

THE LOOP

Vol. 7, #5

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

March 5, 2010



Stories in Cedar: Odin Lonning's Tlingit Art at The Q

By Orca Annie Stateler

During March, savor a feast for the palate and the eyes at Quartermaster Inn and Restaurant. Odin Lonning's "Stories in Cedar" show features traditional and contemporary Tlingit art pieces that embody cultural heritage, story designs, and a strong connection with animals and nature.

The works in diverse media include carved and painted cedar panels and paddles; painted elk hide drums; painted canvas; and a painted Chilkat apron design in wood and fiber.

Got burning questions about Northwest Coast Native art? The artist will be at The Q for First Friday Gallery Cruise, 6:00 - 9:00 PM on March 5.

In addition, at Books by the

Continued on Page 14

Rick Morton Unsung Hero

As outsized a personality as Tom Stewart was, it's somewhat understandable that he and his family were the main public sources of the outpouring of publicity and grief that accompanied the news of the horrific helicopter crash that claimed their lives on February 14 in Arizona. But this publication sees a need to single out both the actions that day, and the life before, of pilot Richard Morton.

By eyewitness accounts it appeared that Rick steered the helicopter away from homes and buildings in the final moments of the flight. With over forty years of aviation experience, including combat and medical evacuation missions, there's no doubt expert handling was part of this. But interviews with family and friends also revealed the actions as part of Rick's everyday unselfish character. Indeed, throughout our island Rick had a solid reputation for putting the needs of others first.

John Richard Morton Jr. was born Nov 14, 1945. His wife, Charlotte Kay Morton, and three

By Peter Bond
children survive him: Charles Kip Morton, Shawna Yvette Morton, and Brenda Kay Morton. He also leaves behind a brother, Scott Timothy Morton, and his Uncle Langdon and Aunt Beulah.

Rick had over 11,000 flight hours logged, and ratings in eleven separate aircrafts. He began his flight career serving honorably in the U.S. Army from 1968 to 1971, with a year in Vietnam from October 1968 - October 1969.

In addition to being a Corporate Pilot for 27 years, and his missions in Vietnam, he did contract work for the U.S. Forest Service, the Department of Natural Resources, and U.S. Geological Surveys,

fire suppression water drops, shipboard operations and tower Construction, mountain search and rescue and aerial photography.

In a heartfelt letter from the family they note: "Our father was an amazing man. His warm spirit and recognizable laughter

Continued on Page 7



Oscar Night!

by Leslie McMichael
for Vashon Film Society

If you see blue-skinned aliens, a grizzled country western singer and Julia Child mingling with glamorous "movie stars" outside the Vashon Theatre this Sunday night, March 7, you'll know the island's inimitable Oscar Night has returned to the Vashon Theatre. The only logical response is to run home, throw on your best thrift shop chic and join the revelers at Vashon Film Society's annual all-ages gala for film lovers and supporters of the island's historic movie theatre.

Oscar Night at the Vashon Theatre has been an island

tradition since the early 90s when founding Film Society member Debi Holcombe gave an unusual excuse for missing a committee meeting - she wasn't coming to some stinking meeting, she had to stay home and watch Oscar Night on TV!

Since then, Vashon Film Society has taken over the Vashon Theatre every year on Oscar Night to bring islanders all the pomp, circumstance, glitz and glamour of the Hollywood Academy Awards broadcast live on the silver screen of the movie theatre.

Vashon Film Society raises funds at Oscar Night each year to sustain the annual awards given to aspiring film makers through

Continued on Page 7

Vashon Children's Film Festival

By Leslie McMichaels

A celebration of films for the next generation of moviegoers unrolls at the Vashon Theatre from Friday, March 12 through Sunday, March 14 when the Vashon Children's Film Festival is presented by Vashon Film Society.

On Friday night, theatre owner Eileen Wolcott will present a special screening of kids' classic "Matilda," the film adaptation of the Roald Dahl children's book. The film's screenwriters Robin Swicord and Nicholas Kazan will be introducing the movie and doing a Q and A after the show. Husband and wife team Swicord and Kazan are longtime film professionals with credits for Benjamin Button, Little Women, Memoirs of a Geisha and more. This will be a special opportunity

for island cinema lovers to meet two influential film writers and hear firsthand about the couple's experience of writing, adapting and producing many recent and prestigious motion pictures.

On Saturday and Sunday, VFS and the Vashon Theatre will present four different shorts programs at 11 am and 1 pm each day. First up on Saturday is "What a Wonderful

Continued on Page 8



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

BookFair is Back!

The Scholastic BookFair is back at McMurray Middle School! Come and get some great books... and support the 8th Grade Exploratory Week Fund for Scholarships and new books for the library at the same time!

Dates for the BookFair: March 15, 16, and 17, Monday to Wednesday, 8 a.m. to 1:30 p.m., Thursday, March 18 from 9 until 11:30 a.m., 1 to 3:30 p.m., and 5 to 7 p.m., and Friday, March 19, from 8 a.m. until 10 a.m. These times correspond with the McMurray Student-led Conferences.

Exploratory Week is a wonderful tradition at McMurray -- a chance for the 8th graders to go off and do some wonderful things to wrap up their time at McMurray. But, in this economy, the Exploratory Week Fund for Scholarships is in more need than ever before. You can support the fund, and help 8th graders have the adventure they deserve, by supporting the BookFair. The money from the book fair will also go towards the purchase of new books for the McMurray Library.

Questions? Email Cece Reoux at creoux@aol.com, or call her at 463-6375, or call Glynis Delargy at 412-0824.



4740 California Ave SW
West Seattle
206 937-8788
Just minutes from the ferry!
Vashon Island Owned

A Great Place to Shop, Play & Create!

Three thousand square feet of
learning toys, games, books, and
other treasures.

15% OFF
YOUR ENTIRE PURCHASE
AND / OR
15% OFF
ANY TWO ART CLASSES or
BIRTHDAY PARTY at OUR OWN
CURIOUS ARTKIDS STUDIO

This ad must be presented at time of purchase.
Offers expire Dec. 31, 2009.
Not valid with any other offers or script.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

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

Ad sales and design: Troy 794-9451

Email: ads@vashonloop.com

Editor: Marie Browne, editor@vashonloop.com

Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070

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!

Published every two weeks or so by Paradise Valley Press

© March 5, 2010- Vol. VII, #5

Don't miss an issue. Really.
We are in our 7th year of
publication and still not
bankrupt! (Yet) Wow!

Get Your Green On

Celebrate St. Patrick's Day with an Irish céilí dance at the Grange Hall, Saturday, March 13th! Irish session musicians Michael Graham and Andrew Anderson will provide traditional Irish dance tunes starting at 7pm. Seattle Irish dancer and teacher Kathleen O'Grady-Graham will teach and call all the dances - no experience is necessary. Céilí dances are "barn" style dances accessible to nearly everyone. The suggested donation is \$10 (\$7 for students and seniors). For photos of past dances, visit www.hoilands.com. The Grange Hall is located in the ferry dock parking lot at the north end of the Island. For more information, call Shannon Seath Meyer at (206) 774-4047 or Lori Lowrance at (206) 369-9234.

Cancer Survivor and Caregiver Reunion

The Vashon Relay for Life for the American Cancer Society is hosting a reunion for cancer survivors and caregivers on Saturday, March 6. If you are or have been a caregiver for someone with cancer or are a cancer survivor yourself, please join us for a celebration from 1:00p-3:00p in the Social Room of Vashon Presbyterian Church. Information about the honorary events for survivors and caregivers at this year's relay will be available. Refreshments will be served. Please join us! RSVP to Edi Linden at 463-5121

Vashon Drum Circle

Friday, March 12, 7 PM, at Vashon Cohousing Commons, Islanders of all ages are welcome to join in drumming, song and dance with Buffalo Heart, the Red Lodge Mother Drum. Please bring frame drums and rhythm instruments and park in the outer parking lot or on the street. Donations are welcome to cover the facility rental. Vashon Drum Circle is supported by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

Waterlily Workshops is pleased to announce the presentation of a daylong Lenten retreat, "The Essential Jesus" at Camp Burton in Thomson Lodge on Saturday 27 March 2010 from 9:30 AM to 3:30 PM. The cost is \$15 to cover expenses which include lunch at the camp. The workshop will be lead by the Rev. Deborah H. Anderson. For more information or to register please call: 206.853.2388

Compost the Loop

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

Tax Man Cometh

KC Assessor Lloyd Hara will be on Vashon in March to talk about how to understand tax statements. The purpose of the presentation is to discuss the decrease in Vashon property values and how the recent levy passage will affect property taxes. The senior management from the Assessor's office, representatives from the Board of Equalization and staff from the Tax Advisor will be on hand to answer questions.

The public town hall meeting will be at the Vashon Library, Tuesday March 9 from 6:30 to 8 PM For more information contact Edna Shim, edna.shim@kingcounty.gov (206) 296-5194.

Three Websites Working for Vashon.

www.VashonCalendar.org , Vashon's first Internet community calendar was developed as a gift to the community by Vashon Allied Arts. Vashon Calendar is one of the oldest Vashon dedicated websites. If you're looking for something to do check out www.vashoncalendar.org. If you have an event that is not on VashonCalendar.org there is an easy way to submit events via a link at the bottom of the website. Business

Green Party Meets March 9

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Greens, Democrats, Independents, and other interested progressives welcome!

DATE: Tuesday, March 9, 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.

Discussion issues:

- 1) Party Politics Forum at VHS Government Class on February 12: Steve Graham (Green) ,Boo Dinan-Slack (Democrat), Valerie Howe (Republican),John Blair (Libertarian)
 - 2) Ground Zero Action at Banger, May 1, 2010
 - 2) "Decentralization" as a Ten Key Value?
 - 3) "The End of Money" at Vashon College?
- Questions? Call Melvin Mackey, Secretary, (206) 463-3468

It's a Centennial Celebration

Submitted by Ellen Kritzman

What: May's Vote, a play sponsored by the Vashon Unit of the League of Women Voters and the Vashon Park District

When: Sunday, March 21, 4:30-6:00

Where: Chautauqua Elementary School, Multi-purpose Room

Cost: FREE (donations accepted)

Prim and proper Emma Smith DeVoe and outrageous, flamboyant May Arkwright Hutton worked side by side to win the vote for women in Washington State in 1910. Though they agreed on the goal, they totally disagreed on how to achieve it. Emma, based in Western Washington, a professional suffrage organizer trained by Susan B. Anthony, believed to win the vote it was imperative to approach men in a ladylike manner. "You have to persuade them, convince them, argue their resistance down". May, a rags-to-riches Spokane millionaire and ex-mining camp cook, believed "You gotta charm the pants off 'em. You don't focus on the issue, you distract 'em from it".

Barbara Callander and Toni Douglass each bring over 25 years of professional acting experience to their performances. They have been touring original plays about women's history for over a decade.

May's Vote, written in 1988 under a grant from the Washington State Centennial Commission, has toured throughout Washington since 1989. It was performed that year at Centennial Inaugural Ceremonies in Olympia and at the League of Women Voters State Convention.

Directory websites www.VashonMap.com and www.VashonPages.com work to bring Internet browsers and Islanders to local Island Businesses and Services, listed on the websites. With Spring approaching now is a good time for Business owners to check out the websites to make sure the business information is correct. VashonMap.com has a location dot representing where the business is located. VashonPages.com has business information including phone number, address, website URL, email address and a brief description. If your business information is not correct there are contact links at the bottom of www.VashonPages.com where you can let us know or email steven@vashonpages.com VashonMap.com marks five years on the web while VashonPages.com marks its sixth year. VashonCalendar.org marks year nine in 2010.

Food Livers and Lovers

Next potluck is at Star and Jim's home, 567-5817 Sunday, March 7, 5-7:00, after the Vashon Island Food Summit at the high school.so if you want to come and don't have time to make a dish, just bring some greens (kale, parsley, spinach, turnip greens, carrot tops, chard, collards, romaine, arugula, etc.) and fruit (bananas, mangos, pears, apples, etc.) and I'll bring a Vitamix and we can make smoothies. (Fruit and greens are supposed to be okay combination.) Or some dried mangos, and we can make mango pudding (soak mangos for 20 minutes, then puree) which is amazingly good. Or wait until next time!- we are averaging about every 2 weeks. that said, if you want to host a potluck, let me know! Weslie 463-5566



H HOME TEAM R E A L T Y

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.

Under Contract

Owner Financing!!

This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!



17318 100th Ln SW #2-B
Only \$280,000




(206) 463-LIST (5478)
www.yourhtr.com

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

Support The Loop!

If you enjoy reading The Loop, please consider supporting us with a subscription.
We gotta make a living or it just isn't fun!

	Level	Amount
<input type="checkbox"/>	Paper girl or boy	\$10
<input type="checkbox"/>	Proofreader	\$20
<input type="checkbox"/>	Cub Reporter	\$30
<input type="checkbox"/>	Foreign Correspondent	\$40
<input type="checkbox"/>	Inbedded Photojournalist	\$50
<input type="checkbox"/>	Asst. Ass Ed	\$100
<input type="checkbox"/>	Editor in Chief Bottlewasher	\$250
<input type="checkbox"/>	Media Mogul	\$20,000

Yes! I love being in The Loop! Enclosed is my check for a year's subscription. I will pick up my own paper at one of the fine establishments that distribute it

Send this form to:
The Vashon Loop
PO Box 253
Vashon, WA 98070
Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond.
Marie and Troy

Vashon Island Day Spa

463-0587

Come see our beautiful new hair studio~
All hair cuts include consult,
aromatherapy scalp massage,
relaxing shampoo, custom cut & blow
style or hot iron

Complementary Color Consultations
Shimmering Highlights & Luscious
LowLights \$25-\$50 and up
Now booking:
90 minute intro massage for \$60.00
for all first time clients.
One hour Hot Stone Pedicure by the fire w/parafin dip \$50.00
Cosmetic Teeth Whitening \$99.00



Vashon Island Day Spa

Caring for the Special Health Needs of Women of All Ages

Blending traditional medicine and complementary/
alternative approaches to provide:
Preventive Health Care:

STD Testing and Management of STDs

Family Planning

Lifestyle Support

Breast Health

Gynecological Health Services

Walk in Teen Clinics from 1-5



206 463-2777

17407 vashon hwy sw
(just south of Giraffe)

www.vashonwomenshealth.org

Positively Speaking

“Borrowed or Lent”

So the economy is still beating you up? Well.let's start this way. Sue was the only one to mention it to me although I'm sure others saw it. I used the word 'lent' instead of 'advent' in my holiday column. In the oldest liturgical traditions the time before Christmas is "little lent" and the time before Easter is 'Great Lent'.

And so it was the Tuesday before Ash Wednesday I cruised through the Thriftway checkstand with eight dollars worth of Nutty Butty's, M n' M's, and Ho Ho's for my last chocolate feast before six weeks of deprivation (minus Sundays).

"That's some dinner ya have there!" the checker chuckled with a smile.

"Actually it is," I confessed going on to explain the impending void.

As I've said before there isn't habit I could alter more that would drive my eyes inward to the place where I keep God out of my heart. I have a pretty open heart for God. But for some reason there a connection between two daily ounces of Trader Joe's 72% dark chocolate and the last remaining spiritual dry spots this side of heaven.

Odd isn't it? So be it.

The insights I receive during lent

in my heart carry me through the year like physical fitness target goals. This year it only took a week for me to hear the phrase that would indicate where I need to change to strengthen my life.

"You are easily bullied"

Whoa. How could that be? I consider myself a really strong person who always gets back up? Oh.you mean that part about where I let myself get knocked down? That part where I allow myself to be a punching back for someone else's unhappy crud or bad choices. Well.yea.you might have a point.

Maybe you're a bully or maybe you're the bullied. Or maybe you're just being bullied by the economy. That line in City Slickers is too true. "The problem with a bully is.he takes away your dignity."

Bullies live on borrowed time. Greed, some compensatory behavior for a huge hole in their soul motivates them. The cause of the economic bully situation is a large black hole in some designer souls. No argument from anyone. I loved what the public official said to the person testifying about why the insurance industry was increasing rates. "Well, with a ten million dollar salary, I can see why you need to increase fees."

But in the short week since my heart was tweaked, I focused on time

that is Lent, not borrowed. Maybe the best way to deal with being bullied is to treat it like bad gas. You know, like that ice skater from Canada whose mother died just before her daughter was to compete. You know what her mother had always told her? "Skate for yourself" Just do your best. Better than your best. Do excellently. There was a black lab assistant who spent years, after discovering how to save blue babies, earning a living that was equal to the people who were doing maintenance work. He put in hundreds, no thousands, of unpaid hours. Yet, in the end they gave him an honorary doctorate, gave him a teaching position and hung his picture in the lobby of Johns Hopkins Hospital.

Ilearned this week,from chocolate deprivation that is as good as any sweat lodge, you just do excellence and bullies are silenced. Oh sure. say to them, or the economy, 'you can't do that to me" and then do excellence.

May your days be filled with courage and the will to do excellently with all your gifts and talents.

Love
Deborah



Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711

Medicare for all? Kiwanis meeting report

By Jay Becker

The advantage of single payer health insurance for all over currently proposed presidential, senate and house proposals was offered Vashon Kiwanis members February 23.

Representatives of a new advocacy organization, Health Care For of All Washington, said everyone could be covered by paying medical bills from a trust fund. This wouldn't cost taxpayers any more than Americans pay now, they asserted.

Americans pay more for health care than any other industrial nation. However some 40 million Americans lack insurance while more older and youngest Americans die younger, on average, than many other industrial nations.

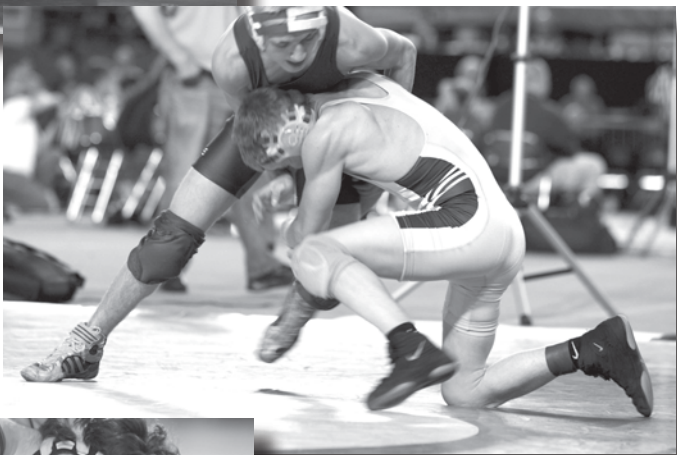
Savings in administrative costs from a single payer fund would fund extend Medicare-like coverage to all, said former 43-year hospital, clinic and doctor's office administrator Kathleen Randall.

Private insurance would still be available.

Island civic activist Roger Fulton showed a movie about a proposed similar California plan. It would provide a single pay source for the 6,000 competing insurance companies in that state.

Randall said doctors would have more time to doctor instead of having to cope with paperwork for varying insurance firm requirements.

That takes 30 cents of every medical dollar now, including hospitals and all kinds of medical care providers as well as insurers'



Alison Blomgren photos



administrative staff, Randall said. Medicare administration is a tenth of that.

Kiwanians asked lots of questions or made statements.

George Baxter said he was skeptical of single pay since he knew Canadians who complained of waiting a long time for procedures.

John Watkins countered he knew Canadians who like their single payer system..

Randall said waits may always be expected for elective procedures.

Joyce Smith, who retired recently and is losing her employer-provided health insurance, said she could lose her home under the present

situation if she has a catastrophic illness before she's old enough to qualify for Medicare. "I just decided to throw the dice since I couldn't afford insurance."

At the previous meeting on February 16, Jan Lyell and Sigurd Thomas were formally inducted into Kiwanis by District 34 Lt. Gov. Jeni

Mallory along with a transfer to this club by Elmer Adam from a Midwest club.

Mallory reminded Islanders to offer service projects regularly to club members until some pick up the challenge. She said she finds the Vashon club already doing a lot for the island.

Take It Beyond Auto: Demystifying Your Digital Camera

There sits your digital camera, either fresh out of the box or a companion for some time. You know what you want those shots to look like but you're not sure how to make them happen with your camera or just maybe your camera won't do that. Whether you have been a digital user for some time or have just transitioned to a digital camera from film, the workshop "Take It Beyond Auto-Demystifying Your Digital Camera" with Ray Pfortner and Christine Beck is designed to answer all those nagging camera questions, get you comfortable with running beyond the Auto settings and increasing your knowledge of composition. The workshop, scheduled for March 19, 20 and 21 will be held at Waterworks Studio on Maury Island. Tuition is \$200.00 including materials.

Pfortner and Beck, both longtime photographers, transitioned from film to digital in past years and have researched (and experienced) the challenges encountered by photographers during this change. Your questions about the best possible file formats and resolution, depth of field, film speed adjustments, common focusing issues, enlargement potential and what do all those pesky icons mean will be answered and discussed on a camera by camera basis with students in both the classroom and the field. Periods of classroom work will be followed by shooting photographs with newly acquired skills and knowledge.

Because an integral part of any camera discussion is the art of composition, the workshop will start with a discussion and critique of student images, provided by students via flash drive, lap top or DVD/CD. Throughout the workshop, critiques will continue as students come away with an increased understanding of the basics of good composition.

The workshop will start Friday evening, March 19 from 7pm to 9pm when students and instructors will meet to review the workshop schedule and focus of the next two days, view images previously shot by students and discuss some basic camera questions. Saturday's schedule includes in-depth discussions on camera operations, one on one tutoring on each student's camera, a presentation of composition, and using that new knowledge, an opportunity to shoot at Waterworks. The Saturday meeting will break at 4:00 pm and reconvene at 7:00pm to view the students' images for the day and discuss the results.

Sunday, March 21, will start in the town of Vashon where students will shoot their own "Vignettes of Vashon", documenting people or places that mean Vashon to them. Returning to Waterworks, instructors will work with students to resolve any nagging camera issues, download and review the images taken that morning, and be provided with many photographic resources to use in the future.

Registration is now open and the class is limited to 10 students. Contact either Christine Beck (cdbeck@yahoo.com or 206/660-4635) or Ray Pfortner (pfortner@centurytel.net or 206/206/498-1626)



Planet Waves



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

Aries (March 20-April 19) Do you know those situations where someone holds in all their passion and energy for months on end, wanting to be well-behaved and spiritually pure and in control, and then one moment, under the influence of perhaps a little alcohol, decides to let it go all at once and do all kinds of crazy things and then wakes up and regrets it? I thought you might have heard of this. Whether you are the party type or not, this metaphor applies to your life, and I suggest that as the next few weeks go on, you unfold yourself gradually, gently and intentionally rather than explode with all your plans at once. In other words, for maximum fun and creativity, easy does it -- for now.

Taurus (April 19-May 20) Are these big fears you are confronting, or small ones? Is there really a difference? I would say not. Fear, insecurity, uncertainty, jealousy -- it's all the same thing, as far as your current situation is concerned. Dance with that for a moment; notice the specific elements that they all have in common, which elements may involve one of your parents. That is where we get most of our fears. You could say that it's where we get most of our talents, except for one thing: talents are usually more difficult to acquire because they require the development of potential. Fears are generally easier to acquire because they have effects whether 'true' or not. I suggest you decide which you really want, and which you really don't.

Gemini (May 20-June 21) Be grateful that you're having an issue seeing both sides of the story. I think one side of whatever it is you're experiencing is enough to reveal the many facets of what you're confronting in your life, mostly the truth that the world as you know it is the product of your ideas about yourself and about life. It's really true that you seek completion and the full expression of your being through your ideas, whether you do this professionally or not. I suggest you keep your current search on the deeper level of a search for yourself rather than a search for 'what is true about life'. See if you can eliminate any abstractions; go directly to your inner source; be yourself and describe your inner reality directly, persistently and most of all gently.

Cancer (June 21-July 22) These have been weeks of contrast, and if my reading of your charts is vaguely accurate, you've made a good few choices about what you want and what you don't want. You're not done making these decisions -- not only do I suggest you get used to the process, I suggest you embrace the necessity and beauty of a total reevaluation of your life. Everything you discover that you don't like is coming up specifically so you can move on from that very thing and create room for what you desire. Further, you can subject to a conscious decision ev-

everything you discover that you don't want to be true about yourself. Don't just trust my word: try it and see.

Leo (July 22-Aug. 23) Draw your energy close to your center, physically and spiritually. Be cautious what you reveal about yourself and your beliefs. Keep your body warm, including your extremities, but particularly your core temperature. Watch where your money goes, your effort, your energy, your thoughts. Be careful when others try to define you, and know this when you see it: specifically, beware of when others try to dictate what you want. By conserving your energy, you will be able to focus enough strength to tune into your long-term vision, and to shift your sense of identity in that direction. Over the next 10 days or so, you can tune in and feel the person you are becoming, and identify with that fully.

Virgo (Aug. 23-Sep. 22) Who exactly is keeping secrets from you? Accuse who you will, but it would seem like you're hiding hostility from yourself. Perhaps it's about whether you feel fairly treated in a close relationship, which you are blaming yourself for. Alternately, it could be your deepening desire, indeed, your need, to transform yourself creatively or sexually, yet at the same time feeling like you're obstructed from doing so. In either event, the main part of the blockage is your struggle to tell the truth to yourself. This truth may involve something you have long denied: a desire, a fact, an understanding with yourself that you came to previously, perhaps more than once. Be real with you, and grant yourself some relief.

Libra (Sep. 22-Oct. 23) Finally, you're seeing that it's healthy to invest some of your self-esteem in the service you offer to others; and that far from taking anything away from you, your ability to offer yourself is a gift you give to yourself. If you're not quite seeing that, I would offer this as a proposal. The more you offer to the people you care about, and by more, I mean in terms of quality and innovation as much as in labor and effort, the more you will discover that you have, and that indeed, you are. We see the opposite equation play out too often, reinforcing a belief that to give is to lose. Yes, it's important to give consciously and carefully, following an ethos of love.

Scorpio (Oct. 23-Nov. 22) Make your moves one at a time. Yes, work with a vision; work with a clear idea of what you want; but make one move at a time. Live one day at a time. Respond to something present in your environment that is actually present, rather than what you think might happen or are afraid will happen. Mars coming to a halt and changing directions on such a sensitive, personal angle of your chart (as Leo is for you) is going to have some strange effects, and one way to handle any potential distortion



Espresso

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

Latte and Wisdom To Go
Come in and see us soon

17311 Vashon Hwy Sw



Barber & Beauty Shoppe

(206) 463-7212
Family Hair Care ~ Sensible Prices
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

is to make deliberate moves close to where you are now. You will very likely feel the need to be impetuous; I strongly suggest you let your mind rule over your emotions.

Sagittarius (Nov. 22-Dec. 22) While the 'home' angle of your chart -- Pisces -- is getting the really hot transits (Mercury, Jupiter, the Sun, Venus and Uranus, all at once) I would say that you feel the world is your home and your oyster and you are raring to go. I suggest you make contact with why: it's the feeling of resonance with your environment, and of comfort with yourself, that's drawing you into new experiences. This is a rare-enough experience for a human on the planet, particularly in a time when we are taught to perceive everything as a threat. Those who preach the doctrine of threat and danger are the ones who would do better to stay home. You are not playing this game, and if you're sitting on the fence, I am here to tell you that a many-layered adventure is calling you.

Capricorn (Dec. 22-Jan. 20) Your friends love you, and they want to help make your life not just easier, but a celebration. Some of them have precisely the qualities you lack, or that you struggle with expressing, and that your current transits are doing their best to cultivate: unfettered passion, spontaneity and the ability to express yourself from the depth of your soul. You will benefit from the examples of those who have set aside or gone beyond their own struggle with freedom, recognizing it's as much of a necessity as structures and boundaries. You have gone far enough in the direction of

integrity, safety and purity. Naughtier times are calling your name.

Aquarius (Jan. 20-Feb. 19) If you are thinking about how to make money, take a day or two or better yet, three, and do what you want to do the most. Try this as an experiment. See how you feel. By 'want to do the most' I mean what gives you the most pleasure for the doing; what you yearn for; what you care about, regardless of its monetary value. I say this knowing that money is on your mind. I say this knowing, as well, that far more important things are on your mind -- such as fulfilling your life purpose. I know that many who reach for their purpose seem to sacrifice financial wealth, but I am not here to speak for them, or to them. I am here to speak to you.

Pisces (Feb. 19-March 20) Drop your resistance and stay open to all the possibilities. Get used to this -- a process of opening and allowing rather than trying to be pure or even positive. It is easy to allow the energy to flow through you and around you, and you may find it easier yet if I remind you that you are protected, and that your deepest desires are resonating with the world around you. All you need to do is get out of your own way. Is this easier said than done? In theory, no; in reality they are closely related. Make a commitment to yourself. Recognize the incredible good that is around you; embrace the people who love you, and observe your life with the trust of a child.

Read Eric Francis daily at
PlanetWaves.net.

Grateful H.A.R.T.

The youth and staff from Holistic Approaches to Recovery Treatment at Vashon Youth and Family Services are very grateful to the adults who volunteered their entire Saturday night last week during our first Sober Dance and Art Jam. To Kathleen Kinney, Peter Mantle and Ginny Ciscek for HART ART: your talent, sincerity and commitment were energizing and inspiring!

Thanks to Jason Lollar of Lollar Guitars for personal delivery of the professional (and powerful!) sound system. Your consultation, musical passion (and simply TRUSTING that vintage equipment with teenage DJs) is an impressive model of 'prevention' that impacts young lives in very authentic, long-term ways. Also, a huge thanks to Jaculin and Brian Dougher for cheerfully showing up, and sincerely caring about all kids. "Walking the Talk" says everything...

Marianne Rose, Clinical Director, HART at VYFS



Oscar Night!

Continued from Page 1

Vashon Community Scholarship Foundation. Scholarship recipients in 2009 were Clarissa Boyajian, Riley Hills and Tristan Roberson.

This year the Oscar Night fundraiser occurs Sunday, March 7 from 4 pm on. The first hour of festivities is kicked off with red carpet arrivals and limo rides around the block. A crowd of fans and paparazzi will be poised to greet the arriving celebrities and Academy Award "nominees" flocking to fill the seats of the theatre. (You may find it hard to recognize your fellow islanders; we clean up well for this event!) Once inside, party goers can enter a movie trivia contest and fill out their own ballots to predict the big winners of the night.

Vashon Oscar Night attendees will enjoy the marathon broadcast

of film clips, tearful speeches, glam gowns and production numbers live on the theatre's big screen from 5 pm onward. On the commercial breaks, dynamic emcee Karen du Four des Champs will invite participation in the fabled costume contest. Creativity, elegance and quirkiness are recognized in ten different categories by a costume judge panel made up of Vashon FilmAid founder Vicki Dunakin, VHS guidance counselor Susan Haworth and rising theatrical star Randy Marinez.

Mardi Ljubich of SheFidgets Catering will make a delicious return engagement to provide an elegant light meal for the partying stars at the affordable price of \$8. Beverages will also be available for party goers young and old: Rotary Club will sell wine by the glass, and the concession stand will be open with snacks and beverages as well.

\$10 advance tickets are now available at the Vashon Theatre box office, Books by the Way, Vashon Bookshop or online at brownpapertickets.com (\$12 at the theatre on the day of show). The limo and photo package is \$10/carload with digital reprints available from Flash Photo. The best value is the "\$30 package deal" -- event entrance, limo ride and photo, and entrée/dessert/beverage. For more information, call Leslie McMichael at 567-4768.



PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12am to 5pm Sunday

Best Burger in Town!

For a Burger Emergency
463-4-911



B&B REPAIR

Marine & Automotive

Auto - Boat - R.V.

Repair & Detailing

463-9624


Located at the Old BRENNO REPAIR BUILDING



Island Escrow Service

Complete Escrow Service

Licensed & Bonded



9929 SW Bank Rd. #204
206-463-3137 fax 206 463-9122
dayna@islandescrow.net
www.islandescrow.net

Unsung Hero

Continued from Page 1

brought light and life into the hearts of others. Rick displayed the sort of generosity that made you want to be a better person, to smile at strangers and participate in compassionate acts of kindness. His love for animals was also displayed in this manner, whether taking in a hungry dog or saving an injured bird from a fallen nest. His spirit will live on through the lives of his loved ones and friends, and he will always be in the sky watching over us.

Rick's hobbies included building model ships & trains, BBQ/fires with family and friends, old western flicks and music, reading, splitting wood on Sundays, listening to the Seahawks on the radio, flying (of course), working outside on projects, and last but not least, obsessing over pigs and bull terriers. Yes, our father was an amazing man!"

The memorial will be March 20th, 2010 at the VFW Hall on Vashon Island, at 2pm.

Eat at the...



463-5355

Eagle Eye Proofreading and Editing

Nancy Morgan

onvash@hotmail.com



206/567-5463
819-2144

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Fabled Orick

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, with Chris driving Oatus, a 1946 Dodge flatbed truck with a house they have built on the back, and Rick driving the Family Dog, a VW Beetle. We join them in fabled Orick.

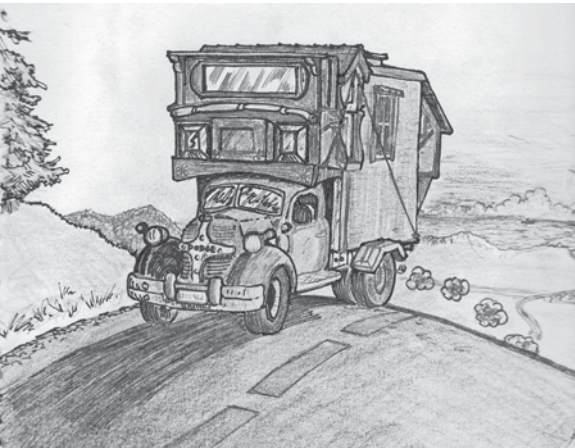
November 19, 1970, Friday

At last we arrived in fabled Orick. It's referred to as "fabled" only because it has been the next point on the map for several days now. I thought we'd never get here.

This was a fuel stop also. The old man in the store said he was sorry but he would have to see some identification before he would sell me a pack of Camels.

"We keep our eyes open 'round here," he intoned, peering up at me over his spectacles and the old brass cash register. "Ain't gonna git caught, y'see." "Who's going to try to catch you?" I asked.

He glanced quickly at me,



sideways. "Nobody, I said. Ain't gonna git caught 'cause we keep our eyes open 'round here!"

He rang up the paper towels and struggled for a moment trying to read the price label on the coffee which was written in grease pencil on the top, bold and black.

But when he reached for the breakfast rolls, he went off like a bomb.

"Oh, my," he said, and began squeezing the package all over, "Oh, my! These are old! These are hard as a rock! This won't do, won't do at all!"

Professional criticism I'd say.



Try our great
Anti-Inflammatory
specials.
We do it right.
Open everyday for breakfast,
lunch and dinner!

Meet your friends at the
heartbeat of the Island!
The corner of Vashon Highway &
Bank Road

463-1800
www.thsrestaurant.com

They had been left over for a day or two but they looked okay to me.

However, it wouldn't do, as he had said earlier. He took me back to the roll department for an adequate exchange. Unfortunately, there were none. The main deciding factor in my picking that package was that it was the only one there. I was able to assure him that it really was OK but only after he insisted on knocking price down to 30 cents.

"We keep our eyes open 'round here, d' y' see?" he said, mellow at last. I said that I did.

"Ain't gonna git caught!" Then he smiled an old smile and winked, as if to say he knew all the time that I wasn't one of those people.

Here's an old man who, after a lifetime of apparently honest work, is still in the harness and still honest. In the process, he's developed the attitude of an escaped convict who's on the lam in a hostile environment. In order to cover his trail he's adopted a personal commitment to total honesty, motivated by his fear of getting caught.

After a lifetime of existence in the good ol' U.S.A., why should an old man have to feel that being "at large," so to speak, is an acceptable price to pay for his continued freedom? Furthermore, why should a young man find himself compelled to interpret the scene as such anyway?

Considering the murders at Kent State University last May, the old man's attitude begins to seem both prudent and wise. I'm fearful of thinking that this might be one of the possible answers to the above rhetorical questions.

If so, here's another: what's the point of even having a society at all if you're going to permit

Licensed, Local and 100% Legal
Serving Vashon & Maury Islands
Mow Betta
Lawn Service
100% Reliable Since 2000
Fast Quotes 206-579-6333

Sound Computing Solutions
Michael O'Donnell
soundcomp.com
206-463-9254, mobile 206-618-8760
michael@soundcomp.com, www.soundcomp.com
PC & Mac Service and Repair In Your Home or Office

Vashon Tea Shop
Bring a Book, Bring a Friend, Enjoy...
Tea - Coffee - Snacks - Gifts
Open daily - 463-5202
17600 Vashon Hwy SW, - Next to Vashon Bookshop

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.

HARBOR MERCANTILE
Since 1908
463-2500

Find the Loop on-line at
www.vashonloop.com.

murder to be an acceptable part of its structure?

Getting underway again, these thoughts were tumbling around inside my head, setting off alarms concerning the nature of our own perilous situation. Good thing, too. As we neared the border of this uncertain land of California, we were laid siege to and ultimately

captured by the black and white Copgoblins. There are bands of these folk prowling every corner of the land, fanatically challenging evil wherever it may or may not exist.

Whether or not there is evil in Oatus is, of course, a matter of opinion.

Next time: The Copgoblins of Crescent City

Children's Film Festival
Continued from Page 1
World," a fast-paced program for all ages filled with films that are musical, moving, funny and full of adventure. (60 min.) Saturday's second show is "Chills and Thrills," a good choice for kids who like surreal stories and spooky animation. (69 min.) The 11 am show on Sunday is "Creature Comforts," perfect for the festival's youngest moviegoers with colorful shorts featuring gentle themes, animals and music. (62 min.) Finally, the festival wraps up with "Totally Tall Tales," an around-the-world whirlwind of Greek myths,

African fables, Hungarian folk tales, Irish yarns and other stories. (68 min.) All of the shorts programs come to the island from the curator of Northwest Film Forum's recent Film Festival Seattle, Liz Shepherd, who also happens to be an island resident and mom to two young moviegoers of her own! For tickets and more information, call the Vashon Theatre at 463-3232 or drop by the box office.

Deadline for the next
edition of The Loop is
Friday, March . 12.

Open Space

for arts and community

Mr. Spin
from
Australia

NANDA

**The Canote
Bros.**

**Godfrey
Daniels**

Lelavision

Hat Trick
from Germany

The Aerialistas
The original
aerial girl gang

For
Seattle
Shows &
Show Schedules:
moisturefestival.org

MOISTURE FESTIVAL

Tickets: brownpapertickets.com
and Books By The Way

Get
Your
Tickets
Early

**March
26 & 27**

Fri 7:30

Sat. 3pm

matinee

Sat. 7:30

\$20
kids \$10
seniors
\$15

**Smirk
Show**

**Dr. Calamari
& Acrophelia**

Aviatrix
Astonishing aerial

15% of Matinee
proceeds to benefit
Youth & Family
Services

COMEDY VARIÉTÉ



Thanks to: Heather's Homegrown Cafe * La Boucherie
The Hardware Store * Quartermaster Inn
Spice Route Cuisine of India * Dova Silks
Vashon Coffee Roasterie * Vashon Tea Shop

Lessons Learned

by Rochelle Gravance

NAFC Master Level Certified
IYCA Level 2 Conditioning
Specialist
Physique Transformation Specialist
Habitsforming.com
Habitsforming@yahoo.com

Today we're talking about lessons learned. Mine, specifically. And maybe they'll resonate with you. So here we go.

Keep it simple. I find this applies to everything in life. It seems as if the world slows down when you're life isn't cluttered with unnecessary chaos. It's easier to make decisions based on necessity and priority rather than superficial haste.

Example: Food choices.

Simple would be nutrition in its most natural form. Fruits, veggies, nuts and meats. Not overly cooked or laden with sauces. Free from chemicals and grown in rich soils.

Hasty choices would be buying and consuming "manufactured food stuffs" that are prepared and fairly void of nutrition. Just look at the ingredient labels. If the list is longer than your arm and you can't pronounce half of the ingredients on the list, probably not simple.

Now, look at the list of ingredients of the simple foods like fruits and veggies. Oh yeah, that's right. They don't have a list of ingredients. You get what you see. Genius!

If it hurts, don't do it or do it differently. Seems logical enough, right? Contrary to the logic of the statement, I find many individuals pushing themselves past pain signals on a regular basis. I'm no stranger to this phenomena either, yet one must come to the conclusion that change is necessary. Ignoring emotional or physical pain is not the most helpful way to get through your days.

Example: Exercise

Choosing to continue with a specific exercise modality or particular exercise when pain is present and consistent is a sign that you may want to reevaluate your decision. It doesn't mean you have to stop doing something altogether.

The first step may be simply checking your form to see if improving the function of the exercise eliminates the pain. It could be that you're just not ready for the exercise and you need to do some preliminary work before attempting the movement again.

On the other hand, some of us just have to face the facts that we aren't built for specific exercise modalities regardless of our love of them. I see this with individuals that are determined to use running as a form exercise. They may be fifty or more pounds overweight with very little athleticism and lacking strength in their bones, muscles and connective tissue, and yet they're out there like clock work, slogging away the miles, ignoring the pain.

Stop! Think about what you're doing. If it hurts, don't do it or do it differently.

Don't become complacent with that which you think you know. It's easy to get sidetracked and be less attentive with the things you feel



comfortable with. This can be a mistake. Always strive to place full attention on the task at hand.

Example: Movement

When you perform a workout, are you performing the same movements and exercises repetitively each time without thinking or preparing? If so, it's likely you are overusing certain muscle groups and ignoring others. This can be anatomically disastrous in the short and long term. To eliminate this potential pitfall, consult a qualified exercise professional to help design a complete exercise program with a movement evaluation.

Sift through this advice and apply it as needed to help you live a more healthful life. Who else wants to lose 10 pounds of fat by March 31st? Only 5 spots left for the March Fit Camp deadline. First come first serve no exceptions. Contact Habitsforming Fit Camps www.Habitsforming@yahoo.com 206 571 2277

Deadline for the next
edition of *The Loop* is
Friday, March . 12.

Fat Loss Rule#1
"Doing the same thing over
and over again and expecting
different results". ...thanks Mr.
Einstein. If this applies to you,
grab one of the last 5 spots
open for March 1st enrollment.
Receive a free nutritional
analysis with enrollment
(\$77 value)
Habitsforming Fit Camp
Habitsforming@yahoo.com
206 571 2277

Eat at the...



Bistro and Bar
Mon-Thurs: 4pm -Midnight
Fri and Sat: Noon - 1:30am
Sun: Noon - Midnight

Monday and Tuesday Sushi Special
Buy any 2 Rolls Get a free bowl of
Miso Soup or Buy any Premium roll
and get a California roll for \$2

Winter Sushi Hours:
Mon, Tues & Thurs 4-9:30pm
Closed Wed
Fri & Sat 1-10:30pm
Sun 1-9:30pm

17618 Vashon Hwy SW
206.463.5959

Bicycle Madness:

Saturdays and Sundays
Until 7Pm

Happy Hour All Day
PBR'S \$2.00
Micros \$3.00
Wells \$3.25
Bloody Marys \$3.25

Hot Dog and a Bag of Chips
\$1.50

Pitcher PBR
2 Dogs and 2 Chips \$5.00
Happy Hour
Monday - Friday
4pm - 7pm

Poker Tournaments
Monday and Tuesday: 6pm
and 9pm

Live Entertainment Weekly
See our schedule at
www.redbicyclebistro.com



Bob Webster
Handyman Service
206.455.4245

Licensed Bonded and Insured
bobwebster@commspeed.net
LIC# BOBWEWH9290E
VISA and Mastercard accepted



Violin Lessons
Danielle McCutcheon
206.462.0835

Courthouse Square Studio, #208A
danimccutcheon@earthlink.net
Teaching for the love of music



Joanna Gardiner

Loving care for animals,
plants and homes

567-0560



Advertise in the Loop!

This page's Handyman ad is only \$48 a month.

Island Epicure



By Marj Watkins

Do You Know What Your Food Has in It? Does it Matter?

Yes, it matters. The controversy over Genetically Modified (GM) foods is hugely important to anybody who eats, from babies on formula made with soy milk, to you and me. It matters to farmers, to the US trade balance, and to the health of our people.

The free Food Summit at Vashon High School, beginning at 7:00 Friday March 5, and going on all day Saturday and most of Sunday, offers us all a chance to learn more about this subject.

There will be sessions on

? How to shop to make the most of our food dollars

? How to grow your own food

? How to prepare thrifty, tasty, healthy meals.

? The Food Economy and how we can "vote with our forks"

There will be a keynote speaker, panel discussion, 3 or 4 breakout workshops, organization tables, a "Stone Soup" dinner, and a Food Celebration. You will find out about community gardens, i.e. the ones at the Vashon Food Bank, Vashon Community Care Center, and the schools as well as local subscription farms and local market farms, and how you can grow your own whether it's on an acre or a patio.

You'll hear about the GM food controversy. Scientists weigh in on both sides. Both sides call for more testing, larger tests, and opine about truth in labeling. France requires that any GM product or product containing GM ingredients be so labeled. France, Iceland, and now India, as well as Columbia, Algeria, Greece and Thailand ban importation of GM foods. That puts big holes in the US food export market. The US doesn't force food producers to admit food products contain GM ingredients.

In good old USA, the mega corporations that grow, promote, and sell GM seeds insist that GM foods provide equivalent nutrition to non-GM goods. Equivalent doesn't mean 'same', however. I think they miss the point.

People tell me they buy organic foods for flavor, and to avoid toxic pesticides. They raise organic vegetables and fruits because organic farming methods promote healthy soil, and vegetables that can grow faster than the bugs can eat them, or that have defenses that protect the plants without being harmful to humans.

Monsanto, ConAgra, and a few

other mega corporations control most of the seed production in this country and link with the big producers of commercial fertilizers and insecticides. Is it a coincidence that Monsanto's GM seeds produce crops that won't do well without heavy and frequent sprayings of insecticides, and must be planted in ground enriched with commercial fertilizers that add back the nitrogen GM plants cannot grow long enough roots to get from the soil?

Organic growers use old fashioned soil-nourishing methods. "Green manure" is one. It gives a plot of land a sabbatical every third year or so, letting it lie fallow (unplanted) one year. If the last plant grown there was a legume it will have drawn nitrogen from deep down in the ground. When plowed under, that nitrogen is released into the top layers of soil where a new planting of any desired crop can tap it and grow lushly green because nitrogen promotes chlorophyll. Chlorophyll has healing properties.

On an organic farm or a natural farm, there is a healthy diversity of plants with heirloom varieties as well as more modern strains. People save seeds from one year, favoring those from the plant that produced the biggest, juiciest, tastiest tomatoes, and the plant that gave them the biggest, most flavorful ears of corn. Thus for hundreds of generations people on this continent and gradually improved tomatoes, corn, peppers, pumpkins, etc. A new generation of GM seeds grows crops that cannot reproduce naturally. Saved seeds won't grow.

A mega farm grows one crop. It grows hundreds of acres of one variety of corn, or soy beans, or cotton, or canola for instance. This mono-culture eventually yields less, and loses flavor and other good qualities. Christian Aid reports that instead of feeding the hungry billions of people earth will add in the next decade, GM foods and mono-cultures will cause famines.

For more info about GM foods, and where to get non-GM seeds come to the Food Summit, or Google: Acres USA, or Center for Food Testing, or Organic Consumer's Union.

For more about the Food Summit call: Cathy Fulton 463-5652, Emily MacRae 408-7072, or Jessica Lisovsky 463-1941.

We are fortunate here on Vashon-Maury Island to have many small, family farms whose organic vegetables and fruit we can buy at the Saturday Market when it reopens next month, and every Saturday until well into fall. Also, we're lucky to have a grocer that offers a wide choice of organic fruits and vegetables, some at prices as near or even lower than conventional produce of the same kind. Heirloom tomatoes, locally grown, appeared last summer in Thriftway's produce section, and will no doubt be there again this summer. Thriftway also offers some organic canned foods. For more details visit www.vashoncalendar.com.

Vashon Delivery Company
Commercial Light Delivery all-Island
206-551-2592 – VashonDelivery@aol.com

Restaurants/Pizza
Medical/Pharmacy
Senior Needs
Retail Purchases/Classified Purchases
Flowers/Gifts
Groceries/Supplies
Nursery/Farm
Furniture/Hauling
Pets/Animals



Licensed, Bondable, Insured, Great Rates
Dependable - Longtime Local Islanders!



La Piñata

YOUR NEIGHBORHOOD MEXICAN GROCERY STORE



pageplus
nationwide prepaid cellular

Unlimited Talk n Text

monthly plan

NATIONWIDE



La Piñata
YOUR NEIGHBORHOOD MEXICAN GROCERY STORE

11am to 9pm
206-567-5844
17615 100TH AVE SW



\$39.95
per month

Unlimited Voice Minutes
Unlimited Text Messages
Includes 20 MB of Data

talk smart.™



www.pagepluscellular.com • 800-550-2436



Yes, there is a free lunch. And a free dinner too...

Buy 3 meals in 3 weeks, get your next meal absolutely FREE!

Why are we doing this? It's simple:

We need regular business during the winter months to keep our doors open.
You deserve delicious, affordable meals served in a cozy dining room by friendly staff.
Come on down to the Q and sign up for the Frequent Diner Club. It's simple and easy.

Live music with Steve Amsden and friends
every Wednesday night

Need a room for family and friends this summer?
We are filling up fast, so reserve today!

www.quartermasterinn.com

Call for reservations
206.463.5355

info@quartermasterinn.com

In the heart of beautiful Burton by the Sea...



ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST
Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B
Vashon Island, WA 98070
206 463-3967

219 1st Ave. S. #310
Seattle, WA 98104
206 463-3967



ACE
DRYWALL
We Deliver

Featuring:
Sto DecorTex[®]
ACRYLIC FINISHES
With Integral Color
No Painting Required

Complete Drywall & Painting Service
206-463-9624

Licensed - Bonded - Insured



*Open 7 days a
week 6am till 2am*

*Family run business
for over 30 years*

Breakfast
Lunch

17611 Vashon Hwy SW

Live
Entertainment

206.463.0940

Where the locals go!



SERVICE
REPAIRS
SALES
FREE
TRAIL MAPS

BIKE
RENTALS
FOR
ADULTS
AND KIDS

VASHON ISLAND BICYCLES
(206) 463-6225

9925 178th Ave. SW www.vashonislandbicycles.com

Flash PHOTO

Your Photo Source ~ Traditional or Digital


Mon-Fri 10 - 6
Sat 10 - 2

Thriftway Plaza
463-3311

Closed Sunday

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

Licensed, Local
Serving Vashon
Mow
Lawn
100% Reliable
Fast Quotes



and 100% Legal
& Maury Islands
Betta
Service
Since 2000
206-579-6333

Loopy Laffs

One Liners

It is always duller just before the yawn.
Cupid's dart hurt more coming out than it did going in.
Money brings only misery, but with money you can afford it.
A pessimist complains about the noise made when opportunity knocks.
What do you get when you cross an attorney with an alligator? A litigator.
Money can't buy happiness, but it can buy ice cream, and that's close enough.
Too many people work up a head of steam before they find out what's cooking.
The first man to make a mountain out of a molehill was probably a real estate agent.
America still has more marriages than divorces, proving that preachers can still out-talk lawyers.
George Washington is the only president who couldn't blame his troubles on the previous administration.

I can picture in my mind a world without war, a world without hate.
And I can picture us attacking that world, because they'd never expect it.

Should vegetarians eat animal crackers?

Here's a Loopy Laugh submitted by Stacey. Cute!

A son wanted to bake a cake so he looked up a recipe and asked his mom if they had the ingredients. Their conversation went like this:

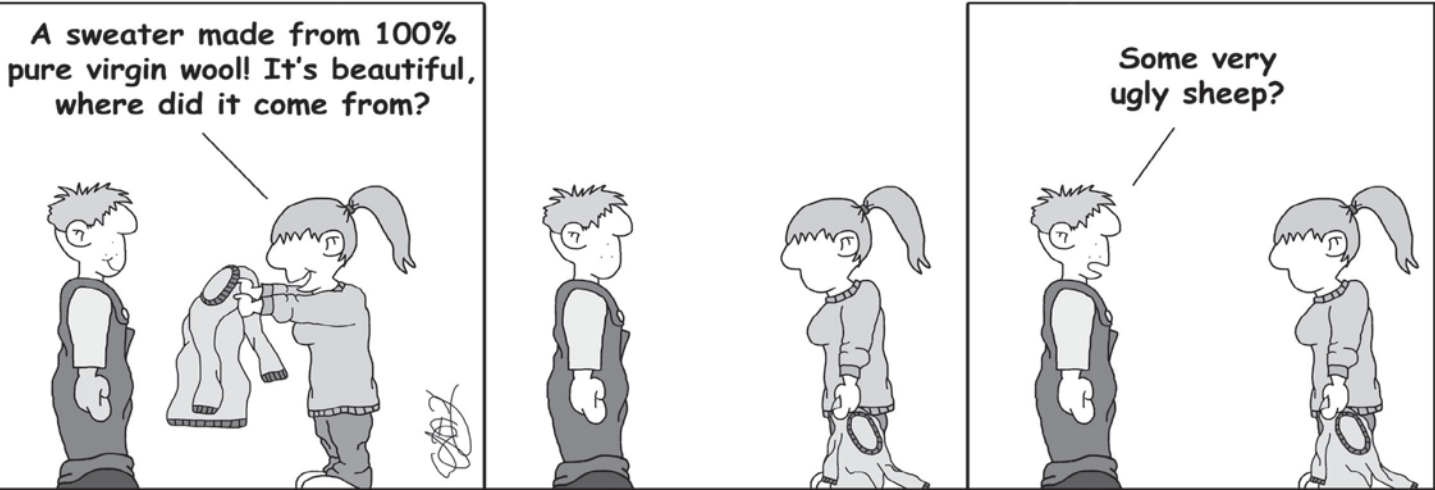
"Mom, do we have whole wheat pastry flour?"
"Yes"
"Do we have baking powder?"
"Yes."
"Do we have cocoa powder?"
"No."
"Do we have sea salt?"
"Yes."
"Do we have buttermilk?"
"No."
"Do we have vanilla?"
"No."
"Ok, then we can make 1/2 the cake."

She yelled at her husband, "You're gonna be really sorry! I'm going to LEAVE you!"
He responded, "Make up your mind!
Which one is it gonna be?

I was worried that my mechanic might try to rip me off, so I was relieved when he told me all I needed was blinker fluid.

Moose Lake



A sweater made from 100% pure virgin wool! It's beautiful, where did it come from?



V.I.P.S. DETECTIVE DROIDS ROAM THE GREAT VASHON UNDERGROUND ON A RESCUE MISSION.

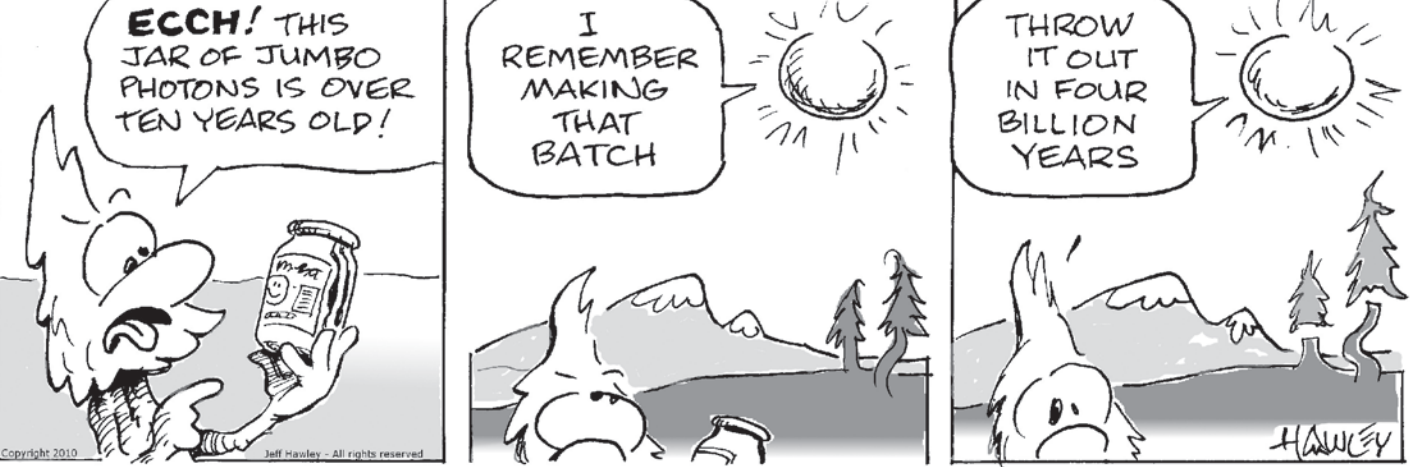


LOGJAM



BY Jeff Hawley

LOGJAM



by Jeff Hawley



Cerise Noah
Helping buyers and sellers with their Real Estate needs throughout Washington
360-393-5826
cerisenoah@windermere.com



Licensed since 1996

WET WHISKERS
GROOMING SALON
PROFESSIONALLY TRAINED
CERTIFIED GROOMER

WE OFFER:
WASH AND GO
BATH AND BRUSHOUT
THIN AND TRIM
FULL GROOMING
CALL TODAY FOR AN APPOINTMENT
(206) 463-2200
17321 VASHON HIGHWAY SW



CONVENIENTLY LOCATED INSIDE PANDORA'S BOX



Let us bring more light into your home with our Spring Window Cleaning Special!

Is YOUR VIEW STILL CLOUDED BY RESIDUE FROM LAST YEAR?

20% off our regular window cleaning rate for all new clients who call to schedule service by April 30. Call today to take advantage of this special rate. Estimates are free, friendly and informative.

Work must be done in 2010 to receive promotional discount. This offer may not be combined with other promotions. Jobs are scheduled on a first come first served basis and are subject to available openings.



Sound View HOME SERVICES LLC
Professional Exterior Cleaning & Maintenance™
567.4765
www.soundviewvashon.com

ROOFS • GUTTERS • DECKS • WINDOWS • CONCRETE & MORE
Bonded • Insured • Lic. # Soundvh901CR

Advertise in the Loop!
Back page classified ads just cost \$12.50 per column inch.

Find the Loop on-line at www.vashonloop.com.

Loop Arts

Max Gabriel rocks the Blue Heron

By Janice Randall

Who is Max Gabriel? He's a New York City-based alternative rock singer/songwriter/filmmaker perhaps better known by Islanders as Gabe Judet, VHS graduate. More than a decade ago he entertained us by juggling on his unicycle at Blue Heron Circus performances and Strawberry Festival. And even earlier you may remember his performances with Blue Heron Youth Theatre and in VHS theatre productions. When Gabe, son of Island artist Pascal Judet and John Weinshel, moved to New York, it was truly Vashon's loss and New York's gain.

Gabriel, the musician, returned last summer to perform a set at Ober Park for Friday night Strawberry Festival opening. Coming full circle, Gabriel will make his Blue Heron musical debut, along with a full band comprised of Seattle area players, Saturday, March 6, 8 p.m. Island musician (another VHS grad) Alex Davis will open with a set of mostly original acoustic tunes.

Based in Brooklyn now, Gabriel's finely-crafted songs are distinguished by startling lyrics, his unconventional tenor voice and cinematic textures. His vocals, guitar and keyboard work caught the ear of iconic producer/keyboardist Scott Healy, whose recording credits include Bruce Springsteen, Al Green, BB King, Jackson Browne and Branford Marsalis. Gabriel released his debut recording *The Exile* of St. Christopher (sonaBLAST! Records) with some of New York's finest musicians: Steve Holley (Wings, Dar Williams) Shawn Pelton (Shawn Colvin, Bruce Springsteen) on drums, Glenn Alexander (Phoebe Snow, Elvis Costello) guitarist Jimmy Vivino (John Sebastian, Phoebe Snow, Max Weinberg 7) and fretless bassist



Bakithi Kumalo of Paul Simon's Graceland. Mark Geary, Kelley McRae and Brett Dennen lend back-up vocals to the recording (trust me you'll want this one your collection).

Last summer Gabriel and Healy began session work for Gabriel's next project. Still in process, the second (and third) record will feature more than 25 new tunes with the help of bassist Leland Sklar (The Doors; Leonard Cohen; Crosby, Stills and Nash), drummers Gary Mallaber (Van Morrison), Curt Bisquera (Elton John, Tom Petty and the Heartbreakers) and Pelton (from Exile). Gabriel says the new recordings will offer a range of music from 70's-style rock and roll to electronica.

Ian Mathers, who writes for *The Village Voice* among NY publications, said, "He'll treat your heartbreak right, with the sense of devastated whimsy all real romantics have. He's got one of those wonderfully malleable voices that can sound a bit like everyone from David Byrne to Ed Harcourt, but always mostly like himself."

Welcome home Gabe! Saturday, March 6, 8 pm Tickets: \$13/\$15 available now at Heron's Nest, Books by the Way, Blue Heron and brownpapertickets.com

Stories in Cedar:

Continued from Page 1
Way on Saturday, March 20, at 1:00 PM, Odin's family-friendly talk about "Stories in Cedar" explores symbolism and inspiration in Northwest Coast Native art.

Odin's career as a professional, award-winning Native artist spans more than 30 years. He is an accomplished educator, heritage specialist, and dancer. Consistent with his Native values, Odin

routinely donates proceeds from his art sales to promote Indigenous culture and to support whale and wildlife conservation.

Visit www.OdinLonning.com or call 206-463-9041 to learn more about his work.

Deadline for the next edition of *The Loop* is **Friday, March . 12.**

HARBOR MERCANTILE

Since 1908

463-2500

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification

How to Attract Birds To Your Yard

Ed Swan

Vashon Island, WA
EST. 1984

An uncommon place at the heart of Vashon Island

News from the Country Store:
Colvos Creek Nursery Has Moved Their Entire Stock to the Center of Our Driveway

Time to Consider U-Dig of Mature Plants
Ask for the Old and the New Listings. The Latter is Newly Planted and Easier To Move.

Territorial Seed and Their Organic Version, Abundant Life Comma, Have Arrived

More To Come!
The Country Store & Gardens
20211 Vashon Hwy SW
206-463-3655
www.countrystoreplants.com

DEAD ELVIS

A Night of the Grateful Dead and Elvis Presley at the Red Bicycle Bistro

The Backbone Campaign, the Vashon-based organization known for its progressive politics, will hold a benefit called "Dead Elvis" featuring the music of The Grateful Dead and Elvis Presley performed by a full roster of Island singers, songwriters and musicians.

The benefit, scheduled to start at 7:30pm on Saturday, March 13th at the Red Bicycle Bistro & Sushi, will feature performances by more than 30 Island musicians covering Dead & Elvis classics.

"Dead Elvis" is the latest installment in a series of Backbone Campaign themed concert fundraisers. Past themes have included The Beatles, The Rolling Stones, Bob Marley and Bob Dylan. Steffon Moody will be back in full force as the emcee for the evening.

Bill Moyer and the Backbone

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

A Single Man March 5th!
1 Oscar Nomination

Friday, March 12, 2010
07:30 PM Matilda Event!

Sunday, March 14, 2010
NW Children's Film Fest

Gift Certificates

Campaign supporters are doing some incredible things out there right now from helping activists around the country challenge "Corporate Personhood" to helping start a community credit union on Vashon. This is your chance to contribute to their efforts. For information on what the Backbone Campaign has been up to lately, check out their website at <http://www.backbonecampaign.org>. This event will benefit the Backbone Campaign's Coal Free Zone Campaign, a regional project to take on Washington State's number one mercury and green house gas polluter TransAlta Power and speed the end of dirty coal-generated electricity in the Northwest. For more information see www.coalfreezone.org. Coal is Dead, Sun is King

This event is being organized by Vashon Events - Vashon's event production and planning consultants. Tickets to "Dead Elvis" cost \$15 and are available by credit card at the Red Bicycle by calling 463-5959 or you can pay by cash in advance at the venue. All ages may attend until 11pm, after which the event becomes 21 and up.

Rebecca Douglas Photography

phone:206.390.6074
website:www.rebeccadouglas.com
email:rebecca@rebeccadouglas.com

From Newborn Wrinkles to Character Lines
Creating Fine Art, Whimsical and Heirloom Portraits for our community.

SHADY LADY
INTERIORS

Specializing in Interior Design & Window Treatments

Rebecca Douglas Photography & Shady Lady Interiors working together and sharing ideas to create & celebrate.

Check out Shady Lady's new website www.shadyladyinteriors.com
17600 Vashon Hwy Sw 206-463-6200

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

From Broadway to Vashon



By Janice Randall

Just over a year ago, Rebecca Spencer was performing Madame Giry in Phantom - The Las Vegas Spectacular. Before that gig, she performed as an original Broadway cast member of Jekyll and Hyde, as Emma Carew, a role she created at the 1990 Alley Theatre world premiere. She also toured with Marvin Hamlisch and was cast in the 30th anniversary version of Man of La Mancha.

Spencer has been featured at Carnegie Hall and recorded for PBS; television credits include 'Third Watch' and 'Law and Order: SVU.' She was awarded the 2004 Backstage Bistro Award for Outstanding

Achievement in a Recording for her debut solo CD, Wide Awake and Dreaming. Her second recording, Fair Warning, was released in 2006.

Spencer and husband Jim landed on Vashon when he accepted a position as Executive Director for Seattle's Broadway Bound. Adjusting to life on Vashon, Spencer looks forward to her Island debut, "Broadway Passages." Joining her will be accomplished Las Vegas-based pianist Phillip Fortenberry. Long-time friend and collaborator, Fortenberry has performed with Hairspray, We Will Rock You, and Mama Mia and currently plays on stage for Jersey Boys.

The Vashon concert will feature tunes from Spencer's two albums and more.

For the Vegas role, Spencer was handpicked in New York by Tony Award-winning director/producer Harold Prince. Working on her second album with Fortenberry at the time, Spencer flew to Vegas and spent the next three years with the show. In a way, the move brought her full circle; Spencer performed in Prince's Germany production of Phantom in the 1990s. Read more about Spencer at rebeccaspencer.com

Don't miss this night of Broadway on Vashon! Saturday, March 13, 8 pm Tickets \$15/\$17 (Heron's Nest, Blue Heron, Books by the Way and brownpapertickets.com) Includes champagne and desserts.

Chorale to Sing Mozart's Requiem at Benaroya Hall



By Anne Atwell

The Vashon Island Chorale will sing Wolfgang Amadeus Mozart's Requiem Mass in D Minor -- widely considered his choral masterpiece -- at Benaroya Hall on March 14th. The Chorale will join three other performing arts ensembles: Cascadian Chorale, Everett Chorale, and Rainier Chorale.

The Sammamish Symphony Orchestra, conducted by Mark Adrian, will accompany the ensemble. Islander Jennifer Krikawa will perform the soprano solo and artistic director, Gary Cannon, will step away from his usual conducting role to sing the tenor solo. Other soloists are Kathryn Weld and Glenn Guhr.

The Requiem, Mozart's final composition, was still left undone before his death in December, 1791. The first movement was performed in two sections five days after he died. Most music historians believe that the work was completed by Mozart's student, Franz Xaver Süssmayr and performed in Vienna on January 2, 1793 at a benefit concert for the composer's widow, Constanze, and their two sons.

"This concert has been six years in the works, and it feels so good to see it come to fruition" says Chorale President, Jo Ann Bardeen. "Singing on the



Let us bring more light into your home with our Spring Window Cleaning Special!

IS YOUR VIEW STILL CLOUDED BY RESIDUE FROM LAST YEAR?

20% off our regular window cleaning rate for all new clients who call to schedule service by April 30. Call today to take advantage of this special rate. Estimates are free, friendly and informative.

Work must be done in 2010 to receive promotional discount. This offer may not be combined with other promotions. Jobs are scheduled on a 'first come first served' basis and are subject to available openings.



Sound View
HOME SERVICES LLC
Professional Exterior Cleaning & Maintenance™

567.4765
www.soundviewvashon.com

ROOFS • GUTTERS • DECKS • WINDOWS • CONCRETE & MORE
Bonded • Insured • Lic.# Soundvh901CR





Benaroya stage is a dream come true for both amateur and professional singers and I'm happy that the Vashon Island Chorale members are going to realize that dream."

In addition to Mozart's Requiem, the Chorale will sing their own fifteen minute set that will include George Gershwin's Sing of Spring, Aaron Copland's Zion's Walls and Randall Thompson's The Road Not Taken from Frostiana.

The Chorale, which was established in 1989, has performed Mozart's Requiem three times, in 1997, in 2002 -- to commemorate the victims of the September 11 attacks -- and and in 2005.

Buy your tickets now for this exciting performance -- and the Chorale's only performance this spring -- Sunday, March 14th, 2:00 pm at the S. Mark Taper Auditorium, Benaroya Hall, 200 University St., Seattle. Seating is festival style.

Tickets are available for \$25 at Books by the Way, Vashon Bookshop, Vashon Allied Arts or online at <http://www.seattlesymphony.org/symphony> (click "buy tickets"). Tickets will also be available at the door for \$30. Contact Terry Roth at 206-463-2671 or 852-4372 for more information.

Vashon Pizza

Its cold outside.... let us cook for you.... Call us now

Relax.... We Deliver

Located between Vashon Market and Vashon Dance

Call 56-PIZZA

Call for new Hours!

CASA BONITA

EXPRESS MENU (AVAILABLE ONLY TO GO)

TACOS - ASSORTED DELICIOUS TACOS,
2 FOR \$2.99

TORTAS - A TRADITIONAL MEXICAN
SANDWICH MADE WITH YOUR CHOICE
OF FILLING FOR \$4.99

BURRITOS - FLOUR TORTILLA STUFFED
WITH BEANS, CHEESE AND CHICKEN,
GROUND BEEF OR PICADILLO
THREE SIZES TO FIT YOUR APPETITE!
PEQUENO (8 INCH) \$1.99
GRANDE (10 INCH) \$4.99
EL MAY GRANDE (12 INCH) \$6.99

CHIPS AND SALSA \$1.99

463-6452

17623 100th Ave ~ Vashon

Wipe Out

Carpet & Upholstery Cleaning

Randy Bruce

(206) 463-6314 Office
(206) 300-5905 Mobile

Certified Carpet Technician
Adv Truck Mount Equipment
(Environmentally friendly Formula)

Certified Upholstery Cleaner

Oriental & Antique Rugs
Pet odor control
Water Damage
Deodorization
Carpet Repairs

Wolftown!

Wolftown ha
corderos vivos a la
venta.

\$ 100 cada uno-
463-9113

Wolftown
PO Box 13115
Burton WA 98013

206-463-9113
wolftown@centurytel.net

www.wolftown.org

Share office suite/ waiting
room

with Acupuncturist at Courthouse
Square. Available Tues, Thurs, Fri, Sat,
Sun. Ann Leda 206-463-3967

Olympic Instruments, Inc.

■ Custom Manufacturing, Machining, Welding, Fabrication, Repairs
■ Short & long run production
■ Prototyping
■ Length Meters for Wire & Cordage
■ Cunningham Air Whistles

Your Vashon Neighbor Since 1946
Monday - Thursday, 7:00 AM - 5:30 PM

16901 Westside Highway SW
Vashon, WA 98070

Phone (206) 463-3604
www.olympicinstruments.com
www.cunninghamairwhistles.com

reconditioned kitchen

knife sharpening
restaurant service

206.463.3009 rex morris

Phil Spencer

I'm here for all your
real estate needs...

KELLER WILLIAMS®

REALTY
Seattle Metro West

(206) 679- 9859



PANDORA'S BOX

Come see the new wedding cake stack of beautiful,
durable and luscious mocha dog beds. You will want
one - probably for yourself.

We also have a passel of new dog treats to try...well they might not
taste good to you, but your dog will love them.

Cheryl's pick of the week:
TRUE VALUE

(206) 463-3401

\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

