



VASHON

# THE LOOP

Vol. 6, #9

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

May 1, 2009

## Take Mom to the Farm

Island Chicken Coop Tour



Take Mom to the Farm for Mother's Day!

Sat. May 9th, 10-4 & Sun. May 10th, 12-4

A fundraiser for the Interfaith Council on Homelessness

Tickets at Books by the Way, Vashon Bookshop, and Amiad & Associates

Suggested donation \$15.00 Kids under 14 free!

This Mother's Day weekend, Saturday and Sunday May 9th and May 10th will be the dates of Vashon's first ever chicken coop tour. According to Emma Amiad, one of the tour's organizers, the theme of the tour is "Take mom to the farm for Mother's Day." Says Amiad: "This is the first of what may become an annual chicken coop tour on Vashon. Each of the seven small family farms on the tour has housed their flock in a different way, from a portable coop to a group of recycled buildings. But every hen and every rooster is loved and well cared for.

The event is a fundraiser for the Interfaith Council on Homelessness (IFCH). This all-volunteer charity works with the homeless population of the Island to find permanent housing for them as well as the working poor of Vashon to help keep them housed. Although it is a 501 (c)(3) non-profit, the organization keeps a low profile, doing the work and coordination necessary to keep a roof over the head of many of the Island's working poor.

Chickens can be an easy, inexpensive way to feed a family and offer a wonderful hobby. Those interested in starting a small flock will get lots of information and answers to their questions from the owners of these farms. The suggested donation is only \$15.00 for adults and kids are free. The IFCH hopes that many people will donate more than the suggested amount to help out in this difficult time of economic upheaval."

Tickets may be purchased at Books By The Way, the Vashon Bookshop and Amiad & Associates.



## Celebrate Beaches This Memorial Day

By Rayna Holtz

What luck! This year Memorial Day coincides with a mid-day low tide that's a whopping minus 3.6 feet! You can save carbon and still have an amazing day by coming down to Point Robinson from 10am to 3pm to enjoy the fourth annual Low Tice Celebration on Monday, May 25th. It's family fun that's free, local, and educational.

The Low Tice Celebration is an event for everyone to explore, discover and enjoy the panorama of marine life that populates Vashon's shoreline. Point Robinson is part of an especially important stretch of beach that has been classified by the Washington Department of Natural Resources as the Maury Island Aquatic

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## Summer Blockbuster Season comes Early to Vashon!

### Last Minute Schedule Change should pay off for Vashon Movie Goers!

Recently Vashon Theater owner Eileen Wolcott conducted an online poll at vashontheatre.com to ask people which films to premiere this summer. According to Eileen, "The new movies overlap, so although we can show most of them, we cannot premiere all of them. Voters decided that we should premiere *Star Trek* on May 8th, so we worked hard on setting that up. Although we were told we had the movie booked, we have just received word of a "print shortage," so we may not get our film. I don't know what a "print shortage" is. I think it's a corporate way of making the fact that they decided not to create as many prints as they needed for all of the theatres, sound like a "bad crop." But the real issue is that while we wait for Paramount to decide Vashon's fate on *Star Trek*, we would lose the opportunity to premiere *X-Men Wolverine*. We decided to make a 12th hour change, and are now premiering *X-Men Wolverine* on May 1st! We like both movies and

want to show both at the theatre, but *Wolverine* will premiere at a 12:01AM show on Friday! The doors will open at 11:00pm Thursday night. We are going to negotiate for *Star Trek* to show here as soon as possible. This change may work in our favor! We may be able to premiere *Angels & Demons* in two weeks, followed by Pixar's *UP*, followed by *Star Trek*! This could end up being our best movie line up ever!"



## Geoducks Draw Fame and Fortune

By Rayna Holtz

The shy geoduck, seldom seen by us except on beaches during very low tides, has become an international star among serious diners, especially in China where it can bring \$30 per pound (our Puget Sound specimens average two pounds). At the Low Tide Celebration, Memorial Day, May 25th, 10am-2pm at Point Robinson, there is a possibility of seeing geoduck siphons protruding from the mud, because the tide will be minus 3.6 feet around noon. Are we likely to see people digging them? Have commercial harvesters taken them all? Does harvesting ruin the seabed for other creatures?

Questions like these prompted Barbara Roberts and the Community Council's Sustainable Practices Committee to invite Washington State's Shellfish Operations Manager Todd Palzer to come talk to Vashon Islanders in January 2008. At the time, 8 harvest quotas had been granted for a tract south of Point Beals that would

*Continued on page 7*

## PERRY'S TURNS SIX

That's right folks Perry's Vashon Burgers has just celebrated its sixth anniversary, and the Loop wants to tip its hat to Phil and the gang for being steadfast and unwavering in their mission to deliver great food and service to the island. Perry's has been a loyal advertiser in the *Vashon Loop* since the paper started and we want to thank them for being around. Stop in and say hello to Phil, have something to eat, or as Phil would say you will both starve!

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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.

National Day of Prayer 2009  
Come ~Unite~Pray  
Thursday, May 7th, in two locations:  
12 noon to 1 pm at the Vashon Theatre Singing and prayer, plus the Vashon Home School Coop Choir will sing "Give You Praise."  
7 pm at Bethel Church Youth Rally  
Singing and prayer and balloon release EVERYONE COME!

Don't forget!  
Vashon PTSA Auction '09  
Saturday, May 2nd 5:30 pm, O Space  
Tickets are on sale now, \$35 per ticket  
Purchase now to save your seat at this exciting Island Event!  
{ Available at Books by the Way, Vashon Bookshop and The Little House }

## Strawberry Festival Grand Marshal

Nominations are now being accepted for the 2009 Strawberry Festival Grand Marshal. When nominating someone please tell us how they have enhanced Island life, given back to the community, their involvement in community service work, how long they have lived on Vashon, and generally why you think they should be Vashon Island's Grand Marshal. Please send nominations for Grand Marshal to the Chamber of Commerce at PO Box 1035, clearly marked "nomination", or to Joyce Olson's at PO Box 2955. Nominations must be received by May 15th

## Green Party Meets

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Democrats, Independents, and other interested progressives are most welcome. We will change the future! DATE: Tuesday, May 12, 7:00 to 9:00 PM LOCATION: 10329 SW Bank Road, Vashon DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road. Agenda includes: 1) Questions and

Comments. 2) Reports on April 25 "Vision for Vashon" and May 2/3 "Transition Town Training". 3) How can we implement our "Ten Key Values" in the local community? Key values are: Ecological Wisdom, Nonviolence, Community-based Economics, Respect for Diversity, Future Focus, Social Justice, Grassroots Democracy, Decentralization, Feminist Values, Personal and Global Responsibility. 4) Next steps? Questions: Steve Graham, Administrative Coordinator, (206) 463-9579, Melvin Mackey, Secretary, (206) 463-3468

## Sound Food Special Events for May

May 1st-First Friday-Quilts from the Vashon Island Quilters will be on display, "The Art of Wine" tastings with Ron Irvine, and live music performed by The Felt Hats. Doors open at 6pm. May kicks off the beginning of availability for Vashon grown produce from Langley Fine Gardens.

May 2nd and 3rd-Open for Lunch 11-3 for Art Tour and Quilt Tour. Vashon Island Quilter's quilts on display. Live music.

May 21st-Third Thursday Wine Dinner, call 206-877-3877 for details and reservations.

May 23rd-Midtown Music Night. Live music and refreshments.

Regular Business Hours: Monday 4:30pm-9:30pm, Tuesdays and Thursdays 11-7, and Wednesdays 11-2, 5-9:30. Serving counter service lunch and dinners. Patio open on sunny days! Come watch the Mariners at the bar. Watch for more music on dinner nights too.

### 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.  
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Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!  
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Don't miss an issue. Really.

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



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Marcus Berg  
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## Vote Early, Vote Often

Vashon Island elects an Unofficial Mayor every year. Politicians could take a lesson from this one...candidates announce they are running, following very few rules and they proceed to collect as much money as possible (every dollar is one vote). People can vote as often as they like. You can be from any part of the world and vote in this race. Some have been known to vote 5000 times.

All money goes to benefit non-profits on the Island. Money is collected and sent to the Chamber of Commerce for counting and verifying. Notable candidates: one year a dog ran (raised about \$6,000), a senior citizen ran who wore a bikini t-shirt to promote her Senior Center, a close friend of Santa's has run, and some of the "Fanciest Ladies" you'll ever see.

The winner is announced at 10 pm on the Saturday night of our annual Strawberry Festival. The new Unofficial Mayor's first, ok only, duty is to ride in the Sunday parade. As many as 30,000 people attend this wonderful, homegrown 100-year old Festival. This Unofficial Mayor has no budget crisis to worry about - there is no budget! The Mayor's race has been known to raise up to \$15,000 to benefit Island causes. And then the fun starts...all year, the Mayor can do whatever he or she pleases!

(Just a word of caution, the Unofficial Mayor has as much power as they have budget for this position!)

## Poetry Fest

Vashon Poetry Fest will celebrate a weekend of poets and poetry on Vashon Island, Thursday, May 21st through Monday, May 25th. With open mics, workshops, readings, and events, the Fest will be laced with plenty of food and drink, music, and fun. But, the real draw of the weekend will be the poetry with headliners Washington State Poet Laureate Samuel Green and award-winning Irish poet, Tony Curtis; mythologist, Michael Meade; and some of the best local and regional favorites. Both day and evening events are free or very reasonably priced "at the door." An ideal getaway, relaxed and beautiful Vashon Island is easily reached by ferry (just minutes from Seattle, Tacoma, and the Kitsap Peninsula) and each venue will be just steps from the next in downtown Vashon. Check out vashonpoetryfest.com for information about this fun-filled, word-loving Memorial Day Weekend event, and call Stranger Than Fiction (206-408-7268), Vashon's newest bookstore, to register for (limited seating) weekend workshops.





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# Positively Speaking

## “Lift Every Voice and Sing”

by Deborah H. Anderson

Like Doric columns at the temple of wisdom, they sat on the steps leading up to the altar. Five men, and one woman, probably the brightest and best in African American gospel history and execution. Standing off to the side was one white guy, an SPU alum who twenty years ago discerned a calling to the urban areas of Boston.

We had come to Berklee College of Music believing we were on a mission trip singing of God’s hope and mercy to a population of people headed for an industry where cocaine is king and the casting couch is still an obstacle for women. What we found instead was a weekend urban immersion program in African American music history and culture.

Dee Dee Bridgewater, hostess of NPR’s Jazz Set and Tony award winning actress in the role of Glinda the Good Witch in ‘The Wiz’, didn’t know the crowd of mostly white kids in the audience was from a fairly cloistered little Christian College out west. Her remarks were uncensored and full of the realism that helps the next generation make their way in the world without too many surprises. For me, I ached to hear her sing the initial melodic ascent from her signature song, “If you believe in yourself, then nothing can change your path...”

That afternoon, an impromptu video history / discussion period started with a slow response from the 67 students traveling together. When it became apparent the teacher was really interested in what they had observed, they shifted out of classroom mode and hands began to sail upwards. They ate up the information and dialogue eager for more. The session was ended because of time, with many questions still unanswered.

In the evening, the itch to sing was scratched. Joined by some members of the Berklee Gospel Choir, the East Coast and West Coast college kids blended forces in music and laughter and mutual appreciation for each other. More wheels turned in my brain as I watched (and sang) with the generation that is taking over the world.

Saturday morning brought the highest treat of all. Those Doric columns of wisdom.

George Russell, Jonathon Singleton, Dr. Stephen Newby ( our fearless director), Dr. Emmett Price, Rev. Melinda Weekes, Dr. William Banfield, and the white guy standing off to the side, Craig McMullen, chatted with each other and us on the nature and nurture of Gospel music, technical styling, culture, oppression and redemption.

For a white person I’ve had a lot of exposure, by God’s Grace and providence, to Black music and culture. Music is my prayer language. Gospel is solid prayer. A Black housekeeper who taught me how to shine it on, a naturally integrated high school, private audience with Thurgood Marshall when I was sixteen, a weekend with Jester Hairston,

two weekends with Clarence Boyer, some workshops with John Perkins.

The beauty and Grace of the conversation initiated and sustained by those six people was beyond all that I had ever experienced. I took my memories back to college in Oakland during the late sixties, early seventies when I experienced being hated by Black people for the first time because of the color of my skin. Experiencing the ease of the panel as they discussed the history, again, the hands of the students eagerly bringing questions to them, I began to accept that time had passed.

At break for lunch, I moved toward Bill Banfield , the history professor who had presented the previous day’s video survey. “They have no idea how bad it was, do they?” Milling around us was a generation who for the most part could date, visit each other’s homes, work together in whatever profession they choose as comrades.

“I don’t get it, “ a girl behind me stated. “We’re all just friends”. It was true. These kids had not been raised with a predominant knowledge of the black and white hatred and division those of us in our forties and fifties knew.

As we stood by the door to go back to the afternoon sessions, I nodded to the crowd. The Black drummer, the Hispanic bass player, the Filipino choir member, the Kenyan dancer, all laughed and talked with the girls and guys from Bellevue and rural Alaska and Southern California in complete oblivion to anything but friendship.

“We did it. Everything everyone worked so hard for has happened. Our little children are holding hands” Nobody died in vain. We just have to keep telling them the stories so they don’t forget.” And then almost together we said to each other, “ ...so it doesn’t go back”. For an hour and a half after that the kids and adults all sang and played together in sweet communion from a common faith.

The next morning we lead worship at Bethel AME in Jamaica Plain. In the midst of such glory my heart was suddenly gripped. This isn’t allowed, I thought. White and Black people can’t worship together like this. If the bomb comes in from the back... my eyes searched for escape routes and duck and cover spots. And then the present came to me.

If we allow this new generation to continue on, they will quite naturally continue to overcome evil with good. Can we let them have that? Can we support them in that power? This is the generation that put Black children in the White House. Can we tell the stories, but follow along as they lead us to a new understanding of friendship? We hold the history, they hold the prize. If we let them, they may just validate every sacrifice anyone ever made for them to be friends. Think about it.

Love  
Deborah

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 8.**

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# Don't Forget the Birds

by Ed Swan



A member of the thrush family, Townsend's Solitaire sightings came in regularly since the first of the year. Since April 1, observers reported three different Townsend's Solitaires on Vashon-Maury Island. Visiting birders called one seen at Wesleyan Way in to Alan Huggins on April 8, Mike Feinstein saw one by Pt. Robinson on April 16 and Rich Siegrist found foraging around his place near Colvos on April 17. In the revised version of my Birds of Vashon Island coming out in November, I will be updating their status to uncommon in April from rare. The change in status of solitaires on the Island provides one more example of how a number of people sharing information over several years strongly improves our understanding of birds on Vashon. Every year over the last seven to eight years, more people joined up with the reporting network so we possess an extremely accurate grasp of bird populations on Vashon.

In The Birds of Vashon Island in 2005, I list solitaires as a rare spring migrant, with one winter record. All of the sightings except the winter one occurred in April. Four years later, doubling the years of data collection, the number of sightings more than doubled. Several more winter birds and a few outside of April visited Vashon. April remains the primary period of passage with a few possibly sticking around in winter after the fall migration.

Townsend's Solitaire look like an elongated all grey version of another member of the thrush family, the Mountain Bluebird. A white eye-ring and a variable buffy wing pattern on the top side of the wing, sometimes appearing as a wing bar, break up the overall grey impression. When they fly, they possess a very visible buffy wing stripe lengthwise on the underside of the wing.

Like the Mountain Bluebird, solitaires prefer montane habitats in the breeding season. They nest on the ground under rock and log overhangs and sometimes in road cuts. Nesting takes place in a variety of coniferous forest habitats. In the breeding season, they rely primarily on insect prey for food, often catching insects in mid-air very much like flycatchers. Migration usually remains fairly short and apparently consists mostly of altitudinal movement. In other areas where juniper grow commonly, their winter diet consists almost entirely of juniper berries. In regions without junipers such as those around Vashon, solitaires in winter eat other fruit such as that from Pacific Madrone, hawthorns, serviceberry and others.

The best place to look for Townsend's Solitaire on Vashon continues to be along the bluffs on

the beach or near the brush behind the lighthouse at Pt. Robinson. Otherwise, they appear mainly in shrubs in yard that could be anywhere around the Island.

Several people responded to the last article in the Loop about Osprey nesting locations. It appears they began rebuilding their nests on the cell towers on 188th and also along Vashon Highway north of town. Other locations this year also include the cell tower at the golf course and near the entrance road to Camp Sealath along Wax Orchard Road. I'd like to hear about any other locations and also when babies first begin to pop up.

With the warmer weather, it feels like the spring migration and return of summer only birds started to take on a more normal progression. Sue



Trevathan's yard produced several first reports: Swainson's Thrush on April 19, Cassin's Vireo on April 21 and Wilson's Warbler on April 23.

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

## Espresso

### New Spring Hours

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**Saturday 7:00am - 5:00pm**  
**Sunday 7:00am - 3:00pm**

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Ron Simons noticed an early Brown Pelican off the north end dock April 22. Michelle Ramsden saw a Turkey Vulture on April 14 near Dockton and Peter Droge there on April 25. I spotted the first Common Yellowthroat at Mukai Pond on April 14, Brown-headed Cowbirds at Monument Road and Greater White-fronted Geese headed north over Vashon Highway the same day and had the first Black-throated Grey

Warblers and Pacific-slope Flycatchers in my yard April 20. Greater Yellowlegs, either the winter stay-overs based out of Raab's Lagoon or spring migrants, showed up at Portage and Dockton as well as Raab's Lagoon throughout April. Other shorebird sightings included a Dunlin in breeding plumage at KVI Beach discovered by John and Ellie Friars on April 9, more Dunlin

reported by Rich Siegrist at Fern Cove April 26 and three Least Sandpiper at KVI Beach April 21. Mary McCarty and Joy Nelsen emailed in the first Caspian Terns at Pt. Robinson April 6. Purple Martins finally showed up at Fern Cove April 26 according to Rich Siegrist, Gary Shugart noted the first Barn Swallows at Fisher's Pond on April 14 and Joy Nelsen observed Tree Swallows at Portage. If you have an interesting sighting or a question about local 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.







**Aries (March 20-April 19)**  
Burn your confidence efficiently. Too hot and you will run out mid-flight. Not hot enough and you will not get this phase of your life off the ground. It may be the emotional state of someone close to you that is currently having a chilling effect on your boldness; I suggest you offer a measure of empathy to a partner or loved one who is going through a transition similar to what you went through about a week ago. The emphasis of your life is gradually being taken off of one-on-one partnering and is being placed within a much wider context. Group dynamics are at play in your life, within which you are being invited to participate as a creator and not just a player. The rules have changed since you were young. You may not be able to put them into words, but at least they are easier to understand now.

**Taurus (April 19-May 20)**  
It can be sickening how much of what we call life is a game of appearances; of people striving to establish their identity and supremacy for their own sake. You don't seem to be up to this; your consciousness has been and remains internally fixated, as if you're trying to establish your existence within the context of your own awareness. Don't work so hard at it. Venus remains in Aries, which is something of a blind spot for you. She is making a square to Pluto, which will draw you into yourself in a somewhat obsessive way. The result might feel like needing to search inwardly for something that is right there but which is not quite visible or available to your emotional senses. Be gentle to yourself. The mystery of who you are is less like a riddle and more like a painting in progress: one stroke at a time.

**Gemini (May 20-June 21)**  
Mercury is about to make a brief visit to your sign, turn retrograde and disappear back into Taurus. This is perfect space weather for reconciling the ongoing challenge of how you feel inside versus how you present yourself to the world. Once we figure out that these two environments are different, the first and generally most daunting project is learning how not to feel like a phony. I am beginning to notice that a good portion of the population struggles with this feeling often enough that it warrants special care. You have the opportunity to connect to something about yourself that is inherently, unquestionably real. The catch is that when we arrive there, we tend to see everything that we thought we were as a kind of charade. The gift is what we gain by gently giving up that perception.

**Cancer (June 21-July 22)**  
The cards in the deck keep getting shuffled, but it's not a random affair. Each time you disengage from an agreement, you have the opportunity to make a more conscious one. You can see how many assumptions you're making about what you think and what other people think. Raising awareness and making conscious agreements are the bass and treble lines of this particular song. I would strongly suggest not going on a campaign of solving every interpersonal communications glitch or off-balance agreement that you discover. A solution is on its way that will shift the level of the discussion; problems you did not know existed will resolve themselves, and the ones you were the most concerned about will yield to the simpler equations of a higher level of thought. For now, focus on the agreements you make in the present.

**Leo (July 22-Aug. 23)**  
Sometimes when we take leadership in a situation, something dark and shadowy bubbles to the surface. You know those moments when you get home and obsess over something you said at a party — something that it's doubtful that anyone will remember, but which makes you feel like a total ass to think about? What you may be feeling goes deeper than this: you are indeed in a position where you must assert yourself, and this may stir up some pretty deep doubts about how you relate to others. I suggest

you let them flow through you, and watch how easily they can disappear if you don't fight with them. The people in your environment are extremely grateful that you're as bold as you are. You remain your own harshest critic. For more accurate information, consult the people around you.

**Virgo (Aug. 23-Sep. 22)**  
The Taurus Sun is doing more to lift your spirits than nearly any transit this year; you have been so focused on necessities that you have not had time to think of the possibilities. However, you may find the greatest potential in doing that which is most necessary. You will have, in the next week or so, a few clues about how you can make this work for you and for everyone else. What happens is only a sample, example or a test run, though you will learn enough to remove some flaws from your thought process and the delivery of your idea in a professional context. If things seem to backslide, nothing is being taken away; rather, you are getting a chance to refine and reconsider. Therefore pay careful attention during this experimental phase, because by next month the data will be crucial.

**Libra (Sep. 22-Oct. 23)**  
Few forces rival that of human emotion; hurricanes come near. Therefore, I suggest that you respect the power of nature and allow the elements to do their work. The planets suggest that you need grounding in a relationship, and grounding translates to aligning certain practical realities with certain other spiritual realities. The situation has deep roots and there would appear to be a struggle over what guides the way to the future: past patterns, or the quest to reinvent and evolve those patterns. Someone close to you is feeling a quality of inner movement that is more natural for you. I suggest you do your part to keep the conversation going. Someone close to you may lack words where clearly you do not. The thing you might be lacking is the drive to speak up for what you need, feel or believe.

**Scorpio (Oct. 23-Nov. 22)**  
You're approaching a project with new enthusiasm. I suggest you remember that in pursuing any goal you need a balance of work and play; of art and craft; of balancing your own needs against those of the situation. You are in an interesting point of growth where you're finally learning to do things the easy way rather than choosing one of several other possibilities. If you encounter resistance, bear in mind that it might be inner in nature rather than a struggle with someone around you. You may also be inclined to blame someone for backing out of a situation, dragging their feet or pretending to be thick headed, when everyone knows full well what the basic facts are and what is going on. If you listen and give their ideas sufficient time to reveal themselves, an important point of truth will emerge when you least expected it — and this information will facilitate matters significantly.

**Sagittarius (Nov. 22-Dec. 22)**  
Freedom may be a word for nothing left to lose. Yet there does seem to be plenty at stake, and you are hungry for your independence. Be honest with yourself that there is a price to pay for originality. The more you are willing to give up in order to have your freedom of mind, the less you will have to give up. The more willing you are to stand in your ideas like they are your home, the more others will take your example and be reminded that it is possible for them to do the same thing. It would be healthy for everyone around you to embrace the possibility that we are not trapped in the past. Once that thought occurs to anyone, it becomes much more natural to embrace the potential of the future. And it has very much been occurring to you lately.

**Capricorn (Dec. 22-Jan. 20)**  
You have more options than you believe. Because so much is important to you, you're experiencing a phenomenon of this leading



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to a narrow sense of potential; few outcomes could actually cover as many points as seem necessary. But you don't need many possibilities, outcomes or directions of movement; you need the one that works for you. I suggest you focus on that. Part of why you have so many options is so that it's possible to eliminate the ones that are not what you want. I would propose that each time you subtract something from your agenda that does not match up with your values, you declare a minor victory and go back to your elimination process. This is not reducing your potential for freedom; rather, it's pointing you directly toward it.


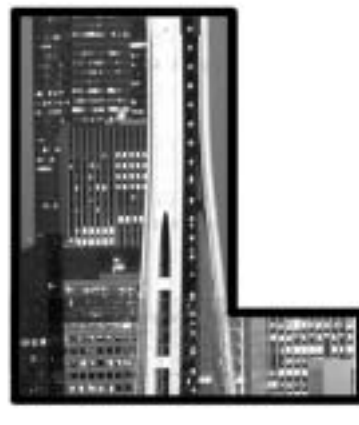


**Aquarius (Jan. 20-Feb. 19)**  
Focus less on the details and more on the wide vision. If your mind keeps coming up with reasons why things don't work, persist in envisioning what would work. You can do this, but only if you get off of a clogged frequency and onto a more spacious one. Part of what you seem to be struggling with is getting a real exchange going. One way out is to focus less on circulating energy, and less on trying to draw upon the resources of others, and more on being who you are. That is a quality that is subtler than it is bold. You are exploring unfamiliar psychological territory, so one thing you may experiment with is imagining how that feels to others. As you guide yourself into a measure of authentic ease with the unknown, others who are developing the same sensibility will gradually be drawn to you.

**Pisces (Feb. 19-March 20)**  
Once again I would remind you how much is developing out of sight, and in a sense, out of mind. Meanwhile, look for seemingly small signs of what is invisible as it manifests in your awareness. Explore the idea that all that exists is what you allow into your consciousness; this will encourage you to be open minded and, more to the point, cultivate the energy of continuing to open rather than thinking you are already open enough. If you get stuck, I suggest you look for anything you are seeking in the world within yourself: success or the feeling of success; love or someone to love; a man; a woman; something to say; a feeling; an idea; a place to be. What becomes real in you becomes real to you.

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# Island Epicure



## Wild Flowers You Can Eat

By Marj Watkins

‘Tis May, the merry month of May! Daisies have dotted lawns for weeks, and so have dandelions. Primroses have come and gone. The tiny blossoms of wild cress festoon shady places, and watercress blooms and thrives along creeks and in damp roadside ditches. All these are edible as well as cheerfully beautiful. You can pluck off clusters of watercress blossoms and the petals of daisies and dandelions to add color to a green salad, blanch and chop the leaves and put them into an omelet or stuff a fish with them.

### MAY DAY SALAD

4 servings

- 6 to 8 cups mixed salad greens
- 8 watercress blossom clusters
- 1 green onion, thinly sliced.
- Petals from 3 or 4 daisies
- Lemon and oil dressing

Place the salad greens in a large bowl. Wash the watercress and pat it gently between paper towels. Pluck off the blossom clusters. Arrange them around the perimeter of your salad. Scatter the green onion sliced, then the daisy petals in the center. Serve the dressing in a small decorative bowl with a teaspoon or mini-ladle for stirring and dipping.

### LEMON DRESSING

Makes about 1/3 cup

- 4 Tablespoons extra virgin olive oil
  - 2 Tablespoons lemon juice
  - 1/8 teaspoon coarsely ground black pepper
  - 1/4 teaspoon salt
- Combine ingredients in a small jar or bowl. Cap and shake, or stir briskly, before serving.

### WATERCRESS OMELET

*Serves 2 as a main dish, serves 4 as a side dish*

- 1/3 store-bought bunch, about 2 cupfuls of wild watercress
- 4 eggs, beaten
- 1/2 cup milk
- 1 Tablespoon lemon juice, optional
- 1/2 teaspoon salt
- 2 Tablespoons light olive oil or canola oil
- Cheddar or Jarlsberg cheese

Pinch off the watercress flower clusters to garnish a salad. Blanch the watercress by dunking it for a second or two in a pan of boiling water. Drain, pat dry with paper towels, and chop.

Stir milk, lemon juice if using, salt, and pepper into the beaten eggs.

Stir chopped watercress into the mixture.

Heat a 12-inch frying pan. Melt the butter. When see the oils dimple, pour in the egg mixture. Reduce heat to low. Grate cheese generously over the top. Cover the pan. Cook 4 to 5 minutes, until eggs have solidified and cheese has melted. Serve at once.

### TROUT WITH WATERCRESS STUFFING

2 servings

*Preheat oven to 400 degrees. Bake in a glass or ceramic ovenproof dish*

- 1 trout, 12 ounces to 1 pound
- 1/4 cup cooked brown rice or wild & brown rice mix
- 1/2 cup watercress leaves, lightly packed
- 1 green onion, sliced
- 1/4 teaspoon salt if rice was cooked with salt, 1/2 teaspoon if not
- 2 Tablespoons butter
- 1 egg, not too large, beaten

Pat the trout dry with a paper towel. Combine the rest of the ingredients.

Spoon the mixture into the trout. Sew or skewer it closed. Heat the butter in a baking pan large enough to hold the trout. Put it into the hot dish and turn it over so both sides gleam with butter. Reduce the oven temperature setting to 350 degrees. Bake about 15 minutes, until the fish is done enough that no liquid exudes when you stick a fork into the thickest part, but still firm.

## Geoducks

*Continued from page 1*

permit a total of 803,400 pounds of geoducks to be harvested between November 2007 and March 2008. Yet 20 to 35% of the “pre-fishing biomass” was expected to remain on the tract after the harvest. Further, only the geoducks between minus 18 and 70 feet may be taken by the commercial divers. Wild geoducks can be found as high as the intertidal zone and as low as 364 feet deep. Geoducks as old as 164 years and as large as fourteen pounds have been found.

In a video shown by Palzer, sea pens remained swaying beside a geoduck being harvested. Starry flounders gathered and circled the cavity. The geoduck harvester stirred a brief feast on the sea floor, where flounders hunted for other critters stirred up during the operation. The diver, monitored closely by a DNR officer, inserted a

low-pressure water jet (20 to 40 psi, comparable to a garden hose) beside the visible geoduck siphon. With one hand on the jet wand, his other hand groped in the loosened mud, grasped the clam, and stashed it in a buoyant net bag. By the following day, there’s little evidence to show that a giant clam was removed next to the healthy sea pens.

Palzer explained that tracts are designated on state-owned lands only between 18 and 70 feet below low tide to protect eelgrass beds, herring spawning grounds, and salmon migration and sheltering corridors. Washington DNR’s management guidelines for the commercial geoduck fishery are intended to generate revenue to benefit Washington citizens, ensure that the geoduck fishery is sustainable, ensure environmental protection, and assess and mitigate impacts to endangered species. Since the tribes are entitled to half of the harvest, the State has

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# Spiritual Smart Aleck



By Mary Litchfield Tuel

[www.spiritualsmartaleck.blogspot.com](http://www.spiritualsmartaleck.blogspot.com)

## The Suite Life

My cousin and I went down to the Oregon coast for a couple of days. We went down to Portland and took the long diagonal highway that branches off of I-5 at Tigard and ends in Lincoln City. We were

a glass-topped partition, and the last area, with kitchenette, fireplace, table and chairs, love seat, and window on the ocean view and a door opening to the balcony. We stayed there two nights, and loved it.

The suite had an excess of televisions. The one facing the beds was standard; the one in the kitchenette seemed a bit much. But when I went into the bathroom, sat down, and found myself facing a third television, a little one mounted on a swivel arm so you could watch it in the tub or on the throne, I was startled. “You are not going to believe this!” I yelled to Nancy. There was a remote for the toilet TV, but somehow I didn’t feel like touching it.

We didn’t watch television while we were there. We watched the waves. We went out during the full day we spent there to poke around Lincoln City. We hit the Birkenstock



surprised by what an easy drive this was from the Puget Sound.

There are many motels in Lincoln City, and I won’t plug one in particular. I will say that we stayed in a suite with a balcony overlooking the ocean. How could we afford a suite? There were a few factors: one, we decided to splurge; two, it is not tourist season and the rates have not gone up to summer prices; three, the suite had wifi, which was important to me because I planned to write my column and email it in by deadline; and four, we conjectured, there’s a recession on and it’s better to fill a room than to have it stand empty. It ended up costing less than some motels I’ve stayed in, so our splurge turned out not to be a splurge after all.

The suite was cool. It was laid out in linear hotel fashion: bathroom on the left as you walk in, vanity with sink on the right; then two queen beds facing a TV and a desk;

store, and discovered that the sales clerk and Nancy had gone to neighboring high schools in California in the 60s. This lead to a winding wander down memory lane about being young in the Bay Area during the 60s, including the bands we saw at the Fillmore. Then we had chowder at Mo’s, and then we cruised residential streets looking at houses for sale. We like to look at houses that are for sale. Then I dropped Nancy off at the Chinook Winds tribal casino and I went back to the room for a nap.

My cousin Nancy enjoys casinos. Thing is, she wins. She usually makes back everything she bets, plus more. When I go to casinos, I do the expected thing: I lose money. That night when I went to the casino, I won back about half of what I bet. Nancy, on the other hand, won enough to pay her trip expenses. Don’t plan on doing this unless you have Nancy’s luck.

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Our second morning we lolled around for a while, then packed up, had breakfast at the Pig ‘n’ Pancake, and headed east. On the way back to Portland we stopped at the Evergreen Aviation Museum, which is the home of Howard Hughes’

out of birch, by the way. The museum is a worthwhile stop if you are interested in airplanes and their history, or if, like me, you would like to gawk at the Spruce Goose. There are guided tours, interesting videos, and first class airplane seats for visitors located all around the museum floor.

We got home late last night, and slept late this morning. It’s good to step out of reality and go watch the waves for a couple of days now and then. Sorry about not getting a column in by deadline, Troy and Marie. I got involved in living the suite life.



grand air ship, the wooden cargo plane known popularly as “The Spruce Goose,” a nickname Hughes hated. The plane is actually made

### Compost the Loop

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

**Find the Loop and its archives on-line at [www.vashonloop.com](http://www.vashonloop.com).**



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 8.**



Joanna Gardiner

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We've Got  
a Lot of  
Kids

by Kevin Pottinger

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### Helping Al Gore Reinvent the Internet

Like most kids, our kids have discovered that they can tell lies.

For our children, telling the truth has become a lifestyle choice, one interesting possibility among many fascinating options. A version of events can be patched-up and embroidered like a favorite pair of jeans. Apparently, to our bickering pack of did-too-did-nots, honesty is a quaint custom, like tipping one's fedora in the presence of a lady, or wearing a veil to church.

When she prepares to tell a story not based on real people or events, our four-year old daughter will pause quietly for a moment, her face expressionless, narrow her eyes slightly, then tell her lie slowly and carefully. After she's told the lie she'll twist her face into a crooked, upside-down smiley face, open her mouth and point her tongue, and stare at a spot just to the left of my head with wide blue eyes.

Our oldest boy can string several unrelated and imaginative untruths together in one long stride, weaving rich tapestries of falsehoods. Last night at supper, we had a short conversation about a dear relative who was mildly injured while pouring gasoline on a trash fire. That prompted our oldest to tell a story about a boy who blew out his eardrums lighting a box of gasoline with a Bic lighter, that he claimed to have read about only yesterday at school in the Guinness Book of World Records, after telling his Mom with utter sincerity that his unmade bed had been made hours ago, and that his bulging backpack that he threw under his bed right after school had already been emptied of his homework and lunch containers, while he was kicking his younger sister under the table and denying it enthusiastically, and eating Easter candy that was not technically his.

The night before, he'd decided it would be a fine night to skip brushing his teeth, and to tell Maria and me that he'd already brushed them. When I noticed that he had not, in fact, brushed any of his teeth, he asked airily, "And what proof do you have?"

At the first whiff of a stinky lie, I'll often confront the child, and just as often I'll quickly find myself mired in an argument that can have no victor, over the usual and customary definitions of the words "cleaned up" and "punched in the head," for instance. Maria uses a different approach, playing along with the story, goading the story teller on with seemingly sincere question, until in the end the poor urchin finds himself trying to convince Maria that space aliens had landed in their room and threw their clean underwear all over the floor, or that instead of doing his homework, the child had been helping Al Gore reinvent the Internet.

I've tried to convince them that telling the truth has value, lecturing at the supper table, drawing diagrams with circles and arrows on paper napkins, using a forkful of ham as a pointer. I've told the story about the boy who cried wolf. I've talked about how hard it is to keep a story straight if it's not always based in fact. My lectures are endured; the kids slouch in their chairs.

I usually offer my wife Maria and me as role models, claiming that Maria and I always tell the truth. Which is, of course, a great big lie. We stretch the truth all the time, often without realizing it, to the kids especially. White lies are an often-used tool in the parenting toolbox, sheltering them from some of the uglier truths that make their homes in the world; plus we've found that on rare occasions a short, well-intentioned lie can make things go easier in a family where the kids outnumber the parents two to one.

Like most kids, our kids will outgrow their experimentation with lies when they lose their usefulness. For our imaginative kids, a well-told, yet completely made-up story is often more interesting to tell than the stale, dry truth. And a quickly-issued denial of wrongdoing, even if it's not at all true, can certainly make life easier in the short-term. And should lying become a deeply ingrained habit, our kids could always consider careers in politics.

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# MadameToujours

Dear Madame Toujours,

Oh my lord, I'm so ashamed and humiliated. A few months ago, I set out to breed a line of champion hunting dogs to track and retrieve hedgehogs without getting sore mouths. I started with a two-year old Chihuahua stud named Elvis with a reputation for eating pinecones, and for the dam I bought a ten week old pug pup named Gretchen whose mother was obsessed with a rubber hedgehog squeaky-toy. I planned to wait to breed them until Gretchie was a year old, but of course she went into her first heat at six months. I was keeping them apart despite the two of them acting like Romeo and Juliet and Elvis trying to scale the side of Gretchie's pen. He was getting pretty good at it, and I didn't want any accidents to happen when I wasn't looking, so when I went to take a shower, I brought Gretchie into the bathroom with me. That's when disaster fell. I got out of the shower, and the phone rang, and I ran to answer it and totally forgot about Gretchen.

By the time I remembered, it was too late. There were Gretchie and Elvis looking innocently up at me with no idea why I was jumping up and down and screaming and throwing cold water all over them. What if Gretchie is pregnant? She's hardly more than a teenager; how will I ever face my friends?

Isn't there anything I can do?

Sincerely,  
Gretchie and Elvis' Mom

Chere Mme. Mom,

*Quelle damage.* Here is being the difficulty with the "abstinence only" educations. All the young persons are knowing that the sex, it is undesirable because of the sins and the having puppies and whatnot. What M. Elvis and Mlle. Gretchen are doing, however, is the perfectly sensible, non-sinful activity. Therefore, they do not imagine that whatever they are doing can possibly be the sex. Usually, they are being quite startled when you tell them that their innocent pastime, it is actually the nasty, sinful sex and now they are having puppies, and they are not quite sure how it all happened.

Possibly, you are feeling that to provide the condoms for M. Elvis is suggesting to him that you are approving of his relationship with Mlle. Gretchen. Nothing is being further from the truth. Actually, it is making clear to him that you do not want to know about his relationship with Mlle. Gretchen. This is much better, *n'est pas?*

Now nobody is having any puppies, and everybody can be pretending that there is not any sinfulness happening, and the friends, they are not laughing and feeling superior.

*Bon Chance,* Mme. Mom. Probably nobody is laughing at you unless you have been very smug and self-righteous and annoying. Remember that Mlle. Gretchen is the very young person, no doubt many of the childrearings will fall to you. Fortunately, the small puppy persons are extremely kissable, and will no doubt grow up to hunt many extremely fierce hedgehogs.





# The Dorsal Spin

## Scabby Molt and Other Rarities

By Orca Annie Stateler, VHP Coordinator

Since I last wrote, Odin and I witnessed two extraordinary sights on KVI Beach. First, concerned callers reported a seal who had “labored breathing” and “looked like he had been in a fight.” We found a juvenile Northern Elephant seal resting uncomfortably in the sand. He snuffled and snorted; he appeared scruffy and miserable. Birds had pecked at him. Our pitiful pinniped friend was in the throes of scabby molt with skin lesions, a natural process that looks ghastly.

Elephant seals are sporadic visitors to Vashon-Maury beaches. In size, they dwarf Harbor seals: an Elephant seal pup is the same size as an adult Harbor seal. Harbor seals have spotted gray or brown fur, pale whiskers, and rounder faces and snouts. Elephant seals have light brown fur, dark whiskers, and more elongated snouts.

When molting, Elephant seals haul out for several weeks, occasionally entering the water but returning to the same area on shore. Seals are vulnerable when they molt, and easily disturbed by dogs and people. Our scabby youngster picked a rowdy beach on Vashon, and we worried that his misery would increase exponentially if he remained at KVI. We did not get any more calls about him, so we presume he moved to a serene place.

The next week, a Harbor porpoise stranded at KVI. Stocky, black and white Dall’s porpoises are Island regulars. The smaller, dark gray Harbor porpoise is uncommon in local waters, and she was the first dead one we have found on a Vashon beach. The photo with my article shows bizarre, claw-like scars on her body. No one yet knows what caused these wounds, so our photos are making the rounds of fish and wildlife folks for answers.

The stranding coordinator for Cascadia Research examined our porpoise on April 1. A final report may take months to complete, but preliminary findings reveal that the porpoise had numerous lungworms and possibly died of “verminous pneumonia.” Other marks on the carcass suggest eagles scavenged it.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. In early April, several Islanders called us to report a Gray whale and, days later, a Humpback whale, and then on Good Friday, a Gray whale again, all off the South End. Both Grays and Humpbacks visit Vashon-Maury waters this time of year. We have no photos to confirm identity. If anybody took decipherable photos of these mystery leviathans, please send them to Orca Annie at Vashonorcas@aol.com.

In a sad coincidence, two killer whale carcasses were recently

retrieved along the West Coast. On March 31, 33-year-old male Transient T44 was towed into Telegraph Cove, BC, for a necropsy. On April 5, a dead female orca calf, identity unknown, washed up near Monterey Bay, CA, and was towed to Moss Landing Marine Lab for examination. For both whales, causes of death are undetermined and full necropsy results are pending. Read about the calf at [www.marinemammalcenter.blogspot.com](http://www.marinemammalcenter.blogspot.com).

Finding dead orcas afloat is exceedingly rare; discovering two in roughly one week is akin to lightning striking twice. The bodies of T44 and the California calf will provide invaluable information about contaminant levels, diet, disease, and other issues.

This Earth Day, Odin and I did a welfare check on a young seal hauled out at Point Robinson. He was quite tolerant as we checked, from a non-threatening distance, for injuries or illness. Fortunately, he was healthy, alert, and cute as can be. With his brown, barely spotted pelage (fur), he was an excellent example of a light morph Harbor seal, so we photographed him. He stared at us in the same pleading way our dog does when she wants something. I apologized to him, on behalf of humanity, for despoiling his ocean home.

If you watched the sobering PBS Earth Day bookends, “Poisoned Waters” and “Call of the Killer Whale,” you learned that Puget



Sound’s Harbor seals, Chinook salmon, and Southern Resident killer whales are all loaded with persistent bioaccumulative toxins; e.g., PCBs and PBDEs (flame retardants). Humans carry these toxins as well, but not to the same degree. A monumental cleanup mission awaits our species. Discover what is at stake by watching these programs if you missed them.

I will close with this Indigenous wisdom from Hopi Elder and Spiritual Leader Thomas Banyacya: “Nature itself does not speak with a voice that we can easily understand. Neither can the animals and birds we are threatening with extinction talk to us. Who in this world can speak for nature and the spiritual energy that creates and flows through all life?”

Animals and birds are warning us with strange changes in their behavior, such as the beaching of whales. Why do animals act like they know about the Earth’s problems and most humans act like they know nothing?”



Dead female Harbor Porpoise with strange scars, KVI Beach. Photo by Odin & Orca Annie

PIC COL herbalist boneset1



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## Garden The World



## Chemical Companies Chide Michelle

Recently, I presented an article from the Organic Consumer’s Associate about Michelle Obama’s garden at the White House and suggested it was a good omen for organic gardening supporters and proponents of sustainable agriculture.

Interestingly enough, the Mid-America CropLife Association (MACA), a trade association of chemical companies that produce pesticides, have expressed their



Photo of Michelle Obama

concerns that Michelle is not using chemicals in her garden. I wish I was making this up.

In an email they forwarded to their supporters, an MACA spokesman said, “While a garden is a great idea, the thought of it being organic made [us] shudder.” MACA went on to publish a letter

it had sent to the First Lady asking her to consider using chemicals – or what they call “crop protection products” – in her garden.

While I believe, as many thousands do, that Michelle is doing America a great service by the way she is bringing a focus on the importance of nutritious food for children by cultivating her garden with the help of a local elementary school class, especially emphasizing locally grown produce as an important and environmentally responsible food source.

In a world at the brink of ecological disaster, where we are daily regaled with news that our water and air is increasingly polluted and poisoned, where things like artificial fertilizer and pesticides are made from addictive, toxic substances that are non-renewable, the fact that such companies are still touting their products is unbelievable to me.

Fortunately, once news of this MACA email came out, tens of thousands of activists from all over the country mobilized to tell these lobbyists that such propaganda is completely unacceptable. Many of us feel that it is time to stop telling lies about our food supply and it is too late to suggest that we cannot garden with organic and sustainable methods, in a sustainable manner without their poisons.





### What About Swine Flu?

by Kathy Abascal

Every animal species has its own strains of flu. Periodically a flu virus mutates and can infect another species. Initially, the new flu strain often is extremely virulent. A few years ago, horse flu morphed into a dog flu causing a very high death rate in dogs. Soon, however, the new strain may lose virulence instead becoming extremely contagious. Not too long after jumping the species barrier, dog flu had spread to all 50 states and today most dogs exposed to dog flu become sick but no longer die.

The current swine flu combines aspects of human flu, a strain of bird flu, and a type of pig flu. Often, these mixtures originate in pigs but this time it did not. The new flu strain is called swine flu not because it came from pigs but because it is of a strain that could infect pigs.

How dangerous is this strain? We know very little about it right now but what we know is disturbing. Out of some 1,000 cases, 60 some people have died. In the 1918 pandemic, the death rate was around 4%. The current numbers reflect a possible death rate of 6%, which is very, very high.

At one hospital in Mexico, some 500 of the health care providers were sick with the flu. This reflects that the flu is highly contagious. Nurses and hospital staff know to wash their hands and in a typical year, health care providers see many people with the flu but do not come down with the flu in huge numbers.

Another worrisome aspect is that, like the flu in 1918, it is affecting young adults rather than young children and the elderly. So the flu has a novel impact, one that is very worrisome. In 1889, a pandemic hit the world. Some 40% of the world population was sick with the flu at about the same time. Today, having almost half of our teachers, pilots, soldiers, workers etc. out sick would grind our economy to a halt — adding more depression to an already depressed economy.

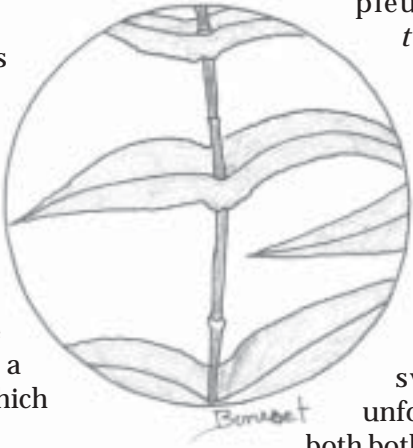
Finally, because bird flu is one of the strains in this flu blend, the pathogenic bird flu with its 60% death rate now has greater ability to infect

humans and cause a yet more dangerous pandemic.

Last season's flu was mild. Nonetheless, when it struck Ireland, pharmacies and health food store shelves were cleaned out of flu remedies almost immediately. When pandemic flu hits — and it will some day — you will not be able to run out and buy remedies. You need to stock up in advance.

So, what should you stock pile? First, vitamin D. Many Americans are low in vitamin D and adequate blood levels of D help protect against the flu. Flu season correlates with the time of year when we have the least amount of D. But do realize: It will not help much to take a D supplement if you also are taking a calcium supplement or eating much dairy. The body will not activate the vitamin D if there is too much calcium in the blood.

Next, I would stock pile boneset (*Eupatorium perfoliatum*) tincture. Native Americans, American physicians in the 1800 and early 1900s, and German MDs in the mid-1900s all agreed: Boneset appears to prevent people from getting the flu. And they consistently found that boneset made any flu milder and more tolerable. Today, elderberry (*Sambucus nigra*) is a popular flu remedy with some scientific support. I personally would not rely on elderberry although I see no harm in using it. Elderberry was available to those MDs who so strongly recommended boneset but they did not use elderberry in difficult cases of flu indicating that it may not be strong enough. I also keep black cohosh (*Actaea racemosa*) and pleurisy (*Asclepias*



*tuberosa*) root around. The former was used to reduce the pain of the flu; the latter to prevent lung complications. Finally, the new swine flu unfortunately causes both both respiratory and digestive symptoms (diarrhea and nausea). So I would want the old Eclectic formula, Tummy Tamer on hand.

Having some type of chest rub on hand is also important. Vicks Vapor rub or an onion poultice will do if one of the herbal topicals I describe in my flu book is not available. The volatile oils in herbs are able to penetrate the lung tissue and help heal at times when blood flow is impeded by inflammation and pneumonia.

Finally, physicians in earlier pandemics emphasized again and again that it was critical that patients rest when they had the flu. Then, as now, young adults got up too soon to get back to work or care for their families. As a result, they often suffered pulmonary complications — sometimes fatal — that might have been avoided had they forced themselves to take their illness seriously and rest.

If we are lucky, the swine flu will not prove as virulent as it seems to be at the moment. Regardless, this should serve as a reminder to all of us that both earthquakes and pandemics may be in our future and that we will do much better if we prepare for them before they strike.

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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.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 8.**





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# Lo'py Laffs

## Zen Judaism

The Tao does not speak.  
The Tao does not blame.  
The Tao does not take sides.  
The Tao has no expectations.  
The Tao demands nothing of others.  
The Tao is not Jewish.

The Torah says,"Love thy neighbor as thyself."  
The Buddha says there is no "self."  
Maybe you are off the hook.

## YOU KNOW YOU'RE GETTING OLDER WHEN...

Everything that works hurts, and what doesn't hurt doesn't work.  
You feel like the morning after, and you haven't been anywhere.  
Your little black book only contains names ending in M.D.  
Your children are beginning to look middle-aged.  
Your mind makes contracts your body can't keep.  
You look forward to a dull evening.  
Your knees buckle and your belt won't.  
Your back goes out more than you do.  
You sink your teeth into a steak, and they stay there.



You shoulda seen the one that got away!

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## QUOTES FROM 11 YEAR OLDS' SCIENCE EXAMS

Water is composed of two gins, Oxygen and Hydrogin. Oxygin is pure gin. Hydrogin is gin and water.  
When you breathe, you inspire. When you do not breathe, you expire.  
H2O is hot water, and CO2 is cold water.  
When you smell an odourless gas, it is probably carbon monoxide.  
Artificial insemination is when the farmer does it to the cow instead of the bull.  
Momentum: What you give a person when they are going away.  
The pistol of a flower is its only protection against insects.

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Loop Arts



Jamie Laval, one of the premier Celtic violinists on today’s international music scene will perform one night only on Vashon during his West Coast tour. Known for his intensely passionate performances of traditional music from Scotland, Ireland, Brittany and Quebec, Laval also brings an air of classical virtuosity and world music flair. His live performances, upbeat and authentic, consistently leave audiences of all ages and musical affinities with enthusiastic, long-lasting impressions. He performed two years ago to a sold out VAA crowd with Ashley Broder. This time, he will be joined by sensational, self-taught 20 year old Atlanta based, Zac Leger on guitar, bouzouki and pipes.

Jamie Laval with Zac Leger performs Friday, May 15 at 8 pm at the Blue Heron. Tickets: \$12 students/\$14 VAA members, seniors/\$16 general admission Tickets available at [brownpapertickets.com](http://brownpapertickets.com), Heron’s Nest, Books by the Way and Blue Heron Art Center.



Sugarcane String Band at the Red Bicycle

Friday, May 2nd

One of the hardest working bands to come out of Portland, OR, in a very long time, The Sugarcane String Band brings their mix of bluegrass, blues, funk and soul to the Red Bicycle this Saturday night at 9:30pm.

Six good friends that got together to form this smokin’ hot String Band, they’ve been packing venues up and down the west coast for awhile now. If you’re a fan of Deadwood Revival or The Clumsy Lovers, you’ll enjoy this band and experience some serious foot-stompin’ music. The Red Bicycle is clearing the tables out for this one!

The Sugarcane String Band will be performing a no-cover show at the Red Bicycle Bistro & Sushi beginning at 9:30pm.

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Celebrate Beaches

*Continued from page 1*

Reserve. The reserve was established in 2004 to protect its diversity and its significant marine life. Its boundaries include most of Maury Island and all of Quartermaster Harbor. Within this area there are significant spawning beaches for Pacific herring and surf smelt and shallow waters in which juvenile salmon hid and feed for months before swimming out to the open ocean. The reserve protects feeder bluffs that replenish sand beaches; eelgrass beds that thrive on the sand; and other stretches of dense clay, cobbles, and boulders, each microhabitat supporting uniquely adapted animals.

To help folks find and learn about these animals, beach naturalists will roam from northwest of the point around to the big tidepools south of it. They will demonstrate how people can protect these very vulnerable animals by practicing the rules of Best Beach Behavior.. Going from one kind of habit to another and moving further down the beach as the tide recedes, they will explain how creatures in each habitat niche are able to survive the pounding of waves and the periodic drying out of low tides. Kathy Sider, Bob Fuerstenberg, Sandi Noel, and Barbara Gustafson will all serve as guides.

Some special activities are planned for children and families. Erin Durrett, Pam Wise, and Beth Lolley will offer a treasure hunt activity to young explorers, and they will show

how to look gently into the world of a tide pool to see animals without scaring them into hiding. Artistic folks will start an all-natural beach art creation, and welcome all hands to help place the pieces of wood, stone, sand, and/or shell.

The center of operations will be a circle of booths just south of the old Keepers’ Quarters on the grass near the gift shop. The Vashon Park District big canopy will be set up among smaller booths exhibiting displays and information about Puget Sound ecology. Bird walks by Audubon will depart at 8am from the upper lot, and 1:30pm from the VPD canopy. Helen Meeker will lead a native plant walk at 1:30, and the Keepers of Point Robinson will guide lighthouse tours. Other presentations include human ecology with Patrick Christie, and native traditional ecological knowledge with Odin Lonning and Annie Stateler.

A free shuttle bus will run along Pt. Robinson Road and Luana Beach Road to transport people between their parked cars and the festivities, and a food vendor is planned. Sponsors of the event include People For Puget Sound, Washington State Department of Natural Resources, Washington Scuba Alliance, Vashon Park District, Vashon-Maury Island Audubon Society, Vashon-Maury Island Land Trust, Project Aware, Keepers of Point Robinson, and King County. For more information, please contact Rayna Holtz (463-3153) or Daoud Miller (382-7005 x217).



## Blue Heron Dancers perform at VHS Theater

By Janice Randall

Blue Heron Dance will present their annual spring performance extravaganza - Carnival of Animals, Serenade and Original Works, Friday-Saturday, May 8 and 9, 7 pm, and Saturday-Sunday, May 9 and 10, 2 pm, at VHS Theater. Tickets for the Mother's Day weekend performances are available now at Books by the Way, Heron's Nest and VAA, 463.5131.

Approximately 150 Blue Heron Dance students (the entire company) ages 3 to adult will present a spirited potpourri of Ballet and modern dance, from original works and Carnival of Animals by French Romantic composer Camille Saint-Saënsto to Serenade by Tchaikovsky.

Beginning with Carnival, dancers ages three to 12 will tell a colorful and comic story about children who take a field trip to the museum of natural history. "One child sneaks back into the museum after the field trip, falls asleep and the museum comes to life with mules, kangaroos, tortoises, loins, chickens, swans, fish, birds and mice," says Director of Dance and choreographer Christine Juarez. Two adults, Kathy Bonner and Kirsten Eastman, will also dance in the piece. Costumes and costume pieces, created by Kate Guinee, will offer elegant simplicity such as webbed hands for fish. Cornish College of the Arts has also loaned costumes to the company.

Parents Allison and Don Bockus designed a dinosaur fossil that awakens during the dance. Dance parent, Tony Furr

will design set pieces for the museum. Set will be designed and painted by Island artist Jeffrey Zheutlin. Stan Voynick will produce the performance and provide light design.

Tchaikovsky's Serenade pays musical homage to Mozart, includes a waltz and the finale is based on an upbeat Russian folk tune. Juarez has restaged Tchaikovsky's Serenade, made famous by Balanchine, for advanced dancers. Serenade is essentially a group of mature (Ballet 5 and 6 only) trained dancers in beautiful tutus, moving to beautiful music. Juarez says the students chose to tackle this difficult piece and that it was a good selection



Sami Ressler, VHS senior, will dance in Serenade May 8-10, at VHS Theater. Photo by Mike Urban.

because the focus will be on dance and music.

Juarez says this performance will be a bittersweet experience for her and the group of graduating seniors who have danced together since they were young girls. Juarez and the group have choreographed a special original work they will dance all together. Another spring tradition, awarding of Ten Year Tiaras, will also take place during the weekend.

Barnworks are opening their doors during the Spring Art Show on May 2nd, 3rd, 9th, and 10th from 10 am to 5 pm. The current members of Barnworks, along with a number of invited guest artist, will be showing paintings and photographs in the old barn that, in a previous life, was used for milking, storage, chickens and boat building. Mary Hodgins is the featured artist on the Barnworks 2009 Spring postcard. Hodgins was drawn first to working in watercolor for its transparency and intense color. Over the years she has expanded to blending other media with watercolor such as acrylics, pastels, and pigment powders. Mary says, "Painting on canvas with acrylics feels like a new beginning; more abstract with lots of texture. I am very excited to present my latest paintings."



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## X-Men Origins: Wolverine May 1st



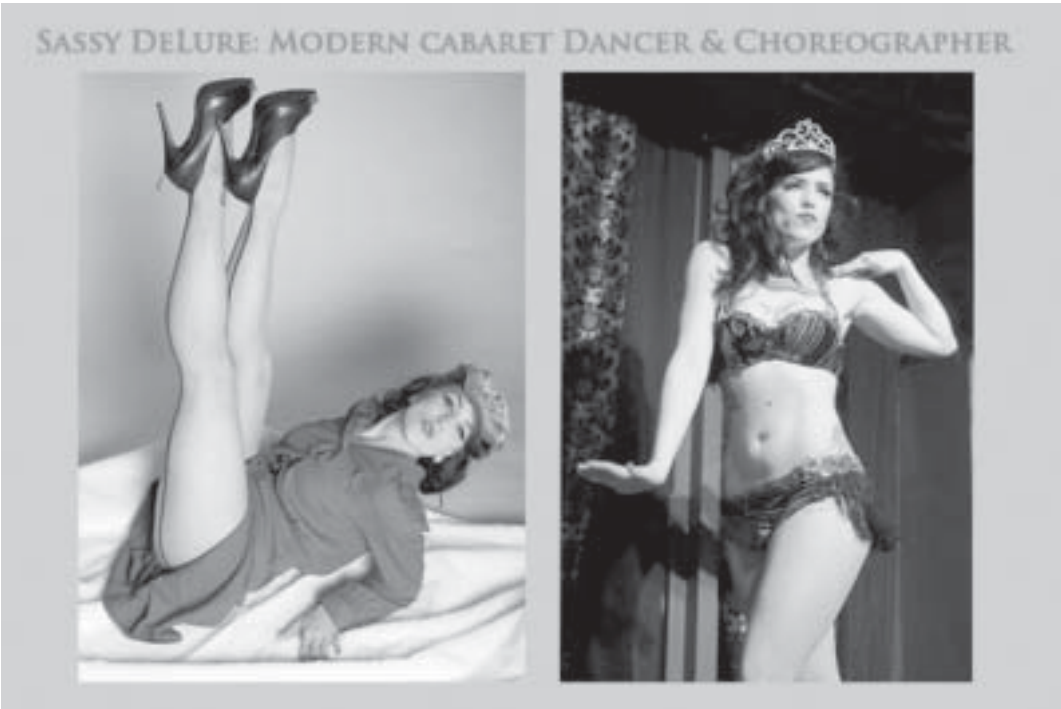
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Veracityblue Studio is delighted to celebrate Vashon Island's Art Studio Tour 2009 by welcoming Seattle's Cabaret Performers Fuchsia FoXXX & Sassy DeLure. The ladies will be hosting a little peek into their rhinestone encrusted world at Veracityblue Studios on May 3rd at 4 pm. Come enjoy wine, appetizers and a live performance by two of Seattle's hottest Cabaret dancers and producers of Gorgeous House Entertainment. Come experience this all ages appropriate show, followed by a meet and greet with Sassy DeLure and Fuchsia FoXXX



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