

THE LOOP

Vol. 7, #4

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

February 19, 2010



Vashon Havurah Presents ... Barry Grosskopf

The Vashon Havurah is inaugurating a new series of notable local speakers. These events will take place on the fourth Friday of each month, beginning at 7:00 pm, and everyone in the local community is welcome to attend. These free events will take place at Havurat Ee Shalom, 15401 Westside Hwy SW.

We are very pleased to present Barry Grosskopf, who will talk about how trauma changes a person, whether the trauma results from abuse in childhood, rape, war, or disaster, and how to heal from it. Barry believes that the current conceptions of PTSD interfere with a person's ability to make a life. **Barry Grosskopf will speak at 7 pm on Friday, 2/26 at Havurat Ee Shalom.**

Barry Grosskopf was born to parents who survived the Holocaust, and he and his family lived in refugee camps in Poland during the first five years of his life. He has been a psychiatrist for the past 32 years, spending almost his entire career in community psychiatry, working with the disenfranchised and with the treatment-resistant. Over the years, Dr Grosskopf has learned that people with psychiatric disabilities continue to grow and become wiser and more normal, if basic human needs of security, community, respect, and dignity are met.

Currently he is on the clinical faculty at UW, supervising psychiatric residents. Occasionally, he takes family medicine residents with him on

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What is The Moisture Festival?

By Ron Bailey, Producer

The Moisture Festival is the largest Comedy/Variety festival in the world today. No place else on earth showcases the Variety Arts like this northwest non-profit organization.

This will be the festival's 7th year. One very important thing to know about the event is that it is run by a wonderful and talented volunteer army that donates hours and hours of work because they love this art form and the affect it has on audiences. Why? To see families and



friends laugh together witnessing inspirational physical performances with odd skills perfected by strange and unique individuals. And all of this is accompanied by a live show band! To bring these talented performers to our area means organizing plane tickets, places to house the performers, arranging

generous local restaurants to feed the artists, handling promotions and publicity, ushering the events, getting sound and lights – the list goes on and on. All of these tasks are accomplished by volunteers!

In addition to the volunteers' contribution it is the artists themselves, who perform for a fraction of their usual fee, coming together because they also want to do their part to keep the Variety arts as vibrant today as they have been through out the history of entertainment. Rarely do they get the chance to gather together, to hang out, to see what each other is up to and see who is bringing something new and exciting to the stage.

All of the artists agree to be part of the festivals "share system". After the festival, when

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Goodbye Tom

When people talk about Vashon's "local characters" they may not have Tom Stewart in mind, but he certainly was one, in his own larger than life way. He ticked off the proletariat with his helicopter, then generously – and anonymously – paid for the annual Fourth of July fireworks show for the community's enjoyment. He hosted a huge Republican picnic on his Misty Isle estate, often on the same weekend as Earthfair. The juxtaposition of busloads of Republicans in seersucker and vanloads of hippies in hemp was very Vashon, and we have to wonder if Tom planned it that way just for the heck of it.

Our sincere condolences to the families of all the people who lost their lives in the tragedy of his helicopter crash.

Cody Rivers Show brings comedy to Family Series

By Janice Randall

Kinetic, brilliant, unpredictable and artfully absurd The Cody Rivers Show brings their unusual brand of comedy and wildly physical theatre to the Blue Heron, Sunday, Feb. 28, at 2 p.m. Booked for the VAA Family Series, Northwest comedy team, Mike Mathieu and Andrew Connor say their new show, Right Back Where We Finished, provides heady and delightful entertainment for kids to adults, "There's enough accessible stuff for 8-10 year olds to hang with it," adds Connor. And having seen their shows, there's enough action on stage that younger children will be dazzled.

Right Back Where We Finished consists of a dozen vignettes that meld together; each exists in its own bizarre universe, yet the pieces are connected in unexpected ways. "It's like running a marathon, doing algebra and eating a candy bar all at the same time," according to Connor. Audiences will witness: precocious youths freshly back from the science museum; game show hosts obsessed with intellectual stimulation; word play in the Wild West; An epic battle between ants and prairie dogs; a ping-pong game gone horribly wrong and more.



Continued on page 14

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 Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Events and News from King County

“We’re talkin’ trash” - A recycling and environmental community forum

Bring your questions, your comments and your “can I recycle this?” samples to a community forum hosted by Vashon Maury Island Community Council, Feb. 24, 7:15 - 9 p.m., at McMurray Middle School. Guest speakers include Jeff Gaisford and Sharon Aller of the King County Solid Waste Division’s Recycling and Environmental Services; Clinton Christine, who supervises the Vashon Transfer Station; and a representative from the private garbage hauler.

Carbon sequestration at Island Center Forest on Vashon Island

Forty volunteers planted 1,200 tree seedlings at Island Center Forest in one of the most interesting King County habitat restoration projects. Part of a collaboration with King County Department of Natural Resources and Parks, the University of Washington and Friends of Island Center Forest, a barren “borrow pit” site has become a cutting-edge demonstration project where researchers will study the use of compost and its ability to capture and store carbon while rebuilding the fertility of degraded soils.

Call for Artists-’Foolery’ Two-Wall Gallery, Vashon, WA, Friday April 2-30, 2010

Art is full of trickery. Artists use tricks to make things appear different than they are, we use tricks to make the subject of our work appear to be one thing when it is actually something else, and we use a lot of tricks to make our marks, from masking tape to toothbrushes to photoexposure and printing press. Paintings, prints and

photographs that attempt to trick the eye or the mind, including recreation of material surfaces, Trompe l’oeil, reverse perspective, are welcome, as well as prints accompanied by printing plates/blocks/screens. Please submit 1-5 jpegs to Patti at pingpsb@yahoo.com. Deadline for jpeg submission: March 5, 2010. Art must be delivered by March 27.

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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PO Box 253, Vashon, WA 98070
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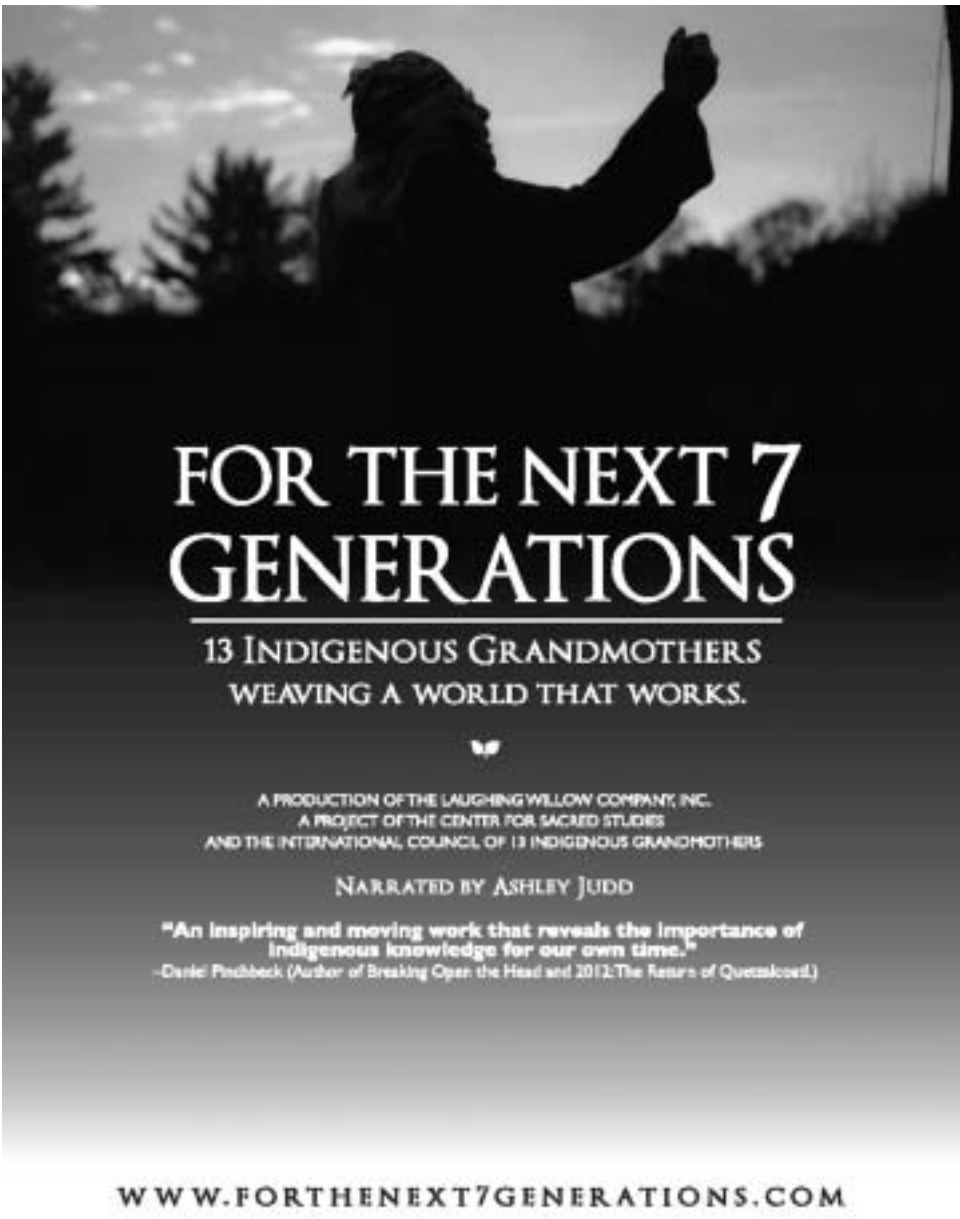
Don't miss an issue. Really. We are in our 6th year of publication and still not bankrupt! (Yet) Wow!



Moisture Festival Photo See Front page

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 26.**

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



For The Next 7 Generations, a documentary film
Saturday, February 27 at Vashon Theater
community drumming at 12:30 PM / film introduced at 1 PM
\$7 general / \$5 WWRL members, elders, youth

This film portrays the life stories, traditional ceremonies and indigenous healing practices of medicine women from India, Nepal, Tibet, the Amazon, Mexico, Nicaragua and Gabon, Africa, as well as Alaska, South Dakota, and Oregon. Deeply respected in their own communities, these wise elders speak to us with compassion and a sense of urgency as they call for change to heal the earth and protect and empower our children. Parents of young children should know that parts of the movie portray the use of mind-altering drugs in a spiritual and healing context. Offered by Vashon Drum Circle. Proceeds benefit the 13 Grandmothers.

Spring Garage Sale

Vashon Island Pet Protectors will hold its spring garage sale on Sat, March 13th from 9-1p.m. and Sunday, March 14th from 10-1p.m. at the Land Trust Building on Bank Road. If you are able to donate any items please drop them off on Saturday, March 6th or Sunday, March 7th from 10-3p.m. at: 17825 Beall Road or call Janice Clayton at 206-271-5693 to make arrangements that are more convenient for you. We are also accepting donations on Friday, the 12th at the Land Trust Building after 3p.m. Unfortunately, we are unable to accept: mattresses, computers, exercise equipment or large appliances.

VIPP Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day EVERY Saturday from 11:30-2:30 at our NEW VIPP ADOPTION CENTER at 12200 SW 243rd St. Please go to vippp.org for directions or call VIPP at 206-389-1085.

AARP Tax Counseling

Friday, March 12,
10:30 – 6pm

Schedule an appointment with a AARP Tax Help Volunteer at the library by calling Vashon Library, 206-463-2069. Appointments have priority; walk-ins will be accommodated as time permits. Bring your last year's tax return and all information needed to fill out your tax return. All returns must be completed on a computer and electronically filed. We ask for your patience in order to be fair to everyone. There is no charge for this service.

Eat at the...





HOME TEAM REALTY

Troy and Marie Celebrate Septic Regs Anniversary

This is a re-print of an article we ran about a year ago, regarding regulations that went into effect in January 2009. Our experience this last year with the King County Department of Health regarding these new regs have been pretty good. Their turnaround time has been reasonable. Of course, there haven't been all that many properties changing hands, but that is another story.

- Troy:** Marie, I don't think people understand the implications of the new King County code regarding the mandatory inspection of septic systems when transferring title to a house. We'd better explain, since it has serious implications for home sellers.

Marie: It sure does. What the new Title 13 code says is this: "The seller of any single family or multiple family residential property served by an OSS [on site septic system] shall, prior to transfer of title to the property, have a monitoring and performance inspection performed by a licensed OSM [On-site System Maintainer]. The licensed OSM shall file with the department an on-site system report and applicable fee in accordance with the fee schedule."

Troy: The intention behind the new regs is fine; it is in the public interest to ensure that septic systems are functioning properly and not contaminating the groundwater. And buyers certainly have the right to know the condition of such an important part of the property.

Marie: No one is arguing that - although one could argue that the contamination problem pales compared to the contaminants in the 400 million gallons of treated sewage pumped into the Puget Sound every day. Nonetheless, having well functioning septic systems in certainly in the interest of public health.

Troy: One problem that I foresee is that the county does not seem to be set up to handle this new requirement. As Program Manager Michelle Britt explained, they are counting on fees collected to eventually fund the staff to process the paperwork. The filing fee will be \$95, and the report has to be filed within 6 months of transferring title. They are thinking it will take a week or so to turn the report around. Of course, this does not include the time or cost of having the inspection performed. Neil Drawbridge, Vashon's only OSM, will do this work for a very fair price.

Marie: True. The OSM will have to fill out a comprehensive report about the system, as well as provide a drawing of the system if the county does not have one. The drawing will need to include things like the location of the tank, distribution box, and sand filter, as
- well as the approximate length of the drainfield. For systems within the so-called Marine Recovery Area, the OSM must also expose (yes, dig up) the beginning and end of drainfield lines. More on that in a future issue. I'll bet a fair number of homeowners don't even know they live in a Marine Recovery Area.

Troy: The timing of the inspection will get tricky, too. Currently, houses often sit on the market for more than 6 months. So if a seller has the inspection done when the house is listed, he might have to have it inspected a second time when the house sells. If the seller decides to wait until he has an offer on the house, he might be running the risk of uncovering a problem with the septic system that can't be fixed in time for closing. Or might cost a fortune to fix.

Marie: Now you're talking about an even bigger problem. There is no financial help available for people who learn that their septic systems are substandard. Repairs are expensive, and this new rule will definitely add an unwelcome dose of economic hardship to people who are already struggling. In the best-case scenario, someone will pay an extra \$270 to sell a house. (On top of the septic pumping fee, by the way.) The worst case is, well, much worse.

Troy: But let's not be alarmists. Most septic systems work just fine, and will pass inspection with no problems. Our recommendation is to have the system inspected just prior to listing. Better to know what you're dealing with up front.

Interesting times, aren't they? If you are wondering if you should sell or not, give us a call. We can help you evaluate your options, as well as give you an idea of what your house would sell for in this market. No cost, no obligation. We're at (206) 463-LIST (5478), or write marie@yourHTR.com.

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Don't Forget the Birds



Mergansers

by Ed Swan

Common and Red-breasted Mergansers provide some of the more entertaining saltwater ducks in winter around Vashon. Both often cooperatively hunt for fish, though more especially the Common Merganser. A flock of 30-50 Commons often move together across the water in one or more lines abreast and dive simultaneously when finding a fish, chasing it to each other. As they swim along, their heads often dip down perpendicular to the water so that they scan the water below and ahead of their line. Once they spot a fish, the mergansers frequently shoot forward suddenly with bursts of speed.



Observers usually note Red-breasted Mergansers more often than the Common because they spread in small numbers along much of the Island shoreline. Red-breasteds generally leave earlier in the spring than the other waterfowl and usually arrive before most of the other ducks in the early fall. Sometimes large numbers of Red-breasteds fly into the mouth of Quatermaster Harbor just before dark as they seek shelter during the night. Both ferry docks, Tramp Harbor and the straightaway south of Burton in Quatermaster Harbor provide regular locations for finding Red-breasted Mergansers.

Common Mergansers appear to be growing in both overall numbers around Vashon and in a more steady presence over the last 4-5 years. Formerly seen primarily in migration and representing a surprise find, Commons over the last several years built large winter flocks in

show up in many spots around the Island, though usually inner Quatermaster Harbor offers the best chance for spotting them. The beach along Christensen Cove next to Lisabeula Park appears to be a favorite location for resting on shore to preen and sleep. Unlike the Red-breasted Merganser, they appear on fresh water in Western Washington but

Vashon has no ponds big enough to appeal to them.

The males of the two species contrast sharply with the females and each other. Both possess red bills and dark green heads that often appear black. However, the breast and sides of the male Common Merganser appear very white while the Red-breasted shows brownish-reddish breast plumage and medium grey along its sides. The females look very similar to each other with brown heads and grey bodies. However, the Common is somewhat larger and longer. Its head presents itself as a richer, redder brown and some contrasting white occurs at the top of the breast and chin.

In local birding news, spring birds began to arrive in February with first sightings of Rufous Hummingbirds by Joy Nelsen and Brenda Sestrap on February 5 and also Marcy Summers on February 4. John and Ellie Friars found a Greater Yellowlegs at

KVI Beach on February 2. These shorebirds apparently winter around Vashon but all sightings so far occurred in Quatermaster Harbor. If you have an interesting sighting to report or a question about local birds, contact me at 463-7976 or edswan@centurytel.net. I'm also available as a guide for finding birds around the Island and the Puget Sound region. The coming months through mid-spring provide the best birding of the year with winter waterfowl being joined by returning breeding birds in April and May.



Jim Rosso photos of Common Merganser

Quatermaster Harbor. Gilbert Findlay living near the marina in Burton noted 414 Common Mergansers on February 11, 2010, the largest flock yet recorded for Vashon. With flocks of this size, they now likely outnumber the Red-breasted Merganser around here. Flocks of 50-200 regularly

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Moisture Festival Photo See Front page



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Vashonorcas@aol.com
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Opinions

Hi,
I am on the King County Community Advisory Group for the Dockton Road Preservation Project. I am writing to ask for your help in keeping the Dockton Rd open.

As you may know there are three options still on the table. The first is closing the road when it fails and sending all the traffic to Quartermaster and Monument. This would entail widening parts of Quartermaster and Monument, adding shoulders and completely redoing the intersection of 204th and Monument. It would add 3,000 cars per day to those 2 roads, increase traffic in front of the high school and all along the highway from 204th through town. Currently, much of the traffic goes up Beall and bypasses the intersections along the highway. Since this route will take more time than driving along Dockton, there will be increased speeding on Monument which already is a known speedway.

The second option is to close the road, make all the above changes and turn part of the waterfront into a beach with some parking at the north end. Most of the waterfront is privately owned and that would not change, so we would lose the use of the road and not gain much use of the waterfront.

The third option is to upgrade the road. It would remain 2 lanes but would have an added shoulder for pedestrians and bicyclists.

As a resident of the neighborhood that would be severely impacted by the road closure and a frequent walker/jogger on Dockton, I am representing those interests in the Community Advisory Group.

I am asking for your help. Please make a short phone call, send an email or write a letter to Barbara de Michele and request that the Dockton Road remain open. We were informed at the last meeting that they did not have a consensus of opinion from Vashon residents on what



The Elephant Man 2010

to do with the road. Please do not let residents that are not affected by the closure make this decision. Please make your voices heard. Please ask your neighbors and friends, especially on Maury, Quartermaster, Monument and 204th to join you. Barbara de Michele's information is listed below.

Thank you for your time,
Nancy Kappelman 463-4727

Barbara de Michele
King County DOT Community Relations
201 South Jackson
KSC-TR-0824
Seattle, WA 98027
206.263-3792
barbara.demichelle@kingcounty.gov





Aries (March 20-April 19)
You're not the goodie-goodie you like people to think you are; this, despite how you flaunt your wild side. Though you would probably never own up to that contradiction, it's time to worry less about your image and more about how being authentic draws authentic people toward you. I suggest you admit to your chaos, your passion, your craving for freedom. I suggest you admit to the true fact that your attractions follow no special logic, no rules, and in the end, know no bounds. You could spend a lot of time worrying about why you have tried to pretend otherwise; you could wonder why you're caught in the structure that you're in. Or you can simply be free.

Taurus (April 19-May 20)
You have an active imagination; it's so active, you rarely give yourself a chance to step out. Yes, Taurus is the sign most often associated with physicality and grounding and all of that, but lately you seem more in your head than usual. You seem to be searching and dreaming and exploring in there. That's fine, as long as you take some of what's in your head, and put some of that pancake batter onto the griddle. True enough, you don't have to. You can keep stirring it in your mixing bowl. You can keep adding sugar. But as long as you do that, you're always going to have batter and you're never going to have hotcakes.

Gemini (May 20-June 21)
Don't expect your social experiences to follow a plan, or even your vaguest notions of what you thought you wanted. I would propose that you will figure out what you want in a series of experiments, at the end of which you will have given up on a few old friends and made some brilliant contacts with some new friends. This is the time to desire new people, places and experiences. In fact, it's time for them to desire you right back. I would say if you don't want attention, don't leave the house, but not even that will work. Remember this attention parlays into your workplace or professional activities. You will be rewarded for good work, so keep your focus.

Cancer (June 21-July 22)
You cannot control the outcome of events, and you don't want to. What you can do is pay attention to the flow and skate along with the game. And it looks like a fast game, for sure, where the rules change. Mars finally stationing direct is likely to improve your attitude about money, as long as you remember to invest it in what has lasting value, or in what fits a long-term plan. You feel like you have a lot of mojo, which remains true as long as you apply every molecule and photon of it consciously. There is a direct relationship between awareness and power, and at this opportune

moment I suggest you add some ambition. Not a lot, just enough.

Leo (July 22-Aug. 23)
You're about to get a surge of energy — though I suggest you go for the slow burn. Keep your flame blue and clean and just the right temperature. In other words: plan for the long run. Mars is about to station direct in the first degree of your sign; then over the next 10 weeks it will work its way clear across Leo, touching the natal Sun of everyone born under your sign. Through the long Mars retrograde, you've done a fine job reinventing yourself. I suggest you stretch gently into this new concept of who you are, rather than inflating like an airbag. You'll be tempted; yet the long-term outlook says that if you pace yourself, the very best is yet to come.

Virgo (Aug. 23-Sep. 22)
You now know the truth about a health situation that has long troubled you, taxing your peace of mind in a way that you've let on to only a few people in your life. Though you prefer to be truthful, you were correct in not spreading your anxiety, mainly because you knew it would come back to you. Now that your worst fears have been proven unfounded, you can spread something else, which is your unmitigated vitality. And that will come back to you, just like anything else you broadcast. In the next six months, this echo effect is only going to intensify, and you'll need to be clear what is yours and what is not.

Libra (Sep. 22-Oct. 23)
This is not the time to seek stability in your relationships — it's time for something better. This theme repeats over and over this spring, any way you shuffle, slice or dice the planets. You need to trust the stability within yourself. Most people seek structure on the outside, and give their relationships a too-difficult job. The difference, in the end, is about maturity; when your life moves as fast as it's going to move, and becomes as unpredictable as it's going to become, you need to know where your center is, and you need to know how to get there fast. Then you will be able to play fast and loose, something that is unusual for you, but which you've craved for a long time.

Scorpio (Oct. 23-Nov. 22)
It may be driving you half-mad that a partner can't home in on their sense of identity. But then, you've been wavering on a commitment for many weeks, and this commitment has a lot to do with who you are; or rather, with acknowledging who you are. There is more to this commitment than meets the eye, because of the depth of the understanding involved. In a sense, you're making an agreement with yourself about the role that you deserve in the world; which in turn is a reflection of how powerful you are willing to believe you are. True,

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*"Come See Molly
Wednesday-Friday"*

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over the past few months you've given yourself many reasons to doubt, but in truth you've discovered just as many to have confidence.

Sagittarius (Nov. 22-Dec. 22)
Few astrologers would advise someone born under your sign to take a little extra risk, fearing what you might do. However, I'm aware the extent to which you have put the restraints on yourself in recent months, and have retreated far from your usual swashbuckling self. Here is the key: respond to your feelings and not your mind. Start from where you feel safe. That is a feeling you can actually trust. From that space of safety, take a step; then when that works out, take another step. You may, along the way, feel the impulse to leap in feet first, and I wouldn't want to stop you; just make sure you're absolutely willing, with no hint of hesitancy.

Capricorn (Dec. 22-Jan. 20)
It's time to make some fast, bold professional moves; primarily this is the time to make sure you're as visible as possible. If you stay where people can see you, you'll increase the chances of success significantly: success as you define it. I have an idea what that is: the privilege of expressing the person you actually are in your professional life. Capricorn is often accused of being ambitious: I see the matter differently, as a quest for authenticity that brings you through many incarnations of your career and your role in the world. In actual fact, you must try again and again till you find the place not where you fit, but where you are free to exist.

Aquarius (Jan. 20-Feb. 19)
In astrology there are, occasionally, before and after moments. That is the easiest way to understand, or to even see, the meaning of how the planets move. You have now arrived at an 'after' moment: after a very long spell of the need for clarity, coexisting with yourself in a kind of misunderstanding. You have resolved something, or perhaps you've just observed something, but it goes so deep into who you are that it seems to reach across all your lifetimes. In any event, however you choose to think of it, you have turned one page of your life and embarked on a whole new volume of existence. The territory changes fast from here: take careful, conscious steps and always notice where you are, and whom you're with.

Pisces (Feb. 19-March 20)
Know good times when you're in them — and you are. These are not the kind of good times that melt into the background of history, forgotten because of their comfort. Rather, this is a moment that stands out rather than stands back, and which you may consciously, willingly and lovingly use to enter a new phase of your life. I trust that you feel a certain energetic relief, the ability to relax and the growing sense not that you have enough, but that you *are* enough. Keep that feeling, and remember the idea, if you lose contact with the inner orientation. It is fair to say that everything is about to change — in ways you would have wished for, if you could have ever predicted what was possible.

Read Eric Francis daily at PlanetWaves.net.

Vashon Library Program Calendar
March 2010

Great Books Discussion Group

Monday, March 01, 7:00 pm

The Great Books Club meets on the first Monday of the month. The selection this month is “The Man Who Would Be King” by Rudyard Kipling. Visitors are welcome. Our only requirement to participate is that you have read the material under discussion.

Toddler Story Time

Tuesdays, March 2, 9, 23, 30, 10:40 am

Ages 21 months to 3 years with adult.

Enjoy 20-minute program of stories and songs just right for toddlers.

Registration not required.

Preschool Story Time

Tuesdays, March 2, 9, 23, 30, 11:30 am

Ages 3 to 5.

Join us for 30 minutes of stories, songs and fun!

Registration not required.

Study Zone Homework Help Tuesdays and Thursdays, 3-5 pm
Volunteer Tutor, Daphne Purpus

Drop in during scheduled Study Zone hours for homework help for grades K-12.

Baby and Me Story Time

Wednesdays, March 3, 10, 17, 24, 31, 10:00 am

Newborn to 20 months with adult.

A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.

Registration not required.

English as a Second Language

Wednesdays, 6-7:30 pm Learn how to speak English in weekly sessions. Child care may be provided if you let us know ahead of time. Registration is required. Call Rayna Holtz at the Library, 463-2069.

Tax for Low Income People

Thursdays 11am to 1pm

Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2009 tax forms. It’s all free and no appointment necessary.

SAT Test Preparation

Saturdays, March 6, 13, 20, 27, 1:00 pm

Instructor, Daphne Purpus

Four sessions will help you prepare for the SAT. They will focus on the exam format, how the questions are ordered, when to guess, how to guess, and general test-taking strategies. Students will receive suggestions about how to prepare further on their own.

Prerequisite: Students must take the SAT practice test online BEFORE the first session. A library card is necessary to log in to the Testing & Education Reference Center, a database that can be accessed from the King County Library website.

Register at Vashon Library, 463-2069

AARP Tax Counseling

Friday, March 12, 10:30 – 6pm

Schedule an appointment with a AARP Tax Help Volunteer at the library by calling Vashon Library, 206-463-2069. Appointments have priority; walk-ins will be accommodated as time permits. Bring your last year’s tax return and all information needed to fill out your tax return. All returns must be completed on a computer and electronically filed. We ask for your patience in order to be fair to everyone. There is no charge for this service.

Friends of the Vashon Library

Saturday, March 13, 10:00 am

Join the “Friendliest” group on Vashon Island! We support the Vashon Library by raising funds that provide free programs for all ages, with our book, T-shirt, and plant sales. Meetings are fun and there are always refreshments.

Keeping Backyard Poultry

Sunday, March 21, 1:30 pm

Presented by Paul Farley

If you’ve ever thought you’d like to keep chickens or other poultry in your backyard, this is the program for you! Taught by Paul Farley, who’s kept poultry for 50 years, you will know all the basics by the time you leave the library. Registration is required; call 463-2069.

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Vashon Havurah
Presents ...

Continued from page 1

house calls and he mentors psychology interns. He is employed by Navos (formerly Highline-West Seattle Mental Health), working with mentally ill elders who were formerly homeless. He also treats patients re-entering the community from Western State Hospital, as well as serving the community at Transitional Resources. The membership of the Washington State Psychiatric Association designated him the outstanding community psychiatrist for the state of Washington State in 2009.

Dr Grosskopf is the author of “Hidden in Plain Sight,” which won the silver medal in 2008 from the Psychology Division of the Independent Publisher’s Award in 2008.

Eat at the...



463-5355

Eagle Eye
Proofreading and
Editing

Nancy Morgan

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Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

It's Not Chocolate Milk

by Rick Tuel

Our story: It is November, 1970. Chris and Rick, intrepid hippie adventurers and Vietnam war veterans, are traveling from Marin County, California, to Seattle, Washington, in Oatus, a 1946 Dodge flatbed truck with a house they have built on the back, and the Family Dog, a VW Beetle. They are accompanied by Rick's collie, Nigel, and black cat, Felix.

Nov. 18, 1970, Thursday
It's 06:15. No matter. Dark as it is, it's already obvious that it's going to be one of those Golden Autumn Days. Later on, a few shafts of thin sunlight peeked through the clump of alder trees on our east side and burst through the port windows. It's the kind of light that's so fresh and bright that it totally illuminates everything about the object it falls upon, or through.

In this case, at 07:45, it is blindingly evident that the windows must be washed; as the daylight improved, we were also able to notice that several tires were going flat. So, the first thing we did today was to rumble off to Trinidad for refills; then we pulled into a rest stop off Highway 101 to finish hassling with the brakes.

Yesterday it was the Hydraulics (brakes; water pump); today it's the Pneumatics (air pressure; tires). Oatus has plenty of Earth in his sign but most of it is on him, this of course being due to truckin'. Much of the Earth in him has been removed by us since we departed Marin, this being due to mechanical necessity, with more to come anticipated. The Fire portion of his personality (ignition; combustion) has already become familiar to us, also with more to come anticipated.

When Chris pulled the port axle and found half of it dry and covered with rust, we decided to tear into the rear end also. We got



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the fill plug out and found the anemic remains of what was once 90-weight differential oil, now reduced to the consistency of chocolate milk.

And precious little of it, too. More things to do.

The day's efforts showed these results:

1. One of the pistons in the port forward brake cylinder is frozen up, so we have only half a brake there; same is true for the starboard side.

The rear end leaks oil. Somebody filled the original drain with a plug and tapped in a hole for the existing one right next to it. The plug is not a good one and neither is the gasket between it and the inspection plate.

But at least we have brakes again! These little discrepancies we learned about today will become additions to our growing list of Things We Must Keep An Eye On.

Next time: Fabled Orick

Thanks and a Tip O' the IV Pole from Rick & Mary...

...to all of you who have sent us money, prayed for us, and in general wished us well and helped us along. Thank you. We could not have made it without your help. Rick is continuing dialysis, and in fact is changing over to a form of dialysis he can do at home. Not having to commute to Seattle three days a week to sit in a chair and have his life blood circulated outside his body...oh, wait, a lot of you feel that way about your jobs. Sorry.

Anyway, I won't kid you. This is hard. So thank you for everything.

Moisture Festival

Continued from page 1

all the bills are paid, the proceeds are divided among the artists, band, show technicians and staff with each receiving an equal "share." That share has gone from

\$25 a show in 2004 to \$45 in 2009. Obviously, everyone participates in the Moisture Festival for more than the money. Also, in gratitude for community support,

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Help Out Rick Tuel

A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website www.threedampduck.com.

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New Classes Starting By Kathy Abascal Quieting Inflammation with Food.

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 5-week series: Five consecutive Mondays beginning February 15, 7:00 – 8:30 PM.

New 5-week series: Five consecutive Saturdays beginning February 20, 11:00-12:30 AM.

Register for the class at the Roasterie/Minglement. Space is limited and prepayment of \$105 is required to get on the class list. There are also classes beginning in Burien, West Seattle, Seattle and online. Information on these classes, including enrollment information is posted at www.ToQuietInflammation.com or email frostflower@toquietinflammation.com.



the festival always does 4 benefit shows for worthy charitable organizations, in 2009 raising and donating over \$8000. This year on Vashon Island 15% of the proceeds from the March 27th matinee show will be donated to Vashon Youth and Family Services.

The best way to understand why all of these people work so hard to bring a Comedy/Varietè festival to the northwest is to attend a show! You'll realize it's all for the fun of it and that alone is very valuable to any community.

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⇒ Mark Musick

www.seattletilth.org

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Course fee:

\$650 per person for 13-day program includes organic farm and garden tour, and course manual. \$150 per 2-day weekend. \$75 per day. Vashon lodging info is available.

Discounts:

10% discount when registering 3+ people from a group or organization for one 2-day weekend.

Contact:

Emet at koru.ora@gmail.com, call 206-463-0729, or visit <http://koruora.com> to register.

Joint Pain Relief

by Rochelle Gravance
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I'm asked this question quite a lot, "What's the one thing I can do to help me lose my joint pain?" More often than not, my answer is this, "Reduce the pressure on your joints." Next question, "How do I do that?"

Answer, "Lose some weight." Follow up question, "Right, but what else can I do?"

Answer, "Still the same. Lose some weight."

Honestly, it is the one thing you can do right now, today, to help alleviate the pain you may be experiencing in the your joints. It's the absolute best home remedy for joint pain I know of.

Here's how I would go about the task of losing excess body fat:

Cut out most, if not all processed foods. This, in itself will improve your health, most likely reduce inflammation in the body, which can intensify joint discomfort and help you lose weight.

Move your body more and more often. The body was designed for movement, not hours of sitting. Do anything you can that doesn't cause pain. Walk, swim, bike...whatever comes natural.

No liquid calories. Drinking your calories is a huge mistake and contributor to excess body fat. Cut out all soft drinks (diet ones too), fruit juices, coffee drinks, etc. Drink water, organic teas and even a little organic coffee each day (with no sugar) if you like. Just be sure the teas and coffee don't substitute for your required daily intake of water.

Don't eat too much. Spread your calories out throughout the day. Don't go too long between meals so you aren't ravenous come meal time, especially dinner. Have a snack between meals consisting of fruits, nuts and/or veggies.

Get in your protein. You need protein to rebuild the tissues and bone structure your body naturally loses every day. Make sure your protein is organic, grass fed, hormone and antibiotic free and wild caught if it's fish.

EFA's are key if you have knee pain. Essential fatty acids (EFA's) can be found in dark, cold water fish like salmon and mackerel. These are called essential because your body cannot produce them itself. You need to consume them. The reason EFA's are so important



if you have joint pain is they are thought to reduce inflammation in the body. Less inflammation makes for happier joints and also makes it easier for your body to lose weight. Other sources of EFA's are nuts, avocado, olives and olive oil as well as coconut and coconut oil. Be sure to get a well rounded source of these fatty acids in your daily diet.

So, this is where you should start and where we'll end for today. It's quite enough to get you started losing that excess body fat which, in turn, will help alleviate unnecessary stress on your joints.
AD

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Island Epicure



By Marj Watkins

The Chicken or the Egg?

Already, we observe birds checking out nesting sites, and beginning to pair off. These are cheerful indications that spring is coming. Pussy willows and the daffodils show color now, but the spring equinox is still four weeks away, a dispiriting thought as I type this on a computer powered by a generator, because of a wind-downed tree across the power line.

Back to the birds: In olden days, long, long ago, people had eggs only in the spring. The idea of imprisoning domesticated birds and forcing them to lay eggs year around would have amazed and horrified our remote ancestors.

Chicken or game hen, anyone? For an unseasonable seasoning, try this adaptation of a French recipe that flavors fowl with seedless green grapes. We're seeing Chilean grapes in the produce section now, and they're a pleasant break from storage apples and pears, and canned or and frozen fruits, good as they are.

I've tried this dish in the fall with white concord grapes from our own vines, but they have seeds. Trust me, for this dish you want seedless. Canned green grapes work, too.

- POULET A LA VERONIQUE
- Chicken Veronica
- Preheat oven to 425 degrees
- 2 servings
- 2 small boneless half chicken breasts,
- or 2 large thighs, or 1 game hen, halved
- 1 yellow onion cut in ¼-inch wide wedges
- 1 Tablespoon olive or canola oil
- ½ Tablespoon dried tarragon leaves
- ½ cup water
- Salt and pepper to taste
- 1 to 1 ½ cups seedless green grapes

Chicken broth or water to half-cover the meat, about 1 ½ cups

Pat poultry pieces dry with paper towels. Arrange in a baking dish. Bake uncovered for 25 minutes. The meat should be nicely browned.

While the meat bakes, prepare the onions and grapes. Pull the grapes from their stems and wash them well. (Chileans use lots of insecticide.)

Stir-fry the onion in the oil until semi-transparent, or water-fry it for less fat. Sprinkle it with tarragon. Add the water and let it almost boil away. Remove and reserve the onion and tarragon.

When chicken has browned, Add the onion and salt and pepper to your taste. Cover. Reduce oven heat to 350 degrees. Bake 20 minutes. Add grapes and broth. Bake another 5 or 10 minutes, until the grapes begin to split.

With tongs or slotted spoon, transfer meat to a platter and keep it warm.

Thicken the sauce with 1 Tablespoons cornstarch mixed with a little water. Add more hot water for greater volume of sauce as needed. Stir-cook until thickened, Taste and correct seasonings. Transfer to gravy boat or bowl. This is delicious on potatoes, rice, or vegetables.

Stove Top Cooking Method: Pat chicken pieces dry and reserve, as above. Heat the oil in a wide skillet. Stir-fry onion with the tarragon until onion is glossy and semi-transparent. Remove and wipe out the pan. Add a little more oil. Brown the meat. Sprinkle it with salt and pepper. Add onions and water or broth to half-cover meat. Cover the pan. Reduce the heat to medium. Cook gently until the meat is tender. Add grapes and cook another 5 or 10 minutes, until grapes heat through and begin to split and chicken is very tender.

Transfer the meat to a serving platter and thicken the sauce as described above.

Nutrition tip: Reference *Win the War Within* by Floyd H. Chilton, Ph.D., pp.195, 195

Chicken thighs' score 100 on the inflammatory index, Cornish game hen scores 150, chicken wings, 110. Under 100 is best.

Combining the poultry with vegetables or fruit reduces the total score for the dish because fruits and vegetables score 0.

Whole eggs rack up a score of 240. Seafood, mostly under 40. Farmed salmon 150, wild salmon 2 to 5.

- EASY CURRIED CHICKEN
- 3 servings
- 2 Tablespoons butter
- 1 ½ Tablespoons barley flour
- 1 1/2 teaspoons curry powder
- ¼ cup diced onion
- 1 cup coconut milk
- 1 cup diced cooked chicken
- Salt and pepper to taste
- Juice of ½ lemon
- ¼ cup minced fresh parsley or cilantro

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Visit <http://www.youtube.com/watch?v=inLrYXUlmMg> to watch last year's good time!

Melt butter. Add flour and stir-cook until it changes color. Add curry powder, stir, add coconut milk, and stir-cook until it comes to a boil. Add chicken and salt and pepper to taste. Just before serving, stir in the lemon juice. Transfer to serving bowl. Garnish with parsley or cilantro.

This is terrific on steamed brown rice, with vegetables on the side.

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Loopy Laffs



One Liners

When things go wrong, don't go with them.
Problems that go away by themselves usually come back by themselves.
Nice guys are winners before the game even begins.
It hurts to be on the cutting edge.
Some mistakes are too much fun to only make once.
I used to eat a lot of natural foods, I learned that most people die of natural causes.

A group of Americans were traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. "These" she explained, "are the older goats put out to pasture when they no longer produce." She then asked, "What do you do in America with your old goats?"

A spry old gentleman answered, "They send us on bus tours!"

The other day I was in the local auto parts store. A lady comes in and asks for a seven ten cap.

We all looked at each other and said, "What's a seven ten cap?"

She said "You know, it's right on the engine. Mine got lost somehow and I need a new one."

"What kind of a car is it on?" they asked.

Now I'm thinking maybe an old Datsun Seven Ten, but no, she said, "It's a Buick."

"OK lady, how big is it?"

She makes a circle with her hands about 3 1/2 inches in diameter.

"What does it do?" we asked.

She said, "I don't know but it's always been there."

One of us gave her a note pad and asked her if she could draw a picture of it. So she makes a circle about 3 1/2 inches in diameter and in the center she writes 710. The guys behind the counter are looking at it upside down as she writes it and they just fall down behind the counter laughing.

My mother was away all weekend at a business conference. During a break, she decided to call home collect.

My six-year-old brother picked up the phone and heard a stranger's voice say, "We have a Marcia on the line. Will you accept the charges?"

Frantic, he dropped the receiver and came charging outside screaming, "Dad! They've got Mom! And they want money!"

Men usually like to go to massage parlors because they want to be kneaded.

Indian: My ancestors could dance and make it rain.

Cowboy: Ha! That's nothing. My folks could talk up a storm.

When it comes to family, everything is relative.

Wild horses are quite unstable.



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LOGJAM



BY Jeff Hawley

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PLOP

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THREE

YOU never were exactly the brainy type, Woodrow!



GASP

DAD!

Son



THREE

Loop Arts

Maestro Kaplan shares Splendid Encounters



Courtesy photo

Hailed as ‘a heaven-sent maestro’ by Leonard Bernstein, Abraham Kaplan has made his place in musical history. Considered one of our times’ greatest choral conductors, Kaplan will share an on-stage conversation with Vashon Island Chorale and Vashon Opera Director Gary Cannon, 7 p.m., Sunday, Feb. 21, at the Blue Heron Art Center. This will be the grand

finale of VAA’s 2009-10 Arts and Humanities Series. During his career, For more information please go to VashonAlliedArts.org. The event is sold out but you may call to be on the waiting list, 463.5131. Tickets are \$18 VAA members/ seniors and \$20 general admission. This series is generously cosponsored by Boeing and Humanities Washington.

Cody Rivers Show

Continued from page 1

Mathieu, Artistic Director of Bellingham’s Idiom Theatre, has worked in independent theater productions as performer, director, writer and producer. He has also created several short and full-length original works and debuted ‘Purple Heart’ in 2008, a solo show which he wrote and performed.

Connor earned a theater, dance and vocal education at Ohio Wesleyan University, and has worked as an actor, dancer, choreographer and director in numerous productions. He also performs in the Babbling Bishops improvisation comedy troupe. Andrew serves as Executive Director of Idiom Theatre and Artistic Director of SketchFest Seattle.



“There’s no question about it: this is the optimal mix of goofy and astute, of whimsical and observant, of playful and wise,” says The Edmonton Journal.

Tickets are \$8 VAA members and all children \$10 general and are available at brownpapertickets.com, Books by the Way, Heron’s Nest and Blue Heron. Call to purchase by phone, 463.5131. VAA’s Family Series is supported by Vashon Thriftway and WSAC.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 26.**

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MANOOGHI HI AT THE RED BIKE
FRIDAY, FEBRUARY 19TH AT 9:30PM

Acclaimed for her 1996 hit single “Banoongi Mein” (Miss India), pop-diva Mehnaz Hoosein has enjoyed a perpetual career as a singer, dancer and performer in India, particularly in her hometown of Mumbai. Aspiring to embark on a new artistic journey as a songwriter and member of a collective team, Mehnaz took a leap of faith and joined her childhood friend Ava Chakravarti and the rest of Manooghi Hi in Seattle in 2007.

2008 and 2009 saw multiple festival appearances with Manooghi Hi including Seattle’s “Bumbershoot Art Festival”, the “Oregon Country Fair”, Austin’s prestigious “SXSW” as well as several other festivals. Manooghi Hi opened up 2010 with back-to-back appearance at the Sundance Film Festival in Park City, Utah. Red Bike music promoter Pete Welch was there in Park City and saw these performances first hand. “Manooghi Hi will surprise you with their rendition of Led Zeppelin’s Kashmir.if you’re going to attempt a song like that..you better nail it and they certainly do”.

Manooghi Hi samples eight languages: English, Hindi, Persian, Sanskrit, Bengali, Urdu, Rajasthani and Mumbai slang. Tabla boli is also represented. It’s the language of

drumming and rhythms, sung scat style. The songs are deeply rooted in Indian culture, focusing on such topics as the Hindu goddess Kali, who represents the death of the ego.



Recently, Hoosein got her visa, so Manooghi Hi is planning a whole summer’s worth of concerts. As she travels, the pop singer finds herself increasingly interested in driving her own destiny, both in India and the states.

This show begins at 9:30pm and is an All-Ages event ‘til 11pm, 21+ after that. The cover is only \$6, on the Café side only.

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