



THE VASHON LOOP

Vol. 6, #7

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 3, 2009

Hawley Cartoon



Named Best of 2008

For the second year in a row, local cartoonist Jeff Hawley has proven a popular favorite among his peers. At the 18th annual Toonie Awards Banquet, held in Seattle on March 14, one of his cartoons was selected as the “Best of the Northwest” for 2008. At last year’s ceremonies, Hawley snapped up the “Favorite New Talent” award. The annual awards ceremony is hosted by Cartoonists Northwest (CNW), the most prominent association for cartoonists, animators, and illustrators in the Pacific Northwest, and which recognizes achievement in the cartoon arts.

At the same time Hawley is creating award-winning cartoons, he is proving his versatility. Last year, one of his political cartoons appeared in the book “The Race for the 2008 Republican Nomination”

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Drug and Alcohol Awareness

According to statewide data, Vashon teens are more likely to have used marijuana or alcohol in the last thirty days than their peers statewide. The Drug/Alcohol Community Awareness series is a set of events that will bring awareness to this issue and provide practical assistance for parents in meeting this issue with their children head on.

It is being presented by the following organizations: Vashon Healthy Community Network; Vashon Island Prevention Intervention Team; Vashon Youth & Family Services; PTSA; King County Community Organizing; DOIT; Vashon Youth Council; Vashon

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Seriously Funny

Steffon Moody has put together another evening of local acts, which he lovingly refers to as “Comedy Extravaganza II”. The show is Friday, April 3rd, at 8:30pm at the Red Bicycle Bistro.

A wild array of on and off-island performers have only one directive: Be funny in 10 minutes or less. All comedic forms are on the table.

Performers include: Jeff Hoyt, Arlette Moody, Chris Ott, Linda Severt, Michael Ates, Harris Levinson, Troy Kindred, David Weinberger, D a r r y l

Caldwell, Anders Blomgren, Per Lars Blomgren and Marie Koltchak. Some possible last minute additions too!

SURELY YOU KNOW ONE OR MORE OF THESE PEOPLE.....SO, COME LAUGH AT THEM!

About the motivation for putting this show together Moody says, “This evening is built on the idea that the only thing more entertaining than seeing people you know being funny, is seeing people you know trying to be funny, which is hilarious...or



Jeff the Bunny making shadows. And that's all we're going to reveal.

sometimes painful, but seriously, we're all just Comic Cooks throwing stuff on the wall to see what sticks.”

With all these local comedians and all their friends, the place will be packed, so if you want to make sure you get in, get there early! You can order the \$5 tickets in advance at 463-5959 or buy them at the Red Bicycle Bistro.

This show will most likely have adult content, so please use your best judgment when bringing children with you



Earth Day Screening of On the Wing

Wednesday April 22, 2009 7:00pm

In honor of Earth Day, our Vashon Audubon chapter will show a special FREE screening of “On The Wing”, a new documentary movie that tells the story of Portland, Oregon’s Chapman School Swifts. Tens of thousands of Vaux’s Swifts roost in the old brick chimney of a Portland elementary school, the Chapman school, for a couple of weeks in the fall as they migrate on their way further South for the winter. The Swifts put on an amazing nightly aerial display to the delight of hundreds of human (and a few avian) observers.

Writes director Dan Viens, “The event has become a cult phenomenon over the past 15 years and is a shining example of people choosing to coexist with nature rather than smoking it out.” Dan Viens will come up from Portland in order to attend our Earth Day screening of his movie, and he will be available for questions after the screening.

The movie will be shown at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Road on Wednesday April 22, 2009 at 7:00 pm. The program is free and all are welcome. For more information, please consult vashonaudubon.org.

Frame of Mind in the Spotlight

In these interesting times, more people are coming to the realization that the economic health of a community such as Vashon relies largely on its small businesses, and that as consumers we have enormous power - and responsibility - to influence that health by supporting our local businesses. We often balance that responsibility with our need to save money. Hence, the Costco runs. But are local businesses really more expensive? Often they are not. We decided to talk to Donna Kellum, owner of Frame of Mind to get her take on this subject.

Loop: Thanks for talking with us, Donna. You’ve been in business a long time, right?

Donna: Yes, 29 years. We opened on June 6, 1980 in Vashon Village.

Loop: What made you decide to start a framing business?

Donna: My husband Bob wanted out of his business and we wanted to move to more rural area. As so many people do, we visited Vashon fell in love with the community and went for it.

Loop: Tell us a little about your business.

Donna: I am a full service frame shop. We have 500 different mouldings, regular and conservation matting, all of the different glass offerings. We can frame mirrors (I have the mirror), we can do shadowboxes to show off keepsakes. I have tried to stay on top of the



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Get in *The Loop*

Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Marie, interim editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Money Saving Meals at the Vashon Eagles

Vashon Island Eagles is a non-profit community oriented organization, run primarily by volunteers, focusing on charitable donations to organizations such as Alzheimer's Association, Breast Cancer Research and more locally our own Food Bank. We are now serving up soup and rolls Monday through Saturday (Except Thursday). Soups are homemade, delicious and a mere \$3.00 for all you can eat. On Thursdays we serve a full lunch, consisting of a Sandwich, Salad and Soup all for only \$5.00.

Sunday mornings we have a complete breakfast menu, prices ranging from \$3.00 to \$8.00 and featuring, (twice a month) Kate's Eggs Benedict for only \$6.00. In addition to all of that we serve Dinners nearly every night ranging from Burgers and Fries to Prime Rib and Captains Platter. All of the meals are prepared and served by Volunteers to save you money.

Meals are open to the public and include coffee free of charge.

For information on Soup of the Day or other meals, please check out our Vashon Eagles Facebook page or call us for details. Vashon Island Eagles Aerie #3144 is located at 18134 Vashon Hwy SW. 206-463-5477.

Touchy Feely

FiberNet, now showing in the Blue Heron Gallery, invites everyone who wants to touch, feel and learn, to attend a free demonstration, 11 am to 3 pm, Saturday, April 18, at Blue Heron Art Center. "We'll demonstrate techniques used for many of the pieces in the show, including spinning, weaving and more," says Sue Willingham.

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.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger

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Don't miss an issue. Really.

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

Writing Workshops in Nonfiction Offered at The Harbor School

Spring Session in Writing Memoir and Vashon Life Studies To Begin on Saturday, April 11

"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.

Awareness

Continued from page 1

Island School District; and community volunteers.

Calendar Dates:

March 7th - 11:00-1:30 (Free) - Wake Up and Dream Workshop is a forum to promote teens to pursue their dreams utilizing the Vashon Youth Council's Dream Contract process. It is open to middle school and high school students. It will be held at the Vashon Youth Council office, next door to Pandora's Box. Contact Amy Ezzo - amy.vyc@gmail.com, 206-463-7350, http://vashonyouthcouncil.org/ - for more information.

March 22nd - All day - Awake Parenting - An Experiential Workshop for Parents of Teens - Leading life coaches, Scott Mills, Ph.D. and Dan Kaufman, Ed.D., invite you to spend a day with us learning new tools to transform your relationship with your children and help them become wise, responsible adults. Authors of the book *Awake Parenting: Living with Purpose, Presence and Power*, they bring humor, compassion and insight into what can be a trying time. The workshop fee is \$150 which includes a thirty minute private phone coaching session after the workshop. Some scholarship assistance is available. To register, send an email to Dan at dan@joyandbalance.com or call 206-384-5118. For more information check out www.joyandbalance.com.



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Marcus Berg
Owner

Chautauqua Now Accepting Preschool Applications!

Beginning March 30th you can pick up a registration packet in the CES Office. Class offerings will be based on interest. Tuition will be \$200/month, reduced tuition will be available for qualified families. Deadline for submitting paperwork is April 30th. Notification of program details and placement will be mailed at the end of June.

March 25th, 7:00-9:00 pm (Free) - The Mysteries of the Teen Age Brain, led by Victoria Tennant, is a "community forum" including parents, adults, teachers, business and community leaders, and youth, to be held in the Vashon High School theatre. The forum for parents focuses on adolescent development, drug and alcohol's effect on teenage brains, how the brain works, and how to use information to effectively talk to teens. This event is free. Visit www.vyfs.org or contact Stephen Bogan at imperfecthealer@netscape.com for more information.

April 16th - Guiding Good Choices (Free)— Now that we are beginning to understand that Vashon teens are using and that it is risking their future, what can we do about it? Guiding Good Choices is a five-session class for parents of middle school aged children to discuss how you can communicate with your child about this very issue. Beginning on April 16th for five consecutive Thursdays - Two distinct groups - one meeting at lunchtime and one meeting during the evening at the VYFS PlaySpace. Contact Carolyn Zike @ czike@vashonsd.org or 463-9168 ext 211 - for more information or to register.

Wednesday, April 22nd - 6:30 - 8:30 pm - Treatment and Recovery Awareness Panel (Free) - Vashon High School Library - This one time workshop will give participants the opportunity to hear

from a panel of representatives from different treatment programs, and hear the details about their experiences in recovery. Topics covered will include: "What program is right for what people?" "Treatment rumors and myths;" and "The role of family in the recovery of a loved one." All parents, counselors, and mental health professionals are welcome. Contact Dr. Dan Kaufman @ vashondan@comcast.net or www.vyfs.org for more information.

May 5th, 5:30-8:30 - Youth Adult Dialog - Drugs and Alcohol use on Vashon (Free) - The dialogue will be held at the VYFS Playspace. The YAD are community gatherings that focus on important topics relating to Vashon. The evening includes a free meal, an opportunity for youth to speak while adults listen, along with exercises that facilitate intergenerational communication.

May 20th-22nd - Created in a format similar to the Vagina Monologues, Truth Be Told Theatre will showcase a theatrical presentation of the youth voice regarding their own perceptions of drug and alcohol use by youth on Vashon. Presentation to McMurray students in school on May 20th; Evening presentations at the McMurray Theatre for the greater community on the May 21st and 22nd at 7 p.m. Contact Amy Ezzo - amy.vyc@gmail.com, 206-463-7350 or visit www.vyfs.org for information.



HOME TEAM REALTY

Troy and Marie Open an Inn

It's true. We had an opportunity to step in to operate Burton's beloved institution formerly known as the Back Bay Inn. We are re-opening it as the Quartermaster Inn and Restaurant. It will be a fun and friendly place to get great, moderately priced food and drinks. And it will be a fun place to bring our real estate clients!

Troy: Marie, I'll bet people are wondering how we ended up as innkeepers and soon-to-be restaurateurs. Maybe we should tell them the story of how this all came about.

Marie: Absolutely. I'll start and let you jump in. When the Back Bay came on the market, we tried to find a buyer. After all, that's what we do. We sell real estate. Unfortunately, we were not able to sell it, and apparently neither were any other agents on the Island. It was just terrible timing; it was a cold and nasty winter and the economy was in a tailspin.

Troy: Then we had the interesting idea of forming a co-op, so the place could be owned by the community, a la REI. That idea was just too little, too late, but it made us realize how important it is to keep a community place like the Inn open. It would have been a real shame to have it converted to office space, or something even less lively.

Marie: When we were given the opportunity to lease it and open it up again our first reaction was that it was a crazy idea. But when we thought about it, it made sense in many ways. First, it is no secret that the real estate market is much slower than in years past. And it's no secret that our little newspaper just bleeds red ink every month.

Troy: We really know how to pick 'em, don't we?

Marie: It's all about the journey. I think I speak for both of us when I say that what gets us going in the mornings is the quality of our lives and being thankful for living in this amazing community.

Troy: You do speak for both of us. Let's tell people how we are going to manage all our ventures. Luckily we have great teams in place to help us.

Marie: Yes we do. The way I see it, we'll continue to service our real estate clients with the help of Sue and Jackie and we'll get the Inn and Restaurant buzzing again with the former employees, most of whom are coming back to work. They are really stepping up to the plate to ensure that the business will be successful.

Troy: And in about a month, we should be in a position to bring Editor Ed back to the Loop. Boy, am I looking forward to that!

Marie: Me too. I am looking forward to the whole adventure. And there's no one I would rather go on an adventure with than you.

Troy: Aw, shucks.

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Positively Speaking

The power of yes and no

by Deborah H. Anderson

March 23, 2009 was auspicious. That was the day I, for the first time, lived longer than my Dad. It's interesting to think about living longer than your parents. In some ways, I feel like a true orphan now. Mom passed at the age of 82. Have to wait until 2033 for that one.

My dad died young, I now know. At this age, as anyone will tell you, we're only beginning to figure everything out.

He died of a broken heart throwing off clots. They couldn't find the source until the autopsy. Apparently they came from under his heart. But his heart was breaking anyway. He couldn't stand living with my mom's mental illness anymore, especially since she wouldn't acknowledge she had a problem, and he left. Remarried, and it fractured the family. Family was everything to him. He just didn't know how to say "no" to her and stop for a minute before he said 'yes' to something else. We called the second wife, 'the fruitcake'. Out of the frying pan and into the fire.

Despite his choices and his demise, my dad taught me three important lessons.

First, he taught me the fox trot. Without an ounce of irony, I tell you, that was so important to my soul. I am a dancer, a crippled one, albeit, who can't actually dance well anymore, but standing on his toes moving through the 1,2,3,4, of the boxy steps, he danced with me AFTER I became disabled. I remember the joy in my dad's face to teach me to keep dancing.

Secondly, he gave the example of a non drinking parent. His family was teetotalers, he was an American Baptist chaplain and it wasn't his inclination to drink. Just didn't have a desire. I didn't realize when I designed the "I'll Walk With You Program" several years ago, a program of parental abstinence of recreational drug and alcohol during adolescence, how much that had shaped me. My dad would encourage me to talk about my problems. His other phrase was, "Don't kid yourself". Yes, that's a good one too.

Lastly, he taught me I can eventually stand up to crazy. I learned from his mistake, NOT to jump into the fire, as much as it is humanly possible to do that, but I did learn to stand up.

You have the power to say 'no'. And I have learned that if you say, 'no' some pretty beautiful 'yes'es will present themselves.

Case in point. It's years ago. I'm standing in a living room with a completely fractured family. The husband has demanded to know if I have seen the wife involved with another man. He's got his head wrapped in a bandage from his first cancer operation. She's hysterical from fear her fledgling affair would be found out. In between them is a small child crying. A child I had been instructed, although he was preschool age, to feed only a soy chocolate bottle and granola bar and banana to

eat., every day, all the time, despite a full refrigerator. A child who, if something was done the mom didn't like, was put in 'the baby bed' because 'you are acting like a baby'. Pretty horrific huh?

I'll tell you the truly horrific part. Before that moment, I, the ever suffering servant who pretty much took everything that came along, would have just gone home, said, "wow, I work for crazy people". The next day I would have gone back to work.

That night, I discovered the power of 'no'. I stopped in the middle of everything and announced, "This is nuts! I don't have to take this. I quit." They heard it, but I said it mostly to me. It was a declaration.

I've had a few of those declarations, but this was the big one. This was the one where I made the decision to look for 'yes'. I took two weeks. No jumping into the fire here.



I had no job, no income, no clue. But I decided to trust God for 'yes'.

What happened? I found 'yes' big time. Golden Families, lots of them. Marvelous children. Parents of young children working hard to be the best, most engaging parents they could who delighted in their children. I found out, getting to 'yes', frequently means saying 'no'. I found a colleague who kept referring me to other Golden Families.

Then a newspaper column happened. Out of that, people started telling me my words had power in their life, encouraging power. From that people said, 'you ought to write more'.

Which brings me to the big leap. I've gone cyberspace. I've started three blogs. One is for parents. It's at www.onewiththerootbeer.blogspot.com. Easy Parenting in Challenging Times.

The next is for pastors. It's at www.socialcontemplative.blogspot.com. Under the Rock: Encouraging Faith Based Leadership.

The third one is for personal growth at www.mealsandmoments.blogspot.com Real Encouragement in a Virtual World.

So what's your 'no' that will get you to the 'yes' that is the best?

Go ahead, say it. Wait. Keep from jumping in the fire. Let the new thing happen.

"Thanks, Dad." This was all you ever wanted for me, I know. I'm going to go live that part of life you never got to see.

Love
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Don't Forget the Birds

by Ed Swan

As I heard White-crowned Sparrows begin to sing on territory in the last week of March in the Chautauqua Elementary School parking lot, I thought about what I learned recently reading *The Migratory Ecology of Birds* by Ian Newton.. This great book reviews the history of what humans discovered over the last two centuries about bird migration and summarizes all that is known on the biology of birds and migration in a very exhaustive but readable way.

Ornithologists use White-crowned Sparrows often as study subjects for migration research because they provide an easily caught and banded common bird spread across the continent. These sparrows star in projects illuminating migratory preparation, cues starting migration and path-finding to their locations. For example, several studies looked at body mass changes pre-migration of White-crowns in California. Birds store up on fats before migration because in birds, fats per unit of weight provide 7-9 times more energy than protein or carbohydrates.

Some birds repeatedly caught over several days gained as much as 20% of their body weight in a day. Their behavior changed from the usual morning and just before sunset peaks in foraging to feeding all day long. With the start of migration, birds ceased eating by afternoon to have time to purge their systems prior to a night of flight.

Other studies involved displacing White-crowned Sparrows thousands of kilometers from their wintering grounds. Researchers took 411 sparrows from winter quarters in San Jose, California to Baton Rouge, Louisiana and 26 returned to be captured again in San Jose the following winter, 21% of the 123 that would be expected to survive and return without the movement off their usual path. That displacement with other studies shows that White-crowned Sparrows utilize both the stars as a compass and Earth's magnetic field to determine latitude. Use of the magnetic field proves useful for species when clouds block the sky. White-crowned Sparrows appear especially sensitive to magnetic fields and look able to find quite specific locations with that sense. As the time of migration approaches, White-crowned Sparrows display "migratory restlessness," fluttering their wings and pointing their bill up to the night sky, providing a broad view of the night sky. In the displacement studies, older birds with a longer time to obtain a magnetic sense of the location and a memory of the night sky showed a

higher probability of return to the original wintering grounds.

White-crowned Sparrows, like our wintering Fox Sparrows and several other species with many different wintering populations, have a leap frog migrating pattern. The birds breeding at higher northern latitudes leap over other populations of the same species to winter the farthest south. Those with the shortest distance north to fly to their breeding area leave first since spring will warm up and prepare their nesting areas for habitation before those of birds utilizing areas farther north. For example, western populations of the Gambell's White-crowned Sparrow breed in Alaska and northern Canada and migrate south to southern California, Arizona, New Mexico and Texas. Our local Puget Sound White-crowned nesting sub-species goes only down to western Oregon and as far as Berkeley in northern California to winter.

Reports of other returning migrants continue to be slow, with the colder weather perhaps keeping observers inside and the birds themselves possibly coming in small numbers or not at all yet. Violet-green Swallows, usually seen earlier in the month, weren't observed until March 20. A wandering White-breasted Nuthatch, the second record for Vashon, showed up briefly in



Photo of White-crowned Sparrow by Jim Rosso

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Dockton and Bent and Marie Blichfeldt place. Tree Swallows, Orange-crowned Warblers, greater numbers of Yellow-rumped Warblers and Savannah Sparrows should all have been reported by now. Of interesting passing through would be Snow Geese, Turkey Vultures and Northern Harriers heading north. 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, April 10.**



Mad Buffalo at Luna

Randy Riviere, who signs off his emails as “songwriter/guitarist/vocals/wildlife biologist” will be playing at Café Luna on April 10th from 7:30 to 10:00 pm.

Mad Buffalo is an Americana/Alt-Country band, and their new album” Wilderness.” features some of the greats, including James Burton (Elvis, Jerry Lee Lewis, Rickey Nelson, John Denver, etc.), Mickey Raphael (Willie Nelson), Michael Ward (Ben Harper, Wallflowers, etc.), Gary Mallaber (Steve Miller Band, Van Morrison, B. Springsteen), and many others.

Says Riviere: “In addition to my musical exploits, I am a wildlife biologist who has endured many years working to hang onto remnant landscape values at the hands of the American Economic Priority. My environmental passion shows its head often in Mad Buffalo material and I try to make these connections in our live performances. Our Café Luna performance will include my good friend and guitar legend Johnny Vernazza (Elvin Bishop, Norton Buffalo) among others.” Visit www.madbuffalo.com, and [myspace:www.myspace.com/madbuffalo1](http://myspace.com/madbuffalo1) to hear the music.



Aries (March 20-April 19)
You may be in a profound moment of your self-esteem falling through the floor. Everything is supposed to be fine. In fact, everything may look fine. But there is a question lurking behind what feels like the backdrop that is your life. I suggest you ponder what that question is. I can offer a sketch, but it won't be the real thing, only a few lines and brush strokes. The issue has to do with the solid ground you're standing on, or rather, whether you are standing on any solid ground at all. It's not that you don't know what's important to you; but it looks more like you're wondering whether anything is important to you. I would go so far as to say you're questioning whether you have a value in the world. The good thing about asking that question rather than avoiding it is that you will get an answer.

Taurus (April 19-May 20)
Your charts tell me this is an odd time in your life, a time when any concept of who you are is sitting in a vacuum packed jar. It's in there, but you cannot get it. At night, you may think you can detect its scent coming through the glass. If you allow your dream body to get up and look inside that bottle, you will be able to see a story unfolding. You're looking for something from your past. Something, or is it yourself? Yes, you're looking for a long-ago left-behind idea of who you are, and who you wanted to be by this time in your life. You may think your secret is safer inside that jar, but in truth it needs to be exposed to light, water, earth and air in order to grow.

Gemini (May 20-June 21)
You need to stand up to your friends, whatever they may think, and no matter how high their opinion is of themselves. I also suggest you beware of anyone making indirect statements or attempting to move sideways through their version of the truth. You may not be able to initiate a straight-up conversation, and listening to what they say may reveal as much about your inner reality as it does about theirs. I am just suggesting that you be in contact with your environment, and recognize that there appear to be a diversity of agendas at work. In this atmosphere it is crucial that you be in touch with your own agenda: your motives, your needs, your desires and how you plan to get them fulfilled, because clearly, you do.

Cancer (June 21-July 22)
You need to proceed, despite some factor that's telling you it might be difficult, or that you might fail in your effort. There is so much momentum carrying you forward that you can take advantage of that, but making sure that you apply enough awareness to know that you have this doubt or question in the background. I suggest you use it as a factor that helps you to gather strength,

determination and most of all, awareness of your goals as an expression of who you are, at your roots. There is one other thing — remembering old, crucial and perhaps abandoned goals; at the same time you put them into the context of your current existence. Remember that everything has meaning, but only in context, and for you this is especially true right now.

Leo (July 22-Aug. 23)
Question your ethics, and then answer the question. If you drag out this discussion you're missing the point. The idea is to get to the point. One thing to bear in mind is that just because you are right does not mean that someone else is wrong. I could see you potentially holding back on affirming your perceptions because they might somehow invalidate the perceptions of others. I will say this, not everyone understands ethics. And the problem with people who don't understand ethics is that they either lack the concept entirely, having replaced it with something more important (such as “success”) or they define it in a way that you would consider twisted. And if you see it as such, than it most likely is. And, notably, that does not make you wrong.

Virgo (Aug. 23-Sep. 22)
Does someone want something from you, do they want to give something to you, or do they want an exchange? Look at the facts; or rather, both sets of facts. When you add them up independently, do they come out to the same thing? Here is a harder question: to what extent are you using the transaction to validate yourself? I think this is the deeper issue. It would be helpful if you sized up the situation from the standpoint of needing validation in the context of a relationship. On one level it may seem about sexual validation, but to me it looks like you are seeking evidence for the existence of your soul. You can do this with the help of another person, but it's easier outside that context.

Libra (Sep. 22-Oct. 23)
You are about to make a discovery in a relationship, and it's likely to change the way you see things. The discovery may involve your own intention, and it may involve someone else's intention. Here is the danger. It's usually dangerous to try to make sense of another person's intentions because it always involves a projection. Also, there is a continuing discovery process in motion, and no matter how vivid your perceptions may seem today, there is something in motion, indeed, the very experience of meaning itself is in motion. Therefore it would be better to suspend your judgment about what anyone thinks or knows and allow the miracle of perspective to show you that from several other viewpoints over the next month or so. Beware of false simplicity.

Scorpio (Oct. 23-Nov. 22)
Meaning is only meaningful in context. Change the context, and the meaning changes. Therefore I suggest you

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look at the context of what is occurring. The actions of someone you love might be construed as self-centered and vain in one context, and as healing, investigatory and honest in another. If you are tending to view them as a negative phenomenon, then shift the context and look at them within that framework. The discovery you make over the next few days has the potential to speed you on your healing process; it has the ability to open your eyes about what another person is experiencing; and the two can be seen as part of the same thing. For your part, there comes a time when you have to focus on yourself in a way that you may have been told is wrong, and this may be the thing you're questioning.

Sagittarius (Nov. 22-Dec. 22)
I believe that the reason most people avoid actual creative process and sex for exploration is because they feel guilty about being self-centered. This is a ruse, concealing the extent to which our culture is based on narcissism as a fundamental religious principle. We live, breathe and lie another mixed message, which is that sex is evil or untrustworthy, but in order to be valid, something must be sexualized. This split carries through to many aspects of our lives now, and it's up for discussion in your life. You more than most know that sex is how each of us is called into existence, so any struggle or mixed message with sex is really a mixed message about the fact that we live and breathe. That's about being a self, and if you start from there, it's actually possible to relate to others.

Capricorn (Dec. 22-Jan. 20)
If you felt like some of the attention had been taken off of you recently, I suspect you're either back in the spotlight, or are about to be. You may, however, be wondering whether you're getting attention for the 'wrong' reasons, or there is someone in your life telling you this. I don't think their opinion matters as much as you think, and I think that as long as you're questioning your motives long enough to get an answer, your own opinion matters more. Remember, what you're doing is not about you, it's about

the values you hold; and those values go beyond you. They are something you share with many people. You are coming through a long stretch of not being sure about what you espouse, and not being sure there is a larger connection. As the days and weeks of this season go by, your doubt will clear like mist.

Aquarius (Jan. 20-Feb. 19)
You seem to be alternating between identifying with being all right and all wrong. Think of it like waking up from a morning dream. The logic of the dream seems impeccable, even though it sounds ridiculous to state it out loud. The other identity you were seems completely convincing, but it exists only in the context of an alternate reality. What I see you doing is trying to integrate two different sets of concerns, or to align two seemingly conflicting identities. I can tell you this. One of them is based on an exaggeration: it could be of childhood conditions, or a personal flaw; and it would make sense to put that in context. The second is based on denying something about yourself, and you're just beginning to get an idea of what you were pretending did not exist. Clearly, it does.

Pisces (Feb. 19-March 20)
There is a recession, and there is a global crisis of self-esteem. The economy is depressed, and hundreds of millions of Westerners are walking around on anti-depressants. There is a connection between our self-worth and our economic worth; between how we feel about ourselves and how we feel about life. You can magnify this phenomenon to any degree you like; you can shrink it down and put it on a microscope slide. You can see, feel and work with this connection now. You have your doubts, and you need to listen to those doubts, rather than letting them stop you. Your doubts contain information, and if you will, acknowledge it, and work with it. The key to feeling good about who you are isn't about having no doubts, it's about how you process them. Prosperity takes a similar course: you must know your flaws, trust your talents and work consciously with both.

Island Epicure



Last Lenten Meals

By Marj Watkins

It hardly seems possible that Lent has almost ended. We’re on the doorstep of Holy Week, prelude to Easter. Though not all of us have been Lenten vegetarians or vegans, some of us have. My sense is that unless the cook has an inspired vegetarian or vegan cookbook and lots of practice, anybody who has given up meat for Lent must be running out of menu ideas by now.

Perhaps I can help. In our house, though we’re neither devout carnivores nor confirmed meat haters, we eat many, many meat-free meals. Our collection of bean soups alone numbers at least nineteen. Here is a favorite. Don’t let the long list of ingredients scare you. It’s really easy, and most of the time spent is in its simmering.

This makes enough soup for at least two meals for a small family, and its flavor will be even richer the second time. Store it in a covered container in the refrigerator and use it within four days. Or freeze it to keep up to a month.

First, the long version. Cook it on a cool, rainy Saturday.

Vegetarian Portuguese Red Bean Soup

Prep & Cooking: 1 hour 15 minutes, 8 servings

- 1 pound red beans, soaked overnight or sprouted
- 8 cups water
- 1 bay leaf
- 1 onion, wedge-sliced
- 2 Tablespoons olive oil
- 1 teaspoon dried marjoram leaves
- 1 fat garlic clove, peeled and sliced
- 1/2 cup macaroni or broken spaghetti,
- or 1 1/2 cups leftover cooked pasta, added just before serving
- 1 medium-size pink potato, diced
- 2 teaspoon salt, or to taste
- 2 teaspoons paprika, optional
- 1 (14.5 ounce) can stewed tomatoes

- or 3 red-ripe tomatoes, coarsely chopped
- 2 cups kale, or collards
- 2 cups milk—dairy, soy, or almond
- 2 Tablespoons lemon juice
- Cook beans in water with bay leaf, on medium-low neat and covered, until tender, about 1 hour. Stir-fry the onion in the oil with the marjoram and garlic until the onion is limp and translucent. Add them to the beans. Add next six ingredients. Simmer until vegetables are tender, about 15 minutes.

If using cooked pasta, add it when the soup is done and bring the pot back to a boil. Just before serving, with heat turned off under pan, stir in the milk or juice. Transfer it at once to a tureen for serving.

A faster version, for when meal prep time is short:

- Quick Red Bean Soup
- Prep and cooking: About 45 minutes, 4 servings
- Cooking oil spray
- 1 yellow onion, diced, or 1 Tablespoon dried onion flakes
- 1 thin carrot, grated in food processor
- ½ to 1 teaspoon Italian herb mix or oregano
- ½ teaspoon garlic salt
- 1 cup hot water
- 1 (14.5 ounce) can red kidney beans
- 1 small thin skinned potato, diced skin-on
- 1 cup washed, cut up mustard greens or kale, loosely packed
- 1 ½ cups vegetable broth or chicken broth
- Salt and pepper
- ½ whole cup milk or carrot juice
- Spray a large frying pan well with oil.

Heat it. Stir-fry the onion and carrot with a sprinkling of herbs and the garlic salt, until the onion is glossy. Pour the hot water over the vegetables. Boil 5 minutes. The water will be nearly gone.

Add beans, potato, greens and the broth. Bring to boiling, reduce heat, cover and simmer 10 minutes, or until the carrot pieces are tender.

Add milk or carrot juice and salt and pepper to taste.

Tip: To reduce flatulence, add 1 teaspoon ground cumin, and puree the soup in blender or food processor in two batches or more as needed.

Serve with cheese on toast or buttered whole-grain bread. The bean and grain proteins together create a complete protein.

Add a salad of diced apple, pear, or orange with walnuts and crumbled feta, blue cheese, or Gorgonzola to complete the menu.

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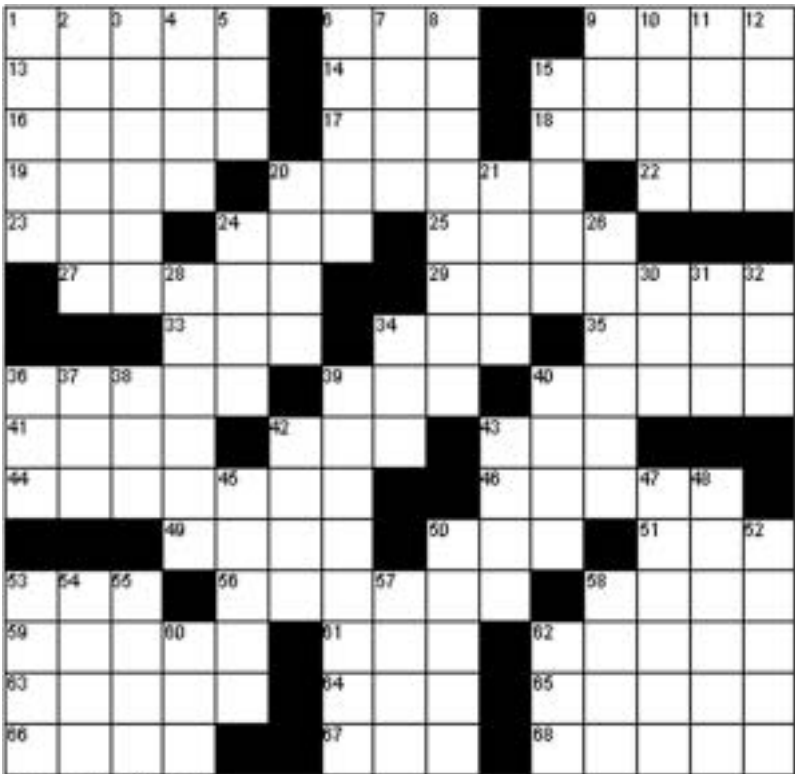
Contact Sheila at 206-719-2691 or email: vashonfleamarket@gmail.com

"Maury the Flea"

Last week's winner: ??????

Across		
1.Shining	25.Have to	49.Louver
6.Fire remains	27.Expiring	50.Gray sea eagle
9.Boast	29.Verifies	51.Government agency
13.Defense	33.Dined	53.Flurry
14.Cell stuff	34.Internal Revenue	56.Puff
15.Two times	Service	58.Annoying insect
16.Crow-like bird	35.Star __ (tv show)	59.Sign
17.Caesar’s three	36.Whatchamacallit	61.Roberto’s yes
18.Dinner breads	39.Be nosey	62.National capital
19.Color	40.Querulous	63.Exulting
20.Spread strategically	41.Middle East dweller	64.Newspaper
22.Rested	42.Deer relative	65.Plasma
23.She	43.Downwind	66.Prow
24.Promissory note	44.Mislead	67.Some
	46.Several feet	68.Profits

Down		
1.Express disgust	7.Nip	21.Not ins
2.Glowered	8.Catholic prayer (2 wds.)	24.Not out of
3.Uniform	9.Duo	26.Horse’s leash
4.Comply	10.Fats	28.Verse meter
5.Defeat	11.Ca. University	30.__ Lanka
6.Bye	12.Try out	31.X
	15.Secret meeting	32.Heavens
	20.Former magistrate of Venice	34.Annoy
		36.Talk
		37.Anger
		38.Zig’s partner
		39.Superabundance
		40.Deprive
		42.Zeal
		43.Harp
		45.Book by Homer
		47.Abnegation



- 48.Rare
- 50.Lamenting poetry
- 52.Tiny particles
- 53.Swiss mountains
- 54.Gravel
- 55.Band instrument
- 57.Actor Alda
- 58.Festive
- 60.Spirits
- 62.Hertz

Solution on page 13



Spiritual Smart Aleck



By Mary Litchfield Tuel

www.spiritualsmartaleck.blogspot.com

The Day That Everything Changed

We’ve all experienced days when we got up in the morning same as usual, and by the time we went back to bed our lives and our worlds were changed forever. It could be something that happens to everyone – September 11 comes to mind – or it could be personal: the end of a relationship you thought was permanent; the death of someone you can’t live without; an accident.

My cousin Nancy was visiting last week. Because we have known each other since we were infants (her mother and my father were siblings), we have a lot of shared history. When you’re talking with someone who has known you literally all your life, what you find is that you each remember slightly different things. We were going to watch a movie one afternoon last week, and in browsing over my video tapes I said, “How about Tom Jones?”

“Oh, yeah,” she said, “That’s a good one. You and I saw that together.” “We did?” I said. “Yes,” she said, “We liked it so much that at the end we said we’d like to see it again, so we stayed at the theater and watched it again. Remember? That was the night your father’s truck broke.”

Bong.
That “bong” is the sound of me remembering the day my life changed. I had completely forgotten that we went to see Tom Jones that night, but I have remembered for the intervening 40 years what happened on the way home.

I was home from college to celebrate my 18th birthday, and Nancy had come down to the ranch for the weekend. My parents had gone out somewhere in the family car, and Nancy and I decided we’d like to get out and do something, and the only vehicle available was my father’s pickup. I had driven the

pickup many times, with permission, without any problems. I felt a little apprehensive about taking the truck, but figured my dad would be OK with it.

On the way home, just as I was about to turn off of Highway 1 onto Freedom Boulevard, a red light came on in the truck’s instrument panel. I thought, oh, I’d better get home as fast as I can.

That was the wrong thing to think. That red light was the oil light. For the rest of my life I have known that when the oil light comes on, you stop the car and turn it off, but that night I had been eighteen for only a few hours and what I knew about cars would not fill a fraction of a crankcase. Pity.

We made it about a mile before the engine ground (literally) to a halt. I couldn’t get the truck to go another inch. I tried, but it was finished. We got out and walked across the street to knock on the door of a house and ask the nice man who answered if we could use the phone. When we described what had happened, he said something like, “Uh-oh.” Or maybe he said, “That engine is toast.” I don’t remember the words, but I remember the meaning.

My parents were home, and I told them that the pick up had broken down. In the fullness of time, my father showed up in the family car, attached a tow chain to the front of the pickup and pulled it home.

When we got back to the ranch, my mother quickly escorted Nancy and me down the hallway to my room, barely suppressing her mirth. She said to Nancy, “Your mother did the same thing back in the thirties! He was changing the oil on a truck and left it in the driveway with the oil pan off. Chick had a boyfriend she wanted to give a ride home, so she took the truck.”

I guess she didn’t get too far, either.

My parents told me that they would no longer support me in college, and I needed to come home and get a job. I did come home, but I didn’t stay long. I moved into a one bedroom apartment in Alameda with my cousin Nancy, and got a job as a file clerk with a large insurance company located in the Financial District in San Francisco.

My dad got a new truck, and after he sold the ranch he got an El Camino and sold the truck to my brother.

Nancy and I did watch Tom Jones last week. It’s still a good movie. My car worked fine afterwards. Whew.

This column originally appeared in November, 2006.

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What’s Happening at Sound Food

First Friday-Shefidgets Catering hosts Pub Night with a rotating artist, live music, wine tasting with Ron Irvine, and a special Pub menu. Open at 6p.m. April features Andie Styner photographs and live music from Geordie’s Byre.

Monday-4:30 to 9:30p.m. Shefidgets Catering hosts counter service casual dining featuring evenings with dinner music or movies on the lawn. Also available for take out.

Tuesday-11a.m. to 7p.m. Three Olive Catering hosts counter service casual dining or take out service for lunch and dinner. Delicious desserts and pastries. Kiwanis dinner at 6p.m.

Wednesday-4:30p.m. to 9:30p.m. Shefidgets Catering hosts dinner with occasional live music.

Thursday-11a.m. to 7p.m. Three Olive Catering serves lunch and dinner. Closes a bit early third Thursday for special wine dinners.

Third Thursday-Three Olive Catering prepares a special coursed menu with wine pairings. Dinner from 7p.m. to 9p.m. by RSVP only.

Please call Three Olive Catering for details or reserve your space at (206)877-3877.

Coming Soon: Midtown Music Night. A night of not so dinner appropriate music and dancing. First one coming in May!

Sound Food hosts two fabulous catering companies that are available to cater your event at Sound Food or at any other location. Please call (206)718-0126 for Shefidgets Catering and (206)877-3877 for Three Olive Catering.

Find the Loop and its archives on-line at www.vashonloop.com.

Compost the Loop
The Loop’s soy-based ink is okay for composting.



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We’ve Got a Lot of Kids

by Kevin Pottinger

Bedtime

I’ve heard it takes a village to raise a child. We’ve got four kids. I think we’d need four villages.

It’s 8:35 on a school night and it’s time to get the kids ready for bed. I yell down the hallway, like a Muslim call to prayer, for the kids to brush their teeth, let Allah be praised. They come running down the hallway to the bathroom in a squirming, bickering pack, angling for position down the narrow hallway, the older kids shoving the younger ones out of the way to commandeer the prized perch on the Rubbermaid stepstool squarely in front of the bathroom sink. A lopsided game of King of The Hill ensues for a few seconds, ending with the two biggest kids shoving each other off the stool amid the usual shouted recriminations and the melismatic wails of the vanquished.

Our eight-year old boy, the eldest, is able to reach the toothbrushes, and so they begin by squirting blue toothpaste all over the sink and the walls and themselves, and half-heartedly brushing the few teeth the Tooth Fairy hasn’t already taken. After a few quick strokes of the brush they swallow most of the bubble-gum flavored toothpaste, and swill a mouthful of water and spit it out, ostensibly aiming for the sink, but mostly it lands not really very much near the sink. They wipe the remnants of blue toothpaste off their faces with a gold-colored bath towel and race one another up the stairs, the older ones pushing the younger ones out of the way, amid more shouted recriminations and wails of the vanquished.

Our kids all sleep in the same big room, dormitory style. They jump off their beds, throw softballs and run in circles shouting, until I yell up the stairwell, reminding them that I’ll be up in five minutes after I finish cleaning up the bathroom, and if their pajamas aren’t on by then I’ll be quite upset, and I’ll make sure to share my feelings about it with them at that time.

After climbing the stairs, I find our four-year old boy in his underwear, laughing maniacally, twirling his pajama bottoms like a lariat, cowboy-style, while his still-completely-clothed twin sister gleefully jumps off her bed into the pile of dirty clothes in the middle of the floor. Our six-year old daughter has her red satiny pajamas on and is sitting up quietly in bed, thoughtfully turning the oversized pages of a Fancy Nancy book that she’s waiting for someone to read to her. Our oldest boy is lying on his stomach on his bed, with his pajama top and no bottoms of any sort on, thumbing the pages of a thick book and absent-mindedly kicking his younger brother with a free foot.

A half-hour later, once they’re all in their pajamas and actually in their beds, it’s time for books. Each kid picks out a book to be read to them, from our vast library of dog-eared and taped-up children’s books, but if my wife Maria is out for the evening at a meeting, I’ll overrule the kids’ selections and sit in a battered armchair and read one of Betty MacDonald’s Mrs. Piggle-Wiggle stories to them, using a parental right similar to Eminent Domain. One of our older kids’ favorites is “The Cry-Baby Cure.” One of our younger kids’ favorites is “no Mrs. Piggle-Wiggle.”

For weeks our youngest son has chosen the same book every night, a rather terrifying book about spiders with several full-page close-ups of their terrible jaws, sharp fangs and clusters of eight eyes; before that it was the same Batman book night after night. His twin sister often falls asleep immediately, with her thumb in her mouth and an unread Barbie book in her hand.

Our oldest boy has been reading Harry Potter books by himself for several months, struggling with some of the big words and the scarier twists of plot. Maria has been reading a few pages out loud to him at bedtime. As she reads, the air around his bed fills with fantastic words, like stars shot from a magic wand, words like Muggles and Hogwarts and Gringotts, his bed a cold stone bench in a dark castle, his pajamas a prim boarding-school uniform, his blankets a cloak of invisibility.

As we leave we turn on the night lights: a white angel with her hands folded in prayer, and a large turtle that projects blue stars on the ceiling. It’s quiet at last, except for a few small, dry snores. Good night; sweet dreams.

Hawley Cartoon

Continued from page 1

(Eric Appleman, Ed., Pelican Books). In March 2008, his “Logjam” comic strip caught the fancy of CNW voters. And this year’s win recognized one of his single panel magazine-style gags. “Drawing different kinds of cartoons is irresistible,” he says, “but comic strips are special. I get to draw, write, and create a little world.”

“Logjam” appears regularly in *The Vashon Loop* and is perhaps the world’s only comic strip whose main characters are sentient trees. “I like anthropomorphic comic strip characters,” says Hawley, “but there are plenty of strips starring smarty-pants dogs and cats. I let the trees bark for a change.” Far from being wooden

characters, Hawley’s trees are quirky, dynamic personalities, complete with eyes, mouths, hands, problems and opinions. He recently celebrated the 100th “Logjam” strip to appear in *The Loop*.

Hawley’s work has been exhibited at the Art Institute of Seattle and at Two Wall Gallery in Vashon. A new show at Two Wall featuring cartoons and comics by Hawley and others will run through April. Come meet him at the show’s opening night on Friday, April 3. *(Editor: We are so proud to feature your strip in our paper. Congratulations on your well-deserved recognition and thank you for being in the Loop! Readers, see more of Jeff’s strips at <http://logjamcomic.blogspot.com>)*

MadameToujours

Dear Madame Toujours,

Several months ago, my best friend had an affair with my husband. He broke it off, and now she still wants to be friends with me. She says it is unfair of me to define her exclusively by the two-month period in which she betrayed me, and I ought to look at her as a whole person with many other good qualities like she is kind to animals and knowledgeable about social issues.

I take the position that I am now entitled to refer to her in public as “That skanky whore” even in front of small children, and if anybody takes offense, I can freely explain in detail how she betrayed me. She thinks I am being hurtful and small-minded.

What is the proper terminology for the best friend who betrays you, and is there a statute of limitations after which I have to call her something less publicly offensive?

Sincerely,
Vindictive

Chere Mme. Vindictive,

You are entirely correct. When Mlle. the unfaithful friend was having the cheating and the dishonesty, she was losing the right to be admired by you. Yes possibly, the other persons may be noticing that she is very clever, but you are being entitled to spit on her in the public places.

Naturally, the persons whose husbands she has not had the sex with will object that she is the lovely person and the public spitting, it is unsanitary. Ignore them. If they are objecting to it, they can be standing out of spitting distance or getting for themselves the friends who are not the dishonorable persons.

It is important, however, that you are not behaving with the pettiness. For example, if you are noticing that she is parking in the handicapped spot when she is not actually the handicapped person, it is not acceptable to take the small knife and puncture the tires. This would be petty. Instead, go into the store and request that they call the police to come and issue a ticket and possibly tow the car. This is the civic duty.

It is not appropriate to use the spray paints to decorate her home or automobile with the informative slogans regarding her unfortunate moral proclivities. There is being no place for the vigilantism in the modern societies. Instead, merely take out the small personal advertisement in the newspaper, possibly with appropriate graphics, announcing the services which your former friend is able and willing to provide to the married male persons. This is the helpful gesture, and all of the female married persons in the community will be grateful. This is not libel as long as you are able to demonstrate the truthfulness of your claims.

Bon Chance, Mme. Vengeful. Many persons will suggest that it is unhealthful to be having the resentments against the persons who have wronged you. This is the big falsehood. However, one should never be unreasonable. I recommend that you are forgiving her shortly after she is being dead providing that the death was sufficiently protracted, painful and disfiguring and you had nothing to do with it. You may, however, attend her funeral wearing festive yellow and snort loudly whenever anybody is saying anything flattering about the deceased.

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Garden The World



WASHINGTON - Michelle Obama will begin digging up a patch of the South Lawn on Friday to plant a vegetable garden, the first at the White House since Eleanor Roosevelt’s victory garden in World War II. There will be no beets - the president does not like them - but arugula will make the cut.

While the organic garden will provide food for the first family’s meals and formal dinners, its most important role, Mrs. Obama said, will be to educate children about healthful, locally grown fruit and vegetables at a time when obesity and diabetes have become a national concern.

“My hope,” the first lady said in an interview in her East Wing office, “is that through children, they will begin to educate their families and that will, in turn, begin to educate our communities.”

Twenty-three fifth graders from Bancroft Elementary School in Washington will help her dig up the soil for the 1,100-square-foot plot, in a spot visible to passers-by on E Street. (It is just below the Obama girls’ swing set.)

Students from the school, which has had a garden since 2001, will also help plant, harvest and cook the vegetables, berries and herbs. Virtually the entire Obama family, including the president, will pull weeds, “whether they like it or not,” Mrs. Obama said with a laugh. “Now Grandma, my mom, I don’t know.” Her mother, she said, will probably sit back and say: “Isn’t that lovely. You missed a spot.”

Whether there would be a White House garden had become more than a matter of landscaping. The question had taken on political and environmental symbolism, with the Obamas lobbied for months by advocates who believe that growing more food locally, and organically, can lead to more healthful eating and reduce reliance on huge industrial farms that use more oil for transportation and chemicals for fertilizer.

Then, too, promoting healthful eating has become an important part of Mrs. Obama’s own agenda.

The first lady, who said that she had never had a vegetable garden, recalled that the idea for this one came from her experiences as a working mother trying to feed her daughters, Malia and Sasha, a good diet. Eating out three times a week, ordering a

Obamas to Plant Organic Vegetable Garden at White House

By Marian Burros

pizza, having a sandwich for dinner all took their toll in added weight on the girls, whose pediatrician told Mrs. Obama that she needed to be thinking about nutrition.

“He raised a flag for us,” she said, and within months the girls had lost weight.

Dan Barber, an owner of Blue Hill at Stone Barns, an organic restaurant in Pocantico Hills, N.Y., that grows many of its own ingredients, said: “The power of Michelle Obama and the garden can create a very powerful message about eating healthy and more delicious food. I don’t think it’s a stretch to say it could translate into real change.”

While the Clintons grew some vegetables in pots on the White House roof, the Obamas’ garden will far transcend that, with 55 varieties of vegetables - from a wish list of the kitchen staff - grown from organic seedlings started at the Executive Mansion’s greenhouses.

The Obamas will feed their love of Mexican food with cilantro, tomatillos and hot peppers. Lettuces will include red romaine, green oak leaf, butterhead, red leaf and galactic. There will be spinach, chard, collards and black kale. For desserts, there will be a patch of berries. And herbs will include some more unusual varieties, like anise hyssop and Thai basil. A White House carpenter, Charlie Brandts, who is a beekeeper, will tend two hives for honey.

The total cost of seeds, mulch and so forth is \$200, said Sam Kass, an assistant White House chef, who prepared healthful meals for the Obama family in Chicago and is an advocate of local food. Mr. Kass will oversee the garden.

The plots will be in raised beds fertilized with White House compost, crab meal from the Chesapeake Bay, lime and green sand. Ladybugs and praying mantises will help control harmful bugs.

Cristeta Comerford, the White House’s executive chef, said she was eager to plan menus around the garden, and Bill Yosses, the pastry chef, said he was looking forward to berry season.

The White House grounds crew and the kitchen staff will do most of the work, but other White House staff members have volunteered.

So have the fifth graders from Bancroft. “There’s nothing really cooler,” Mrs. Obama said, “than



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coming to the White House and harvesting some of the vegetables and being in the kitchen with Cris and Sam and Bill, and cutting and cooking and actually experiencing the joys of your work.”

For children, she said, food is all about taste, and fresh and local food tastes better.

“A real delicious heirloom tomato is one of the sweetest things that you’ll ever eat,” she said. “And my children know the difference, and that’s how I’ve been able to get them to try different things.

“I wanted to be able to bring what I learned to a broader base of people. And what better way to do it than to plant a vegetable garden in the South Lawn of the White House?”

For urban dwellers who have no backyards, the country’s one million community gardens can also play an important role, Mrs. Obama said.

But the first lady emphasized that she did not want people to feel guilty if they did not have the time for a garden: there are still many changes they can make.

“You can begin in your own cupboard,” she said, “by eliminating processed food, trying to cook a meal a little more often, trying to incorporate more fruits and vegetables.”

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Herbal Bitters

by Kathy Abascal

Bitters are one of the simplest, oldest, and most effective of herbal remedies. Bitters are simply herbs with a strongly bitter taste. And, believe it or not, many of us need those bitters more than ever before. Once upon a time, much of the food in our diet was on the bitter side. Wild greens, wild berries, wild vegetables are usually bitter, ranging from slightly bitter to very bitter indeed. We evolved an ability to handle those foods and it appears that we have not modified our digestive responses in the short time that we have been cultivating foods. Agriculture began a mere 8,000 years or so ago. Over time, we have selected and developed foods that taste more sweet. So our food now usually ranges in taste from slightly sweet to very sweet. Those sweet tastes, however, do not trigger the digestive responses that bitter tasting plants do.

Moreover, we increasingly live in the midst of emotional stress that also affects our digestion. When stressed, we enter into “flight or fight” mode and our stress hormones prepare us to be able to move quickly and effectively. In stress, we do not secrete the saliva that contains carbohydrate-digesting enzymes. We do not secrete stomach acid, bile or pancreatic enzymes. We instead divert blood from the intestinal tract to our muscles. We are ready for physical exertion and are not prepared to digest food. Nonetheless, many of us cope with our anger, anxiety, and fear by eating. For obvious reasons, we do a poor job of digesting our food under those circumstances. This leads to many digestive issues ranging from simple indigestion (with burping and farting the most usual expression), dyspepsia, heart burn, and a variety of intestinal disorders.

So what do bitters do? Our bodies respond to the taste of food. Thus, if we taste sweet we will begin to secrete insulin. Bitter taste triggers a more complex chain reaction in the body. First, by reflex, we begin to secrete saliva and salivary enzymes. This reflex overrides the effect of adrenalin. Digestive secretions begin flowing. If you take some bitters 10-15 minutes before eating, you will have stomach acid to greet the food you

eat. The bitter taste nudges the liver into action and allows bile to flow. Suddenly, you are more able to properly digest your food.

And, interestingly, the effect of bitters goes beyond improving digestion. Over time, bitter formulas will have additional beneficial effects on the body. They can improve heart function, strengthen nerves, and stimulate appetite. Bitters are useful in many, varied digestive disorders. They can provide substantial relief to those who do not digest fats or proteins well, who get nauseous after eating or have lost their appetite. Of course, bitters are not for everyone. People with red, pointed tongues will not benefit from them. In contrast, those with coated tongues will benefit greatly from bitters. Because bitters stimulate the secretion of stomach acid they may be the wrong remedy for those diagnosed with hyperacidity. However, frequently people who are eating improperly (that is eating under stress or not eating much greens) actually do not secrete enough stomach acid when they eat and oversecrete in between meals. Those individuals can be greatly helped by bitters.

Bitters come in three forms: Simple bitters, aromatic bitters, and pungent bitters. The best known bitter is gentian (*Gentiana* spp.). This plant has a lovely flower and contains one of the most bitter chemicals known to man. This chemical is now synthesized and wires are treated with it to discourage rats from gnawing on them. Gentian is a common ingredient in many formulas. But there are many other simple bitters. Local plants that serve well as a bitter are Oregon grape root (*Mahonia aquifolium*) and its barberry relatives (*Berberis* spp.).

The aromatic bitters contain both bitter compounds as well as volatile oils. These volatile oils help provide relief from intestinal spasms, flatulence and more strongly stimulate the liver. They tend to provide greater digestive relief but lack the strong tonic effect of the simple bitters. A classic aromatic bitter is angelica (*Angelica archangelica*) root. It is a common ingredient in many liqueurs such as Benedictine and Chartreuse. In fact, many liqueurs are old bitter herbal formulas intended to improve digestion. Wild candytuft (*Iberis amara*) is an aromatic bitter that in combination formulas has shown substantial benefit in irritable bowel syndrome.

Finally, there are the pungent or warming bitters. Ginger (*Zingiber officinale*) is the best known warming bitter. It is warming and is used when nausea is a dominant symptom. It is also used to flavor and integrate many bitter formulas.

For many individuals, simply working more leafy greens (with their moderate bitterness) and spices like ginger and turmeric into the diet will suffice to maintain proper digestion. But in others, herbal bitters provide a remarkable, simple, and safe remedy. They are fabulous

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for those who tend to have dry skin, are slightly constipated, tend to maintain their blood sugar levels by eating simple sweet foods (as opposed to fatty sweet foods), often have a coated tongue, and tend not to especially like meals heavy in fats and proteins. As we age, these symptoms often become prominent so bitters are often very useful to help the elderly digest and absorb nutrients from their food.



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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New Classes, New Times: Eating for Health & Weight Loss

By Kathy Abascal

Inflammation is a big factor in all 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 April 12 at 1:00-2:30, and Thursdays beginning April 16 at 7:00-8:00 PM. Each series runs for 5 consecutive weeks. Advance registration at the Roasterie/ Minglement and payment (\$75) is required. For more information, contact Kathy Abascal at 463-9211 anemopsis@yahoo.com.

Proofreading and Editing... from A to Z

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Frame of Mind in the Spotlight

Continued from page 1

latest developments in design and conservation methods by going to trade shows and classes and reading the latest trade magazines. I am amazed what was acceptable for framing 30 years ago and what we all know about conservation framing now.

Loop: How are your services priced compared to off-Island?

Donna: You know, through the years I have made random comparisons with my prices to the city prices and I have always been in the ballpark by a few dollars, and sometimes lower. The perception about Vashon prices being higher just isn't true. Some of the big box stores have hyped up advertising promising fantastic deals - half price two days only- but if they start out with higher prices to begin with it is not a deal. It is also important to remember the community as a whole. Each merchant on the island spends thousands of dollars supporting school events, artistic performances, and charitable donations. When I was working in the frame shop in Seattle I don't remember anybody walking in and asking us to sponsor a student in the Amigos program, or buy advertising in the school play program or donate to a raffle box to support breast cancer research.

Loop: How's business?
Donna: I started my business in the middle of a recession and at that time I was thankful for every single person that walked in the door, but I didn't have any previous years to compare it to so I was blissfully happy. We have had many ups and downs since then, but this is definitely the worst. The merchants on Vashon have never been in business to get rich. It is a way to make a living, stay on the island and contribute to the community. We could all use a little bailout money right now! There are frame shops closing left and right all over the country, but it also had become a very crowded industry. I am hanging in there and feel very blessed to have a loyal customer base. I have noticed that our customers are doing a lot of freshening up of old pieces - keeping the old frame but putting a new mat and perhaps upgrading the glass. It gives the art a fresh look and we can make sure the conservation quality is up to date.

Loop: Anything else?
Donna: I'd like to let people know about my new Frequent Framer Card. It's like a 10% discount. After you buy \$300 worth of frames, you'll receive a \$30 gift certificate.

Loop: Sweet!

Wet Whiskers Groom Skills

Wet Whiskers Grooming Salon owner Tom Smith and assistant Lydia Butler attended continuing education seminars at the Pacific Northwest Groom, Board and Boutique show, held March 20-22, 2009 at the Tacoma Convention Center. The two attended several seminars taught by leading professionals in the fields of animal grooming and aromatherapy. Speakers included Adrienne Kawamura, one of only four Certified Master Cat groomers in the world and owner of the City Kitty salon in Edmonds, WA; marketing veteran Cheryl Gordon, teacher at the Northwest School of Animal Massage in Redmond, WA and owner of Golden Ratio Organics; Linda Easton, an International Professional Groomers certified Master Groomer with 35 years of experience in dog training, grooming and showing; Judy Breton, IPG Certified Master Groomer and area sales manager for Tomlyn products; and Tim Prior, teacher, traveling speaker and director of Client Relations at the prestigious

Nash Academy of Grooming in Kentucky.

Tom Smith trained at the Maser's School of Grooming in Kenmore, WA and is currently an IPG certified groomer in Sporting and Non-Sporting breeds and is working on completing certification as a Master Groomer. He opened Wet Whiskers in 2005 on Vashon Island, WA. Lydia Butler has 2½ years experience as a groomer's bather and assistant and attends yearly seminars to enrich her knowledge and experience.

Wet Whiskers Grooming Salon is a full service facility located in the Pandora's Box Pet Supply building. The salon offers dog and cat bathing and grooming; drop in nail trimming for dogs, cats, rabbits and other pocket pets; tooth brushing and nail color. The business is actively involved in the local community and donates to Vashon Island Pet Protectors.

Appointments for pets can be made by calling Pandora's Box at (206) 463-2200.



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Lo'py Laffs

Conversation Overheard at Nursing Home

A man said to his eighty-year old buddy: "So I hear you're getting Married?"
"Yep!"
"Do I know her?"
"Nope!"
"This woman, is she good looking?"
"Not really."
"Is she a good cook?"
"Naw, she can't cook too well."
"Does she have lots of money?"
"Nope! Poor as a church mouse."
"Why in the world do you want to marry her then?"
"Because she can still drive!"

A rabbi, a priest, and a bishop walk into a bar.
The bartender says, "What is this, some kind of joke?"

Thought for the Day: You can't please everyone. But it is possible to make 'em all mad at the same time.

One day the professor was discussing a particularly complicated concept. A pre-med student rudely interrupted, demanding, "Why do we have to learn all this stuff?"
"To save lives," the professor responded quickly, and continued the lecture.
A few minutes later, the same student spoke up again. "So, how exactly does physics save lives?" he persisted.
"It keeps the idiots out of medical school," replied the professor.

Marijuana Issue Sent To A Joint Committee
—Toronto Star headline

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BUT...
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POKE!
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"The shower is the greatest invention. I don't like to take a bath. I don't like to wash my face in the water I've been sitting in." - Lewis Grizzard

"Thou shall not kill. Thou shall not commit adultery. Don't eat pork. I'm sorry, what was that last one?? Don't eat pork. God has spoken. Is that the word of God or is that pigs trying to outsmart everybody?" — Jon Stewart

Scientists say they've found a new link between depression and obesity. Not surprisingly, it's a sausage link.

The real reason you can't take it with you is that it goes before you do.

Zen Judaism
There is no escaping karma.
In a previous life, you never called, you never wrote, you never visited. And whose fault was that?

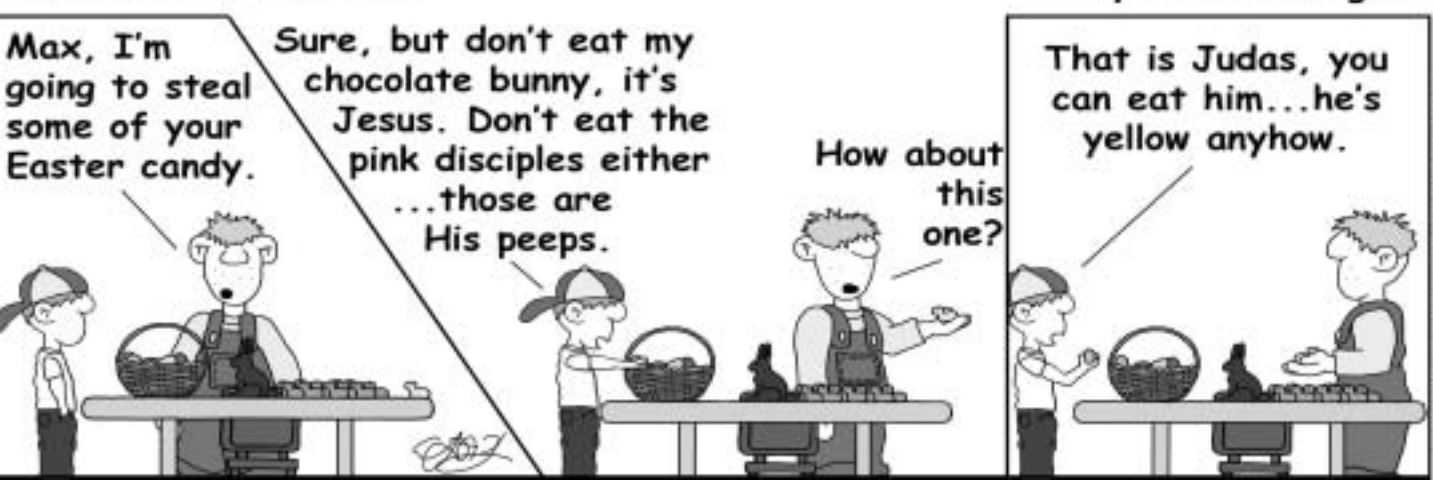
Old Yiddish proverb: "If triangles had a God, He'd have three sides."



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Loop Arts

Latin/World Music Trio At Red Bike



Correo Aereo (Air Mail) is an award winning multi-instrumental and vocal Latin/World Music Trio performing traditional and original music of Latin America; primarily of Venezuela, Mexico and Argentina. They will be performing at the Red Bicycle Bistro & Sushi on **Saturday night, April 4th at 9:30pm.**

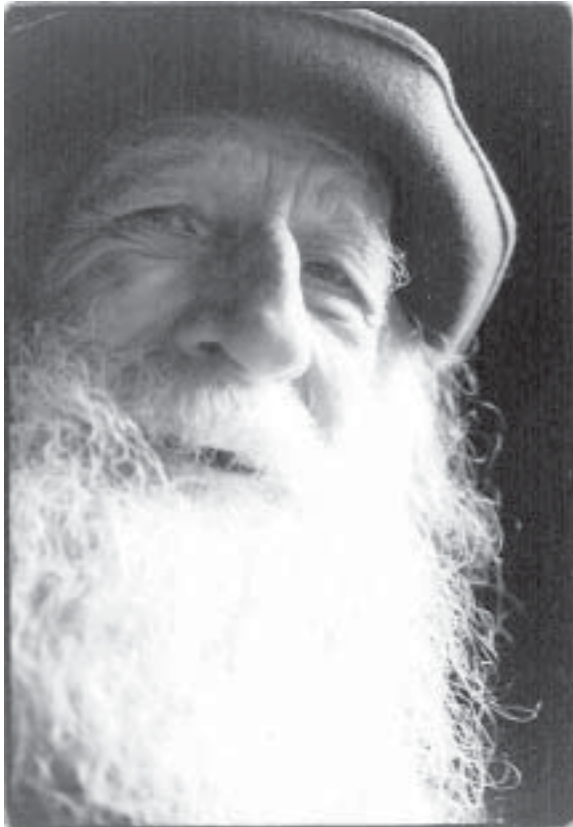
Together, Abel Rocha and Madeleine Sosin along with Evan Flory Barnes combine a stunning array of string and percussive instruments with silken vocal harmonies described as “locked in carnal embrace” by the Austin Chronicle. Abel plays harp, guitar, cuatro and quinta huapanguera. Madeleine plays violin, maracas, bombo and jarana. Evan Flory Barnes adds hot stand up bass. Their music is richly polyrhythmic, soulfully melodic; fiery, haunting, joyful!

Correo Aereo has performed at festivals, theaters and music venues throughout the U.S. and abroad, including Holland’s prestigious Moondive; an international media project/concert produced by VPRO Television-Radio Amsterdam, the Winnipeg Folk Festival, the Austin Music Hall, the EMP Seattle, and the Knitting Factory in NYC. Their music has been featured on NPR Radio programs, Latino USA, All Things Considered and on Amy Goodman’s Democracy Now.

Correo Aereo is committed to bringing their music into the schools, celebrating cultural connection with young people of all ages and ethnicities.

Correo Aereo is an Island favorite, having performed in the past at Island Earthfair and at the Blue Heron as well. This show is a 21+ event that begins at 9:30pm. Free cover and lots of delicious food!

Tribal Voices at The Red Bicycle Bistro & Sushi



Tribal Voices is the creative child of renowned Vashon Islander, Tan Cahill. Tan spent 5 years in the Australian Outback in research for his PhD in Anthropology in the 1960’s. As far as we can tell, Tan never completely came back from The Outback and is still broadcasting from there. They will be performing at the Red Bicycle Bistro & Sushi on Sunday night, April 5th, from 7:30-9:30pm.

Tribal Voices is an improvisational, constantly evolving musical think tank. Those playing and those listening learn to adapt and to thrive in new and novel tonal and rhythmic situations. Always a handy synchronistic skill.

The band has performed at Bumbershoot, Folklife and has opened the Sealy Stage at Seattle Hempfest for 13 years running. The line-up is constantly evolving and predicting who will converge for any particular gig is not usually possible without a deep consultation with the Mayan Calendar, Bucky Fuller’s Synergetics and the ferry schedule. Your best bet is to just show up yourself and see what happens!

This show is an all-ages event that begins at 7:30pm. Free cover!

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Jazz Trio & Champagne at Blue Heron

By Janice Randall

Vashon Allied Arts’ Panache Jazz Series ’09 continues with the deliciously soulful vocals of three-time nominated and 2007 winner of Earshot Golden Ear Awards Northwest Vocalist of the Year, Gail Pettis. Performing one night only, 8 p.m., Saturday, April 4, Pettis will be joined by Pianist Randy Halberstadt and upright bass player Doug Miller.

Halberstadt said, “From the first time I played with Gail, I had a sense she was remarkably intuitive... Her music is all about flow and soul, not artificial hipness or intellectualism.”

Pettis, whose rich, elegant voice has been compared to the likes of Nancy Wilson, Sarah Vaughan and Carmen McRae, says she will mix it up for the Vashon show, jazz standards with a different twist along with several R&B tunes. After listening to her debut CD May I Come In? (August, 2007) it’s obvious why the recording was nominated for Earshot Golden Ear 2007 Northwest Recording of the Year. Wonderful arrangements of songs such as favorite blues song “Black Coffee”

(most recently made famous by Peggy Lee) to the more obscure “Help a Good Girl Go Bad” (recorded only once before by singer Ruth Brown) are made even more memorable by the unusual arrangements and Pettis’s smooth, contralto voice.

Jim Wilke, KPLU, said this about her version of “We’ve Met before:” “It’s a harmonically sophisticated song... but the duo [Pettis and Halberstadt] makes it sound easy—and that’s the mark of artistry.”

While her passion is singing, the Indiana native studied piano and French horn from a young age and became accomplished at both. She also danced for a time which exposed her to many other musical styles.

As an artist-in-residence in the Netherlands, Pettis performed with the New Manhattan Big Band and with Eddie C and the Dutch Jazz Cats. She also performed in Kobe, Japan, where she landed first place in the Seattle-Kobe Female Jazz Vocalist Audition. Pettis has been heard at regional venues including the Sorrento Hotel, Bake’s Place, Osteria La Spiga in Capitol Hill, Tula’s, Bite of Seattle and Belltown’s La Vita é Bella Café among others.

Tickets, available now at Heron’s Nest, Books by the Way, Blue Heron Art Center and brownpapertickets.com are \$14/\$16 and include champagne & appetizers.

Call 463.5131 to reserve by phone.

Courtesy photo: Gail Pettis Jazz Trio at the Blue Heron with champagne and desserts, April 4, 8 pm.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, April 10.**

Hossein Omoumi Ensemble, Classical Persian music

April 9th, 2009 7:30pm talk, 8:00pm performance
Location: Joan Hanna Barn (email for directions: joanhanna@gmail.com, for more information call Jessika Kenney 463-3505, Joan Hanna 463-3530)
Cost: by Donation
Ostad Hossein Omoumi, the world renowned master of the ney, the reed flute of Iran, and vocalist, brings his ensemble of stellar musicians together to perform music of the Classical Persian tradition at the Joan Hanna Barn on April 9th, at 7:30pm. This music brings to life the great literature of the Classical Persian poets such as Hafez and Rumi. The musicians in the ensemble include Amir Koushkani (tar) from Toronto, Kiya Tabassian (setar), Ziya Tabassian (tombak and daf) both from Montreal, and Jessika Kenney (voice) and Eyvind Kang (viola) of Vashon. This evening will provide a rare opportunity to hear the music of this ensemble in the resonant and unamplified space of the Joan Hanna Barn. Before the music begins there will be a short talk. The Omoumi Ensemble will also be performing at 8pm, April 11 in Seattle at Poncho Theater, Cornish College of the Arts. Tickets can be purchased at www.cornish.edu.

Cedarsong

Edible and Medicinal Plants of Vashon - Join Cedarsong Nature School's naturalist and *Beachcomber* columnist Erin Kenny on an exciting nature walk and discover how to safely forage for your own native plants to collect for food or to make your own medicinal remedies. This class involves some preparation of herbal remedies, such as tinctures, infused oils, and/or salves that you will take home with you. April 4, 10am-3pm. \$55, includes all materials. For more information, call 463-3218 or check out the website at www.cedarsongnatureschool.org. Financial aid is available.

Honk for Cheap



Hawk Jones/Kotagraph.com photo

Back Row: Marshall Murray, Calen Winn, Maggie Laird, Gordon Millar
Front Row: Emma Hennessey, Hannah Scheer, Megan Hackett, Maya Bulow-Krah

As a gift to the community during difficult economic times, Drama Dock will offer 4 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 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 octanagerian!"
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. Drama Dock is a 501(c) 3 non-profit organization
www.dramadock.orgContact: Shannon Flora 463-5008

Thank you for your generous contrlbutions Loop Rock Stars

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Karen and Vashon Island Music
Gary and Marion Preston
Nancy Fox

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

Taken April 3rd

Closed for Maintenance
April 7,8,and 9

Watchmen
April 10-16



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

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Photo by Janice Randall

Directed by Marita Ericksen, Vashon Island Youth Chorus Junior & Advanced will perform one weekend only of musical theater in Disney's *The Aristocats* Kids and World Music vocal selections with Paul Colwell, Friday & Saturday, April 17 and 18, 7 pm and Sunday, April 19, 3 pm. Tickets: \$7/\$9 available now at Heron's Nest, Books by the Way and Blue Heron Art Center.

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