

## Windermere Vashon: New Owners

by Steve Amos



*Dick Bianchi, left and new owners, Beth and John de Groen*

As of approximately 5:00 PM Tuesday, March 1st, Islanders Beth and John de Groen are the new owners of Windermere Vashon, taking over the helm of the company from Dick and Linda Bianchi. The Bianchi's had been owners of Windermere Vashon since 1997 when they bought the company from Paul Helsby who, interestingly, had bought the company in the 50's and remains with the company as a managing broker today. Windermere Vashon has a long and respected history on the island and its website identifies it as the oldest island real estate office, established in 1948.

When asked why the Bianchi's chose this particular time to sell, Dick

Bianchi said, "A long time ago I set a target of retiring when I turned 67 and I am now 67, so I'm following my plan." He also mentioned some minor recent health issues and the fact that he had a strong desire to spend more time with family members, such as his son's family in Phoenix, Arizona. As it happened, Linda was already in Phoenix at the time the deal concluded and Dick had to postpone his own travel plans to finalize the transaction. As this article was going to press Dick is on his way to join his family in Arizona for a long weekend visit to help his son celebrate his birthday along with other family members coming in from Hawaii, returning on Monday

*Continued on Page 6*

## Spring Flower Sale Benefits Exploratory Week Scholarship Fund



McMurray Middle School has teamed up with deGoede Bulb Farms of Mossyrock, WA to offer beautiful and exceptional quality spring flower bowls and potted tulips for sale. All proceeds go directly to the eighth grade Exploratory Week Scholarship Fund which ensures that every student has the chance to participate in this unique program and no child is denied their choice due to financial need.

Exploratory Week is a week-long program that gives students an opportunity to learn outside of the traditional academic curriculum setting; helping students to discover new interests, connect with their surroundings and learn about themselves and how they relate to others.

Normally, the Scholarship Fund begins with a surplus each year, but due to the poor economy and increased need, it was all but exhausted last year. Organizers are scrambling to ensure that funds are available to meet this year's demand, which is expected to be at least as high.

For more information, photos and an order form, visit the McMurray Middle School website: [www.vashonsd.org/mcmurray/](http://www.vashonsd.org/mcmurray/) Order forms can be dropped off at the McMurray office or mailed to: McMurray Middle School, 9329 Cemetery Road SW, Vashon, WA 98070, Attn: Gates Johnson.

Orders can be placed through mid-May.

## Road to Resilience

By Terry Sullivan  
**Transition Model**

This week, we hear from Phyllis Rabun, mother and mechanical engineer, who first heard of peak oil in 2003, considered and tried different strategies to secure the safety of her family, and finally decided to cast her fate with the Vashon community and the transition model.

"In 2003, I was attending a week-long workshop on installing photovoltaic systems sponsored by Solar Energy International. The workshop leader announced that he would be giving a talk after supper about something called 'Hubbert's Peak'.

"Well there wasn't anything else to do at the conference center that evening, so I was with the small group that sat through the slide show with the charts, and the inverted bell curves, and the diverging supply and demand graphs. I began to consider all the people, things, and systems that had come to depend on petroleum, to demand petroleum to the point of justifying a preemptive (non-emptive?) attack, all-out war, and occupation of a sovereign nation earlier that year.

"With true American-style hubris, I imagined my planned new alternative energy business would be part of the salvation of the world while it brought in a tidy living for me and my family.

Everything was going to be OK, and the American Way of Life would continue, just in a greener form.

"Then I read the recently published book by Richard Heinberg, *The Party's Over*. In it, Heinberg went beyond the petroleum crisis to examine all the possible alternatives for supplying our energy needs. Most importantly, he explained the technological obstacles and the time and energy requirements to implement these options, measured against the probable timeline of petroleum depletion. They may have possibilities in small niches, but in the big picture, no combination of them, in the critical next couple of decades, will come anywhere close to taking the place of cheap, portable petroleum and the cascade of materials and products that come from it.

"Thus was my can-do American know-how attitude taken down a few notches. I began to realize that we in America are suffering from a kind of group Cinderella Syndrome, only instead of waiting for Prince Charming to rescue us, we are putting our hope of salvation into 'Tech Charming.' I adopted a new email signature, 'It's not that hard times are coming, but that easy times are going.' I started planning for the future of my family in the coming diminished scenario. We went so far as leaving the US for several years, searching for a home in a developing country where I

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## Amanda Knox: Cartwheels & Confessions

By Karen Pruett  
**Island Resident, Innocence Supporter**

Amanda Knox and her friend, Raffaele Sollecito, were wrongly convicted in 2009 of murdering her British roommate and friend, Meredith Kercher. They are serving 26-year and 25-year prison sentences near Perugia, Italy. Rudy Guede, the real killer, is serving only 16 years for the murder; his sentence shortened after the Perugian court encouraged him to 'apologize' to the Kercher's for murdering their daughter. I am not kidding.

Amanda's family and friends, who reside on Vashon Island and in West Seattle, wake up each day and say a prayer for the pair before setting about our daily business. And our eyes are on the appeal process, cautiously optimistic since Judge Claudio Pratillo Hellman allowed a DNA review of the knife and bra clasp. His ruling May 19 is crucial and we hope that these tainted pieces of evidence, which helped convict Raffaele and Amanda, will be thrown out opening the way for the release of the kids.

West Seattleites and Islanders have been discussing the case for three years now, but the press has released so much misinformation that some are not sure what really happened. They suppose that a young adult may get into trouble their first

time away from home; so they believe that Amanda's situation is her fault.

But Amanda is guilty only of concern for Meredith, compassion for Meredith's family and the trusting nature of a child. Raffaele is guilty of concern for Amanda. Neither is guilty of murder.

In 2007, just four months out of her teens, Amanda did not have any adults advocating for her in the days following Meredith's murder. The police deflected her question of American Embassy involvement, assuring her there was no need. Only Raffaele, a young man she had known two weeks, stood by her side during those dark days as the Perugian police and court system took complete advantage of her youth and naiveté.

Amanda had no consular, no university official, no interpreter, no lawyer and no parent to advise or protect her.

On November 5th, three days after the body of Meredith Kercher was discovered, Amanda and Raff were at the Perugian police station. Again. Raffaele was being interviewed and she had accompanied him, fearful of being alone. She was in a waiting room doing homework, an officer at a desk nearby was observing her.

Lunchtime found Amanda in an

*Continued on Page 8*

# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

## Dance for the Dental Van Nets Results

Valentine's Day Dance for the Dental Van Fundraiser Surpasses \$2,700 Goal!  
On Feb. 13th, 2011 a Fabulous New Tradition was born! Almost fifty islanders gathered for a wonderful evening full of Gaiety, Delicious Wines, and Fun on the Dance Floor! The Thank You Tree was adorned with dozens of names - as it takes a community to bring such a Fabulous Idea to Fruition! Contributions that evening, and those received in the mail from folks that couldn't attend have proven what most of us already know about those that live on Vashon-Maury Island: We Step Up When There Is Need! Finally, a poster displayed at the Party made it clear just how GREAT a DEAL the Dental Van is for your donation dollar!!! Over a 10 month period, the Dental Van provided OVER \$47,000 worth of care for the Bargain Price of \$9,000! If the Tooth Fairy showed up in downtown Vashon and said, "I'll give you \$5.22 for every \$1 you donate!" WHO would say no? This is a guaranteed gain, and it's thrilling to have the opportunity to add so many happy smiles to our islands. We look forward to spending this Lovely Holiday with many of you again (or for the first time) next year!

## Correction

In the Last issue of the Loop we forgot to credit Steve Amos with writing the article MRA Clock running out.

*Make a date with Vashon!*  
**www.VashonCalendar.org**  
Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
**www.vashoncalendar.org**

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

## The Vashon Loop

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## Bond Interest

Now that the Bond has officially passed, it is of the utmost importance to demand that the sale of this Bond be what is called a "Callable Bond". That means that should not all of the funds be needed for this project, some of the Bonds can be bought back and the monies go to repay the debt early and hopefully relieve some of the debt we have just incurred.

I believe that some voted for this with the misguided thought that it would cost only \$10 a month to repay the bond. As it stands now, according to My Amoritization Chart .com \$47,700,000 @ 6% interest for a twenty year period will cost \$82,017,027. That is about \$4,500,000 a year. I don't think \$10 per month will cover it. The School Board did you no service by remaining relatively silent on the true costs.

This is a Democracy and as such there are usually two sides to the issues, here maybe more.

I wish to thank all those who voted. It's not always neat and tidy but I know we all care about education and our children.

George Wright

## Community Drumming

Join Vashon Drum Circle to drum and sing with Buffalo Heart, our big community drum, on Friday, March 11, 7-9 PM at Vashon Intuitive Arts. We will explore the medicine of community drums. All ages are welcome. This is a free event; donations help with facility rental. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities, Vashon Drum Circle meets every 2nd Friday at Vashon Intuitive Arts.

## Lenten Soup and Bread Study Series

Episcopal Church of the Holy Spirit.  
6 pm meal time; 6:45 study time.

Themes for each week:

- March 17th, Midlife: Waking up to a world where the 'old maps' no longer serve

- March 24th, Midlife: Embracing loss and letting go

- March 31st, Midlife: Savoring our blessings: gratitude, wonder, love and praise.

- April 7th, Midlife: learning anew to live in our bodies and other non-negotiables

- April 14th, Midlife: 'taking on the mystery' - it's all gift.

The meal is downstairs; the study time is upstairs in the sanctuary. We would love to have the Vashon community share with us.

## Peace Corps Celebrates 50 Years

Join returned Peace Corps volunteers at Vashon Library, Saturday March 12th, 1:30 pm to celebrate. Maridee Bonadea will be sharing her recent experience as a Small Enterprise Developer in Mali, West Africa. Other returned volunteers will give a brief presentation on their experience.

## Garden Club Meeting March 14

On Monday, March 14th, the Vashon-Maury Island Garden Club will feature Colleen James at their monthly meeting held at the Vashon Lutheran Church, 18623 Vashon Highway SW. Meeting convenes at 10:45 am and after a brown bag lunch break, Colleen will speak at 1 pm. Colleen will be sharing her techniques for starting plants from seeds and all of the components of growing healthy happy plants!

Colleen James has been an avid gardener since the early 90's and is also a Master Gardener for King County. She is a plant propagator and sells plants at the Saturday Market. She frequents has Open Gardens and plant sales at her home on the Burton Peninsula, on Vashon Island. Creating passionate gardens, designed with a strong emphasis on contrast, color and texture and creating a sumptuous feast for the eyes is her specialty. She has overcome the usual obstacles such as slopes and deer.

## Fruit Club Meeting: Berry Pests and Diseases

Tuesday, Mar 8th, 7 pm at the Land Trust Building

A panel of experts will talk about pests and diseases found on Vashon in Blueberries, Strawberries, Raspberries and misc. small fruits. Displays, handouts and specimens will augment the presentation.

Refreshments will be served, and all are welcome.

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## March Chamber Meeting

You are all invited to attend the Vashon Maury Island Chamber of Commerce, general Membership Meeting (Chamber membership is not required).

Thursday, March 17, 2011

8:30 AM - 10:00 AM

NEW LOCATION - The Center for Sustainable Book Arts (old VFW Hall) Corner of Vashon Hwy SW and Dugway Road (entrance on Dugway Road)

GUEST SPEAKERS:

Chris Beck, lead volunteer for VCC project known as The Dinner Club, providing world class dining room service to the Assisted Living Dining Room of Vashon Community Care.

## Compost the Loop

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

**Advertise in the Loop!**  
Winter is a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out March 17

## Help Wanted

**Wolftown! needs an able bodied person for part time help doing basic chores. Must be able to pass a background check. Priority will be given to individuals willing to donate their labor to a community based 501c3 non-profit organization. Call 206-930-3761 and ask for Pete.**

*Wolftown!*  
**www.wolftown.org**

## Edible & Medical Plants of Puget Sound Workshops

The non-profit Cedarsong Nature School hosts this monthly series which is designed to excite your senses, give you a new appreciation of nature, and allow you to discover the rich variety of unique northwest plants, including their fascinating history as edibles and medicinals. Join Ethnobotanist and Naturalist Erin Kenny as she weaves stories about the plants that are featured as the season changes. You will learn how to safely forage for these plants and we will collect some to prepare into food or medicinal remedies that you will be taking home each month. March 19, April 16, May 21, June 18, 10am-2pm. You can register for all classes or just one. Register online at

www.cedarsongnatureschool.org.  
Financial aid is available.

## Green Party's Monthly Meeting

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 always welcome!

DATE: Tuesday, March 8, 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) Latest "Vashon Transition" film.
- 2) Bring the Billion\$ Home Campaign.
- 3) VMIGP Tri-fold brochure.
- 4) VMIGP Bylaw Change.
- 5) New VMIGP Policy.
- 6) VMICC Governance.
- 7) Sponsoring future speakers.

Questions: Melvin Mackey, Secretary, (206) 463-3468

## Next Edition of The Loop Comes out Thursday, March 17

Deadline for the next edition of *The Loop* is  
**Friday, March 11**

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**Care Packages Sought  
for Fallen Soldier's Platoon**

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

# Vashon Audubon Presents: Marlin Greene on Photographing Birds

On March 16, 2011, Vashon Audubon will welcome Marlin Greene, photographer, to present some of his work photographing Northwest birds and an introduction on HOW TO photograph birds. In conjunction with our Audubon presentation, Marlin will show some of his amazing still photos at the Hardware Store Art Gallery in the month of March. Check them out, and them come to the Audubon program talk to meet the man and learn HOW he captures these eloquent images.

Marlin Greene introduces himself as follows, "My intent is to capture glimpses of Nature's perfection that I am fortunate enough to witness, and to share these moments with a wider audience. By doing so I hope to create a deeper awareness of, and appreciation for, the miraculous world we live in, and to stimulate greater concern for its wild creatures.



I draw upon my experience as a designer to make decisions about light, color, and composition which will best record what I have witnessed. The recording of a scene is relatively easy, but the choice of what to record is still an important one. This begins with where to point the lens and when to push the shutter, and continues with the use of



Marlin Greene, photographer  
technologies now available in the digital darkroom.

I think of my camera as a light recorder and the computer as a playback device. When I use computer software to enhance an image, it is to reproduce the mood and quality of the original scene - not to create a synthetic image. That is just a personal priority.

Just as "wet process" printing in a darkroom employs color and exposure correction, burning and dodging, and other basic methods for improving an image, so does the computer allow adjustments to improve an image in the digital darkroom. I do not hesitate to use any digital tool available if it will improve my image. At the same time, many of my images are "finished" just as they were recorded by the camera, without any digital manipulation at all."

Finally, Marlin adds, "Honor the Earth - All else is speculation. " The Vashon Maury Island Audubon program will be at the Vashon Maury Island Land Trust Building at 7:00 pm on March 16, 2011.

As always, all are welcome and the program is FREE.

## VIGA Salad Greens Workshop

Island farmers and growers can learn techniques for commercial production of salad greens at an upcoming workshop sponsored by the Vashon Island Growers Association (VIGA). The Salad Greens Workshop, set for the evening of March 11, will be taught by Susan Moser, who is well known in small farm circles for her commercial success growing and marketing organic greens.

Moser's enterprise began over two decades ago on 30 acres of newly-logged land in the Cascade foothills near Morton, Washington. Using a 30' by 72' greenhouse, Moser produces her cash crop on less than a 100th of an acre, and she believes that any grower with half an acre can do the same. Moser's recipe for producing organic greens at an affordable, yet profitable, price was first laid out in her book, Salad Gardening for Profit, published in 1992. She has more recently released a DVD and companion manual, Growing Greens for Love and Money.

With an operation that generates more than \$500 a week over nine months, Moser has built a comfortable life around a product she believes in, and she would like to see more growers do the same. "My interest is spreading the word and practice of growing food locally--specifically greens, a highly nutritious, low fat food needed by everybody, over and over again." At the Salad Greens Workshop, Moser will show her 70-minute movie, present an overview of her methods, and answer growers' questions. The following morning, workshop attendees can follow



Moser afield to two Vashon-Maury farms where she will continue a half-day outdoor workshop.

The Susan Moser Salad Greens Workshop begins at 6:00 PM, Friday March 11th in the Common House at Vashon Cohousing, 10421 SW Bank Rd. The workshop is free for members of VIGA and \$5 for nonmembers. Attendees are encouraged to come early for a potluck dinner Friday night, starting at 5:30.

Vashon Island Growers Association is a chapter of Washington Tilth, which has been dedicated to preserving and promoting sound and sustainable agriculture for more than 30 years. VIGA membership is open to all; one needn't be a farmer to join. Learn more about Susan Moser at [www.susan-moser-greens.com](http://www.susan-moser-greens.com). Follow local farm news at [www.vigavashon.org](http://www.vigavashon.org).

# Island Life

## Art vs. A.R.T.

by Peter Ray

Before I turned on the radio this morning I was thinking about writing about something completely different. It was Maria Tomchick’s commenting on the Boeing tanker contract “victory”, however, that triggered my own private word/picture response while still only halfway through my Saturday morning coffee, which sent an irony alert out to the acronym department. Think about it- Aerial Refueling Tanker. And while the cerebral pinball game was in full swing, the silver-steel thought orb careened off the post where I remembered hearing something about funds possibly being cut to the Seattle arts and heritage grant funding group, 4Culture, and of course I had to keep that ball in play.

In checking, I found almost nothing anywhere to confirm my sometimes shaky memory’s recollection of this particular bit of 4Culture news. There was a brief mention in the Stranger of the possibility that the provision in the Seattle hotel motel lodging tax that funds 4Culture might not be renewed, but that wouldn’t necessarily be an issue until the current tax expires in 2012. At \$4.5 million, 4Culture is the largest single source of arts and heritage funding in King County. It wasn’t exactly made clear why this funding might be



Photo Courtesy Wikipedia

cut, or if the revenues might be diverted elsewhere to make up for budget cuts to other programs. Art and other cultural entities tend to get what’s left over after all is said and done by the sayers and doers in the public sector, and the saying and doing is mostly about less these days.

Except, of course, if one is a part of the triumvirate that President Eisenhower originally intended to wag his finger at in his farewell speech before leaving office- the military, industrial, congressional complex. It is the military that is the sacred cash hog that takes your tax dollars and sends them to the armaments industry and all with the blessing of our government representatives who are signing those proverbial checks to keep us safe and free. It is the sound of freedom that you hear as those military jets zoom overhead with exemptions on their decibel emissions and no restrictions on the fuel they consume. It is why we need those tankers. We need to keep our freedom support flying- or do we? As Ms. Tomchick stated, it was Turkey’s refusal to give us air clearance and ground bases prior to the Iraq war that underscored the need for these tankers- so we could get anywhere to carpet bomb whomever we wanted regardless of cooperation from nations neighboring our intended theaters of war.

There was a precedent for this. The Boeing KC-135 Stratotanker was first brought into use in 1957 to keep our B-52 bombers in the air so that they were ever at the ready to deliver the knock out nuclear blow to the evil empire during the Cold War. It is this aged fleet of Stratotankers for which this latest deal will serve as a funding source for construction of replacements. Apparently the first half a billion dollars has been authorized for the construction of the first 18 planes, with a total of \$35 billion being spent on 179 tankers. One

would have thought that it might have been cheaper to design and/or retrofit the fighting end of the air arsenal so they could get to and from their targets without the need of aerial refueling assistance, but then again, one does not normally think in terms of \$200 screw drivers or \$400 toilet seats, let alone the need to go somewhere to bomb the crap out of someone so they will quietly, or less loudly, give up their oil. Obviously, this is not one of the considered options since according to the powers that be we need their oil and the jobs that this contract will provide.

One could ask here, as Michael Moore already did in his film Bowling for Columbine, if it is right to provide jobs for hundreds, or even thousands, so that tens or hundreds of thousands can be killed at the receiving end of the product that they are making. One could also ask about why, in an age where it has been fairly well proven that our oil sources are steadily disappearing, that it is a good thing that we are building planes that will carry even more fuel so that more planes can fly by burning even more fuel and bomb more areas so we can get more of the oil which is soon to be depleted as well? I suppose one could site the tar sands debacle and hydrogen fuel cells as other examples of zero gain “energy sources” that fit in this category as a justification for illogical exploitation of resources, but that would probably be an equally pointless meditation. Or not. For a meditation that puts a European perspective on some of this, we are showing the Age of Stupid, Saturday March 5th at 6pm at Café Luna. It asks a number of troublesome questions about why we do some of the things we do. It’s not your usual meditative mantra, but it might be transforming, and it is free. For more info but no big answers you can email me at pgr42@att.net.

# Historical Edson Photography Exhibit

Recent Gifts by Bill and Pat Taylor of historical images of Vashon and Puget Sound by one of the Northwest’s great photographers, Norman Edson, will be the subject of a major exhibit at the Vashon Maury Island Historical Museum opening on March 4. Dramatic photographs of the Island and surrounding areas taken as early as 1920 will be on display, including Edson’s famous photograph of Mount Rainier from Vashon, which was one of the most reproduced images of the Northwest from the last century. Also on display will be many examples of Edson’s popular portraits of the Tulalip Indians, before pioneer civilization changed their lives.

The Edson exhibit will open at VMIHM on the 1st Friday Gallery Walk



in March, and is the first (second?) comprehensive showing of his photographic work on Vashon that spanned six decades. Known for his striking compositions and tonal values, the Edson exhibit will be of interest to lovers of both photographic art and local history.

### New Classes Starting:

## Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. Come 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:** Mondays beginning March 7 at 7:00 to 8:30 PM. Note: No class on April 4. **Advance registration at [www.TQIDiet.com](http://www.TQIDiet.com) is required.** There are also classes beginning in Burien, Seattle, and Live Online.

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## Cortisol: The Fat Loss X-Factor

by Rochelle Gravance

NAFC Master Level Certified

IYCA Level 2 Conditioning Specialist

Physique Transformation Specialist

Habitsforming.com

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You watch what you eat. Pretty much, anyway. You workout fairly consistently. And you have lost a few pounds. Yet, you still have another 10-20 pounds of fat you’d like to lose.

You understand the risks of carrying around that extra weight. Your joints will wear down more quickly leading to potential arthritis. You’ve done your research and have come to know the risks of chronic disease increase when a body is carrying excess fat. You’re past the vanity and your concern is valid.

Aside from shoring up your diet, which we can all use, and making sure you are reaping the benefits of a well designed workout program to maximize your fat loss and general health efforts, there is one more very important aspect to consider.

Stress.  
Yes, we all have it. And I know you’ve read and heard it talked about before. Yet, somehow I don’t think we realize what an affect stress can have on our well being and body composition goals.

To understand the affect you should understand the chain of events that takes place as a result of stress.

When we look at a stressful situation such as a life threatening incident, the body releases a chemical response with the hormones adrenaline and cortisol. Both work to provide the body with extra, super-human, energy levels which evoke the flight or fight response. Once the threat is over, the body’s hormone levels return to normal and is able to recover.

That is not so much the case today with a ever present, long to-do list and a world that seems to grow faster and more complicated by the day. Trying to catch up and keep up along with remaining in a state of general dissatisfaction with ourselves and the way things are creates a low level hormonal response similar to flight or fight.

This constant, stressful state of existence in mind and body continues to release a higher than normal level of cortisol. Even our sleeping quality and patterns aren’t adequate to allow the body to recover from daily stress. This elevated state of stress elicits a whole host of health problems.

- Excessive abdominal fat
- Chronic inflammation
- Depression
- Rheumatoid Arthritis
- Certain cancers
- Asthma
- Cardiovascular disease

Everything is connected. And if you look at this list, what you will find is just by remaining in a “stressed-out” state of being; you open the doors for any one of these potential health problems to arise. Compound the effects of one health problem, and the flood gates are released for a host of potentially life threatening diseases.

To keep yourself healthy and to multiply the effect of proper diet and exercise on your fat loss goals, you’ll need to take the road less traveled to reach your destination. This unpaved route begins with understanding the fabric of who you are and what you need to be healthy.

To do this you have to look within via a suitable methodology.

- Meditation
- Therapy
- Support groups
- Relaxation techniques
- Breathing pattern exercises
- Reading something that is informative and speaks to your soul

Essentially, taking time for you to know you, then giving yourself what you need. Any of these exercises, aside from therapy, can be done in the home and can be done in twenty minutes or less each day. You ARE worth that much.

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## Road to Resilience

Continued from Page 1

thought the culture would have less distance to fall, and therefore a softer landing, in the coming challenging times.

“Sometime in 2007, I read about Transition Towns, a new approach to preparing for the post-petroleum future that some small communities in the UK were trying out. The shock I had been feeling since I learned about Peak Oil was given a name, “Post-Petroleum Stress Disorder.” This is the almost universal process of fear-denial-bargaining-etc that a person struggles with when they have finally realized the gravity of our situation. The Transition Handbook, by Rob Hopkins, broached the radical notion that a world after cheap petroleum can actually be better than the world we live in now. We can go back to local sources of food, housing, clothing, etc. We can re-learn old forgotten skills and knowledge that were lost when our culture became so specialized. We can start cooperating with our neighbors and our community to solve problems. We can create—or recreate—a vital local economy where everybody has the opportunity to contribute and make their living where they

live.

“Transition Vashon is working to spread the word about the crisis—and the opportunity—of energy decline. Of creating a new, vibrant Vashon that will face the future with resilience and unity. Please join us. Information about transition: [www.transitionus.org](http://www.transitionus.org).”

Thanks, Phyllis. I read last week that the price of oil would reach \$100/barrel at year’s end; today’s price: \$101. It is expected to decrease after the disruption in Libya subsides and no other disruption occurs. Remember this and keep your eyes peeled.

Come to our next movie, “Crude Awakening”, a movie about the world’s dwindling energy resources. It will be shown at Café Luna, on Saturday, Mar. 19, at 6pm. A discussion will follow the film. Sponsored by TransitionVashon, Lunavision, and Sustainable Vashon. Free, donation requested.

Also, be sure to catch Vashon Wisenergy’s coming workshops at the Vashon Senior Center, 7-8:30pm: “Watersaving Tips”, Mar. 8, and “Making Healthy Homes”, Mar. 15.

Thoughts? [terry@vashonloop.com](mailto:terry@vashonloop.com)

# King County invites public to meet, discuss future of Maury Island property

The King County Department of Natural Resources and Parks has scheduled a public meeting March 9 on Vashon Island to discuss future plans for the recently acquired former Maury Island gravel mine site.

The meeting, scheduled for 6:30-8 p.m. in the Commons at Vashon High School, will include a presentation by King County Parks and Recreation Division staff on current management of the site, and how Parks proposes to engage the public in planning for future site improvements, uses and stewardship.

General information about the property will be presented, and there will be an opportunity for the public to ask questions – although detailed answers may not be available yet.

Parks staff will also discuss ongoing research into what type of clean up could be required on the 250-acre property, which lies

directly within the plume of the ASARCO copper smelter. A significant portion of the \$36 million acquisition funding comes from a state ASARCO settlement fund.

Along with King County’s 320-acre Maury Island Marine Park near the newly acquired land and its mile of shoreline, the two sites represent the largest public holding of protected marine shoreline in all of Puget Sound and provide habitat for endangered chinook salmon and bull trout, while preserving a large swath of madrone forest.

King County acquired the property late in 2010, ending a 13-year effort by the previous owner CalPortland to expand a gravel mining operation at the site. Preservation of the site was led by King County Executive Dow Constantine and facilitated by Cascade Land Conservancy President Gene Duvernoy with support from State Rep. Sharon Nelson.

## Windermere Vashon: New Owners

Continued from Page 1

with Linda to pick up their new working situation.

As for Beth de Groen, the decision to buy the business at this particular time was motivated by a desire to prepare the way for possible future changes in her business practice and to make what she sees as the next evolutionary step in her career. For the time being, Beth says, it makes the most sense to continue her real estate practice primarily along the same lines she has been pursuing for years, which is actively representing her clients in buying and selling real estate. However, “Years from now, I might not want to be in my car that much and move on.” Windermere, she noted, was the only major real estate brokerage on the island that was for sale and so now seemed like an appropriate time to make the investment move.

For Beth, buying Windermere Vashon is something of a matter of coming “full circle”. Several years ago, Beth was an agent with Windermere for eight years and had been a top producer working for Paul Helsby, and then moved her practice to John L. Scott Vashon. She views returning to Windermere as an owner as part of the normal progression of her career, although she notes, “I have nothing but positive feelings about John L. Scott and my experience there. They have been great to me and have supported me in my business and I’m very sad about having to make a choice, but for me, being a designated broker and managing a business is kind of the next phase in my life. But I do want my clients to know that I’m going to continue to do real estate business as I have for a number of years.”

So what changes do the new owners have in mind?

Firstly, Beth will become what is known as the designated broker, assuming the duties that Dick Bianchi held for the company previously. Beth will continue to act as an active real estate broker representing her clients in the purchase and sale of real estate, but will have the added duties commensurate with being a designated broker, ultimately responsible for all the transactions that occur in the office and for resolving any detailed legal problems that arise in day-to-day business. Denise Katz will continue in her position as a Director of Sales and Marketing and as a Managing Broker for the company, a position similar in concept to an office manager; additionally, Denise will also pursue her own independent real estate broker career similar to any other broker in the office.

Dick and Linda Bianchi will contractually remain with the company for at least two more years with Linda continuing to pursue her very successful real estate practice as before, while Dick will probably assume an advisory position in keeping with his

substantial knowledge as a designated broker, a repository of experience and expertise Beth desires to retain as she builds her own skill set in the role. Additionally, Dick Bianchi will be pursuing a practice in commercial and investment real estate on the Island; he is a member of the Commercial Brokers Association, and the only such member on the Island. The new relationship has specifically been structured to allow the Bianchis a great deal of flexibility in determining their own duties. While their advisory role is established, they are also free to pursue their own real estate endeavors to whatever extent they find comfortable and appropriate.

Both the Bianchis and the de Groens have expressed deep enthusiasm at the prospect of working together. The personal relationship between the two families dates back years to when a couple of the Bianchi’s kids worked on the de Groen’s Alaska fishing boat while in college.

John deGroen will be taking an active role in the running of the new de Groen enterprise providing IT and accountancy services for the company. With some amusement, Beth remarked, “He likes accounting. He really loves it. I’ll never understand that.” Accountancy responsibilities are not new to John; he has been providing such services for several Island businesses and organizations for many years.

Interestingly, the de Groen’s daughter, Sophia, also works for John L. Scott Vashon, the same company Beth is leaving to take ownership at Windermere. At the present time, Sophia has no particular plans to join her parent’s real estate company, stating that she’s quite happy where she is for the time being. She says she views her parent’s purchase of the business in the same light that any other independent agent working for John L. Scott would. Sophia said, “I’ve always been independent. There’s been a lot of confusion about that. If anything, this will make it clear that I am not an assistant to my mom. I have always been an independent contractor.” However, she observed that like any other independent real estate broker, she would always be keeping her options open and she couldn’t predict what the future might bring. But for now, she said, “I’m very happy for them, but I’m happy where I am. I think they are very proud of my independence and that’s how they raised me and I think they’re fabulous parents”.

Finally, the Windermere building itself was not part of the transaction. Dick Bianchi stressed that the building was part of an entirely separate LLC and the Windermere business was only a tenant. Beth mentioned the fact that the rent was somewhat high for her business model and that she would be considering moving someplace more financially advantageous and more a part of the central downtown Vashon business corridor.



**Aries (March 20-April 19)**  
You feel like you lack the substance or the energy to live up to your potential. I don't think you'll be lacking energy for long, and as for substance, that is a matter of grounding. I suggest that you take the idea of grounding, initially, as focusing on a specific purpose. At the moment, you may find yourself being obsessed over a work-related goal, but I would propose you might want to shift that emphasis and make it a personal goal. That is, of course, if you think there's a difference. If you don't, more power to you: that's a sign you're already committed to a purpose and identify with it strongly. In truth we're not 'work people' and 'personal people' or 'relationship people', we are one unified critter. The astrology of this moment is about getting as close to your core as you can, and thriving on that passion.

**Taurus (April 19-May 20)**  
There once was a writer named Simone de Beauvoir. I've only read her translated into English, but she is amazing. One thing I learned from her appears in your charts this week. She proposes that women and men are conditioned differently on a few key themes, one of which is the purpose of relationships in their lives. Men are trained that their relationships are part of their lives; women, she says, are trained to believe that their lives are about their relationships. I'm with Simone in my observation that underneath the conditioning, men and women have far more in common than most will admit, but this one observation has always impressed me as revealing so much. I can tell you that the astrology of the next few days can show you how big your world is, how many people care about you, and how many adventures you have available.

**Gemini (May 20-June 21)**  
Today the Sun enters Pisces, making a conjunction to Chiron (newly arrived in Pisces). The Sun sheds light, and I think this will answer some of your recent doubts about whether you're really 'good enough' to do what you want to do, and whether you have what it takes to focus the talent that you want to express. The thing about seeking your fortunes in some creative way, and with that I would include taking creative approaches to everyday activities, is that your real assets sometimes feel intangible. Chiron's presence in the angle of your chart that addresses reputation and achievement has two main influences: one is to stir up your doubts, and the other is to focus your power. I suggest you work with this polarity. There is good information on both sides of the dilemma, and both polarities can propel you nicely toward your most cherished goals.

**Cancer (June 21-July 22)**  
Take a breath. This really weird Full Moon is over, and the Moon has entered a more grounded sign -- Virgo. You now get to think about everything you've just experienced. But don't try to make it make too much sense. Take a light approach to your mental process. You might try to overcompensate for the warpy uncertainty of the past week with obsessive overthinking. Rather, put your ideas to work. Ride on the momentum of the Moon -- it's still at full phase. But let it light up your mind with ideas, new approaches to old problems, and clarity to help you remedy your self-critical tendencies. One way to catch the energy is to write. And I do mean Friday and Saturday, as soon as possible, particularly if you're feeling the need or inspiration to put something into words.

**Leo (July 22-Aug. 23)**  
You like to give people the benefit of the doubt; for the next week or so, I suggest you hold them to a slightly higher standard. Verify what you're told; you may be particularly inclined to believe people you find especially compelling. In this process, the first source of information is what you hear from them. You know those times when someone tells you, 'I'm a total jerk,' and you forget to notice or you think it doesn't apply to you. Then, you're surprised when the person turns out to actually be a jerk. Well, listen to all of that stuff, and remember it. Be particularly alert to people who tell you they have problems with honesty, or with alcohol or other substances. Be alert to those who only talk about their problems. There are other people available -- people who have been there and done that, and are very cool.

**Virgo (Aug. 23-Sep. 22)**  
You seem to be keeping your clarity and sailing your boat upright despite some stormy seas around you. If you had a completely warped week at the office, complete with clairvoyant events, dependable people slacking off, other people cranky from getting no sleep, and probably a computer or two taking on a life of its own. In the past, this is the kind of thing that might have spun you around; I foresee a time in your life when you have the pleasure of letting others do all the spinning around and getting dizzy, while you look for productive involvements. You will always be drawn into your community. Make sure you check at least two qualities on the short checklist of fun, helpful or interesting before you do.

**Libra (Sep. 22-Oct. 23)**  
Your sign is the one cut from whole cloth on the theme of how any physical ailment has an emotional root. This will be true for many people but you're particularly sensitive to this, and the emotional nature of what may ail you at any moment may be contagious. It's not necessarily that there is a virus going around, but rather a feeling. It may seem odd to anyone whose sensibilities go in the direction of germ-based Western medicine to think that a feeling that leads to the sensation of being ill is contagious, but I am sure you could come up with many examples in a few minutes. This works for specific forms of discomfort, and happily the situation also points to the remedy existing on the level of understanding those feelings. The Sun making a conjunction to Chiron in the health and well-being area of your chart says that you can learn everything you need to know about how to feel good.

**Scorpio (Oct. 23-Nov. 22)**  
For the moment, I don't suggest you trust your emotions. Note what they are, but it would not be a wise idea to act on them, or make decisions or even judgments. It's a great time for things like art, or sex with people you really, truly trust. Remember that you may have some extreme emotional responses or reactions, so whoever you share time and space with needs to be able to handle this. One useful approach to this astrology is to study things from your past that you have reason to doubt. This is a little like taking a homeopathic approach to something that requires clarity. The astrology has a deceptive, unstable quality, but this also gives it a penetrating effect. It has the feeling of 'too rich for words'. You might want to express your discoveries in words, but the words will be more memorable and poignant if you illustrate them with

pictures. These don't have to be ones you make, but also movies you watch or images that you find.

**Sagittarius (Nov. 22-Dec. 22)**  
Jupiter, the planet of Sagittarius, is walking into a 90-degree aspect with Pluto -- that's called Jupiter square Pluto. This is designed to give you plenty of confidence in yourself, though I suggest you go light with that. There's something passionate about this aspect, but it can be devious and self-destructive. Other aspects suggest you may not see the effects of your thinking until it's a bit too late, so I suggest you delay decisions or 'final conclusions' for about five days. Making any moves or snap judgments under pressure is definitely not advisable, but you might want to save your first impressions for future review. You're in a potent new phase where your creativity or some vibrant idea is taking over your life. The art to art and love is using these potent forces constructively, and considering the greatest good.






**Capricorn (Dec. 22-Jan. 20)**  
Yo may be totally, completely wrong about a financial matter, so there is no use worrying. Nor should you get too excited if your balance is \$50,000 too high. In fact, you might want to skip the whole money thing until next week, and focus on having fun. One element of your astrology gives you freedom from beliefs about what you think is true for you, and always has been. Another element offers an emotional power surge and an entirely different idea. This may feel like a sudden, fiery burst of awareness that feels like I am who I am. Remember that this is as much about forgetting who you thought you were as it is about remembering something new. In this kind of learning process, both are vital. This will teach you to let go of the habit of doing so much remembering who you were that you don't have space to make a new discovery or two.

**Aquarius (Jan. 20-Feb. 19)**  
Karma, translated as simply as possible, is about the results of your actions. The big joke of karma in Western civilization is that we forget that our actions have results (much less consequences), and thus we keep acting as if they do not. This causes a lot of problems, and we may wonder where they all came from. An aspect in your sign this week (a four-planet exact conjunction) is a reminder to study the process of cause and effect. In some ways it's more obvious than it seems; in other ways it's less obvious. Observe both, and see if you can get in on the game and use this mysterious translation from potential to manifestation for your benefit. Remember that there is no effect without a cause, and no cause without an effect. Where you have one you will have the other, which will resolve many mysteries for you -- ongoing.

**Pisces (Feb. 19-March 20)**  
For the past year, most of the standout astrological events have involved Pisces or one of the planets associated with it. But in that typically fishy way, many have been just outside offstage, behind the scenes or active in the background of your chart. That began to change recently, if you had not noticed from the intensified reactions of people around you, an increase in your sense of presence on the planet, and newfound energy that seems to be driving you toward specific goals. Fears that used to plague you have disappeared like steam. The odd sense that you had no idea what was bothering you has been replaced by a determination to solve your problems and move onto more creative things. The Sun enters your sign for a month today. Take that time and appreciate everything you've done for yourself and the world.

Read Eric Francis daily at  
[www.PlanetWaves.net](http://www.PlanetWaves.net).

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Deadline for the next  
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**Friday, March 11**

# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Ralph and Minnie and Mr. P

by Mary Tuel

This story is a lie. It is a lie because I cannot remember the detailed true separate stories I am amalgamating here into one, untrue story. Got it? OK.

Once there was a couple, who, for the purposes of this untrue story, were named “Ralph” and “Minnie.” They had lived good hardworking lives, and retired comfortably on Ralph’s pension and their savings.

Look, I told you this story wasn’t true.

In retirement they settled in the pleasant land of northern California, on the outskirts of an old Spanish town. They found a house that suited them, with neighbors close enough that they did not feel isolated, and far enough away that they did not feel crowded.

A creek flowed along the rear of their property. Over the years animals would walk up from the creek into their yard, stray cats and raccoons, mostly.

One autumn a peacock came bobbing up out of the creek. It was a gorgeous creature, and Minnie loved it. She bought some corn to throw to it, and whether it was the food, or for some slightly more skewed reason, the peacock stayed.

Minnie called him Mr. P, and all that winter he graced their back yard. They asked around to see if anyone had lost a peacock, but no one claimed Mr. P.

Minnie was an artist, and Mr. P was a flamboyant model. She sketched him as she looked through the windows, and in the spring she set an easel up in the yard to do a painting of him.

Alas, in the spring a peacock’s fancy turns to thoughts of love, and he fell for Minnie, hard. His tail would come up in a spectacular display of feathers when he saw her. This was fine until Mr. P tried to mount Minnie, which scared her.

Now Mr. P became her jailer. She couldn’t go out into the backyard to tend plants, or hang clothes out to dry, or throw the compost away, or paint some

other subject than the peacock for Mr. P would immediately force his attentions upon her. The situation was untenable.

Ralph and Minnie found no help for their problem. No one wanted Mr. P.

But he had to go. Finally they heard of a bird sanctuary a few hours’ drive away. They figured they had their solution, but how to capture and transport the large amorous bird? I don’t know who came up with a solution, but finally they had a plan, and they put it to work.

They soaked some feed corn in bourbon. It might have been vodka, but this is my lie, and I like bourbon, so hush.

The morning came when they were ready to move Mr. P out of their lives. They put the soaked corn out in a pie plate, and Mr. P obligingly came and gobbled it down. And seemed fine. Just their luck to get a peacock that could handle his liquor. They put out more corn, and the bird didn’t mind if he did, and ate all that. At this point he began to stagger, and wobble, and passed out.

Ralph and Minnie sprang into action. They ran out to the unconscious bird and put a t-shirt on him in order to keep his wings subdued should he wake up. Minnie knotted the hem of the shirt to make sure he was tightly held, and they loaded him in the back of their station wagon and set off for the sanctuary.

All was well for the first hour or two of the trip, and then they heard Mr. P stirring in the back. As they drove on it became obvious that Mr. P was a surly drunk.

Finally they arrived at the sanctuary – only to find it was closed. Minnie nearly burst into tears. Now what?

Ralph told her he had a plan, and this was it: he would carry Mr. P to the high fence of the sanctuary and drop him over the top. Minnie’s job would be to remove the t-shirt at the last second. Would the sanctuary people even notice one more peacock?

As Ralph hoisted Mr. P to the top of the fence the bird began to struggle violently. Minnie tried to get the t-shirt off in vain. Mr. P pulled free, tipped over the top of the fence, and fell with a thud to the ground. Ralph and Minnie were horrified. But Mr. P. began to struggle, trying to get up. Ralph and Minnie looked at each other and their two minds were of one accord. They dashed back to the station wagon and lit out of there.

That summer they would go out to their peacock-free patio in the cool of the evening, have glasses of wine, and speculate on what the sanctuary workers must have thought, encountering a hungover peacock in a t-shirt in their enclosure, but of course they would never know. They wished Mr. P all the best, and hoped he had met the peahen of his dreams, but they never went back to find out if he had. That would have been silly.

## Amanda Knox

Continued from Page 1

emotional shambles, the shock of Meredith’s murder still raw, she was exhausted, hungry, fearful and anxious for her mother. Edda Mellas was due to arrive the next day and was very concerned for her oldest daughter. Despite Amanda’s bravado, Mom could hear the stress in her voice; “Freaked Out” was how Edda described it.

And who wouldn’t be? A scared kid 6000 miles from home, your friend is murdered and police questioning you in a language you barely understand. I’d want my Mom. And to make matters worse, the previous year an unsolved murder of a female student had occurred and the town’s residents were gossiping that there was a serial killer targeting students, everyone was afraid.

Amanda just wanted to do ordinary things, like eat lunch and get back to school; the tension was overwhelming. She was trying to stop her mind from constantly wandering to the day they found Meredith in a pool of blood. Who could have done such a brutal and senseless act? She had shed many tears for her sweet friend and looked forward to giving Meredith’s parents a hug, wanting to somehow comfort them. She understood their shock and pain and knew that they would understand hers. It was a nightmare.

Fortunately Raffaele was an anchor in the taut atmosphere that enveloped Perugia in the wake of Meredith’s death and at least she had homework, something familiar to distract her. She had returned to classes in an attempt to regain some normalcy from the horror. In class, she felt safe. Today’s assignment was a ‘letter,’ so she wrote to her mom about going shopping when she arrived, it was all her traumatized mind could conjure under the circumstances. Amanda had been locked out of her house for three days and needed clothing and toiletries, harmless comforts in a tragically uncomfortable week.

After sitting for some time, she stood up to stretch and did what was described as the Big Toe Pose; bent over at the waist, fingers touching toes, let your breath out slowly. Yoga, a great tool for stretching and breathing, was how Amanda calmed herself; I imagine she was doing a lot of yoga in the aftermath of Meredith’s slaying. Of course in Seattle Yoga is not unusual, but in Perugia it seemed eccentric.

A male officer observing Amanda commented that she was very flexible and she chatted that she had been a gymnast as a child, glad for the conversation. He asked if she could do the splits and she complied. NO CARTWHEEL! In fact, Edda says, “the room she was in was far too small to accomplish a cartwheel.” The interaction lasted a moment or two and Amanda settled down to continue her homework. Her actions were at worst adolescent, but never malicious.

And pardon me for interrupting, but my Mother Alert went off because this is a male officer asking a young girl to do the splits in a police station! Very Unprofessional! Then the police used this silly interaction against Amanda, amongst all her other ridiculously embellished ‘crimes,’ is the one people are most curious about.

In the late afternoon of November 5th, 2007, Amanda was called out of the waiting room for another interview, by morning the friends will have endured about 40 hours of interviews between November 2nd and 6th.

The overnight ‘interviews’ on the 5th and 6th were actually interrogations and both students were intimidated into giving and signing False Confessions, despite Raffaele’s repeated requests to speak with his father, Francisco Sollecito. Both were yelled at, threatened and twice a female officer slapped Amanda in the back of the head.

Public Minister Giuliano Mignini and Inspector Edgardo Giobbi had orchestrated the interrogations utilizing techniques reserved for Mafia Dons.

Illegal Interrogations that produced False Confessions. Illegal Interrogations that were not recorded, neither student had a lawyer present and Amanda did not have an accredited interpreter. Illegal Interrogations

that were recanted within hours by both students. Illegal Interrogations that defied Italian Law causing the Supreme Court to throw out both in 2009.

But the Supreme Court suppression did not stop Public Minister Mignini from finding a way to introduce the Illegal Interrogations in court, tainting the jury and judges. The Public Minister position in Italy is similar to a District Attorney, a powerful post.

This haunting link, <http://www.youtube.com/watch?v=fmGLFjKCNjs>, is The Interrogation of Amanda Knox - In Her Own Words. Amanda’s audio description is a poignant example of False Confessions that plague law enforcement worldwide.

In early 2008 Amanda’s language barrier and the False Confessions spawned the lie ‘constantly changing stories’ that continues to exist on the Internet today. The tabloids were told that Raff ‘confessed’ he was not sure if Amanda stayed with him all night and Amanda ‘accused’ her employer, Patrick Lumumba, of rape and murder. That she had ‘placed’ herself at the scene using an interrogative technique called Visualization, in which Amanda was asked to imagine “If you were there when Meredith was murdered, what would you be doing?” The selective release of misinformation fueled the tabloid fire.

On the 6th, the Kercher family arrived in Perugia to hear the shocking news that Amanda and Raffaele had been accused of their daughter’s death, the nightmare continuing. Amanda never had the chance to comfort them, though this was the reason she had remained in Perugia. Edda, hearing the news in transit, arrived also on the 6th unable to see her terrified daughter until the 11th, the nightmare beginning. And Francisco Sollecito never knew until it was too late that a powerful man was interrogating his son, a nightmare scenario.

How convenient that the Public Minister had both students in custody before the parents arrived, the kids effectively trapped. Weeks went by before either student would be able to speak in their own defense and at least a year passed before the public realized that the two were innocent of any crime, much less murder.

The False Confessions had effectively sealed their fates and the two were dangled like a brace of rabbits in front of a pack of baying hounds.

Thanks to the tabloid press, the world would pay little attention to the murder victim, Meredith, or the men, Raffaele, Patrick and Rudy. But for Amanda each headline was more slanderous than the one before, as international one-up-manship continued non-stop. Her demonstration of the splits became “gleefully cartwheeling around the police station because she was happy Meredith was dead.” The two slaps became “beaten,” though court videotape shows Amanda demonstrating a slap and clearly says that she was ‘slapped twice in the head.’

The slander charges against Amanda and her parents, Curt Knox and Edda Mellas, stem from a 2009 interview for the London Times. During the interview, Curt and Edda repeated Amanda’s account of being slapped in the back of the head twice by a policewoman during the interrogation. These libel charges are an attempt to stop them from speaking to the media in support of their daughter and could land them in jail.

Several members of the Sollecito family, including Raff’s parents, sister, aunt and uncle are also being sued for slander. Family conscious Italy is raising an eyebrow at the unwarranted cruelty being inflicted by the Perugian court; many are wondering what the Public Minister is up to.

As if the past three years of defamation were not enough, now there is a poorly timed movie on Lifetime Network containing many inconsistencies and fabricated events. The morning after it aired, February 21, 2011, a laundry list of errors appeared on CBS, the Seattle PI and Facebook. The movie shows faux Amanda doing a cartwheel in a hallway, but now you know that the real Amanda was

Continued on Page 9



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# We've Got a Lot of Kids

## Dad's Corner

by Kevin Pottinger

Over the last ten years, helping my wife Maria to raise our four kids, I've learned a few things about fatherhood, hard-won pearls of wisdom, that I'd like to pass along to those readers who are first-time fathers.

Now that all of the first-time fathers have stopped reading and have turned to the jokes page, I'll instead address this column to you expectant Moms, looking for tips on getting the first-time father in your life to do right by reading a column titled "Dad's Corner".

When we get to the part about what kind of power tools he'll need to tackle the new baby problem, we can call him back.

Ladies, the first item of business is wardrobe. Obviously, his ratty black Nirvana and Mudhoney concert tees from high school will have to go, otherwise the whole world will know he dressed himself that day, which will ultimately reflect badly on you.

First-time dads will need comfortable, but not too comfortable clothing with a minimum of accessories; fleece, not sweats; cotton, not denim; relatively water-and-stain-proof, but not obviously so; blacks, browns and greens, not blue, light blue and even lighter blue.

If he balks, steer him toward a manly-looking hunting jacket with lots of intricate zippers and different sized pockets, although you and I know he won't be hunting for quite some time. In fact, he won't be out of the house at all for quite some time, except to earn that handsome salary.

Next off, your husband's friends will need to be gone through, much like your clothes closet, sorting out friends that are much like the mauve sharkskin jackets with the impossibly huge shoulder pads, or the pilled black stirrup pants you wore last in 1998, throwing the rejects on the thrift-store pile. Many of his friends are probably already past their pull date, and they're not likely to fit your new life with a new baby.

Let him know that there will be no random beers after work, or partying at anytime, but if he pouts and stares wistfully at some distant point on the horizon, for long periods, or the whole weekend even, let him know that there will be several new opportunities to drink microbrews with your parents on birthdays, baptisms and First Communion.

New car? Check. His old dung-colored Mustang II and your low-mileage Prius should be traded in for a zero-mileage, regulation Chrysler-product minivan, or if he can afford it, a Japanese minivan. Get the van with the strongest heater, to dry-roast the crying baby to sleep on a long, aimless drive, when she's developed colic and is crying in tongues, you both contemplate a life on the lam and neither of you can remember ever reading about this in any of the advice columns.

Your lives will radically change. Many first-time dads will attempt to evade reality and try the new-parents-but-still-cool thing for a while, bringing the baby along like a handbag poodle to every activity he used to enjoy, that you, as a good sport, have merely tolerated. This evasion of responsibility is a form of denial that he will eventually outgrow.

Moms, you've had a while to ease into the baby situation while your baby has been plugged in and simmering on the back burner so to speak, but once your baby is no longer connected to you and thrust into your husband's hands for the first time, his life will change immediately, radically and irrevocably. It's no use pretending otherwise, and the sooner he understands that, the easier it will be on everyone.

Oh, and the part about bringing him back when we talk about the power tools? There is no talk about the power tools. Black and Decker doesn't make playpens. His world will be filled with brand names like Graco, Evenflo, Playtex. Let him know that we're all really sorry.

All those happy words about bringing new life into the world, sacrifice, self-denial, familial love, that sounded so false and hollow when he was acting a little false and feeling a little hollow, will begin to make sense when he's changing a diaper and your baby smiles at him for the first time, and pees all over his chin. He'll have become a dad when he learns to duck.

# PANDORA'S BOX

Well, February's gone and we have lots of new stuff!

**Nutrisca Grain Free/Potato Free dog food - made by Dogswell.**  
**Canidae Grain Free - Unique protein profiles.**  
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**Buddy's Pick of the Week:**  
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## THE DORSAL SPIN: A Milestone

By Orca Annie Stateler, VHP Coordinator



Ruffles (J1) in East Passage, maybe for the last time, 11/16/10. Loren Sinner photo

February 22 was fraught with emotional upheaval at Chez VHP. To our sweet relief, J Pod orcas announced their presence on our hydrophone that afternoon, first with echolocation clicks and then with their ethereal calls. Fortunately, the killer whales were more active than they were during early February encounters, when everyone was sleepy and quiet. As they meandered south in Colvos Pass, Odin and I watched with eagle eyes for one extraordinary pod member.

Pod Elders Granny (J2) and Spieden (J8) traveled in the lead group with Slick's (J16's) family and inscrutable Onyx (L87). Onyx (L87) is an enigma because he traveled with K Pod until his intimate female companion Georgia (K11) died in 2010. Now he travels with J Pod.

The subject of our intensive search on the 22nd, 60-year-old Ruffles (J1), was not with Granny's group, nor was he with any of the trailing groups. Ruffles is massive and, at six feet tall, his towering, wavy dorsal fin is unmistakable. His absence is conspicuous. The passage was quiet except for one boat that politely shut off its engine as orcas approached. The sun appeared with the killer whales, parting the clouds and backlighting the orcas' sacred breath - their blows.

Granny, age 100-ish, is presumably the mother of Ruffles. Granny and Ruffles travel together most of the time. We can only imagine how profoundly his absence affects her. Ruffles, father of many Southern Resident offspring, may be as close as you can get to a patriarch figure in matrilineal Resident orca society.

Odin and I needed an uncontaminated, blessed moment with J Pod, where the orcas were free of obsessive stalkers, and Spirit provided a brief window. As well as we could in our limited human way, we conveyed our love and grief to Granny and J Pod. We sang in Tlingit and played Odin's "Creation of the Killer Whale" fin drum, inspired by Ruffles. Several orcas slapped their tails and one spyhopped to our mini Orca Sing. Not to sound presumptuous, but we felt that the K  t (killer whales) acknowledged our modest offering.

Ruffles was last seen in November. He occasionally travels alone, so his status at this time remains "missing." After seeing J Pod without him on

the 22nd, I fear he is beyond missing. Perhaps we can hope for a spring miracle, when researchers survey the Southern Residents upon their return to the San Juans. Until then, we shall refrain from further memorializing Ruffles.

This week's photo, by Loren Sinner, is from November 16 and it could be one of the last pictures of Ruffles in Vashon-Maury waters. We are grateful to Loren and April for sending these pictures to the VHP.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and contiguous Central Puget Sound waters, initiated more than 30 years ago by researcher Mark Sears. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at [www.Vashonorcas.org](http://www.Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

Your VHP Coordinator was on Q13, also on February 22, distilled into pithy soundbites for a segment titled "Orca Protections Still Not In Place." Here is the long link: [KCPQq13fox.com/news/kcpq-plan-to-protect-orcas-may-be-in-place-by-whale-watching-season-20110222,0,5448007.story](http://KCPQq13fox.com/news/kcpq-plan-to-protect-orcas-may-be-in-place-by-whale-watching-season-20110222,0,5448007.story). This interview was taped in June for Q13's special report on NOAA's proposed regulations to protect our endangered Southern Residents from harmful vessel effects, such as the underwater cacophony of swarming boat engines -- noise that impedes orcas as they try to hunt depleted Chinook salmon, their preferred food.

February 22, 2011 is etched in our memories as a somber milestone: the first time we saw all of J Pod in Colvos Pass without Ruffles. At Chez VHP, we feel the sting of losing two beloved relatives: Stogarita and Ruffles.

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## Amanda Knox

Continued from Page 8

in a room and did not do a cartwheel.

The documentary that followed featured the reporters responsible for some of the damage to the Knox and Sollecito reputations. Nick Pisa exploited the Foxy Knoxy avatar from Amanda's teenage My Space page. 'Foxy Knoxy' was a nickname given to her by 12-year-old soccer teammates. It refers to her speed and skill on the soccer field, not a murderous, drug crazed man-eater. Barbie Nadeau wrote the book featuring the Public Minister's theory: drug-fueled-orgy-gone-wrong starring Amanda, Raff and Rudy. Lifetime's concept of expert testimony is questionable.

But we have hope. An Italian parliamentary member, Hon. Rocco Girlanda, has spoken out in defense of the two innocent students several times. Recently he demanded that an offensive picture of Amanda be removed from the wall that contains pictures of many Italian murderers. It is located outside the office of Edgardo Giobbi, the Roman police inspector who helped orchestrate the Illegal Interrogation with Public Minister Mignini.

Steve Moore, FBI (ret), is tirelessly exposing the tainted DNA and crime scene mistakes. He is also campaigning for the safety of students studying abroad. His interview by Missy Gluckmann of Melibee Global highlights ways for students to stay

safe, [www.melibeeglobal.com/2010/12/interview-with-steve-moore-safety-and-emergency-planning-in-study-abroad/](http://www.melibeeglobal.com/2010/12/interview-with-steve-moore-safety-and-emergency-planning-in-study-abroad/).

Today an international groundswell of support is gaining momentum as the poorly processed DNA and the judicial mistakes made by the police and court officers come under scrutiny by experts on two continents. Both the public and the experts agree that the online information shows many mistakes made during the investigation. Any highschooler who has watched CSI can see that the DNA evidence is contaminated.

There are several ways to help Our Amanda and her friend Raffaele. Please tell everyone you know that they are innocent. Visit [InjusticeInPerugia.com](http://InjusticeInPerugia.com) to learn more about case specifics. Write letters to Congress and the Italian Ambassador or donate to help defray defense costs in the 'How You Can Help' link at [www.amandadefensefund.org](http://www.amandadefensefund.org) and [www.raffaelesollecito.org](http://www.raffaelesollecito.org).

And there are several support groups on Facebook who gladly share information and discuss case points. Amanda Knox and Raffaele Sollecito and AKRS provide discussion and analysis of articles and videos; and are moderated by family and friends.

But the easiest thing, something everyone can do, is to continue to Pray for Fair Play while the wheels of justice turn in Italy.

# Positively Speaking

## “Length and Breadth and Depth”

By Deborah H. Anderson

Anyone who’s anyone knows that moving a lot is a fatal character flaw. It’s a sign of instability. It’s a sign of financial need. It’s a sign that things are not going very well for a person. Of course that’s the shallow take on moving a lot.

It could also be that a person is on a magical mystery tour ( with apologies to the Beatles) of life, or people, or both. That’s the deep approach.

Or it might be that things are being worked out on a cosmic level such that the players on the universal chess board need to be moved around a lot until a person moves into checkmate against all that is negative and evil. That’s the long view.

What I know is this. When I finally unpack the stemware for the tri corner hutch and the glass animals for the curio, I’m on the downside of settling. Such was today. I was in the middle of roughing in a devotional on ‘overflowing’ for our churches Lenten series while I was emptying the boxes of my mom’s Fostoria stemware, the replacements Bill bought years ago when he broke one at dinner and then found out they were irreplaceable. He bought another pattern which meant he bought four. They compliment the three Fostoria’s nicely.

And then of course the Care Bear glasses I’ve mentioned before. Isaac was four when Grandpa Bonell decided he wanted Isaac to have a set. Pizza Hut was giving them away free when you ordered a large pizza. We call them Grandpa’s twenty five dollar free glasses. It’s like the free set of holiday glasses we got from Arby’s. It’s good to have four kids if they have to eat a lot of barbecue sandwiches to get the ‘free’ glass. Rounding out the set of ‘free’ glasses are the pedestal glasses we use only for mandarin jello at holiday times that my mom got for free out of powdered soap boxes when I was a kid.

True...I got disinherited from a whole lot of money because of my faith. But before I got disinherited I got a lot of sentimental dishware. I cherish it actually. Part of my story is being a member of a family that gets ‘free’ glasses and thinks it’s cool. Part of my story is being disinherited. Part of my story is trying to decide if I was going to live life deeply, broadly, or go for the long view. Ultimately I opted for all three. It was the only way to go , for me.



Wide is good. Take for example moving seventeen times since I’ve lived on the Island. Each one of the Island neighborhoods is so unique. It’s a wonder we all agree to meet uptown or gather in the Movie Theatre or walks the streets together at Strawberry Festival.

Deep is good too. People are so passionate about their various movements and hobbies and professional concerns and political opinions, it’s nice we all come together at funerals, or stop and listen and watch when the aid car goes by. We find a common ground.

Then of course there’s the staying power of the long view. I happened across an article I’d written for another paper (well the only other paper there is on the Island) about choosing a childcare. It was written in the mid nineties. On the backside of it was an article written about the dangers of the inevitable Bainbridge-ization of Vashon. Fooled you gang. How do you spell recession? Don’t have to worry about skyrocketing house prices anymore do we? Who knew that sustainable would overtake attainable?

There’s only one way to refuse to go through life...that’s shallow and narrow and sprinting. Not a good combination. A person ends up with stereotypes and half truths and phases. Not worth having.

You know what the current trend in decorating is now? Get this...you’re supposed to choose things you like and make them go together. Now I ask you... is that original or what? I like it. Well... with free glasses, one is always ahead of the game in décor.

And the being disinherited part? The long view says a person can always remake money in America. But quality of life can frequently not be recaptured once the moment has slipped by.

Go long. Be deep. Live broadly. And hopefully your glasses have a story to tell.

Love  
Deborah





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## Vashon Library March 2011 Programs

### Study Zone

Drop in during scheduled Study Zone hours for homework help from volunteer tutors: Tuesdays 3-6pm, Wednesdays 3-5pm and Thursdays 3-5pm.

### ESL Classes

Tuesdays, March 1, 8, 15, 22, 29, 2011  
6:00 PM  
Adults  
Presented by Rebecca Cullimore, teacher. Come to the Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.  
Add to monthly calendar

### Tax Help for Low Incomes

Thursday, March 3, 10, 17, 24, 31, 2011  
10:30 AM  
Adults  
Presented by Hilary Emmer  
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2010 tax forms. It’s all free and no appointment necessary.

**Intercambio: English-Spanish, Spanish-English**  
Friday, March 4, 11, 18, 25  
5pm-6pm  
For adults and teens  
English students and Spanish students will mingle and practice their language skills, spending half the time speaking English and half speaking Spanish.

**Opera Preview: Trouble in Tahiti and Pagliacci**  
Sunday, March 06, 2011  
2:00 PM  
Adults  
Presented by Norm Heimgartner  
Dr. Norm Heimgartner looks at two operas performed by the Tacoma Opera on March 11 and 13, Trouble in Tahiti by Leonard Bernstein and Pagliacci by Ruggero Leoncavallo. Two marriages are in trouble. In Leoncavallo’s famous work, passion, violence and revenge mingle to create the classic Italian opera. In Bernstein’s modern masterpiece, suburban discontent simmers to a distinctly American sound.

**Great Books Discussion Group**  
Monday, March 7, 2011  
6:30 PM  
Adults  
The Great Books Discussion Group meets on the first Monday of the month, October through June. The selection for March 2011 are Selected Poems by Wislawa Szymborska, including “The End and the Beginning”, “Hatred” and “Reality Demands” in “Great Books #3”. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

**Toddler Story Time**  
Tuesdays, March 8, 15, 22, 29, 2011  
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**  
Tuesday, March 8, 15, 22, 29, 2011  
11:30 AM  
Ages 3 to 5.  
Join us for 30 minutes of stories, songs and fun!  
Registration not required.

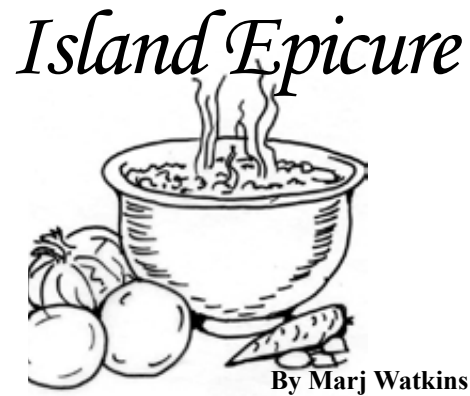
**Preview: “Fiestas de Alfabetización Temprana en Español”- Vashon**  
Tuesday, March 08, 2011  
4:00 PM  
Adults  
Presented by Teresa Luengo Cid  
Please join us to hear more about the upcoming spring series of the Early Literacy Parties in Spanish at the Vashon Library later this spring. The “Fiestas” are workshops designed for Spanish-speaking families to prepare their children for Kindergarten. The “Fiestas” offer families the opportunity to understand their role as their child’s first and most important teacher and encourage them to take a proactive approach in the education of their children. In each of the “Fiestas” we will provide families with information about Early Literacy, free books in Spanish, craft materials, snacks, beverages and the opportunity to socialize with other Spanish speaking families.  
Las “Fiestas” son talleres diseñados para los padres hispanos con niños de edades comprendidas entre los 0 a 5 años de edad, cuyo objetivo es prepararlos para el Kindergarten. Las “Fiestas” ofrecen la oportunidad de comprender y reforzar el papel de los padres como primeros y más importantes educadores de sus hijos a temprana edad. En cada fiesta las familias recibirán información sobre Alfabetización temprana, un libro gratuito en español para sus hijos, materiales para las manualidades, bocadillos, bebidas y la oportunidad de socializarse con otros padres hispanos.

**Baby and Me Story Time**  
Wednesday, March 9, 16, 23, 30, 2011  
10:00 AM  
Newborn to 18 months with adult. Enjoy a 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver!  
Registration not required.

**Handling Conflict Between Children**  
Thursday, March 10, 2011  
5:30 PM  
Adults  
Presented by Kathy Slattigren  
When children play together, there are bound to be conflicts. Learn how to overcome factors that contribute to poor behavior, set limits, enforce rules and guide children to resolve their disputes. Provides 2 credit hours in Child Guidance.  
For adults only. Beginning Thursday, February 24, register online at [www.kcls.org](http://www.kcls.org) or call the library, 206.463.2069. Co-sponsored by Vashon Youth and Family Services.

**Friends of Vashon Library Meeting**  
Saturday, March 12, 2011  
10:00 AM  
Adults  
Join the “Friendliest” club in town! The Friends of Vashon Library raise funds to support library programs for all ages through sales of books, T-shirts and book bags. Meetings are fun and refreshments are served.  
Computer Class: Internet Level 1  
Saturday, March 19, 9:15am  
Learn how to browse the Internet, type website addresses, understand basic Internet vocabulary, and use search engines. Prerequisite: ability to use a mouse. Space is limited- please register starting March 1 by calling the library at 463-2069.

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



Potato Lore

When Pizarro and his troops invaded Peru, way back in the 1500s, they found the Incas growing 400 different varieties of their favorite vegetable, the potato, bred to grow in the many different altitudes and microclimates of the Andes Mountains. The Spaniards liked that adaptable vegetable so well that they made room for lots of them among the stolen gold items they took back to Spain. To their delight, nutritious, satisfying vegetable kept well on the trans-Atlantic voyage and prevented scurvy among the crew. The potatoes found a welcome in Spain.

Potatoes didn’t go over so well in France, though. In 1630 the Parliament forbade them, falsely believing they spread leprosy. The French still considered potatoes dangerous for more than another hundred years, but at last were forced to eat them as famine food, along with acorns, horse chestnuts and iris, gladioli, and couch-grass roots. Inventive French cooks favored les pommes des terre. My old Larousse Gastronomique, published in 1967, lists 105 recipes for them.

Sir John Hawkins grew them in England, but they only became popular in the English diet after Sir Walter Raleigh, who grew them in Ireland, promoted them for royal and noble dining. I like to think of Queen Elizabeth enjoying a baked potato garnished with sour cream and minced parsley.

One large baked potato, eaten with its skin, yields 30 mg of Vitamin C (48% of the Daily Value), about 40% of the DV for Vitamin B6, about 30% of the DV for copper, manganese, and potassium, plus 7 grams of fiber. A baked potato has about twice the potassium of a banana, and its resistant starch benefits diabetics because it digests slowly, releasing its carbs gradually instead of causing a blood sugar spike.

An average potato yields only one gram of protein, but it is high quality protein.

Red or pink potatoes and small round white ones are lowest in starch. They keep their shapes well through cooking, so they are good for soups and stews or for potato salad. We love them microwaved and eaten with butter, salt, and pepper. Russets mealy texture makes them perfect for baking, too, and they’re less expensive.

Long white potatoes work well for baking, boiling or steaming. This is the kind my grandparents grew on their Oregon farm atop Chehalem Mountain.

Baking preserves nutrients the best. The worst way to cook potatoes is to peel and boil them, but if boil you must, keep the cooking water for adding to later soups and stews. It will contain folate, Vitamin B6, a brain booster and helps prevent diabetes and yields about 15 milligrams of Vitamin C from each potato cooked in it.

When boiling potatoes, Grandma cut a small slice off each end of each potato to speed cooking. She left the skins on to keep more of the nutrients inside.

Now microwave baking is the quickest and best way for us to cook a potato, and preserves even more nutrients. My microwave oven bakes one red potato in 6 minutes, or 2 red potatoes in 8 minutes, give or take a minute or two depending on the size of the potatoes, and turning them over after the first 5 minutes. Yours make cook faster.

Oven fries taste just as good as deep fried ones, but they’re better for your body. They don’t come with carcinogens from fried oil. Oil hot enough to fry reaches 500 degrees. Oven fries bake at a lower temperature, are easy to make, and kids love them.

OVEN FRIES

4 servings

- Preheat oven to 425 degrees
- Foil-lined baking sheet
- 4 large russet potatoes
- Oil spray
- Salt, pepper, and paprika

Scrub the potatoes and pat them dry with paper towels or a clean cloth. With the tip of a vegetable peeler, dig out the eyes. Cut the potatoes in ½-inch square strips

Spray the foil-lined pan with olive or canola oil. Lay out the potato strips in a single layer. Spray them. Sprinkle with the seasonings. Bake until golden brown. Enjoy with ketchup or sprinkle with vinegar as our Canadians friends do.

After serving the oven fries, throw away the foil, or wipe it well, fold it, and store it to bake cookies on.

Sweet potatoes, especially the ones with orange insides, are even more nutritious than white potatoes. The deeper the color, the more beta-carotene. They also yield 6IU of Vitamin E per 4-ounce serving. That’ 20% of the DV. And they’re a good source of B vitamins. At Tufts University in Boston, researchers studying vitamin levels in the blood of 70 men 54 to 81 years old learned that those with low levels folate, B6 and B12 had more homocysteine in their blood. High homocysteine levels were linked to deficiencies of spacial sense and the ability to identify patterns. Homocysteine is also responsible for much of the damage blamed on cholesterol.

BRAISED SWEET POTATOES: Scrub and dry potatoes. Slice them about 1 ½-inch thick. In a wide skillet, heat 1 tablespoon of butter or olive oil per potato but don’t let it brown. Put in the sweet potato slices. Cook 5 minutes or so, just to sort of toast the underside. Turn, reduce heat, cover and cook about 15 minutes, or until potatoes are tender.

Levi Needs A Home...

Levi, a 3 year old Golden Retriever is a happy and handsome boy. He has only one good eye but it doesn’t slow him down a bit. He’s very alert, loves the water, loves to play and gets along great with other dogs and people. You can’t help but grin when you’re with him, because that’s what he seems to be doing also. If you would like to meet Levi, contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.



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Come to Church

By Mike Ivaska

Okay. So it’s really no secret that Christians have a bad reputation. One of the best ways to make a conversation with a new acquaintance become awkward is to mention, in some way, that you’re a Christian. This is even truer if you mention that you’re a pastor. The eyes glaze over, they take a small step back, conversation pauses for ever so slight a moment....you may be familiar with the routine.

I’m not saying all this because I feel sorry for us Christians, or because I have some deep seated resentment for those who find us so strange or scary. Christians nowadays have the odd habit of assuming their neighbors understand Christianity. Their neighbors too have the odd habit of believing themselves to understand Christianity as well. I remember getting into an unexpected debate with a man, whom I don’t really know, about whether “organized religion” (i.e. Christianity... and I think he mentioned Islam too) was evil and responsible for uncounted scores of hypocritical acts of persecution and violence. Of course he was right that “organized religion” is responsible for all sorts of wickedness and violence.... including, coincidentally enough, the crucifixion of Jesus. The only reason I was debating with him at all was that he was using the “some Christians have been hypocrites, therefore Christianity is evil” argument. Some professing Christians have done horrible things, so Christianity is horrible.

The struggle I had with this individual was that he and I have a mutual friend who is a Christian believer. My Christian friend and he are neighbors and very good friends. They only have great things to say about each other. The man with whom I was debating, however, refused to judge Christianity in any was based upon our mutual Christian friend. Rather, Christianity was being judged on the basis of news, politics, history, Old Testament commandments to execute unfaithful Israelites, and an odd interpretation of the hymn, “Onward, Christian Soldier.” Of course, one Christian friend is probably not the sole basis by which to judge a particular faith’s truth-claims. But that Christian friend should not be overlooked.

When one considers the clash of cultures and values in a diverse and geographically broad nation such as ours, it makes sense that someone’s belief system – if it differs from yours – would influence their politics in a way you don’t like. When one considers how news television works, and how they pick their stories, it makes sense that the hypocrites, fools, and “wolves in sheep’s clothing” (a biblical

term) are usually the only Christians who show up on the ten o’clock news. When one considers the complexities of history and humanity, the strange mixture of good and evil that was “Christian Europe” can be explained and proves little different than the history of other continents and people groups. When one considers the importance of correcting and, if necessary, punishing evil, the Bible’s “wrathful God” makes sense – even if you don’t like his definition of what is evil. And when one meditates upon the New Testament metaphors of struggle and combat that are used to describe the overcoming of sin, Satan, temptation, and doubt (“our battle is not against flesh and blood...” Ephesians 6), perhaps Christian song writers are allowed some artistic license. “Onward, Christian soldiers, marching as to war.”

Of course, there will always be hypocrites. That was one of Jesus’ promises: “Not all who say to me, ‘Lord, lord,’ will enter the kingdom of heaven...”

Of course, a God who likes being in charge of his creation is probably going to have an opinion or two on how his creatures should live. We may not like all of his “opinions” about that, and may be offended that something we like he considers evil and wrong. That’s why the Bible calls people to repent – which in the New Testament means, “change your mind.”

Christianity will always offend people, including Christians. Faithful Christians will always be a little odd. When we try to look like the culture, we always lose our message. But Christians also have come to learn about a God who loves them, who is serious about their sin but freely forgives them, who has not left them alone but has revealed his personality and character in a Book and most thoroughly in a Person – Jesus Christ. Faithful Christians don’t want to be the only ones who know this God. And while I will leave it up to God to decide whether I am faithful or not, I want you to know this God too. So I am saying it. Consider yourself invited. Come to church.

Mike Ivaska moved to Vashon Island with his parents and brother in 1988. He grew up on the island and graduated VHS in 1998. He and his wife Nichole attend Vashon Island Community Church, where he serves as associate pastor. He blogs regularly at [www.vicc4life.com/blog](http://www.vicc4life.com/blog). Worship services at Vashon Island Community Church take place every Sunday morning, from 10am until about 11:30am, across the street from Chautauqua Elementary on Cemetery Road.



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## Vashon Island gets Grandmother Margaret of 13 Indigenous Grandmothers

Vashon Intuitive Arts and non-Profit sponsor Woman’s Way Red Lodge are pleased to present a fundraising gathering and dinner for Grandmother Margaret Behan “Red Spider Woman” a member of the world-renown International Council of 13 Indigenous Grandmothers.

The International Council of 13 Indigenous Grandmothers represents a global alliance of prayer, education and healing for Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come. The 13 Grandmothers are deeply concerned with the unprecedented destruction of the planet and the destruction of the indigenous way of life.

Each grandmother looks to further their collective vision by realizing projects that protect diverse cultures, lands, medicines, languages and ceremonial ways of prayer and through projects that educate and nurture children.

Grandmother Margaret is Arapahoe-Cheyenne #003300, fourth generation of the Sand Creek Massacre. As a child, Margaret attended the Catholic Mission and Government Boarding Schools.

Margaret is a Cheyenne traditional dancer. She has served as a dance leader in Oklahoma and in powwows across the U.S. A sculptress for 30 years, she creates clay figurines that have won her many honors, including shows at Eastern New Mexico University, University of Wisconsin, Santa Fe Indian Market and the Gallup Inter-Tribal Ceremonial.

Margaret is an accomplished and published author, poet and playwright. She has presented workshops and retreats for women, adult children of alcoholics and co-dependents. Margaret is currently taking an active role a leader of her tribe as a teacher of Cheyenne Culture and the President of the Cheyenne Elders Council.

The March 12th event will include a sacred fire, drumming, singing and discussion with Grandmother Margaret. She will be available the next day for private consultations.

Please call Vashon Intuitive Arts for more information about Sacred Days 206-463-0025 or Lorna Cunningham at 206-459-5312.

## FREE partner dances offered through the Vashon Parks District

Saturday, March 5, 2011 FREE Partner Dance - No partner Needed! Sponsored by Vashon Parks District. Two one hour predance dance lessons in Beginning Zydeco and then Shadow Waltz. \$10 Donation suggested for each lesson for the instructor. Lilli Ann Carey with Dance For Joy has agreed to come to Vashon Saturday, March 5 and teach two one hour long dance lessons prior to our monthly partner dance.

5:15 - 6:15 Zydeco basics: Get in-the-know to this popular Louisiana Bayou dance, Easy footwork and fun variations all to the infectious rhythms of the Creole Zydeco music! You will love it!

6:30 - 7:30 Shadow waltz lesson: Shadow waltz is tandem Waltzing! It is beautifully suited to slower and mid-tempo music and will fit with all your slow waltz moves. We will teach you the transitions in and out and a lovely set of variations you can’t wait to take to the dance floor.

Recommended donation of \$10 per class for the instructor. If we make it worth her while, she would be willing to come again!!! So please, come out and support quality dance instruction for islanders. If there is enough interest and participation, I’d like to invite other professional instructors from the city to

come teach before the Saturday dances at Ober park. What a great opportunity to have some of the finest Seattle instructors come and teach on Vashon.

7:30 - 10:00 pm: Dancing... Practice your newly learned dance steps and spin around the floor to favorites including music to waltz, foxtrot, east & west coast swing, zydeco, two step, rumba, etc. Requests encouraged and no partner necessary. Come alone or bring a friend. If you are inclined to bring a snack to share, we can set up a table for refreshments in the lobby of the building.

Dance For Joy: Lilli Ann Carey teaches and promotes dance with classes, workshops and events through her company, Dance For Joy! [www.danceforjoy.biz](http://www.danceforjoy.biz) She teaches several nights a week in Seattle and can also be found teaching in Portland, DC and San Francisco. This summer will mark her second year teaching at Stanford for the Richard Power’s Waltz weekend. Her spontaneous sense of humor, dynamic energy, creative development, and right-on observations (to leads and follows) creates a playful and effective learning environment. Lilli Ann will be partnered by her daughter, a beautiful dancer, solid creative instructor and technician.

# Vote for LOGJAM

No, no, Logjam is not running for office....sorry to disappoint all of you who are yearning for a REAL "green" party candidate. But he IS running against a whole slew of other comic strips in a big online cartoon contest, and needs your votes! Yes, that's votes, plural, because in this contest, voters can vote for their favorite strips up to 4 times a day!

The "polls" opened yesterday, and here is a summary of how it works: You go to the website, register, and then in the search box type in "Logjam" or "Jeff Hawley", and then my first weekly strip entry should appear. Click on it, and then click the little "thumbs up" symbol to cast your vote. Then, sit back and relax until 6 hours later when you can do it again (except you won't have to register again, so it's even easier!). Click HERE to go to the site and read about the contest, register, and vote.

There will be 10 weekly rounds in total so each week I survive (only the top vote-getters will be allowed to go forward) I'll still need your votes! Don't worry about hanging in there too much. Let's face it, it'll be a minor miracle if my strip survives this popularity vote, which has a mathematical possibility akin to light escaping from a black hole.

"Why vote for Logjam?" you may ask. A fair question. Here are the top 3 reasons other Logjam readers have decided to show their support for the ol' pinetop:

- 1. If it weren't for the jillions of trees who have been and continue to be murdered and boiled into pulp to make the funny papers, there'd BE no funny papers! It's about time for a strip that gives trees a starring role!
- 2. Sick and tired of strips featuring smart-alecky cats and dogs.
- 3. The winner of the contest gets



Jeff Hawley the creator of Logjam

a development contract with Creators Syndicate, an almost-major newspaper comics syndicate. Winning this will save Jeff the bother of sending his submission packages to them the old-fashioned way, via snail mail, thus freeing up space in the US mail system for more important stuff like credit card offers and foreclosure notices.

There you have it. Logjam awaits your vote!

Thank you!  
Jeff Hawley

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Deadline for the next edition of *The Loop* is  
**Friday, March 11**

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DROOZ COUGH! SNEEZE! GURGLE! WHEEZE... SNORT!

...OR MAYBE YOU'RE JUST WEARING A SURGICAL MASK!

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## LOGJAM

BY Jeff Hawley

IF A TREE IN A COMIC STRIP FALLS DOWN, BUT THE CARTOONIST DOESN'T WRITE THE WORD "CRASH!"...

... DOES IT STILL MAKE A SOUND ??

I DON'T THINK THAT'S YOUR BIGGEST WORRY RIGHT NOW

Dear Readers: Vote for Logjam in the big "So Ya Wanna Be A Cartoonist" Contest!  
The polls are open now!  
Go to: [www.thecartooniststudio.com](http://www.thecartooniststudio.com) and register (it's easy & free). Your votes may help Logjam win a contract with Creators Syndicate!  
Thanks!  
Jeff Hawley (and Logjam)

Performing & Showing March 4-6

Greggory Stockert & Tashe de la Rocha

Greggory Stockert got his start playing every Tuesday night, at the age of fifteen, in a coffee house in Portland, Oregon called The Folksinger's where a lot of great folk singers played at the time including Doc Watson, Jessie Fuller, Lightnin' Hopkins and Sonny Terry and Brownie McGee.

He played coffee houses in Greenwich Village and the Haight Ashbury as a teenager in the tumultuous 60's, played accordion with The Holy Modal Rounders and the Clamtone in the 70s and 80s as well as fronting his own band throughout the 90s.

Greggory has a new CD on Red Newt Records that he will have available for sale at the show.



Tasche De la Rocha, chanteuse innocent will touch you with languorous fingers on steel guitar strings. In the tradition of Billie Holiday and Madeleine Peyroux, a style at once personal and untouchable, this young lady may dress like Harpo Marx but she has something much more precious than silverware up her sleeves.

With undertones of old blues, and the staple of timeless melody, she hits you with the force of nostalgic gust. Her winding song structures manage to avoid cliché's while diving into witty, fable like story telling with the clear ease of classic folk music.

All-ages show 'til 11pm, 21+ after that. Free cover!

Friday, March 4, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

First Friday Gallery Cruise  
Artist: L.A. Smith

Shiny Things comprises works that bridge the disciplines of printmaking, collage, and assemblage. The primary material in Smith's work is aluminum tape of the type commonly used in heating and air conditioning ductwork. "The rest," Smith says, "is magic." Smith explores a variety of subject matter from whimsical figures to abstract meditations, playing with lines, patterns, and surface structures to create works in metal that are ironically light playful. One of Smith's pieces in this medium, a small handmade book called "Book of Night" was recently featured in the January/February issue of Cloth Paper Scissors, the premier magazine of collage and mixed media arts. Smith lives in Bothell, WA, with her husband, composer and guitarist Damon Buxton. Her work is online at [www.lasmith.com](http://www.lasmith.com).



Friday, March 4, 6-9pm, At Cafe Luna, 9924 SW Bank RD - [www.cafelunavashon.com](http://www.cafelunavashon.com)

Spotlights at Sporty's



Join The Spotlights Danny Cadman, Lauren Sinner, Scotty Johnson with Steve Amsden and Troy Kindred for a great night of classic rock & roll songs.

At the Sporty's, Friday March 4.  
Starts at 8pm

Lunavision and Peter Ray Present:  
The Age of Stupid

The Age of Stupid stars Pete Postlethwaite as a man living in the devastated future world of 2055, looking at old footage and asking: why didn't we stop climate change when we had the chance?

It is a co-production between Franny's company Spanner Films and Executive Producer John Battsek's (One Day In September) company Passion Pictures. The production was notable for its innovative way crowd-funding financing model, as well as the Indie Screenings distribution system which allows anyone anywhere to screen the film.

The full story of the production of

Saturday, March 5, 4-6pm, At Cafe Luna, 9924 SW Bank RD - [www.cafelunavashon.com](http://www.cafelunavashon.com)



the film is told in the 50-minute Making Of documentary which is free to watch online and also available on the double-pack DVD. The film was released in 2009 and became one of the most talked-about films of the year. It also spawned the hugely-successful 10:10 campaign.

The Gothard Sisters Trio kick  
up their heels at Blue Heron

By Janice Randall



The Gothard Sisters Trio courtesy photo

The three Gothard Sisters kick out lively Irish step dance inspired by Riverdance, but they're more than even that, and Islanders will have a chance to watch and listen to this excellent trio at 7:30 pm, Saturday, March 19, at the Blue Heron.

Their Irish dance cred is bolstered by their 2007 triumph when they danced as part of a team that came in second in the World Championships of Irish Step Dancing in Scotland.

Edmonds-based natives Greta, Willow and Solana tour widely in the U.S., step dance in a wide variety of colorful, modern-dress costumes and sometimes even combine their fiddle chops with their hoofing simultaneously. Trained in classical violin and stage performance from an early age, they play a wide range of pieces, from flamenco

and rock to ballads and dance tunes as well as country classics.

The youngest, Solana, 15, takes the vocal lead and plays the bodhran. Willow, 21, recently added bodhran and mandolin to her repertoire, and loves to dance and teach. Greta, 23, plays violin and guitar, sings backup vocals and dances. She also teaches private violin students and coaches kids and teens in chamber music ensembles throughout the Seattle area.

The Gothard Sisters Trio has recorded four CDs, since 2006, their most recent Celtic album Celtic Rainbow in July, 2009

Tickets are \$12/\$15, available now at Heron's Nest, Blue Heron, Books by the Way and

[www.Brownpapertickets.com](http://www.Brownpapertickets.com).  
Or call 463.5131.

Ronnda Cadle  
Acoustic Instrumentalist/String Poet

A Luna favorite, Ronnda Cadle, is known for the soothing intricate and melodic hooks she coaxes from her guitar. With over 20 years experience playing her original compositions before live audiences across the U.S., this musician from Camano Island, WA has developed a devoted fan base. Cadle is in the process of recording her third release with former Windham Hill Founder and Producer William Ackerman at his Imaginary Road Studios in Vermont. Her latest release 'After' with the String Poets has been featured on the Public Radio International program Echoes playlist and has had several songs selected for the PBS television program and online site Roadtrip Nation.

[www.ronndacadle.com](http://www.ronndacadle.com)



Ronnda Cadle plays, Saturday, March 11, 7pm.

At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

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Ken Jacobsen has been teaching on Vashon for the past 5 years and is proud to be the mastermind behind the latest edition of the Vashon youth conspiracy, featuring some of his long-time and more recent guitar and bass students. Come see the next generation of Island talent playing everything from jazz standards to classic rock and Northwest legends, backed by a band of Island all-stars, with songs from a diverse array of musicians including the Beatles, Albert King, Hendrix of course, the Police, Nirvana and many others. It will be an evening full of great music and special guest performances, and past shows have been crowded and raucous, so get there early, scream a lot, and help support Vashon youth.

Friday, March 11, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

**Get In The Loop**  
**Send us your Art, Music or Show information**  
**and get included in The Vashon Loop.**  
**Editor@vashonloop.com**

## Hill Stomp & Phil Royal



Friday night, March 12th, starting at 9:00pm, the Red Bicycle has a double header you won't soon forget with Vashon's own Phil Royal opening up for our boys from down south, Hillstomp.

Portland Oregon junkbox blues duo Hillstomp is a Vashon favorite, known for their distinctive brand of do-it-yourself hill country blues stomp. Pretty much every time they've visited Vashon, they've blown the lid off the Red Bicycle. North Mississippi trance blues, a bit of Appalachia, and a dash of punkabilly come clanging and tumbling from assorted buckets, cans and BBQ lids, all drenched in rambunctious slide guitar. Despite their homemade instruments and novel approach, Hillstomp is no novelty act. Hillstomp's memorable live performances tap into a magic that cannot be rehearsed, converting outlaws and traditionalists alike from skeptics into preachers. Henry Kammerer plays the guitar in a self-taught style using his forefinger to place his slide while he uses a plastic pick on the forefinger of his strumming hand. Drummer John Johnson sits behind a collection of five-gallon food drums attached to a bass drum and snares, pounding out the hypnotic beat with plastic sticks. Somehow it works, especially in our neck of the woods.

Opening for Hillstomp, will be Islander Phil Royal. Because Phil Royal was, at age eleven, small of stature and of only average rhetorical wit, he started strumming the guitar in a bid to be noticed by the girls. Forty one years later he is still trying to

impress his wife. Although he really has no durable insight into the true nature of life or who we genuinely are to each other, he claims to have caught rare glimpses on occasions where music was involved. He is known to despair that all of these melodic and lyrical efforts are but a glorious and frivolous waste of time but, then, moments of transcendent ecstasy are otherwise hard to come by. He is thus wedded to fingerstyle six string until time stiffens his fingers and robs his mind.

This Friday night show is an all-ages event until 11pm, 21+ after that and cover is only \$5!



## Vashon Free Range Folk Choir



The Vashon Free Range Folk Choir invites you to a free concert on March 12, 7:00-8:30 PM at the Methodist Church. The choir, directed by Shane Jewell sings folk songs from Bulgaria, South Africa, France as well as some of your favorite American folk songs. The songs are about justice, freedom, harmony, and community; some songs include the audience in the rendition. Singing with your neighbors and friends is what Vashon is all about. Join us on March 12. No tickets will be sold in advance; seating is first come, first seated. Of course, donations are gladly accepted.

## Vashon Flag Competition Deadline Approaching

The deadline for submissions to the Vashon Flag Design Competition is fast approaching!! Submit your design soon! But first remember to consult the design guidelines at <http://www.nava.org/>. They have a web page on flag design that includes a downloadable publication entitled "Good Flag, Bad Flag." READ THIS PUBLICATION before submitting.

For further information, call 206-250-2222. Drop off your submittal at the Heron's Nest Gallery, c/o George Wright, or mail it to:

Greg Wessel  
11055 Palisades Ave SW  
Vashon 98070

ALL SUBMITTALS MUST BE RECEIVED BY MARCH 15. LATE ENTRIES WILL NOT BE ACCEPTED.

Find the Loop on-line at  
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