanket, fiddling with a fading flashlight, with round owl eyes and blank, mesmerized expressions, taking orderly turns furiously twiddling buttons on the game console. We cheerfully remind them that lights out means even flashlights under blankets, and all games get turned off. But the flashlight clicks back on the moment the hoot-owls think we’ve cleared the bedroom door.

From time to time, but not so often anymore, we’ll have a boy bail in the middle of the night. We had one especially self-sufficient boy come downstairs and place the call home himself, quietly packing up his things and waiting by the front door perched on his overnight bag, while his oblivious host, son number one, snored in his bed. It must feel reassuring to be rescued like that, like having sleepover triple-A. The drowsy parent shows up in an overcoat thrown over pajamas and slippers, thanking us anyway as they trudge into the darkness with the unhappy camper in tow.

In the morning, it’s Dutch Babies. The recipe varies, but usually includes a half a dozen eggs, a cup or two of flour and milk, whipped up like a soufflé and baked in a Dutch oven with a half pound of butter and dusted with powdered sugar, with maple syrup poured over the top of the whole thing. Nope, it’s not diet food. It could be used for fire-starter if one gets lost in the wilderness. It’s heavy fuel, gastronomic defibrillation paddles for jump-starting the metabolisms of zombieified kids who’ve been up half the night playing Nintendo, pretending to be asleep under a stifling blanket, playing Super Mario by the yellow fading light from almost spent flashlight.

MadameTajours

Dear Madame Toujours,
I just have to have your help in dealing with my ex-husband Bruce. Ever since our divorce four years ago, he keeps wanting to see our kids, little Tripsy (10) Topsy (8) and Lulu (5). I have tried everything: hiding them, refusing to take his calls, telling the kids he is dead etc. Nothing works. He keeps showing up for his court mandated visitation and asking to see them. I don't know how much longer I can keep convincing them that their dad doesn't love them anymore. I even tried to tell him they weren't his, but he just took their toothbrushes to a DNA lab and proved I was lying. After that, I tried calling the police and reporting that he attacked me when he came for his visitation, but it turned out he had a witness there that I didn't see, and now he brings witnesses every time he comes for his visitation.

How do I get rid of this guy? He acts like he has some right to see these kids just because he donated a few chromosomes. I would like to move on with my life. My new boyfriend will see that being a father isn't so bad once Bruce is out of the way.

Sincerely,
Trying to Move On

Chere Mme. On,
Let me explain for you the mistake which you are making. Very many times, the female type person is becoming confused and supposing that because the children are coming out of her vagina, they are her personal property and also because the male type persons are mostly not having any vaginas, many of the feminist type persons are deciding that the fathers are being entirely

unnecessary for the raisings of the childrens. This is the big misconception which the women are having because it is very traumatic and upsetting to have a small person come out of your vagina, and possibly you are being excused for having the little resentment about this and for feeling that the childrens had better not be making any more inconvenient demands such as wishing to have the tiresome father persons when you are wishing to be free and unfettered. However, you are no doubt being surprised to learn that much of the childrearings are taking place outside of the vaginas where the male type persons are frequently having the important contributions such as reading stories, tucking the childrens into the beds and feeding them popcorn and scrambled eggs for dinner when you are having the restful evening with your book club.

Also, you may notice that the childrens are being actually the inconveniently real persons and not the small, yapping dogs that you can be picking up and tucking in the purse. Unfortunately, the actual childrens, they are wishing to have the fathers, and they are being extremely cross and resentful when they are not getting to have what they want, and they are expressing the resentments with the piercings and the violences and the worshipings of Satan which are mostly not being very advisable for the childrens under the age of ten.

Bon Chance, Mme. On, and remember that if you were not wanting to deal with the inconvenient father type person, you should have avoided the children and raised for yourself the Pekingese.

“The premise of Vashon Cares is the care and support of Vashon Islanders who are caring for a loved one, whether that person is terminally ill or long-term ill with the expectation of recovery,” says Stacy. “Through my own experience in care giving and the experiences of my family and care-giving friends, I’ve come to realize that some of our families who are caring for loved ones are falling through the cracks. Our society supports a myth in those who care that they have no right to be physically, emotionally or spiritually nourished as they watch a loved one die or even heal from serious illness. To make matters more difficult, time management is always an issue for busy bread-winners and their families; how will they find the time and energy to take care of their most blaring responsibilities and themselves? We all know the old adage that you can’t take care of others if you don’t first take care of yourself.”

Another aspect of care giving that has risen over recent years is a new phenomenon called the “Sandwich Generation.” People are concentrating on careers and putting off starting families until they’re older. Our present economy does not easily support a one paycheck household,

Vashon Cares

Continued from page 1

Together with the rest of the Datin family, Stacy has been involved in the care of many friends and family, whether in their private homes or through their volunteer work at Vashon Community Care Center. Her father-in-law, 88 year-old Joe, still helps care for residents 10 years after the passing of his own wife, Helen. Joe and his children took care of Helen at home until her Alzheimer’s symptoms made it necessary for her to be moved into the Care Center where she lived until her death in 1998. During her two years there, Joe spent most of his time in the center caring for his wife with the further help of his children and the fantastic staff in Skilled Nursing.

Stacy’s project stems from her own personal work through Landmark Education and specifically, the Self Expression and Leadership Program, where participants take on a community project and experience personal growth through their journey of making their project a reality. Given her family’s experience and dedication to the care of others, Vashon Cares seems a perfect project choice.



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Taco Salad..... \$ 5.75	Coronas..... \$ 2.50
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Reggie's pick of the week:
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and medicine is keeping us alive longer, though not necessarily adding quality of life. This has created a generation of over-worked, over-tired people who are simultaneously caring for school-aged children and parents who are older and ailing. “Take into account that health insurance does not always allow a struggling family to rely on the assistance of long-term care facilities,” Stacy observes, “and you have a mix that is overwhelming and frankly, unhealthy.”

As Stacy began to design her project and to ponder the experiences of Vashon Island care givers, she began to consider the amazing variety of talent and knowledge that makes up her island community. What if, she asked, we used those resources to nourish our care giving community in a way that not only supports them during a typically difficult time, but actually contributes to a wellness they perhaps never realized before? What if a person who’s struggling with the emotional and physical aspects of caring for another was introduced to

a Latin Dance class or Creative Writing seminar? Is it possible that a person can take something unexpected and joyful from a potentially depressing and stressful care giving experience? And, how full filling could it be for our island artists and professionals to be able to contribute to that wellness by donating their own time and talent?

“That’s where our community members step in,” according to Stacy, “the question becomes: What will you contribute? If everyone gives something of themselves, no one becomes overwhelmed, people are supported and we all become connected to our community again.”

But Stacy can’t do it alone. “This is Vashon Island’s project, Vashon Island’s chance to care about its community members,” she emphasizes.

For further information or questions about Vashon Cares or the March 22nd meeting at the Vashon-Maury Senior Center, please contact Stacy Datin at (206) 601-3150 or email her at vashoncares@live.com .



My Teacher.

by Kathy Abascal

If we are lucky, we will have one or two great teachers in our lives. I have been blessed with some wonderful teachers. One of the most unique and influential was my herb teacher, Michael Moore, who passed away on February 20th.

I was a practicing attorney, living in Berkeley, California when I first came across his books. I was immediately smitten by his irreverent sense of humor and reverent appreciation of herbs. Several years later, exploring new career options, I went on my first herb walk. The teacher carried Michael’s book with him and casually mentioned that he had studied with Michael. My jaw dropped. I had no idea Michael had a school. I asked for its address.

The address finally arrived toward the end of August. I immediately called to apply but was told that the class had filled back in February. I sent off my r e s u m e anyway. A few weeks later I got a call from the school while visiting my

mother on Vashon: “Michael has decided you can join us this year.” In a matter of months, my now ex-husband and I put our law office in storage and moved to New Mexico. Right before school started, I had a dream about Michael. He was sitting on a stage behind a desk. There were objects on the desk and he was lecturing. “Oh, my god,” I thought, “he is amazing. He is teaching us about the connections not about the things.”

My vision was true - Michael did just that. He understood the importance of synergy, especially in using plants for healing. He believed in the power of whole plants, not in isolated constituents or the silver bullets of modern medicine. He had a vast and deep grasp of science but added an individually crafted understanding of how science translated into reality.

His school was fabulous. Michael was a natural born talker and initially the lectures seemed to ramble. Questions would take him on major detours into rock music, food, places, past wives, and many things seemingly unrelated to plant medicine. I nonetheless wrote it all down and also taped all of the lectures. By the end of school, I was beginning to understand what was going on. Michael had a huge, holistic, non-compartmentalized mind. If you asked him a question, he would dredge up everything he knew and everything he had experienced while using, studying or thinking about a plant. He not only shared the facts about herbs with us, he acted out the gestalt of the plant. When discussing Cannabis, he would digress into food. When discussing mints, he would sweat a bit. Michael had much to teach and taught on many levels. We took many field trips, visiting the last unplowed prairie in Oklahoma and traveling through Colorado, Montana, Wyoming and into Idaho where we were unceremoniously sent off to develop our own herbal practices. After practicing for a bit over a year, I realized that I knew too little and had barely scratched the surface of all that Michael had to teach. So I reapplied to his school, now in Bisbee Arizona. It was a smart move. I learned so much the second time around and my respect for all

he had to offer deepened. It was a wet year, so almost all of our field trips were in the desert, filled with fabulous plants.

I always hoped to attend M i c h a e l ’ s program a third time but never carved out those six months. I did attend several of his field trips and I got to be part of his last field trip this past summer. I was there when he discovered that

his failing kidneys would no longer permit him to visit the high desert plants. I got to enjoy a spirited lecture on the herb immortal given from his hospital bed and his closing lecture down by the Rio Grande. I also got to spend time with him in Bisbee, driving him to dialysis through wondrous desert hills filled with green Ocotillo.

Michael brought many aspects of herbalism into the mainstream. However, he was not always recognized for his many contributions. He remained irreverent and wedded to whole plants as many herbalists opted for propriety, constituent studies, and standardized herbal medicines. While referred to as the “godfather of Western herbalism,” he was often not invited the more prominent herb gatherings. He ignored these slights and continued to rediscover,



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redefine, and teach how forgotten desert plants could be used. He remained an amazing teacher to the end.

When I learned that Michael had passed, of course I wanted to cry. I am deeply bonded to him. But the tears did not come. Instead, I felt this wave of gratitude pouring out of me that I hope reached Michael as he soared out into the yonder.

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New Classes, New Times:
Eating for health
& weight loss.

By Kathy Abascal

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains. **New series: Sundays beginning March 8th at 1:00-2:30, Thursdays beginning March 12 at 10:30-12:00 AM and Mondays beginning March 16 at 7:00-8:30 PM.** Each class runs for 5 consecutive weeks. Advance registration and payment (\$75) is required. Sign up at the Roasterie/Minglement. For more information, contact Kathy Abascal at anemopsis@yahoo.com.



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 available for herbal and nutritional consultations at Court House Square. The 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 any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9311 or at anemopsis@yahoo.com.

Pirates' Rock Ilwaco

by Sean Hoogen

Boys bball from the Sundome. March 4th 12:30 game had our 21-1 boys taking on the 16-8 Ilwaco Fisherman. Vashon scored on the opening tip from Gage to Thomas and then went on to score 52 more points on there way to a decisive win. At the half we took a 27-16 lead thanks in part to John Gage's 3 point play with :30 left in the



score with Thomas's silky smooth glide to the rim, switching from right to left hand in the mid-air. The Pirate's experience overwhelmed the young Ilwaco team, due in part to Vashon's floor general Max Burnham who played a solid game from baseline to baseline. 🏀



Pirate Wrestlers Rock



Rogen Lopez, a senior, balances on his fingers during his exciting state finals match.



Senior Eddie Protzeller brings his marvelous wrestling career to a close with a final head-wrenching, gut-checking, arm-barRing close.



Sylvie points to her family in the stands after her second state title. Alison Katica photos

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Loopy Laffs

The Washington POST holds a yearly contest in which readers are asked to supply alternate meanings for various words. Some of the winning entries

Coffee (n.): a person who is coughed upon

Flabbergasted (adj.): appalled over how much weight you have gained

Abdicate (v.): to give up all hope of ever having a flat stomach

Esplanade (v.): to attempt a conversation while drunk

Negligent (adj.): describes a condition in which one absently opens the door while wearing a nightie

Lymph (v.): to walk with a lisp

Balderdash (n.): a rapidly receding hairline

Oyster (n.): A person who sprinkles his conversation with Yiddish expressions

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

Mr. Baillie saw his son’s shiner and demanded, “Scott, who gave you that black eye?”

“No one,” replied the spunky lad. “I had to fight for it.”

A couple was touring the Capitol in Washington D.C., and the guide pointed out a tall, benevolent gentleman as the congressional chaplain.

The lady asked, “What does he do—pray for the Senate and the House?”

The guide answered, “No ma’am, he looks at the Congress, then prays for the country.”

MAJOR	ASEA	APT
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OGLE	PEAFOWL	
AWAY	REPS	OREO
AGON	SAVE	SNEER
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TADPOLE	EVASIVE	
IWO	GNAT	DEN
SEATS	FOOL	CLAD
UNDO	ROTC	REEL
BRONCOS	HOAR	
WAR	LUTE	APIECE
AGE	ITEM	KISSES
YES	PERU	DEPOT



Plumber:
“We repair what your husband Fixed.”

Pizza shop slogan:
“7 days without pizza makes one Weak.”

At a tire shop in Milwaukee:
“Invite us to your next blowout.”

Door of a plastic surgeons office:
“Hello, can we pick your nose?”

Sign at the psychic’s Hotline:
“Don’t call us, we’ll call you.”

Outside a Muffler Shop:
“No appointment necessary, we hear you coming.”

Outside a Hotel:
“Help! We need inn-experienced people.”

Massachusetts Law -
At a wake, mourners may eat no more than three sandwiches.

California Law -
No vehicle without a driver may exceed 60 miles per hour.

Alcohol does not make you FAT - it makes you LEAN....against tables, chairs, floors, walls and ugly people.

Prejudiced people are all alike.

WILD WORLD / Ed Frohning



OFFSHORE



Moose Lake



Loop Arts

Lisa Marshall &The Dirty Girls at The Red Bicycle

Saturday March 7th at 9:30pm.
21 and over, no cover

Local musician Kevin Almeida
will join her and her band onstage.

Lisa Marshall is a Rhythm &
Blues singer who is influenced by
Motown, Soul, and Rock n'Roll.
Vocally inspired by vocalist like
Aretha Franklin, Gladys
Knight, Mavis Staples and
Janis Joplin. She is a self-
taught musician. In
addition to vocals, Lisa also
plays guitar, bass, flute,
harmonica, drums and
percussion. Her self taught
nature and her adoration
for strong, soulful female
vocalist are experienced
through her music which
weaves gut belting call and
answer style vocals
through R&B, funky
rhythms.



Lisa kicks off her 2009 Southeast
Tour in Austin for a showcase
during SXSW at Giddy Ups March
20th. She will be the featured act in
the Sunday Songwriters' Spotlight at
the Bluebird Cafe in Nashville on
March 29th along with her 3-part
harmony ladies- The Dirty Girls!
The famous Cafe helped launch the

careers of many well-known
country artists (Faith Hill, Garth
Brooks) and songwriters of all
genres. Marshall plans to launch a
radio blitz and Europe and will be
re-locating to Austin, TX. May 1,
2009.

Lisa has rocked the Red Bike a
couple of times in the last few
months, once during the Backbone
Campaign's Rolling Stone Benefit
and again at the Church of Great
Rain and both times, she was
absolutely amazing. This will be her
first headlining appearance at the
Red Bicycle.

Song & Legend Perform at the Red Bicycle

Vashon-based Song & Legend is
performing at the Red Bicycle Bistro for the
first time on Sunday, March 8th at 7pm as
part of the Red Bicycle's local music night.

With Tangerine Dream-like keyboards
and vintage U2/REM inflected guitar, Song
& Legend channels modern mythic music
from deep in the swirls of the majestic and
mysterious Aether.

This show will include the first public
performances of "Incogneato!" "Buddha-La"
and "Black Hole Highway". Song & Legend
is...Islanders Bob Koch (keys) and Rod Smith
(guitar).There will be no cover charge for the
show, which starts at 7pm. This will be an
All-Ages performance.



Honk for Cheap

As a gift to the community during difficult
economic times, Drama Dock will offer four
discounted performances of its upcoming musical
Honk! Tickets for these shows will be offered at \$5
for children/ seniors, and \$10 for adults. This is a
great value for a quality live theatrical production
and a wonderful way to kick off spring!

Discounted performances will be Friday/Sat.
April 10 and 11 (7:30 p.m.), and Thursday
performances, April 16 and 23 (7:30 p.m.). Tickets
will be available at Vashon Bookshop, Books By the
Way and www.brownpapertickets.com.

Honk! the Musical is a unique musical retelling
of Hans Christian Andersen's beloved story *The
Ugly Duckling*. *Honk!* is full of catchy tunes, colorful



Art Hansen's watercolor, "White Barn" is one of many pieces
that will be exhibited at Blue Heron Gallery during March. The
opening is 6 to 9 p.m., Friday, March 6, with music by Maggie
Laird. The Art Hansen Print Sale (unmatted, unframed prints)
will take place noon to 5 p.m., Saturday, March 7. All proceeds
benefit Vashon Allied Arts.

50's style costumes and is wonderful
entertainment for all ages.

Director, Elizabeth Ripley, promises that all
will be entertained and engaged... "This is a
show for all ages—just like the cast. Our
youngest performer is 6 years old and our oldest
is an octogenarian!"

The familiar story is told anew with
poignancy and humor. Audiences will delight
seeing, a rumba on roller skates, tangoing cats,
high kicks, frog flippers and a beautiful Swan
Maiden!!

Music by George Stiles - Book and Lyrics by
Anthony Drewe. Full Performance
Schedule: April 10/11, 16-19, 23-26, 2009.
Thurs/Fri/Sat. 7:30 p.m. Sundays at 2 p.m.
(there is no show Easter Sunday). Regular ticket
prices: \$10 children/seniors and \$15 for adults.



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amount -to The Loop, PO Box 253, Vashon
WA 98070. Thank you!

Shake Loose the Borders

An evening of Celtic music with Kat Eggleston, Wally Bell and John Dally

Saturday, March 14, 7:30 pm. Tickets: \$12/\$14.

Shake loose the Borders with Island musicians, guitarist/vocalist and dulcimer player Kat Eggleston, cittern player and storyteller, Wally Bell and master piper, John Dally in a lively evening of traditional music. The trio will perform tunes and share stories from the tumultuous

Border region of Scotland and Northern England.

Truly a Celtic celebration, these three highly skilled and masterful musicians will play ballads, reels and jigs of Scotland, England, Ireland, Canada and America. Shaking Loose the Borders. For more information go to VashonAlliedArts.org. Call 463.5131 to reserve tickets for this pre-St. Paddy's Day evening of music and fun.



Photo by Janice Randall

St. Patty's Day Irish Ceili Dance at the Grange Hall - Saturday, March 21st!

Celebrate St. Patrick's day with dancing and live music at the Grange Hall! From 7-10 pm on Saturday, March 21st the Vashon Celtic Dance Society will host a community Irish Ceili dance with live music provided by the Vashon Ceili Band (Martin Nyberg, Marilyn Kleyn, and Steve Austin). Renowned Seattle dancer and caller Kathleen O'Grady-Graham will teach and call the dances. The

suggested donation is \$8 (\$6 for students and seniors). The Grange Hall is located in the ferry dock parking lot at the north end of the Island. Ceili dancing is a "barn dance" style accessible to nearly everyone. No partner or experience is required. Photos of past dances can be found at www.hoilands.com. For more information, call Shannon Seath Meyer at (206) 774-4047 or Lori Lowrance at (206) 369-9234.

Roots & Blues at Blue Heron

Continued from page 1

Browne has lived on Vashon Island for 25 years and played guitar since his teenage years. He has played harmonica for more than 40 years. Browne played with jug band, pH Factor while living in San Francisco's Haight-Ashbury, in 1966-67. The group opened for country blues guitarist, Lightnin' Hopkins and shared stages with Big Brother and the Holding Company, Grateful Dead, Quicksilver Messenger, The Byrds, Mothers of Invention, Lenny Bruce and Jefferson Airplane. According to Browne, pH Factor, played mostly 20's and 30's street music, a combination of jazz, blues and social protest songs. He and his wife Vicki now own Judd Creek Nursery.

Browne plans to play a variety of his own 'roots' music. "I've written enough music to fill an evening myself," he says. He's been

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working on a CD and thanks to the snowstorm; it may even be available by show time. *(Editor: Here's a little know factoid for you: The Loop was named by John Browne when we first started publication six years ago. Now you know.)*

You Are What You Drink

Continued from page 1

In addition to Jespersion's free *On Tap* magazine the organization which it puts out hundreds of other free bits of advice and research insight for technicians and homeowners. Its web page is at www.nesc.wvu.edu or call toll free (800) 624 8301. You reach the National Environmental Services Center, an outgrowth of the Rural Development Utilities Services of the US Department of Agriculture. Since 1947 this organization says it has provided more than \$35 billion for small community water and waste water projects.

The National Ground Water Association also tells how to act to protect and increase the quality and quantity of drinking water. For more information on Groundwater Awareness Week visit: <http://www.ngwa.org/public/awarenessweek/index.aspx>

Groundwater supplies are not endless, Laurie adds. Some Islanders face shortages in summer. Using less water today ensures that more water is left in aquifers for tomorrow.

Island plumbers and hardware suppliers sell low flow plumbing. Low-flow lawn, garden and farm irrigation are also available here.

A Garden Green Drink Clean flyer supplied to Island garden supply stores shares insight on the kinds of chemicals to avoid to keep your well water quality good into the future. A ground water committee worker distributed those sheets last year.

Yet another conservation measure is using native plants to reduce the amount of water needed for yard care. For information on water conserving Natural Yard Care alternatives call 206-633-0224 or <http://your.kingcounty.gov/solidwaste/naturalyardcare/index.asp>

Even if you are not near a stream or pond take pesticides, chlorine bleach, paint products, automotive products (oil, antifreeze, etc.) and other household hazardous items to free disposal sites. Call 206-296- 4692 or visit the King County Local Hazardous Waste Program web site at <http://www.govlink.org/hazwaste/house/index.cfm>

Most Island wells provide quality drinking water. Spring is a good time for a well checkup before summer peak water use begins. Have water quality and well equipment checked. It costs only \$150 says one Island inspector. This is typically less than emergency maintenance. If maintenance work is ordered the fee may be rebated.

A check of your well by a qualified water well contractor may include a flow test to determine system output, a check of water level before and during pumping (if possible), pump motor performance (check amp load, grounding, and line voltage), pressure tank and pressure switch contact, and general water quality (odor, cloudiness, etc.).

An inspection is to assure the well is sanitary and meets local code. Check the well cover. Is it in good repair and securely attached?.

Test of your water annually for coliform bacteria and nitrates, and anything else of local concern like lead and cadmium, which can move through soil.

Other typical tests are those for iron, manganese, water hardness, sulfides, and other things is clear water constituents that may cause

Gran Torino March 6th-12th

Frost/Nixon March 12th

Private Parties

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

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problems with plumbing, staining, water appearance, and odor.

Qualified well drilling and water system maintenance specialists can be located in our Island telephone directory. For more information on maintaining wells you can also contact the Seattle King County Public Health Department at 206-296-4932 or <http://www.kingcounty.gov/healthservices/health/ehs/water.aspx>

Fill in an unused wells properly. This avoids groundwater contamination and reduces potential injury to people and animals. For more information contact the Northwest Region office of Department of Ecology at (425) 649-7044 or <http://www.ecy.wa.gov/programs/wr/wells/wellhome.html>

For more information on the Vashon-Maury Island Groundwater Protection Committee and King County Groundwater Program call Larry Stockton at 206-296-1910 or visit: <http://www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/committee.aspx>

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