



VASHON

THE LOOP

Vol. 6, #6

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

March 20, 2009

The Water We Drink Field Trip

**Saturday April 4,
10AM-12:30PM**



Photos courtesy of Susie Kalhorn
Mark Salkind stands in front of a Beulah Park Community Water System water storage shed which collects water from springs emanating from the hillside above the westside

The Vashon-Maury Island Water Purveyors Association is sponsoring a field trip for water system managers, operators, board members and individual well owners. We will visit three water systems on Vashon-Maury Island to discuss common problems local purveyors face and potential solutions. At each site, an Islander familiar with the system will be available to describe how the system works and address specific issues. Bob Krebs, a circuit rider for Evergreen Rural Water of Washington, will be available to provide insights from a regional perspective.

We will start at the Group A Burton Water well field on SW 232nd Street just west of 115th to talk about local hydrogeology,

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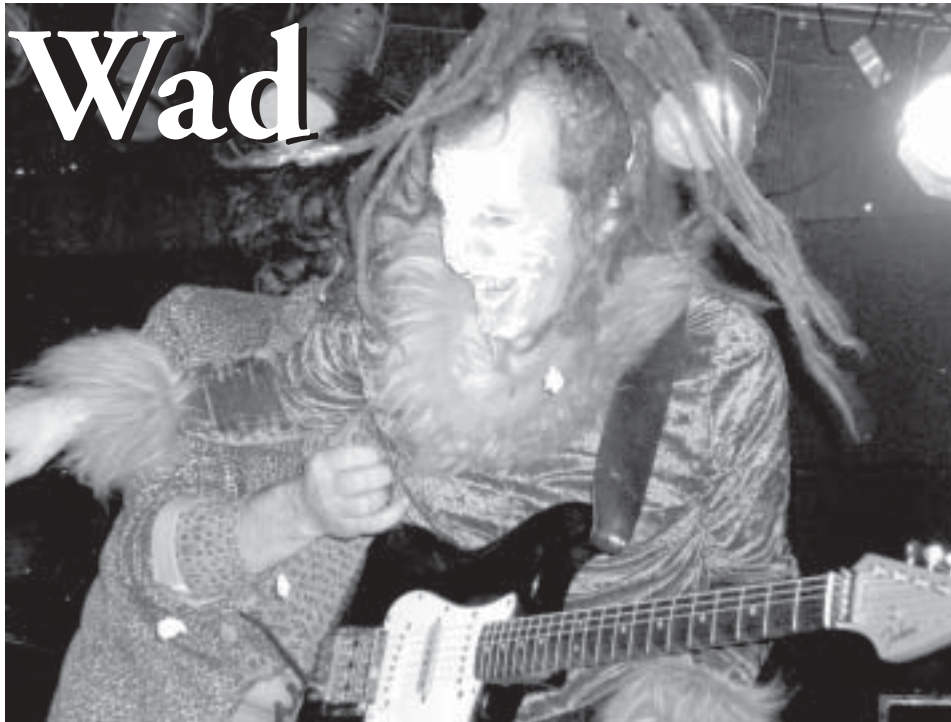


Burton Water System's brand new reservoir on SW 232nd street, highway.

Dow



King County Councilmember Dow Constantine is running for KC Executive, and Vashon is getting behind his first fundraiser, to be held at O Space on Sunday, March 29. From 5:30 to 6:30, supporters are invited to come meet Dow, while enjoying excellent wines and gourmet appetizers. Minimum donation for the "Cocktails with Dow" event is \$100 per person. From 6:30 to 7:30 folks are invited to come and join Dow for just \$50, have some casual refreshments, hear some great local music and take advantage of a no-host bar.



Wad plays at the Red Bicycle Saturday, March 21. See page 14 for details. There is no cover charge for slamming a few cocktails with Wad.

Hello From Mali

By Maridee BonaDea, Peace Corps Volunteer Mali, West Africa

Many people have asked about the work I do. For the first three months the main objective is to integrate into the community and evaluate community needs.

My experience on the last day of Ramadan clearly indicated that I was on the outside of my community. No one at work told me not to go to work because the last day of Ramadan is the second biggest holiday here in Mali. Tabaski is the biggest holiday and falls on December 7th or so. (The Islam calendar is by the moon.) Tabaski went very differently, and indicated to me that I had come a long way towards integrating into my community.

The morning of Tabaski I spoke with my host dad in my concession and asked

if I could eat with them, knowing that there would be a big feast after the killing of two sheep that had been



fattening up for weeks. Bocar, my host dad, told me to sit down, then served me eggs and tea. We talked for quite a while. He told me how he used to play

Continued on page 10

Get Juiced!



Juice Lady Comes to Monastery

Internationally renowned author and nutritionist, Cherie Calbom, will be on Vashon Island, to give a food preparation demonstration on the use of raw foods for health and healing. At the invitation of Father Tryphon, Cherie has agreed to share her knowledge and know-how with Vashon Islanders. The demonstration will be held in the Trapeza (refectory) of All-Merciful Saviour Orthodox Monastery, south of the village of Dockton. The two-hour demonstration, complete with an opportunity to sample the foods and drinks she prepares, will be held on Saturday, April 11th, starting at 10 a.m. The monastery is located at 9933 S.W. 268th Street, just south of Dockton. Those interested are asked to arrive around 9:30 a.m., so as to allow the

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Vashon Library Survey

Submitted by Bonnie deSteiguer

In 2004, we voted for major upgrades to our King County Library System (KCLS). KCLS has been improving libraries throughout the county, and now it is Vashon's turn.

The money that will be spent on these improvements is already in their budget and will not result in additional taxes. If it is not spent on Vashon, it will be spent somewhere else by KCLS. One of the questions that has come up is where our library should be located. The Vashon Maury Island Community Council (VMICC) is conducting this survey to get your input. The survey will come to you from Dow Constantine's office because he agreed to pay for the mailing. It will be inside his newsletter, so look for a letter from him marked Vashon Library Survey on the outside.

This survey is being mailed to all registered voters. However, all

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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.

Roller derby is coming to Vashon Island!
The Slaughter County Roller Vixens Present:

DERBY ISLAND INVASION

fundraiser for the Vashon Park District
and the Vashon Indoor Skate Park

March 28, 2009
at the "O" Space on Vashon Island
Doors open at 5:30 PM
Bout Begins at 6:00 PM

Open Space
18870 103rd Ave SW
Vashon 98070

Adult Pre-pay \$10.00
Adult at door \$12.00
(With Military ID \$8.00)
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Tickets available at:
brownpapertickets.com
slaughtercountyrollervixens.com

Vashon Park District

Roller Derby Comes to Vashon!

The Slaughter County Roller Vixens, Kitsap County's own roller derby league, are making the trip to Vashon Island to battle it out on the flat track. This will be the first appearance of Roller Derby on the island and the skaters are looking forward to bringing roller derby to a new audience.

The bout will be on March 28, 2009 Doors at 5:30PM – Bout at 6:00PM at the "O" Space 18870 103rd Ave SW. Tickets can be purchased online at slaughtercountyrollervixens.com, brownpapertickets.com, directly from a derby girl, or at the door.

The Vashon Loop

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Don't miss an issue. Really.

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

Vision for Vashon Cafe Conversations

Come and join the conversation on how to move from a sense of crisis to a sense of opportunity. These conversations will occur on four successive Saturdays, 2 - 3:30 pm, alternating between Cafe Luna and Minglement. The schedule of topics is: March 21, Food Security, at Cafe Luna; March 28, Cooperative Community Fundraising, at Minglement; April 4, Local Business Support, at Cafe Luna; and April 11, Self-Determination and Governance, at Minglement. These will be informal conversations organized and facilitated by members of the Vision for Vashon collective. They are designed to get the community pot simmering as we come up to the Vision for Vashon Public Forum, Saturday, April 25, 1:30 - 6 pm (with music and dancing to follow), at the "O" Space for the Performing Arts. Look for more information on this forum as we head into April. For more information on any of these events, visit www.visionforvashon.org, or email visionforvashon@gmail.com.

Writing Workshops in Nonfiction

"Oh the stories we could tell ..." sings Jimmy Buffett, and he's right. Each of us has a fascinating store of past and present experiences that give our lives meaning. Writing about these moments, with perspective and technique, gives us the power to tell our stories in our own voices. Along the way, we can also reveal the larger story of the times we've lived through, the places we've been. It's in the act of writing about our memories and observations that we recollect sights, sounds, and feelings that might otherwise elude us. And it's great to go through this process with a group of friendly, interested people – an audience who responds immediately to your story, and shares, in turn, with you. Classes in writing nonfiction are offered again at the Harbor School in 7 weekly sessions from Saturday, April 11 to May 23. Taught by Nancy Fox, island resident and writer, writing teacher, and doctoral candidate at UW, the spring session will focus on memoir, Vashon life studies, and individual writers' preferred projects. For more information or to register for the classes, please call 206-660-7438 or email profesorafox@comcast.net.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March. 27**



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Voice of Vashon Seeking Help

Voice of Vashon needs a person to manage web stream audio and local video content. Must have equally good people and technical skills, established facility with or proven technical ability to learn audio and video programming software. Successful candidate will work under direction of VoV TV Operations Director to review submitted content, implement content policies, upload and program content on voiceofvashon.org audio webstream and on VoV TV Comcast Cable Channel 21 for 24/7 broadcast. Must have

The Future of Farming

The King County Agriculture Commission is sponsoring a series of five public meetings in early 2009 to gather information that will help shape the future of agriculture in King County.

Findings from these meetings and other research will be used in a report to the King County Council relating to the future of agriculture within the county's agricultural production districts, plus recommendations for legislation regarding the allowed size of agricultural accessory buildings.

The last meeting is on Vashon on Thursday, April 9, 2009 from 7 pm to 9 pm at Vashon Courthouse, Courthouse Square, 19001 Vashon Hwy SW Meeting

excellent organizational skills and technical hardware at home to manage program remotely. Experience with Microsoft Office programs, Firefox and Internet Explorer, and facility with web design and management important. Successful candidate will, among other things, modify and install newly acquired DVDs in TV station video management system, provide programming schedules to VoV TV and VoV Audio Operations Directors weekly for publication in local print media, and communicate regularly with program producers. Voice of Vashon is not-for-profit, all-volunteer community media, and an equal opportunity employer. Send resume and references to Susan McCabe, shmccabe@comcast.net

participants will be asked to share their opinions on several important questions, including:

What are you growing or raising and how is it changing?

What kinds of resources or services do you need to be a successful farmer in the future?

What are the trends you think are important to the future of farming in this region?

How can King County nurture and promote the business of farming for the future?

Can't make the meeting? Visit <http://www.kingcounty.gov/wlr> to answer a short survey.

For more information, contact Nancy Hutto, chair of the King County Agriculture Commission at 206-949-4550 or Steve Evans at steve.evans@kingcounty.gov.



HOME TEAM REALTY

Troy and Marie Do the Numbers

How's the market doing? That is the question on everyone's mind as we head into spring. The short answer is: Who knows? Let's look at the lies, the damn lies, and the statistics.

Troy: Everyone I see asks me the same question: "How's the real estate market?" Can we give our readers some stats?

Marie: Sure we can. But they won't mean much. In a small market like Vashon, without a lot of transactions to measure, statistics can be really misleading. For example, there was only one house sale that closed in January. There were four that closed in February. Mathematically, that means closed sales were up 400% in February!

Troy: That's obviously silly - even though it's technically true.

Marie: Exactly. Because if we look at January and February combined, year to date sales are down 44.44%. If we look at closed sales through March, we're down 18.18%.

Troy: Wait a minute. Those are awfully precise number, and they are swinging wildly all over the place. Are you trying to mislead me some more?

Marie: Yes, but just to prove a point. There were nine sales that closed in January and February of 2008, compared to five this year. Year to date through March, we had 11 sales close last year, compared to nine this year. So my math is right, but my statement about what this means for the market are obviously misleading.

Troy: So your point is that we don't have enough data from which to draw scientifically accurate conclusions, right?

Whether you love statistics or whether they make your eyes glaze over, we would be glad to talk to you more about the market, and help you decide whether it's a good time for you to sell or buy. Please write marie@yourHTR.com or call us at (206) 463-LIST (5478).

Marie: I couldn't have said it better had I written your words myself. When people ask how sales are doing, or if prices are dropping, or how long it takes to sell a house, the honest answer is that we don't have enough data to give a reliable answer. However, since we work in the business every single day, we do have a good sense of the market.

Troy: That makes sense. For example, two years ago it was rare to find a stick built house under \$300K. Today, there are nine. And they've been on the market an average of 267 days. Hmm... I wonder if that statistic for days on market is misleading.

Marie: It certainly might be. We know that one of the houses has been for sale for 506 days and one for 645 days. That will throw the numbers off. If we eliminate those two, the days on market drops to 179. Which still doesn't mean much, since we're only talking about 7 houses. But to get back to your comment about the number of stick built houses under \$300K, it is true that two years ago this would not have happened. Those houses would have been snapped up. I can't prove that statistically, but I know it based on my sense of the market and what was happening back then.

Troy: Well said. We should also remind people that they can see how much inventory we have at various price points, and how long it should take to sell it based on current rates of sales. It's on our website at www.yourHTR.com. In light of what we just talked about, it should be obvious that although the numbers are right, and the graphs show a trend, there is just not enough data to prove anything one way or another.

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Visit us a www.yourHTR.com. To see more listings Or call us at 206.463.LIST (5478). We would love to help you with your real estate needs.



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Positively Speaking

by Deborah H. Anderson

If we gathered all the teachers and judges and store clerks and bank tellers and doctors, and such into the McMurray gym, let's say, and then we all stood up one by one and everyone told everything they knew about us (I mean really know, not hearsay or the stuff that gets

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Deborah

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We do passport photos -- apply for passports at the Courthouse on Tuesdays, Noon-3:30 pm; 4-7 p.m.

Don't Forget the Birds

A Challenge for Vashon's Neotropical Migrants



by Ed Swan

During the mid-Spring of each year, the flycatchers, vireos, warblers and grosbeaks that winter in Mexico and Central America, birds known as Neotropical migrants, arrive back on Vashon Island. In many ways, habitat improved for these birds over the last 50-100 years. The original forest cover of probably 90% of the Island, logged off and replaced with slash areas and agriculture, year by year grows back to reclaim the largest habitat status. Westside Lowland Mixed Hardwood Coniferous Forest now encompasses some 65% of Vashon's land cover.

However, the quality of the forest habitat changed with the times. Neotropical migrants face a fragmented landscape, one in which forests and other habitats in aggregate may be large but still represent a conglomeration of smaller and smaller separated pieces. The current situation consists of a different type of fragmentation than what birds evolved with since the retreat of the glaciers. Forest dominated the Puget Sound area over most of the last 13000 years, coming together from many types of forest habitat created by differing elevations, precipitation and fire regimes and the effects of stream and river formation. Over the last 150 years, a geologically very short period of time, the forest habitat fragmentation includes penetration and separation of forest patches with various types of residential, commercial and agricultural development.

The insertion of the open areas into the forest cover appears to greatly increase predation and parasitism on birds. A whole suite of predators, both natural and introduced, such as Raccoon, Eastern Gray Squirrel, Steller's Jay, and American Crow receive greater access through the increased number of edge areas that these predators prefer. In one study, nest success in a southern Wisconsin forest ranged from 18% in the first 100 meters of woods, 58% for 100-200 meters and 70% at greater than 200 meters. Parasitism increases because the Brown-headed Cowbird expanded westward from the Great Plains with the spread of agriculture and development. Cowbirds use feeders, spilled animal feed and other human introduced food sources to create a stable food supply. Even where homes don't involve a clear-cut of forest, they often provide a new base of operations to reach into the forest. Cowbirds lay eggs in other bird's nests, eggs that hatch chicks usually larger and more aggressive than those of the host and that then claim

most of the food. The host's young starve while the cowbird thrives.

The Island's neotropical migrants seem most affected for a number of reasons. Most use cup type nests easily entered by predators and accessed for egg-laying by cowbirds. Many of the migrants, especially warblers and vireos, while capable of being feisty, remain relatively small. Finally, as migrants, their times usually has a greater limit such that they have time to try for only one brood. Many resident birds attempt two and sometimes three broods over the season by starting early. They don't loose that time to travel. Sometimes they can get a good start on the first brood before the cowbirds arrive and become common in mid to late April.

One reason the collaboration of King County, the Land Trust and other organizations in creating the Island Center Forest continues to prove itself a success lies in that it creates one large chunk of forest. Even the planned logging largely results in improving the forest quality because the forest practices by design create less damage and exclude total clearing. It will be interesting to see how the population of Neotropical migrants fares Island-



Jim Rosso photo of a Spotted Towhee feeding a young cowbird. Towhees and Song Sparrows provide a common host for cowbirds on Vashon. I once found a Golden-crowned Kinglet adult feeding a young cowbird three or four times the kinglet's size at Chautauqua Elementary School.

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Island Birding Guide
Species Identification
How to Attract Birds
Ed Swan
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edswan@centurytel.net.

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Espresso

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wide as the nature of the forest habitat continues to evolve in the Island Center Forest and small forest patches around Vashon.

In local birding news, we're a bit behind in our migrant arrivals this year. While observers in the region continue to report several different swallow species, not a single Islander has called one in yet this year. The only new birds reported in March consist of Margie Morgan's sighting of a White-crowned Sparrow west of town on March 4 and a vulture seen by Kathryn True over her place March 15. 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. 27**

2 1/2 HOURS PRIOR TO THE START TIME POSTED, ELSMA HEARS THE SOUND OF SPEEDING CARS AND SCREAMING TIRES AND WITH HER FRUSTRATION WITH EARLY BIRD YARD SALE CRASHERS A SLIGHTLY DEMENTED SMILE COMES TO HER LIPS WHEN SHE REALIZES, AS PREDICTED THAT WHEN SHE PUT THE WORD "ANTIQUE" NEXT TO NO "EARLY BIRDS" AND BY WAITING TO PUT THE REAL STUFF OUT UNTIL 10:00, A FEW FRANTIC SHOPPERS HAVE UNTRAVELED TO THE FAR REACHES OF MAURY ISLAND AT 7:30 AM. TO FIND ONLY A FADED, TOOTH MARKED PLASTIC STATUE OF WAYNE NEWTON. (HER SMILE GROWS)

ED/PROWING
3/69

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



Aries (March 20-April 19)
You seem committed enough to moving forward, though in the background you appear to have your doubts. This is annoying, because you want to get things done; but the resistance you're feeling has a purpose. The question really comes down to how you feel about yourself, and on a deeper level, how you conceive of yourself as being a self. Let the delay guide you to a deeper level — there is a purpose to what you're experiencing. I can tell you that something that appears to be going slowly is moving a lot further ahead than you think; but you can't measure that progress on a linear scale. Events of the next few weeks will give you an alternative.

Taurus (April 19-May 20)
Rare is it that we get a glimpse of the future, much less an opportunity to experience who we might be in the future. This is what I see in your charts now: a window into witnessing your own potential. You may get a look at this portal at the expense of frustration, self-inquiry and some backpedaling. You may go through substantial doubt before you arrive at a place of witnessing yourself. And you may need to burn through the floor of what you consider a self or an identity before you decide that what you are looking at involves a different concept of existence than something you choose with a "lifestyle." I am talking about a discovery that will change the course of your life forever.

Gemini (May 20-June 21)
If you're experiencing confusion between your image and the role you feel called to serve, part of what you're experiencing is a journey toward reconciling the two. You may have invested a bit too much faith in linear thought and logical decision-making for the astrology you are under now, which is moving in several directions at once. It's like you now know something on one level that you're reluctant to accept as your purpose on another. That may be because you cannot "see yourself that way." You will soon have all the basics in place; what I suggest you work on is the visioning part. Image is one thing; role is another; purpose is another yet. Work toward purpose: that is the template for your vision.

Cancer (June 21-July 22)
Achievement may not be coming as easily or in the form that you want, but something better is in store. It is difficult to both set goals and minimize expectations. It is difficult to hold a vision for what you want and at the same time not be attached to that vision. You are good at feeling,

so I suggest you feel your way to a place beyond these seeming pairs of opposites. There is a place where you enter the fertile field of potential, where all potentials are real, and then you get to choose from a conscious place, in alignment with a deeper level of intention. As you explore toward this place, you are looking for the state of mind wherein you feel the most aware, and the least afraid.

Leo (July 22-Aug. 23)
Throughout history, the notion of the ego has often been conflated with that of God. Some religions say that God made us in his image; so far as I can tell, we make gods and goddesses in our own images. Events of the coming weeks will help you clarify this relationship, and as a result, certain religious concepts you've held for a long time. You seem to be asking one question, but you're really asking another. The deeper aspect of your question will start to become obvious when you go beyond the notion of belief. You are not, so far as I can tell, searching for a spiritual identity as much as you're seeking some real information about the nature of your existence. If that happens to be true, you are headed for a truly interesting month.

Virgo (Aug. 23-Sep. 22)
One phase of your life has finally yielded to another. I don't think you were comfortable with the kinds of commitments that were being asked of you, or that you felt compelled to offer. I don't think you're uncomfortable with commitment, but rather with being expected to conform to a larger agenda in order to have your offer seen for what it is. You keep your promises if they are really about you and the people you care about, but if you think you're being asked to compromise your integrity, you are much more inclined to resist. Now that you have stood up and insisted that you be counted, take this to the next step and only work with others who are willing to do the same thing. I am thinking of one person in particular.

Libra (Sep. 22-Oct. 23)
We often talk about relationships being a mirror, but rarely has this been so true for you as it is now. You can safely assume that anything someone says to you is a representation of your own thoughts. This may not be literally true; but it's a good metaphor, and a means of inquiry. Ask yourself: what would it mean if you were making these statements to yourself, or raising these questions? To what extent do you identify with your partner, or someone you want? Note that they

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may not be attuned to the same process when perceiving you, but you can get the game going. No doubt you have embarked on an extraordinarily interesting phase of your relationship journey, and if deeper is what you want, deeper is what's on tap.

Scorpio (Oct. 23-Nov. 22)
You may think it would be really great if you had some insight into the thoughts and feelings of a close partner; you might be taking a special interest in their healing needs, and wishing you could offer them more. Bide your time, observe their movements from day to day and enjoy the odd states of mind they are going through. I don't suggest you push or prod, but rather listen and be available; you will discover he or she is closer to you if you take a somewhat more passive approach, for now. What you are observing is a person on the way to seeking their healing through discovering their autonomy, that is, their sense of existence as an individual.

Sagittarius (Nov. 22-Dec. 22)
You don't need to convince anyone of how valid your ideas are, but it would help if you noticed that they are noticing. As I have said a number of times, your mind is hot right now, and getting hotter; you have many invitations to get involved in the world around you; and the two properties are related. That being said, you may need to ask people their opinions rather than expecting them to speak up. I propose that you will get thoughtful answers worth listening to, and worth taking under advisement. You will benefit from what is a conservative viewpoint that will nicely compliment your current radical level of brain activity.

Capricorn (Dec. 22-Jan. 20)
Watch the habits you form now, because they will stick. Choose the habits you want; work your way out of the ones you don't want; you will get some unusual results. Mercury and Saturn in Earth signs are helping you shape this aspect of your consciousness, and I suggest you proceed with full awareness. Part of what I suggest you be aware of are your emotional patterns; the day-to-day feelings that inform you of who you are. For you, identity is emotional more than it is mental, and too often it's based on your concept of personal safety. The question is not whether you should or should not feel secure when you think you're safe; rather, why you feel that way.

Aquarius (Jan. 20-Feb. 19)
Gradually, clarity is gaining on you. This promises to be a significant change on your life pattern. You have become so accustomed to living from one crisis to the next, from one peak experience to the next and from one burning question to the next that you've probably lost contact with the experience of receiving information. Most of this information will come through your senses. You have a gift for abstract thinking and you are gaining a gift for intuition. Trust what your senses are telling you: everything from what color something is, to how someone smells, to how something feels against your skin. As Fritz Perls said, "Lose your mind and come to your senses."

Pisces (Feb. 19-March 20)
Most of the world is going deeper into fear. You seem to be liberating yourself from an old, silent anxiety that has held you in check for years. It may be that you're finally letting go of your mistrust in yourself. You may be. It is true that anxiety becomes a kind of psychic shelter, as if fear of certain things is protecting you from even worse things happening. This whole policy, so prevalent in the world, is misguided. As you let go of inner sources of fear (they are almost all internal), you are liberating your creative will. If this doesn't reveal that you have the world in your hand, you will feel a lot better about being in its hand.

Read Eric Francis daily at PlanetWaves.net.

Island Epicure



By Marj Watkins Celebrate Spring with Salads

As a little girl, I liked to go wild greens hunting with my great-grandmother, Susannah Barrett, (for whom my daughter, Suzanna Leigh, is named). Grandma took along a knife and harvested dandelions roots and all. The leaves became a hot dandelion salad. She roasted the roots and ground them for dandelion “coffee”. Believe me, it’s bitter, and so are the greens unless you take out the milky-sapped center. Below is Grandma Susan’s receipt, as she called it for her hot green salad.

The best dandelion leaves are the ones with less indentation and no fuzz on the backs. It may be hard to bring home enough for even one or two servings, but you can eke them out with other tender wild greens or young spinach and beet leaves from your garden or Saturday market.

GRANDMA SUSAN’S DANDELION BACON SALAD

4 servings
6 cups dandelion greens and or watercress leaves, washed and patted dry
4 slices bacon, cooked crisp and crumbled, OR soy fake bacon bits
¼ cup cider vinegar
3 Tablespoons sugar or sugar substitute
Dressing: Heat vinegar and stir in sugar until it dissolves. Warm in the bacon grease.
Divide greens among salad plates. Drizzle hot vinegar dressing over. Garnish with bacon bits.

Personally, I like it better without the bacon grease, but this is the authentic version.

You could drizzle olive oil and lemon juice, or substitute rice vinegar and omit the sugar.

HOT NETTLE SALAD 2 to 3 servings

6 cups nettle shoots or tips, washed and drained
Extra virgin olive oil
Seasoned rice vinegar
Be sure to wear gloves and to harvest your nettles by snipping them with scissors into a paper bag. Dump them into a basin or warm water. Stir with long-handled spoon. Pour off the water or pour them into a colander and let them drain
Cook in a 6-cup saucepan, with water to cover, until well-wilted and tender, about 10 minutes. Drain, saving cooking water for soup stock or to drink as a tea.
Transfer to serving dish. Drizzle with olive oil and vinegar. Toss.

WILD MIXED GREENS SALAD
2 servings
2 cups mixed wild greens, including watercress blossoms
2 red ripe tomatoes, sliced or cut in wedges
2 hardboiled eggs, peeled and sliced or cut in wedges
Olive oil and lemon dressing
Wash the wild greens in a large bowl of water, drain, and pat dry between two clean dishtowels, and arrange on salad plates. Eek them out with baby red lettuce or spinach if necessary. Arrange tomatos and eggs slices on top.

OLIVE OIL & LEMON
DRESSING
Makes about 1/3 cup
¼ cup extra virgin olive oil
2 Tablespoons lemon juice
¼ teaspoon garlic salt
Dash black pepper
Place ingredients in a small jar, cap tightly, and shake well. Spoon over salads.

SPRING GARDEN SALAD
4 Servings
4 to 6 cups baby spinach, washed and dried
1/3 cup dried cranberries
½ cup crumbled feta cheese
½ cup coarsely chopped walnuts or 16 walnut halves
Raspberry vinaigrette
Lay a base of spinach on each salad plate. Garnish with cranberries, feta, and walnuts. Pass the raspberry vinaigrette. It will probably need shaking between each application to salad.

Alternatively, place all salad ingredients in order listed in a salad serving bowl or on a platter. Decant salad dressing from the bottle it came from the store in into a pretty little bowl. Let each diner stir and spoon dressing on his or her salad.

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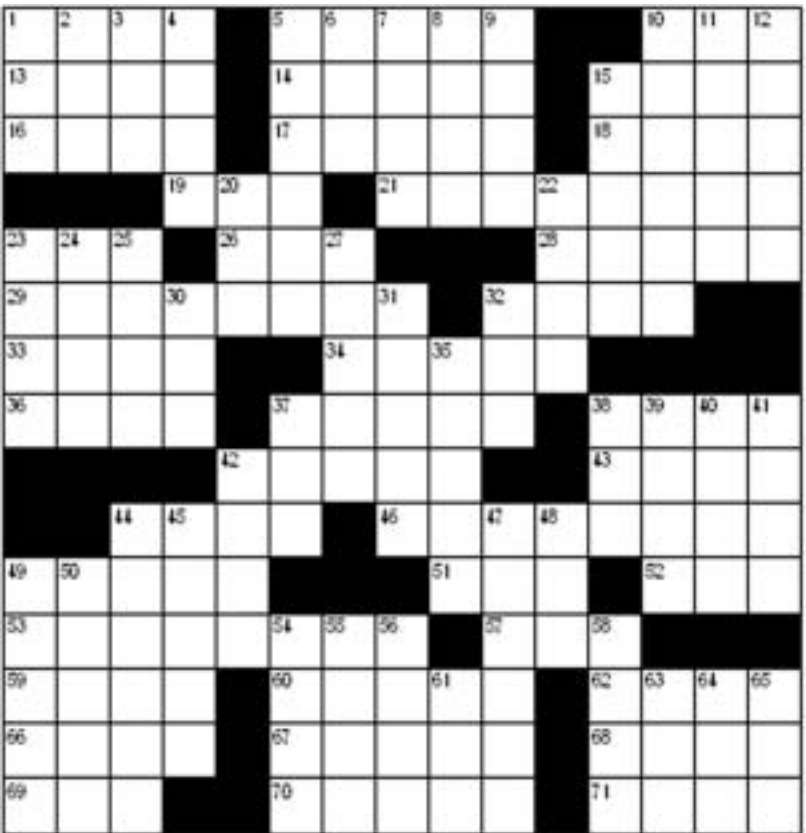
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Vashon Flea Market Thanks Everyone!

Considering the wild weather this past weekend, we had a very successful “Grand Opening” indoors. Thanks to everybody’s support and enthusiasm, I’m very hopeful for a great season!
We had our first two \$25 winners this week. WooHoo! Laura Brice won the “Where’s Maury” Contest & Elizabeth Anderson won the free weekly raffle. Congratulations to both of you!
Just a Reminder for all
Reservations or First Come First Serve for Vendors
The outdoor spaces are available, weather pending. The indoor spaces will always be available for reservations or first come first serve. Deadline for weekly Reservations are Wednesdays at 11pm.
For all other Information for Vendors & “Where’s Maury” contest, Please call Sheila at 206-719-2691 or email:

Across			32. Cologne (Gr.)
1. Wash with a mop	33. Notion	60. Become active	
5. Measuring instrument	34. Cowboy leg wear	62. East	
10. Kid	36. Tinter	66. Consumer	
13. South American nation	37. Refined	67. Master of ceremonies	
14. Plant seed	38. Alack’s partner	68. Gofer	
15. Father	42. Agricultural areas	69. Scarlet	
16. Cain killed him	43. Field game	70. Capital of Senegala	
17. Birds that make a gaggle	44. Window part	71. Mailed	
18. Swarm	46. Fear (2 wds.)		
19. British thermal unit	49. State		
21. Sucker	51. Abridged (abbr.)		
23. Alternative (abbr.)	52. Future Farmers of America (abr.)		
26. Marry	53. Put in the middle		
28. List of highly desired guests	57. Cause of sickness		
29. South American monkey	59. Sugar plant		

Down			8. As well as
1. Resort hotel	9. Careen	23. Among	38. April (abbr.)
2. Cobweb	10. Men’s jewelry	24. Female aristocrat	39. Baguet
3. To be	11. Sandwich cookies	25. Maple	40. First letter of the Arabic alphabet
4. Electric light	brand	27. Decoration	41. Pop
5. Knaves	12. Allure	30. Impair	42. Run away
6. Average (abbr.)	15. Yet	31. Finger	44. Transgressed
7. Fight	20. Duo	32. Kilometers per hour	45. Entomb
	22. Country in SE Asia	35. Afloat (2 wds.)	47. Voider
		37. Calorie	



48. Last day of the wk.	55. Writer Bombeck	63. Visit
49. Happen	56. Teal	64. Charged particle
50. “__ porridge hot...”	58. What dogs sit on	65. Picnic visitor
54. Swamp plant	61. Pod vegetable	

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Spiritual Smart Aleck



By Mary Litchfield Tuel

www.spiritualsmartaleck.blogspot.com

Accident

Accident (ak2 si dent) n. *1. an undesirable or unfortunate happening that occurs unintentionally and usu. results in injury, damage, or loss.*

A few years ago I heard or read that “old age is the accumulated effect of accidents.” Sometimes I think I’m trying to prove that.

Yesterday afternoon I had some errands to run. I went out to my car, and my purse tipped and my cell phone fell out and bounced underneath the car. It was far enough under that I could have started the car, backed up, and then got out and picked up the cell phone. But no.

I got my cane, something I use when I’m feeling the effects of previous accidents, and bent over to try to hook the phone out from under the car.

Our driveway slants downhill, so picture me bending over almost double, leaning downhill, trying to swipe the phone closer with my cane. See, in retrospect I know I should have turned around and faced uphill. Yes. I know that now.

OK, so there I was, trying to get that phone, and not having much success, when suddenly I felt gravity grab me in its evil clutches, and brothers and sisters, I went down, face first, onto the cement driveway. Ow.

The first thing I thought about was people who get slammed around on TV, then get up and walk away and appear to be fine. Television lies. Those are actors and stuntmen and women who get paid to appear to be hurt. That’s not how it really works. The body does not take a slam and then walk away feeling groovy. Trust me.

I rolled onto my back and put my hands up to the sides of my face. I wondered if any neighbors or passersby had seen me go down, but all was silent so I assumed no one had. It was a sunny day and the sun felt warm shining on me. It felt good, and I was pleased that this tenacious winter is being forced to

loosen its grip. I was feeling comfortable, lying there on the cement in the sunshine, holding my face, and doing a mental check in with body parts. Legs? Aye aye, Cap’n. Arms? Check. Torso? Seems to be fine. I thought I was OK to go, and began to move.

My left hand came away from my face wet, and I looked at it, and it was covered with blood. Oh boy. I’ve always heard that head wounds are bloody. It’s true.

I got up. I found my glasses (permanently scratched). I picked up my purse, I pulled the phone out from under the car in one firm stroke of the cane – I was facing uphill now – and I headed back into the house.

My older son was gathering recycling just inside the front door. When I walked in he looked up at me and said, “OH MY GOD MOM WHAT HAPPENED?” He told me later that he thought someone had mugged me and he was ready to go out and get the guy – this is what comes of living three years on the mainland – but I explained that I fell down.

When I got to the bathroom I could see his point. Blood covered most of the left side of my face, running down to my chin. I looked like one of the people you see in news photographs that have captions that say, “Protesters struggled with police...”

I drenched a wash rag in cold water and cleaned myself up, and then I went back to the family room to sit down with a nice ice pack on my beat up face. We called the doctor’s office to ask about signs of concussion, and were reassured that I was probably not concussed. My husband came home from work and after the first alarms he asked me to be sure to let people know he had not done this to me. Understandable male nervousness, but I reassured him: I will let people know I did this to myself.

This morning I feel exactly like I’ve had a good whap up the side of my head – my face is swollen and scraped, but I don’t have the black eye I was expecting. It feels good to hold an ice pack on the swelling. I’ll be fine in a few days.

So, there, that’s the biography of an accident. I’ve told a few people about it, and have been humbled by the stories they tell me of falls they’ve taken. Snapped me right out of feeling sorry for myself. This fall felt like a big deal because it happened to me, but as falls go it was minor.

Now, I know that some of you think there are no accidents, but wait until you have one. Verily, I say unto you: the laws of physics will get you faster than karma. Watch your step.

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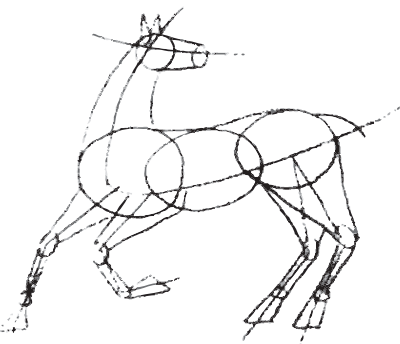
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Jerry Todo
Loren Sinner
Matt Eggleston
Danny Cadman

The Spotlights at Sporty's

Friday, April 3rd at 8:00pm

This will be a “pass the hat “ fund raiser for the Vashon Loop

Jason Lollar
Jerry Todo
Loren Sinner
Matt Eggleston
Danny Cadman

2013 Presents...

As students prepare to leave McMurray Middle School, their thoughts may turn towards the future. What will high school be like? When is Exploratory Week? When do they find out their schedules? But with the guidance of McMurray teachers, the kids graduating from the middle school this year have developed a whole



different set of priorities. How can we give back to McMurray?

That's the theme of "2013 Presents..." The kids are making posters and working hard on an upcoming fundraiser, to be held at the Sportsman's Club on Saturday, April 4. Five local bands are putting on a "Legacy Concert" to raise money. The proceeds will go towards water drinking fountains, with artistic splashes done by the 8th graders. 8th Grade Humanities Teacher Chris Anderson (also the event organizer) said the fountains were the students' idea.

"The 8th grade class is a good class. Lots of creative, energetic kids who had full of ideas. They wanted to come up with something lasting for McMurray — and this seemed like the perfect idea. They come up with this idea as a way to leave their mark for kids in the future... and hopefully leave some nice-looking water fountains, too."

Vashon-Maury Island Welcomes New Business

Marianne Metz Lipe is an independent distributor with XanGo, LLC, Utah-based, international company that brought mangosteen to the worldwide market with their patented whole fruit puree XanGo juice in 2002.

Metz Lipe arrived on the island December 21, 2008, right in the thick of the biggest snow storm to hit the region in years. Marianne and her family drove across the country in December after the sale of their New Hampshire seacoast home.

XanGo is the fastest growing supplement company in the market and in November, the company launched Glimpse Intuitive Skincare. Each Glimpse product contains BioActive X3 Complex™, three distinct mangosteen derivatives rich with powerful xanthenes, a class of phytonutrients in the pericarp (rind) of the fruit.

Anderson is part of House Engine, playing at the event. Other bands are Maury Island Playboys, Terrordactyls, Ian Moore, and Poultry in Motion. There will be beer and wine for sale at this adults only event, and light snacks on hand. The event goes from 7 to 11 p.m. and is just \$10 bucks at the door (or more if you want).

The idea of giving back is not new. Last year, the then 6th grade class raised money to build and outdoor classroom at McMurray.

"There are plenty of events on the island that raise money. And, there are plenty of events on the island where you can hear music. What we like about this is that it is a chance for McMurray parents — and anyone else who likes good music — to come, gather, catch up, hear great music,

and support the 8th grade class at the same time," said Jen Sullivan, parent of 8th grader Kelly Sullivan and one of the organizers of the night.

The five bands represent a spread of music. Ian Moore is nationally known and is based here on Vashon. The Terrordactyls have a lot of fans in the younger base on Vashon, and are sure to be a big hit. The Maury Island Playboys and Poultry in Motion are newer groups, but you may find some familiar faces. House Engine will wrap things up, and it features a few teachers in the group, including Anderson.

"We just love this kind of event," Anderson said. "Good people. Good cause. Good ticket price. What else do you need?"

Tickets for "2013 presents..." are only available at the door the night of the concert, so arrive early. The event for those 18 years old and older.

Like its signature XanGo Juice, Glimpse provides the nutritional benefits of the mangosteen in a topical application.

"What really stood out for me was the enlightenment, if you will, about the US cosmetic industry and product ingredients. I began to take a closer look at what I was using on a daily basis. The skin is the largest organ of the body and some of the most popular personal care products have been linked to poor health and disease. Glimpse ingredients are safe and XanGo has signed the Compact for Safe Cosmetics. I'm proud to be representing a company and product like that.", says Metz Lipe.

To learn more about XanGo and Glimpse, visit www.BeholdTheImage.com. Marianne Metz Lipe can be reached by email at mmetz5@comcast.net.

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Vashon: a Green Global Island?

Any island less than 300 square miles is considered a small island. Vashon, at 37 square miles, fits that description. But a small island is not just another small town.

Small mainland towns have roads connecting them to railroads, airports, and large cities. Their water usually comes from nearby rivers or from alpine runoff, and their sewage goes "away." Their food, gas, and shopping costs are lower than islanders have to pay. They have a mayor and a government that is free to make many local decisions. Small towns are part of a larger mainland whole, and their relationships to their neighboring communities are seamless.

Small islands like ours have none of these benefits, so their residents must live by different rules. More than twenty thousand islands like ours exist on Earth, each dealing with problems of transportation, water, energy and governance in its own way. Now these islands are organizing themselves into a worldwide network to address their common problems. The United Nations has recognized the peculiar needs of small islands, and is supporting a global effort to study their unique concerns.

Vashon College has joined the Global Islands Network, a young coalition of about 150 islands, based in Ireland, that is growing rapidly. Beginning this coming April, the College will offer a seminar

designed to explore Vashon's participation in worldwide island studies. The seminar will develop our ability to learn from other islands and to cooperate with them on our shared interests.

The Island Studies Seminar will study global island biogeography, island social and political life, and will develop the research skills necessary for learning about problems and solutions for our own and other islands. The seminar will communicate with other islands though the Global Islands Network (globalislands.net), a website that posts research results and news from world islands and links them for exchanging information and ideas.

Students in this seminar will work in small teams to pursue original research in small island affairs. A case study of Vashon Island will prepare us to pursue our nomination as one of fifty "green islands" recognized by the United Nations. Some students may travel to other islands for field research. Research results generated by the seminar will be published online and may be presented at international conferences of island studies. This will be Vashon's opportunity to take its place in the worldwide community of small islands.

Detailed information about the Seminar on Island Studies is available at vashoncollege.org or by phoning the seminar convener, Joe Meeker, at 463-9773.



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Madame I ajours

Dear Madame Toujours,
I just read one of your columns, and I think you are a horrible person. How dare you say that men don’t abuse women and that women are the real abusers. My boyfriend hit me and belittled me and treated me like dirt for years and years before I left him, and I know first hand that men are the real abusers, and I never laid a hand on him. I hate you, and I think you should be torn apart by wild dogs for doing such a disservice to women.
Sincerely,
Eat Hot Death You Skank

Chere Mme. Death,
Tragically, you are suffering from the very common confusion which is afflicting many persons. For example, M. Sigmund Freud was asking very plaintively, “What are all of the women wanting?” I explained to him that this is the very silly question because all of the female persons are being different from each other, and therefore they are all wanting different things. For example, some of the women are wishing to be the astronauts and the brain surgeons because it is having the excitement and the challenge. Others are liking to be the homemakers and the daycare providers because it is having the excitement and the challenge. Actually, hardly any of the female types are liking to be the astronauts and the brain surgeons because amputating the brains and floating around in space is hardly ever having the practical applications.

Unfortunately, M. Freud was not listening because he had noticed that I was the female person, and so everybody has been very confused ever since.
Actually, it is probably astonishing you to learn that although some of the male type persons are the big hairy abusers, most of them are learning when they are the little boys that it is the very shameful, unmanly thing to be hitting a girl. So you see that even if a certain man is happening to be a male type person, he is not necessarily being a big abuser. In fact, sometimes he is actually the timid, mild-mannered milquetoast type person who is liking to admire and cooperate with les femmes, and is very grateful when they are telling him what to do so that he is not having the trouble to think of it himself. Vive la difference!
Now you will be even more startled to learn that although many of les femmes are the helpful, nurturing types who are contributing to the productive society, others are what the modern psychological persons are calling “the bloodsucking harpies” who are sucking the life and dignity out of everybody they encounter. This is not because they are the victims of the patriarchy and the chauvinism. It is because they are the selfish, predatory persons who are not having the empathy or the caring for anybody except for themselves.
Bon Chance, Mme. Death, and remember that all of the female persons are the unique human type individuals who are not being lumped all together like the sheep.

The Water We Drink Field Trip

Continued from page 1
challenges of collecting and treating shallow groundwater including how to keep well points flowing, and nitrate levels. We will visit a small Group B system to discuss the challenges of working with neighbors and how to develop effective bylaws or operating procedures to help resolve problems. Finally, we’ll visit a 14-household Group B system to discuss how to successfully fund system replacement and capital improvements.
Other issues include: how to protect water sources in light of increasing

development or to deal with “under the radar” threats to water quality, like meth labs. Small system owners want to hear about effective and inexpensive technologies. For example, when is ultraviolet (UV) disinfection appropriate? We hope that you will come with your questions and your expertise so that Island water system managers, operators, and users can share their experiences to benefit one another. Please register for the field trip with Susie Kalhorn at 206.463.4006 or burnhorn@earthlink.net. Space is limited.

Vashon Library Survey

Vashon residents 18 years of age or older are eligible to fill out this survey. If you did not get a survey and want one, please contact Hilary Emmer at 463-7277. This survey has to be completed and postmarked by Friday, April 3rd, 2009. The survey can also be dropped off at the Beachcomber office by that date.
This survey was designed to be unbiased and to give the residents of Vashon an opportunity to express their preference for where they want their

library to be located. The more people who fill it out and return it, the more complete the information will be, and the greater influence it will have with the KCLS Board of Trustees when they make their decision about the location of the Vashon Library.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March. 27**



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Hello From Mali

Continued from page 1
in a band and perform in concerts all over Mali Mopti, Sagou and Sikasso. The last week I had been practicing Christmas carols on my recorder and Bocar said he heard me. Bocar’s eyes lit up as he told me about his concert days and said that when he married Fatim he settled down and became a schoolteacher.
Fatim, my host mom, came out onto the front porch and told me to get washed and dressed. Luckily I decided to wear my Malian Complet because Fatim whisked me off to Mosque to pray on the highest Muslin holiday of the year. After the Mosque Fatim, her sister and I went around the neighbor hood and greeted many members of her family. I had no idea that her family was just blocks away from where I lived.
Just as we were entering our courtyard the men were slaughtering the sheep that they had been fattening up for weeks. Fatim sat down and supervised the butchering. I took some pictures and she invited me to sit down, I said it would make me sick, and instead went over to sit with the women cooking. As the afternoon went on I helped cook and ate fresh organic sheep meat.

Koro my national counterpart and a Bogolan artist and Awa, a Bogolan apprentice, showed up around 3:30 pm. We started out by going to the Broche’s house (the RAC employee). I met his wife and daughter and I think a sister that lives with him. Then we went to the UAAK President’s house then the Le Chamber President’s house. After this Awa went home and Koro and I went to the Dugitigi of Medina Cora’s house. A Dugitigi is a leader whose family has been chief of the village or area for generations and he works closely with the Mayor and other leaders in the community. Koro knows everyone. After this we spent many days going around town greeting people. Then Koro left for Corte Ivory for her brothers wedding.
I have settled into the city of Koutiala and love living here. Every time I go somewhere coming back to Koutiala feels like home.

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The importance of rest.

by Kathy Abascal

This has been a season of lingering illnesses. I have seen many people with a lasting minor cough. They are not sick but they are not well, and when they become stressed, their cold returns in full force. Part of the problem is a tenacious bug but, in my opinion, a larger problem is our failure to rest when we are sick and stay resting until we are well.

Why is rest so important to health? Michael Moore (my herb teacher) taught that our need for rest is built into the structure of our bodies. We consist of trillions of cells that are bathed, cleansed, and nourished by our blood. These cells generate waste as they work. The blood picks up this waste and passes it through the liver.

The blood also carries nutrients from the intestines through the liver before dispersing them throughout the body. The liver removes toxins and microbes that may have been carried from the intestines along with the nutrients. The liver is in many ways the body's master cleanser.

Most metabolic waste is acidic. However, our blood maintains a fairly precise pH, a measurement of acidity. This precision limits the amount of waste the blood can carry at any given moment. As a typical day wears on, cellular waste builds up throughout the body because the blood cannot move it away from the cells quickly enough. After a 16 hour day, there is a waste backlog. At that point, we become tired and go to bed. We are still, we are not eating or receiving as much outside stimuli. As a result, we generate less waste. While we sleep, the blood is able to deliver the waste backlog to the liver. In the morning, we awaken with fairly "clean" blood and body.

This mechanism is one of the reasons why we should avoid food and alcohol later in the evening: If we have a dessert and a glass of red wine before bed, the liver is forced to turn from the job of cleaning up the day's remaining metabolic waste

to do the nutrient sorting, toxin and microbe hunting activities that are part of digestion. If we give the liver too much work, small amounts of blood from the intestine will bypass the liver and flow directly into the lower body. Over time, a daily delivery of even small amounts of sludge-filled blood to the lower body will cause hemorrhoids, uterine bogginess, and varicose veins. And your liver may not be able to manage all the backlog. When this happens, you may wake up feeling groggy, slightly lethargic or have a slight headache. Over time, the failure to properly feed and clean your entire body will begin to impair your health.

Illnesses present an even greater challenge. We produce large amounts of waste when we are fighting off an infection, and a backlog builds more quickly. We experience this as fatigue, a signal that we need to slow down so the liver and blood can handle the increased demands. In chronic illnesses, people may be so tired that they can do little more than sleep. In fact, extreme fatigue may be an early sign of a serious illness. In all cases, you should eat to provide nutrients to your immune system, avoid foods that tax your system, and get some rest so your liver can work its magic.

Our physiology also explains why breakfast is so important. When we wake, our cells do not have piles of metabolic waste clogging their work. If we

immediately provide the nutrients they need, they will function better and we will be healthier. Unfortunately, most of us do not eat a good breakfast. Instead, we

immediately indulge in foods that trigger a small adrenalin rush: Coffee, rich in complex oils and caffeine, some milk (often an adrenalin trigger), wheat (another common trigger) either as toast or pastry, and some sugar for the buzz of a sugar rush. Our desire for an adrenalin boost in the morning is often due to an overworked liver and a stressful life. Deep down, you may not want to face your job and your busy schedule. The adrenalin moves you to do what you have to do. However, in the long run, choosing foods that provide vitamins and antioxidants instead of adrenalin will give you more energy to handle your life. Of course, this means lots of fresh vegetables, fruits, seeds and other good protein.

If you respect your body's need for rest, eat well, and support your immune system with good food and

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herbs, you will likely avoid or overcome that lingering cold. You will be better able to cope with the chronic stressors in your life, emotional or physical. And remember, even life does not allow you to retire to bed until you are well again, you can always do less, sleep more, and eat well for a few days. Even those changes will make a big difference.



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 463-9211 or at anemopsis@yahoo.com.

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Get Juiced!

Continued from page 1

program to begin without interruption. There is no charge for the program.

"The Juice Lady" Cherie Calbom, MS will talk about juicing for health from her A-Z guide to health book The Juice Lady's Guide to Juicing for Health. She brings the energy of her books and lectures as she shares recipes and samples of her popular juice drinks and raw energy soups. You'll sample her Awesome Green Smoothie (a savory blend of avocado, lime and cucumber), her Quick Energy Soup (carrot, celery, lemon, ginger, and apple juice with cumin), Yam Bisque (a blend of yam juice with oat milk and spices), and her popular Italian Buckwheat Dehydrated Cracker (sprouted buckwheat, flax, carrot pulp, olive oil, and seasonings). And you'll learn how to jump start your day with a delicious glass of fresh juice.

Cherie Calbom, MS, received her Master of Science degree in nutrition from Bastyr University where she now serves on the Board of Regents. She is author of sixteen books including the best sellers Juicing for Life and The Juice Lady's Guide to Juicing for Health.

McMurray Wrestling News

Eleven McMurray Middle School wrestlers ventured off to Kingston for the Olympic League Championships. Four returned with 1st place brackets and 7 placed in the top 4. Robert Easton concluded his undefeated season with a 12-0 win the finals, taking home 1st place. Nick Betz dominated all his competition and won the 157 pound title. Ryan Lennea won the 75 pound title and then moved up to place 3rd at the 84 pound weight class. Wolfgang Melrose won 145 pound 6th grade championship. Ian Mattingly and Anthony placed 3rd. Preston Morris Shane Armstrong placed Competing but not placing Cole Devereau, John Michael Monroe, and Joe DiFabio. Not able to make trip due to the flu was Ryan O’Grady who was 6-3 on year. The Mustangs Wrestling team, led by coaches Bob Cannell (2008 High Regional Coach of the year), Steve Hall, and Mike Mattingly were 6-2 on the year, making their mark as one of the best teams in the Olympic League.



Wolfgang “Woofie” Melrose poses with his championship bracket!

Island Lumber Now Selling Auto Parts

Islanders who have recently found themselves in need of a place to purchase automotive parts, now have a place to go. Island Lumber and Hardware is now stocking all the daily essentials for the automotive retail consumer. In addition to this they also have the ability to special order all of the same hard parts found in any dedicated automotive parts retailer, receiving them the next business day. Their main focus is providing excellent service at a fair price to the everyday automotive parts customer.

The first step Island Lumber made down this new road two weeks ago was by purchasing a hydraulic hose crimping machine and a full inventory of hose and fittings to match. Since then, they

have greatly expanded their daily automotive service items with batteries, fluids, filters, light bulbs, wiper blades and an assortment of other accessories. Again keeping the heavy equipment customers in mind, their stock has been growing with hydraulic fluids, diesel engine specific motor oils, and filters at the same pace as their regular automotive items.

So, the next time you need something for your car or truck, stop by Island Lumber where you will find a combined 30+ years of knowledge in the automotive parts business. There is someone at the store seven days a week to help you with all things automotive, from selecting the proper wiper blades to ordering a starter for your car.

Vashon Library Sponsors Unusual Programs

Sunday, March 29th, 1:30 to 4:30: The Basics of eBay Selling, with award winning author, Kevin Boyd, who has been buying and selling on eBay for over eight years. As a Certified Education Specialist trained by eBay, Kevin teaches seminars and consults eBay Buyers/ Sellers nationwide. Kevin is a multiple winner of eBay’s prestigious Education Specialist Excellence Award (awarded to just three out of over 1000 Instructors worldwide). In 2003, Kevin left the corporate world and started an eBay-based, online business selling to businesses and consumers. Within just four months, he became an eBay Power Seller. Kevin is the author of the books *eBay Business at Your Fingertips*, *eBay Rescue Problem Solver* and *eBay Rescue Profit Maker*. He was profiled in four McGraw Hill best-selling eBay books, *Secrets of the eBay Millionaires*, *How to Do Everything With Your eBay Business*, *How eBay Really Works* and *eBay Power Seller Million Dollar Ideas*.

Saturday, April 11, 2pm The Joy of Censorship with Mad Magazine Senior Editor, Joe Raiola Meet the Senior Editor of Mad Magazine, Joe Raiola, and experience his offbeat and fiery defense of the First Amendment with examples from Mad Magazine’s colorful history. MAD magazine began as a comic book and later emerged as a revolutionary satirical force. It seems right that the library, with its mission to protect the tenets of intellectual freedom, should host this program. Join us for an illuminating, satiric and at times disturbing look at America’s most hotly debated issue. Co-sponsored by King County Library System and The Friends of Vashon Library.

Proofreading and Editing... from A to Z

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Loopy Laffs

A journey of a thousand miles begins with a cash advance

There is a place you can touch a woman that will drive her crazy. Her heart! –**Melanie Griffith**

Marriage changes passion; suddenly you're in bed with a relative.

Ford had a problem naming a car in Brazil when the Pinto flopped. The company found out that Pinto was Brazilian slang for 'tiny male genitals'. Ford pried all the nameplates off and substituted Corcel, which means horse.

A couple was touring the capitol in Washington, DC, and the guide pointed out a tall, benevolent gentleman as the Congressional Chaplain.

The lady asked, "What does the Chaplain do? Does he pray for the Senate or House?"

The guide answered, "No, he gets up, looks at both houses of Congress, then prays for the country!"

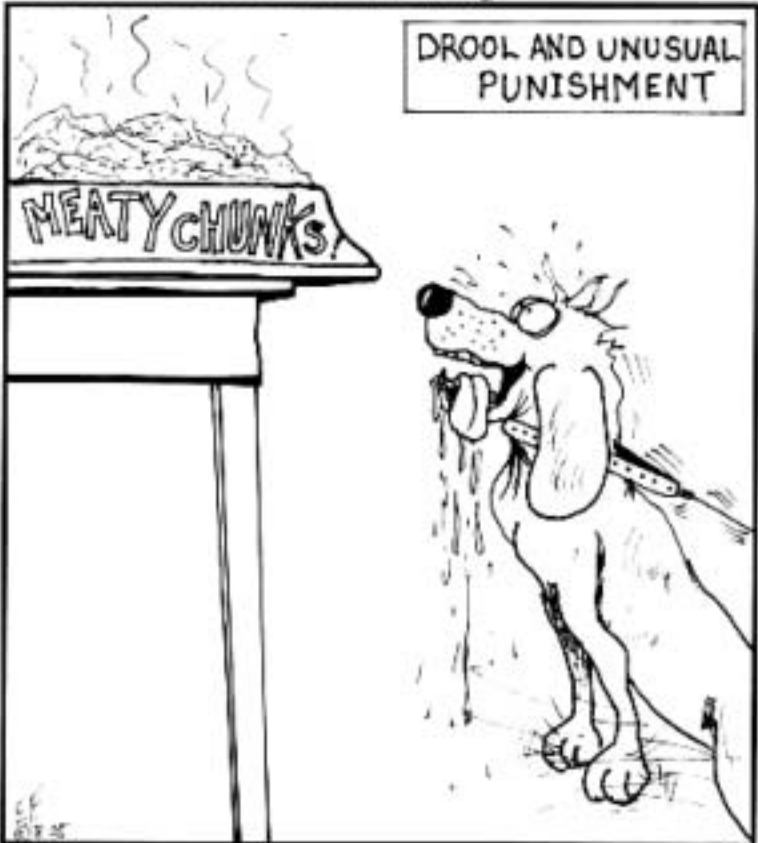
The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray, "Take only one. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. One child whispered to another, "Take all you want. God is watching the apples."

The two longest one-syllable words in the English language are "screeched" and "strengths."

"Dreamt" is the only English word that ends in the letters "mt".

WILD WORLD / Ed Frohning



The world isn't so much worse than before, it's just that the news coverage got so much better.

Why should I waste my time reliving the past when I can spend it worrying about the future?

You know you're paranoid when you can't think of anything that's your fault.

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache next morning."

Q: What are lawyers good for?
A: They make real estate salesmen look good.



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Vashon Island People

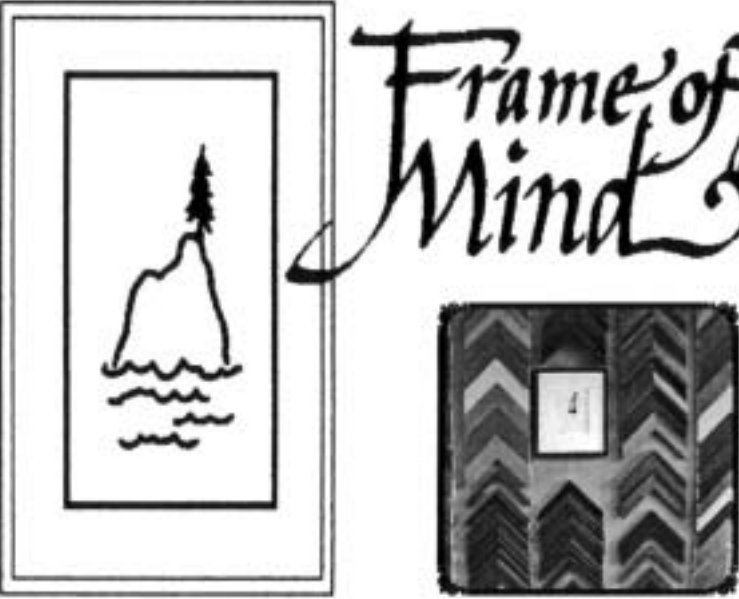


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Loop Arts

Music at the Red Bicycle

Friday, March 20th - An Evening of Jazz with Katrina Wible
Katrina Wible has been involved in the music scene since 2001 as a performing Artist, Singer/songwriter and piano/composition teacher for beginners. With a smoky quality to her booming voice, Katrina has been told she sounds like Norah Jones and Diana Krall with a splash of soul.



Katrina currently performs jazz with many Seattle musicians for private as well as public events as the Katrina Wible Quartet, Midnight Walk which is a jazz and cover band, and Soul Kata, an original R&B/pop/fusion band performing many of her original compositions. Her repertoire includes everything from Jazz standards, 70’s funk to popular R&B. **Join Katrina at the Red Bicycle on Friday, March 20th at 8:30pm. All ages ‘til 10pm, free cover.**

Saturday, March 21st – All Ages Rock Extravaganza with Wad & Murgatroyd

Murgatroyd, formed in 2008 combines the talents of four long-time Vashon Island musicians; Brett Bacchus, “Rez” Arnot, Morgan Snyder, and Doug Spencer. This union brings together for the first time all the talent, power, raw energy, personality and swagger, reminiscent of 1970’s arena rock. Anchored by the thunderous rhythmic combination of Bacchus and Arnot, Snyder and Spencer’s guitars rip at the fabric of the weak and together deliver the final one-two punch. Take no prisoners, make no apologies, Big Rock is back®

Wad debuted at Freefest, an outdoor festival on Washington’s Olympic Peninsula, in the summer of 2001 as a noise rock trio. With only a half-dozen mostly written, slightly improvised songs, the initial three-piece formed around the wreckage of another project, MadPoet, a band critically flawed by the Spinal Tap-like series of imploding drummers.

Jaded and noncommittal, the music they were writing soon convinced them to take their new band seriously. The following year the band independently released their first album, “Clean Livin.” They knocked out several gigs a month in and around Seattle, producing memorable shows which frequently featured bloody band members and destroyed equipment. **Saturday night’s show starts at 8:30pm and is an All-Ages show until 10pm. Murgatroyd, celebrating Rez’s birthday, will open the show, with Wad playing a 21+ set after 10pm. Free cover.**

Sunday, March 22nd – Local Flair with Turner Down

Turner Down is made up of local Island musicians that have been playing together since 2003 and have a style all their own. From progressive rock and jazz to melodic country rock, these guys know how to have fun and entertain you at the same time. The lineup includes: Jack Barbash/piano, keys, vocal; Luke McQuillin/guitar/vocals; Doug Ringer/bass/vocals; Fletcher Andrews/percussion/noise effects. **Sunday’s show is All-Ages show from 7:30-9:30pm. Free cover.**

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Reilly and Maloney Return to Vashon

by Janice Randall

Singer/songwriter duo Reilly and Maloney return to the Blue Heron stage, Saturday, March 28, 7:30 p.m. Called their ‘most heartfelt’ recording to date, their latest collection of tunes from new CD, A Brighter Light, pays a musical tribute to friend and fellow musician Tom Dundee. Captured live at San Francisco’s Freight & Salvage in spring, 2008, the new recording has been praised by fans as well as critics.

One of the most enduring and endearing West Coast folk duos of our time, Ginny Reilly’s ethereal soprano combined with David Maloney’s contrasting baritone offers vocal magic and marvelous harmonies. For more than three decades, they have played covers from diverse artists including Bruce Springstein, Tom Paxton, John Prine and for this show, you’ll hear plenty of Dundee tunes.

Reilly and Maloney music offers variety gained from a wide scope of well-lived lives with universal truths. For example, “Can’t Let Go,” is a love song where the singer knows the score but can’t separate emotionally. Tom Paxton’s nostalgic “Early Snow,” is a reminder of changing seasons and times. Dundee’s “Hey Don’t Give up on Me

Now,” is a great sample of Dundee’s folk troubadour style.
“People tell us our songs leave them feeling nourished,” says Maloney. Tickets, \$13/\$15 are



available now at Books by the Way, Heron’s Nest, Blue Heron Art Center and brownpapertickets.com. Call 463.5131 to reserve by phone.

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Friday, April 3rd at 8:00pm

Upbeat Downbeat-nik at Cafe Luna

East coast vocalist, songwriter and storyteller Jason Eisenberg, possibly joined by local musicians, will perform on Friday, March 27, 7:30 PM, at



Cafe Luna. There will be no cover charge.

Jason has been playing and singing for 45 years, mostly on the east coast, with stints in Canada, Spain and England. He has performed on numerous occasions with composer/conductor David Amram who was last year's Composer-In-

Residence for the Democratic National Convention.

One reviewer called him an "upbeat downbeat-nik"; another referred to him as a "proto-goofy proof-in-the-pudding iconoclast". He describes his style thusly: "... re-imagined vintage Blues, R & B, Swing, Rockabilly and Folk music - all with strange/engaging lyrics/stories, often re-mixing lyrics from multiple songs into contemporary settings with a beat-driven delivery."

In addition to the music Jason will perform some routines from the repertoire of the late humorist Lord Buckley, who influenced such legendary comedians as Robin Williams, George Carlin and Jonathan Winters.

The Brainstormers at Vashon Island Music

Rising out of the West, The Brainstormers are a hurricane of Southern Old-Time Music headed your way; a perfect storm of instrumental power and brilliant harmony singing illuminated by lightning flashes of lyrical and comic genius.

Tom Sauber, Patrick Sauber and Mark Graham brainstorm new and original sense to the classic sounds of Old-Time Music, exemplified by



the likes of Uncle Dave Macon, Ed Haley, Dock Boggs George Pegram and Red Parham and will electrify you with their own "old timely" inventions.

A native of Southern California, Tom Sauber is an internationally known master musician. Fluent in a variety of styles, Tom is a multi-instrumentalist banjo, fiddle, guitar and mandolin) and a compelling singer.

In the more than 40 years that Tom has devoted to playing traditional music, he has performed with many of the leading figures of traditional American music. Particularly known for his long time partnerships with Oklahoma fiddler, Earl Collins and Round Peak banjo picker, Eddie Lowe, Tom has played for many years with Brad Leftwich and Alice Gerrard as Tom, Brad and Alice. Tom has been in Bluegrass bands with Byron Berline, John Hickman

and Alan Munde, Cajun bands with Jo-el Sonnier, Joe Simien and Wilfred Latour and brought traditional music to the film industry with Ry Cooder and David Lindley.

Patrick Sauber has packed a lifetime of music into his 25 years. His musical mentors include old-time greats Eddie Lowe and Mel Durham as well as his dad Tom. Patrick's fiery and inventive guitar, banjo and mandolin and accordion playing and fine harmony singing have made him welcome on stage with Doc Watson, Laurie Lewis, Clint Howard and Dan Crary. Christopher Guest made Pat a cast member of the smash hit movie comedy "A Mighty Wind".

One of the few harmonica players schooled in the melodic and rhythmic intricacies of Southern string band music, Mark Graham plays in a powerful but lyrical, blues tinged style that recalls the feel of the finest banjo and fiddle playing. With over 35 years of harmonicizing, Graham has gained an encyclopedic knowledge of American country and blues styles that caused Kim Field, author of "Harmonicas, Harps and Heavy Breathers" to call Graham "a walking goldmine of harmonica lore" and the Old-Time Herald to call him "one of the pre-eminent harmonica players blowing today".

The song writing of Mark Graham is a singular universe of surreal mountain hilarity and lonesome terror that covers the big subjects: The Creation of the Universe, Natural Science, Mathematics, Food, Greed, Eternal Doom and Festival Love.

An evening with The Brainstormers will satisfy your mind and blow your troubles away.

The Brainstormers (featuring Mark Graham and Tom Sauber) will perform at Vashon Island Music Studio on

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Join the list! Mail your contribution - any amount -to The Loop, PO Box 253, Vashon WA 98070. Thank you!

Sunday, March 22nd at 7:30 pm. Tickets cost \$12 (\$10 for students) and are available in advance at the music store. Space is limited so please call ahead to reserve your seat! (463-0552)



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VAA honors National Women's History Month with a special, one night only performance by award-winning Los Angeles playwright, Jude Narita. She will perform her one-woman show, *From the Heart*, a celebration of Asian and Asian American women, Saturday, March 21, 8 pm at the Blue Heron Art Center. Tickets are \$14/\$16 and include post-show wine and cheese reception with Q & A. Called 'profoundly moving' by the Los Angeles Times, Narita's play skillfully explores the lives, experiences and expectations of different Asian and Asian American women with courage, honesty and fearless celebration. She artfully transcends "Asian" issues to celebrate our differences and ultimately illuminates our universal similarities. Call 463.5131 for tickets or go to brownpapertickets.org.

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