



VASHON

# THE LOOP

Vol. 8, #6

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

March 17, 2011

## Backbone Campaign Benefit: Island Musicians Perform Songs By The Beatles

By Pete Welch



*The Red Bicycle Stage will be host for Island Performers April 1, 8pm at the Songs by Beatles Benefit for the Backbone Campaign.*

It's that time again...

The next Backbone Campaign Benefit is coming up on Friday night, April 1st (no joke!), 8pm at the Red Bicycle Bistro & Sushi. This will be the First Friday Art Walk night, so be prepared...the place is going to be hoppin'!

Back in 2007, we had our first musical Backbone Benefit and the music we showcased was by far the most popular of all of the themed shows we've done through the years.

Twenty-eight songs were performed that night, but we could have kept on going well into the next day. So much

material to pick from...

So...we're going to do it again, the theme this time around is once more The Beatles.

The previous Backbone Campaign Benefit events were amazing successes (Dead Elvis, Rolling Stones, Power to the People, Bob & Bob, Beatles). Not only that, but they were all such incredible nights of music for everyone...so why not keep the tradition going?

We thought we'd continue the theme concept again, calling out to our unbelievably talented musicians on this *Continued on Page 9*

## Think About the Water you Drink

By Laurie Geissinger

Vashon-Maury Island residents rely on groundwater resources for drinking water. A King County survey found 97% of our residents felt protecting water quality is important though it's doubtful that many folks know how their everyday actions affect their water supply and their neighbor's. I'd also guess a lot of people didn't know national Groundwater Awareness Week was March 6-12! Wow. I didn't either until recently. It's not exactly the Academy Awards but really (use your imagination) very exciting because each of us has a star role in the essential "production" of protecting our water from contamination and waste.

On behalf of the Vashon-Maury Island Groundwater Protection Committee, I'd like to give a heads up about upcoming water related events and some great sources of information. We hope to increase awareness, and encourage everyday actions needed to protect the water resources we all rely on. Here is a start:

We are planning a community field trip in connection with Earth Day on Saturday April 23, 2011. Please pencil in the date (if you haven't already!) and look for more information coming soon. Participants will have a water savvy guide and get to see our primary aquifer in action - water as it moves through the ground; water collection and treatment systems including shallow well fields and streams; livestock management practices that protect water quality, and other things that blew my socks off on the rainy day "dry" run I attended. The guide is great and the trip well worth



the time.

There are thousands of septic systems on the island. Septic system operation and maintenance is essential to water quality, but how many of us know the condition of our own system or what is needed for maintenance. Get some help! Join Teri King from Washington Sea Grant and Larry Fay from Public Health Seattle King County, to learn how to operate and maintain a healthy septic system. Two Septic Sense, Scents and Cents Workshop dates are scheduled: Saturday March 26, 2011 and Saturday April 9, 2011 both from 10:00 am to 1:00 pm, in the Chautauqua Elementary School Multipurpose Room, 9309 SW Cemetery Rd. Learning more about managing your system is something to take pride in; part of maintaining a *Continued on Page 10*

## Road to Resilience

By Terry Sullivan

### Engaging the Future

As we approach the growing season, remember that one of the best things you can do to sustain your family in an uncertain future is to grow a vegetable garden. This week, I'm deviating from the usual format to bring a timely message. If you are considering buying seeds, I have some important information for you to consider before making your purchase.

First, some background: You may be familiar with Monsanto, the corporation that is trying to corner the food market by peddling patented, genetically modified (GM) seeds. This is big business: the government has colluded with Monsanto to expedite the approval of Frankenstein seeds by eliminating, in some cases, the need for studies to assess their impact on life on this planet. The recent defiance of a court order by the USDA in allowing the planting of GM alfalfa is a case in point. They are playing Russian roulette with your health and the very blueprints of life itself for the sake of huge profits. To date, Monsanto has managed to put GM versions of staple crops like corn, soybeans, sugar beets, and alfalfa into our stores. They are not required, as they are in civilized places like Europe, to inform us that their GM products are in our food (and they are in most of our food products). Surveys have shown

that 90% of us want to know whether we are buying GM products. One can only wonder why they don't want us to know.

Aside from unknown effects from eating GM foods, GM plants have managed to pollinate and, thereby, contaminate natural varieties of the same species even hundreds of miles away. Designing in resistance to patented pesticides has resulted in liberal doses of chemicals that have expedited resistance in weeds as well. We now know that it is impossible to keep these GM genes from contaminating organic fields. Monsanto has even had the gall to sue the owners of those fields for patent infringement!

Getting back to the subject, on a recent trip to see the folks at Transition Whidbey, we found out that in 2005 Monsanto purchased Seminis, a major supplier of vegetable seeds, which made Monsanto the largest supplier of seed in the world. More on this deal here:

<http://www.organicconsumers.org/monsanto/seminis30405.cfm>.

Certainly not all Monsanto/Seminis hybrid seeds are GM, but you should be alarmed that a company with such practices is trying to monopolize the source of almost all our food. If, like me, you want to err on the side of safety, you should do all you can to avoid contaminating our island gene pool. For starters: Do not buy or plant Monsanto

*Continued on Page 11*

## Amanda Knox: Innocence Lost

By Karen Pruett

### Island Resident, Innocence Supporter

was a blessing. The sights and smells of EuroChocolate had delighted Amanda and herself as they strolled around looking for confections to buy for her family. She had found some delectable treats for the party.

Twenty-year old Amanda and her 23-year-old boyfriend, Raffaele Sollecito, also had plans for the weekend, they were going for a drive through the wintry Italian countryside. Raffaele was looking forward to showing off the Umbrian vistas and he found Amanda's bubbly enthusiasm charming.

Meredith and Amanda are remarkably similar, both known for intelligence, kindness, sunny personalities, athletic ability and talent. Despite the divorce of their parents, the scholars came from comfortable upper middle class backgrounds. They were nurtured in loving families and were much-admired sisters with a resolute circle of friends. Had it not been for Rudy's intervention, true to their nature, the girls would likely have remained friends after leaving Perugia.

The young women shared an upstairs apartment, four bedroom and two bath, with Filomena Romanelli and Laura Mezzetti. Downstairs lived four young Italian men, including Meredith's boyfriend Giacomo Silenzi.

*Continued on Page 8*

Wednesday, October 31, 2007, Halloween. The university students in Perugia, Italy are in a holiday mood. Meredith Kercher, Amanda Knox and their friends attended a Halloween pub-crawl until the wee hours and were looking forward to the three-day weekend.

November 1st, All Saint's Day. Amanda, a study abroad program honors student from the University of Washington, was in Italy for about 45 days when Rudy Guede, a local petty criminal, murdered her English roommate, Meredith.

November 2nd, All Soul's Day. For the Kercher, Knox and Sollecito families, life would now be known as Before and After. In a tragically ironic twist, Meredith would be murdered on All Saints Day and her body found on All Souls Day.

Twenty-one year old Meredith was an Erastus scholar from Leeds University and was enrolled in a yearlong European Studies program at the University of Perugia. She was planning to spend the holiday weekend having dinner with friends, relaxing and catching up on schoolwork. Her boyfriend, Giacomo Silenzi, had gone home to see his family.

In a few days she would also travel home to celebrate her mother's birthday. Arline Kercher was in poor health and, for Meredith, every moment spent with mom

# 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.

### Thanks to Vashon Voters

Joanne wants to thank Vashon’s voters for approving the new school.

Joanne and I have five children. Our first two, Grace and Harmony, had special needs. Since education is so under funded their needs weren’t met; we had to dispose of them. Our second two children, Greed and Competitor, are doing very well. It’s our fifth child we’re most proud of. Joanne got pregnant with our son, Gluttony, in 2006 after Vashon’s realtors advertised Vashon Island in the New York Times.

Joanne is so happy with the election results she’s half pregnant with our sixth child. As soon as the realtors make the new school known to the world I’ll finish the job.

Joanne has harsh words for the ‘No’ voters: For starters, you suck. How dare you think we might slow down? We’re going to build this island for families like ours. If you can’t keep up with the taxation we impose, just like Grace and Harmony, you will be disposed of.

New schools among other government facilities are what yuppie families like ours really need.

Joanne’s Husband  
Jeff Schnelz

### Chinese Health Club

The club together with Chinese and friends who like Chinese way to do exercise and care health. Free to join the club, no any charge. Detail please email in Chinese language or English to  
huarenclub@sina.com

### Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm. The next meeting is april 14. This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 206-567-6142

#### The Vashon Loop

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### Ferry Updates

Currently the State Transportation Budget is @ 5 Billion Dollars.

Washington State Ferries Operating Expenses are @ 3 % of the Budget if they are included in the Budget and fully funded.

The Department of Transportation, the House, Senate and Governor have chosen to not include adequate funding for Washington State Ferries in the Transportation Budget.

The Governor has decided Ferry Fares need to be Increased 10% and service cut - this means fewer trips on most runs.

The Legislature wants to add a 25 cent surcharge to all fares indefinitely to fund new ferries. Projections show that it will take many years before this generates enough for a new ferry.

The Department of Transportation, the Governor, the House, Senate Transportation Commission want to add a Fuel Surcharge of as much as 20% to All Fares.

We can Expect that all of the above will be written in to the Transportation Budget.

Below you will find a link to a good explanation of the State Transportation Budget which shows how the Legislature, Senate and Governor have chosen not to fully fund Ferries.

The People in control, who are most responsible for this and who should be contacted if you wish to express an opinion are Representative Clibborn ( Chair House Transportation Committee ) and Senator Haugen (Chair Senate Transportation Committee) and of course Governor Gregoir. Following are Links that can get you to them.

Washington State Ferry’s data shows that at 22 Million rides Last year are 10 Million rides behind where they would be had Fares not been raised so Much in the last 10 years. Every time Fares are increased Ridership drops by nearly the same percentage.  
http://leap.leg.wa.gov/leap/budget/citizensguidetranspo2010.pdf  
http://www.leg.wa.gov/House/Pages/HouseGeneralInformation.aspx  
http://www.leg.wa.gov/senate/Pages/default.aspx  
Dennis Cziske  
Kingston Ferry Advisory Committee Member  
Ferry Advisory Committee on Tariffs Member

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

### Vashon Special Parents/Caregivers

The next meeting for Vashon Special Parents/Caregivers will be Monday March 28th at 6:30pm in the VYFS Play Space (corner of Vashon Hwy and Gorsuch Road, immediately south of Cove Road). Child care will be provided.

Our speaker will be attorney Tim Williams (Tacoma) who will provide information on Special Needs Trusts. Time permitting we may also discuss education issues. www.tewilliamslaw.com

( Please note this meeting is ‘off’ by one week due to spring break AND will start ½ hour earlier than usual to accommodate our speaker)

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### VMICC March 21 General Meeting

VMICC will have it’s general meeting on Monday March 21st at 7pm at McMurray.

The Governance and Policy Committee will be presenting their recommendations for the many bylaw changes that have been submitted, that will be voted on at our April meeting.

Our meeting will be taken up mostly on voting on motions that were introduced in February.

Motion to have Tom Bangasser removed from the VMICC board.

Motion compelling the VMICC board members to endorse the 2010 board election.

Motion to sign the King County UAC contract.

Motion to explore establishment of a local “Job Nursery”

There will also be motions voted on from the Town Plan Committee-some may be to table voting.

All are welcome to come and participate.

### Motion to Remove Mr. Bangasser from the VMICC Board

To My Friends and Fellow Islanders,

I need your help. Last November, I voted to put a bully on the Vashon-Maury Island Community Council Board. I made a mistake, and I need your help to fix it. Please come to McMurray School on Monday, March 21, 7PM to join me in righting this situation.

I have lived here for a little over a year. I paid no attention to the VMICC until an article in the Beachcomber about lack of citizen participation led me to attend a meeting. The first meeting I attended was in August, when the entire board of nine people resigned. I have been paying attention since then.

During the past seven months I’ve watched as my neighbors have been repelled while attempting to serve the rest of us. Good people - with good intentions - have been discouraged from public service by the actions of one individual, Mr. Thomas F. Bangasser.

Mr. Bangasser has a personal agenda that overrides the interests of the people he was elected to serve. He is not representing us and our views - he is representing himself. His presence on the VMICC board is not in our best interests, and impedes the ability of the VMICC board to act on our behalf. His presence on the VMICC board discourages the citizen participation that is essential.

At last month’s VMICC meeting, I asked Mr. Bangasser to tell me how his bullying and threatening actions benefit the community. He didn’t answer me. I don’t think he can answer me, because there is no benefit. Mr. Bangasser has wasted everyone’s time and talent. While some of his goals may be admirable, his methods of achieving them are not.

I have made a motion to remove Mr. Bangasser from the VMICC Board. It will be voted on by written ballot at the next VMICC general meeting on March 21st at 7PM at McMurray School. It needs a 2/3 majority to pass. You are eligible to vote if you’re over 18 and live on Vashon or Maury Islands.

Please come and stand up for a higher standard of leadership - we deserve it! CC Stone

### VMICC Public Safety Meeting

VMICC Public Safety Meeting, held on the 4th Thursday of the month, will again be held on Thursday the 24th from 7-9pm at the VIFR EOC Room, located at 10020 SW Bank Rd. Representatives from the Sheriff’s Department, Fire Department, and Roads and Transportation will be in attendance. Any questions regarding the VMICC Public Safety Committee can be sent to AnnaLisa LaFayette at fairweatheraffairs@gmail.com

March 17, ‘11

## New Scholarship for college-bound students

The Vashon community has always offered a lot of scholarships and financial aid for college-bound students. This year there is a new one-time scholarship available for a high school senior who is interested in debate or political science and whose family has an annual income that doesn’t exceed 200% of the Federal Poverty Level.

It’s called the Marilyn Omev Scholarship, named after and dedicated to Marilyn Omev. She believed that young people need to be involved in politics and that debate was one of the best ways for them to do just that.

Students interested in finding out more can talk to Jim Dorsey at the high school and get an application from him. The deadline for applying is March 30, 2011.

### Hat Slide show During April at the Vashon Theatre

Hello One and All!

I could use your help. In honor of Crazy Hat Day (April 18th)I would like to add Local photos of Vashon Hats! As I am sure you may have noticed there are many interesting people in interesting hats here on the island. They do not need to be crazy hats, or strange hats (but they can be!). We are just looking for “Hats of Vashon”. I would like to either sprinkle them in with our show, or do a longer trailer before the movie starts depending on how many I get. I would like to run them through out the month of April. I am hoping to get a few before the first and add some when I change the show every week. It would be great if we had a big collection and were done adding by April 22nd when we are hoping to open “Water for Elephants”. We will be giving two Movie tickets away for the best picture. So, if you have photos, we would love them or if you can forward this message on to someone would would like to participate; I would be very grateful. Jpegs are the preferred format. They can be emailed to our bin at CrazyVashonHats@yahoo.com For Questions please email me at Raechel\_inc@yahoo.com

Thanks for taking the time to read this, I hope that this format can lead to a themed once a month show. Thanks

Raechel Ehlers  
Vashon Theatre  
www.vashontheatre.com  
206.463.6845 Office  
206.463.3232 Movie Times

#### Compost the Loop

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

*Make a date with Vashon!*  
**www.VashonCalendar.org**

**Vashon Library Events**  
**Art & Music Events**  
**Submit your Event on line at**  
**www.vashoncalendar.org**

## Next Edition of The Loop Comes out Thursday, March 31

Deadline for the next edition of *The Loop* is **Friday, March 25**



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## King County

### "Wondering Where Your Property Tax Dollars Go?"




### "Seeking Property Tax Relief and Exemptions and Deferrals and Answers on Your Property Valuations?"

#### Vashon Island Community Meeting

Date: Wednesday, March 30<sup>th</sup>, 2011

Time: 6:30 p.m. to 8:00 p.m.


Location: Vashon Island Library  
17210 Vashon Highway Southwest  
Vashon, WA 98070



Property taxes fund state and county services, including roads, transit, schools, libraries, and hospitals.

Questions about your property assessments, values, senior exemptions and limited income deferral, online services and the appeals process? King County Assessor Lloyd Hara will be holding a community meeting with representatives from the King County Treasury and Tax Advisor Office.

For more information, please contact Phillip Sit at 206.296.5141 or [phillip.sit@kingcounty.gov](mailto:phillip.sit@kingcounty.gov) or visit the King County Assessor's website at [www.kingcounty.gov/assessor](http://www.kingcounty.gov/assessor).



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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.

# American Hero Quilt-A-Thon

There will be a quilt-a-thon for American Hero Quilts on March 25 & 26, 2011 (Friday & Saturday) at Bethel Church, 14736 SW Bethel Lane. The event will start at 9:00 a.m. and continue until about 4:00 p.m. both days.

There will be plenty of tasks available for sewers and non-sewers. For those who wish to sew, please bring your own sewing machine, basic sewing supplies and any other tools or notions you think you will need for the day. You may bring your own patriotic quilt project and fabric; however, there will be patterns and some kits available for quilters to work on. Extra irons and ironing boards would be appreciated.

American Hero Quilts provides patriotic, heirloom quality quilts to injured troops returning home from war through Madigan Army Medical Hospital and other military hospitals. Quilts are also shipped to Afghanistan to comfort wounded warriors on their long journey home. These quilts represent "hugs" of appreciation for each warrior's service to our country. Each quilt is unique and created by many loving hands. To date, American Hero Quilts has made and delivered over 7,500 hero quilts. To see pictures of some of these quilts, visit [www.americanheroquilts.com](http://www.americanheroquilts.com).



We will gladly accept any fabric or monetary donations for American Hero Quilts. If you are donating fabric, please ensure it is quilt shop quality, 100% cotton fabric in red, white and blue colors.

For more information about the quilt-a-thon or to make a donation, please contact Margaret Bickel at 206-567-4142 or at [margbickel@aol.com](mailto:margbickel@aol.com).

# Shelter

by Kate Severson

Shelter. Four walls and a roof. A few windows and a porch. A bed, a chair and a spot for man's best friend. Here in these woods on this island, a small room emerges from the imagination. We dig nine holes for concrete footings.

Water and cement to hold the footings. Skids, 4x6, run sixteen feet to the brambles. Joists, the other direction, run twelve feet across. The floor then two by six studs, twenty-four on center, rise up. Windows and doors framed in, rafters span the length, beam holds the center. The roof slants two feet front to back.

It is a shelter, a room to hold your sleep.

Tall, broad-shouldered, aging hippie. He fought in VietNam and returned to live in the desert across which cuts an international border. Mexico at that time, a sleepy southern neighbor, pot smuggling without the cartels and murder. He talks of the night sky, the heat, the desert land of Piyute stretching into California and a border patrol less worried in that pre nine-eleven universe.

Cat and mouse like Hannah Barbara cartoons...whylie coyote and the roadrunner. Headlights in the desert, he drove the decoy vehicle, leading them away from the transaction.

That was before.

One day, having had enough of that dream, he ventured north and landed on a wooded island near Seattle. It is many years later now and this man is my neighbor. A dirt road fronts his two and a half acres of woods. Salmon berry, sword fern, big leaf maple, and Doug fir...Madrone, Alder, and Evergreen huckleberry; tires, broken lawn mower, moss covered school bus, old windows, three bowling balls, recycling never recycled. With an old camper and a trailer empty, he has lived outside by choice. "I don't like walls" he said to me once. "Living in metal is either too cold or too hot".

He is a master at pitching a tarp. Over the years, as he outgrew space under one tarp, he added another. Not visible from the road, these tarps made large canopies for his stuff, and a place for him to sit and read. Stella-the-dog sleeps on a near by rug. Who said furniture should be inside?

Funny thing about time and age, eventually what worked once is no longer viable. My neighbor has allowed me to help him build a simple shelter with a roof that will not collapse or tear or need sweeping every time the leaves and limbs accumulate.

# Wolftown Status

Wolftown as everyone is being hit very hard by the recession.

Our biggest problem now is the meat donated by natural balance for the wolves and other carnivores is now no longer being donated. This is thousands of dollars we will have to come up with in order to keep operating.

If everyone on the island sent \$10 we could operate for TWO years. If everyone sent \$100 we could operate for- well a long time.

Wolftown has mentored young people, taught balance, fed the needy, and rescued wild animals with unpaid staff for 12 years.

Please help!  
Thank you  
Wolftown  
[www.wolftown.org](http://www.wolftown.org)  
Po Box 13115 Burton, Wa 98013  
We do accept paypal on our web site.



# Island Life Time

by Peter Ray

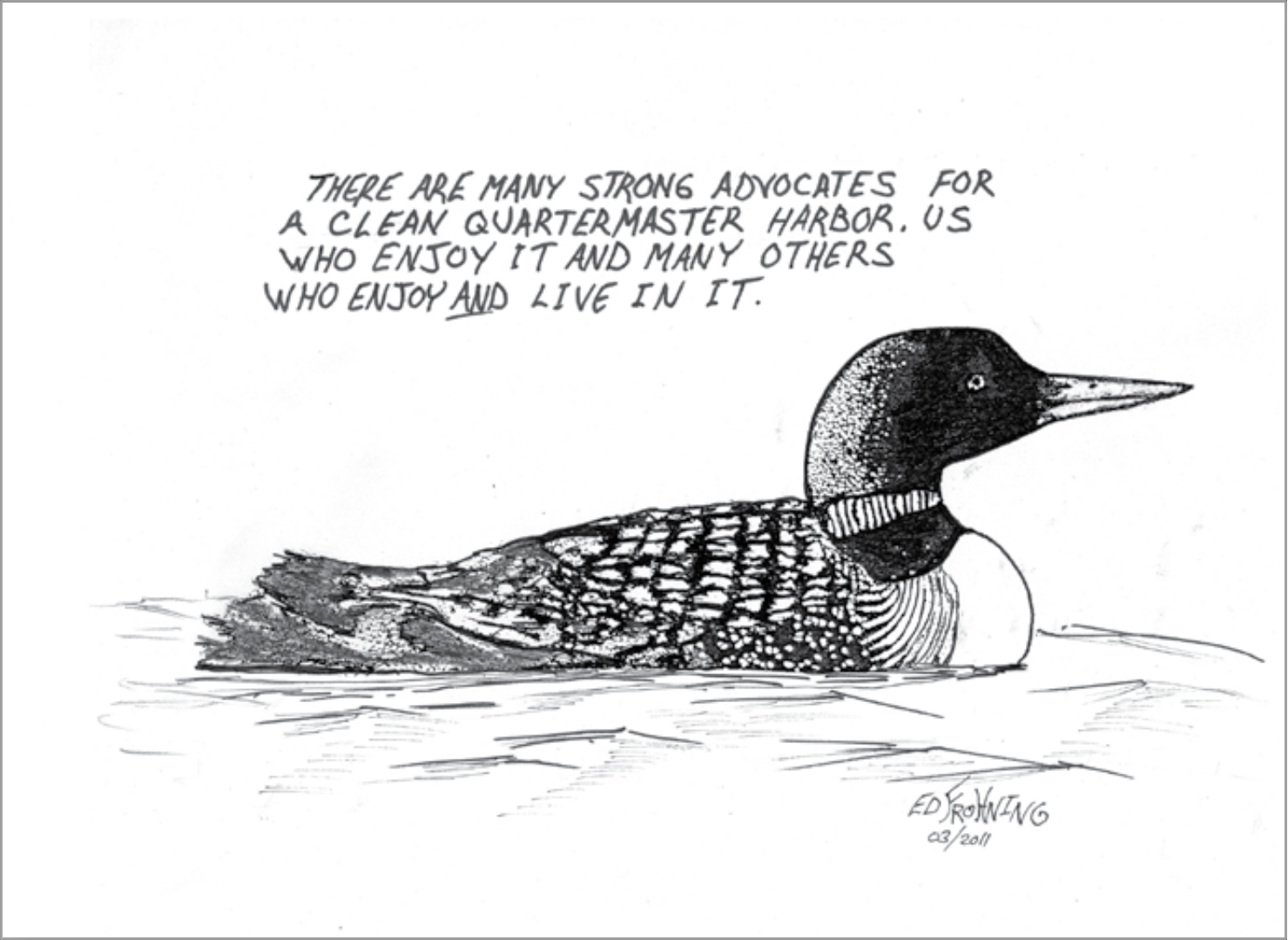
Time  
...And then one day you find, ten years have  
got behind you,  
No one told you when to run, you missed  
the starting gun...

Pink Floyd

These lyrics have been on play/repeat in the soundtrack of my life these days, for a number of reasons- I will side step the obvious. Most recently, a friend request came in from one of those social networking things from a drinking buddy I hadn’t heard from since a visit with him in the Windy City where I was nearly arrested for an open container on the anniversary of this country’s birth in 1976. As it happened, we had traveled to a large open air rock concert at Watkin’s Glen raceway three years earlier (the Dead, the Band and the Allman Brothers, if you must know) and along with (or in spite of) drinking mass quantities, I do remember that Dark Side of the Moon was playing on the tapedeck in the van as we drove in and out of the concert site. Somewhere in that fog I also recall stopping to help a stalled VW van with a jump start. The fog of beer and a lack of car smarts both contributed to my not realizing that our vehicle’s twelve volt battery was a bad match for their six-volter. A distinct image of a shower of sparks cascading from the cable contact still fills a spot for me in that historical vignette. By the time of our bicentennial beerfest three years on, both Rob and Bill had heard the career starter’s gun. Some how I missed it and in some ways, it feels like I’m still looking for the starting line.

Another reason that this particular song refuses to eject from the CD player (as opposed to the cassette deck or 8 track) is that the passage of time has revealed certain truths that hadn’t been quite as apparent as before. The problem, the rub, the fly in the ointment, the ants at the picnic in all of this is that troublesome equation: time is money. The bold assumption here is that if you put in the time, if you run the race, that the happy path, career rainbow will end with the leprechaun and the pot o’ gold. No, you don’t get to keep the leprechaun, and some are finding that the gold was an illusion as well. Standing in the other camp or planet or parallel universe are those who chose to not run the race to win, but rather to prove to oneself that the distance could be run, and run well. In that case, what is the right thing to expect from one’s efforts, if anything, and where does one go from there?

I have been on multiple paths of past lives as of late. I have been traveling back in time through books and newspapers and photos and film as well as through the spoken word of oral history. I have been across the country on a train and stagecoach trek, and I have been on a scaffold for three months in the Vashon Theatre- sort of. What I have found is mostly an affirmation of two quotable quotes. One would be that those who fail to know history are condemned to repeat it, while the other is the John Lennonism about life being what happens while we’re busy making other plans. In the first case of an awareness of present and past, one need only look to the Gulf of Mexico. We are being told that this a disaster



without precedent. In terms of scale, that may unfortunately be the case. But if one were to Google the Montara Oil Blowout, one would find that this very same scenario of bungling runaway mayhem played out for three months in the Timor Sea northwest of Australia just last August. Why are we not hearing of that? In reading a discussion of politics in the 1830’s, it was upsetting to see that many of the self-same questions being debated then are pretty much the same as the general issues we continue to hear about today, with apparently little or no progress in our understanding or resolution of them in evidence as of yet. In browsing the pages of Olde Vashon’s Island News-Record, one learns that the Ferry Advisory Committee was haggling over many of the same issues in 1950 that we still are dithering over today. In this light, one could view the movie Groundhog Day more as a cautionary parable for all time, instead of just a comic vehicle for Bill Murray.

As far as the wisdom of Lennon’s observation goes, it feels as though it might be a form of absolution from my missing that starting gun somewhere back there. I didn’t really want to run THAT race anyway. A few years back I grabbed the nearest available scrap of paper and scribbled this on it: Life is not a rat race, it is a relay race. As I dig deeper into history, the urgency of the possibilities of that passing thought gains strength and momentum by the day. Perhaps what we need to do is to veer off the track and out of the stadium and the race, and look for runners- not racers- down the road who are willing to take the baton further than where we can see, rather than running in circles for a gold-plated bauble on a string.

## Rural Scenery:

By David Berleth

Perhaps it is the time of the season, winter storms have left bare branches, yet too early for new leaves. No foliage to protect the view of the landscape from the accumulated stuff of modern life. Driving around the Island one will notice many properties that have become, more or less - junkyards. The boat or RV that gets used maybe 2 weeks a year spends the rest of the time under an ugly blue tarp. Things that were saved for the home renovation project, sit out in the weather and rot. The amount of Junk seen around properties is becoming an Epidemic. Our eye for quality has gone down, so those cheap products we buy soon become garbage not worth fixing, and so they gather outside. This observation is not aimed at the rustic charm of an antique tractor or plow set out in the field as a ruin, instead at the proliferation of modern junk seen outside people’s homes. Our attitude towards the landscape has changed.

Let us reflect upon a different era, the days of the family farm. The landscape then was a harmonious blend between nature and farm buildings: Quiet roads, apple trees, meadows, barns, livestock, firewood stacks and stone walls. Family farms from the era were well maintained, the farmer’s pride shown through their tidy landscape, buildings and trucks. The farmers were well versed in multiple skills: farming, ecology, carpentry, mechanics and business. The entire farm had an air of cleanliness, that radiated true prosperity.

This island today has many such farms and landscapes, and we are

blessed that there is the desire to create more. These landscapes provide a subtle beauty, a gift to the passerby. If visitors to Vashon Island experience a unbroken sequence of pastoral and native landscapes, they will view the Island as an idyllic and rare place. Rural landscapes improve the quality of life and increase property values. The authors of the Vashon-Maury Land Trust mission statement included the words “protect the natural ecosystems and rural character”.

One could argue - “it is my property and I have the right to keep it as I wish”. This is true to an extent, but if your property is an eyesore, it is negatively impacting other people’s quality of life and property values, then that is not your right. Please stop, take an honest look around your property and see what can be done to eliminate junk, clutter and ugly objects. A junk filled yard has a dark, haunting look about it, and one assumes the owners to be in a similar state of disrepair. Simply your life, get rid of stuff. Own less, and what you do have, keep it in clean working order. This is the path to prosperity and peace of mind. Use tall hedges to create screening for parking and storage areas. Design a functional layout for an ordered utility area. Work with your neighbor to eliminate the negative, and accentuate the positive: We do not want people to think of Vashon Island as a collection of homes with junk filled yards, but rather a pastoral landscape full of cozy homes, meadows, forests and farms. The whole Island will benefit along with you.

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It wouldn't be farfetched to assume the majority of the population has been educated on the importance of core muscular function. And that's really where it stops.

How to train the core can be as confusing as determining which weight loss strategy works best. I can assure you most of what we thought was appropriate core training as little as ten years ago is anything but. As a matter of fact, the two most well known exercises can be quite harmful to the health of the spine and do little to support it.

A quick anatomy lesson first. A profile view of the human skeletal structure shows a significant, natural curve to the lumbar spine. The vertebrae of the lumbar spine are designed to enjoy approximately 6 degrees range of motion. Both the sit-up and the crunch force the lumbar spine into flexion under tension surpassing that range in a repetitive motion. Even bent knee versions of these two exercises can place 700 pounds of pressure on the vertebrae and discs of the lumbar spine.

Contrary to popular belief, the structure of the lumbar spine is designed to handle external loads far greater than our own body weight as long as the vertebrae maintain joint alignment. Avoiding weight bearing loads and exercises would be an injustice and potentially harmful in the long term as it relates to the health of your spine. Injuries of the lumbar spine happen as a result of:

- 1. Muscle imbalances
- 2. Loss of flexibility
- 3. Lack of muscle endurance

I hesitate to add a fourth injury precursor although it definitely plays a role in the functionality of the lumbar spine. That being lack of strength.

First, it must be understood strength is what is talked about most as it relates

to prevention of low back pain which led the industry to adopt certain presumed strength building exercises for the core and low back. Although to a much larger degree, EMG testing tells us otherwise.

Low back injuries have been found to happen in athletes after several minutes of competition. This indicates the low back is prone to injuries requiring endurance rather than strength. When tested for strength as a baseline, all showed adequate strength levels of the spinal erectors. The shortcoming is almost always in the isometric endurance of the low back muscles.

To understand endurance qualities more clearly, lie on your stomach, touch the tips of your fingers behind each ear, pull your shoulder blades back and down toward your low back and lift your chest off the ground at about a 30 degree angle. Hold that position for at least 1:00 minute. If you fail, you are prone to lumbar injury. It is my suggestion you work your way to an isometric contraction hold for a minimum of 1:30 as a preventative measure.

To fortify the functionality and protective structure of the core system of movers and stabilizers, you should be doing a four exercise series at least three times per week. The primary focus is always endurance and anti-rotation, NOT strength and movement capability.

- 1. Plank 2:00
- 2. Side Plank 2:00
- 3. Stir-The-Pot 1:00 each direction
- 4. Isometric Back Extension 1:30-2:00

Perform each of the four exercises twice through. The most beneficial time to implement these exercises is after the portion of your workout that contains Olympic and strength building exercises to eliminate pre-fatigue.

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# Don't Forget the Birds

by Ed Swan

## Sick Birds

I recently received a call from Ellen Call about birds with growths on their heads at her feeder. Sick birds turn up from time to time at feeders and there a few types of illnesses present themselves regularly. Only veterinarians and licensed wildlife rehabilitators may legally treat wild birds for sickness or injury. The best action for sick birds involves prevention. Clean your feeders regularly and clean their placement area or move them regularly. If you notice a sick bird, disinfect the feeder with bleach and change the location. If you see multiple birds, stop feeding for several weeks so as not to continue to bring sick and healthy birds in contact with each other. Cornell Laboratories Project Feeder Watch has a good discussion of diseases common at feeders at <http://www.birds.cornell.edu/pfw/AboutBirdsandFeeding/DiseasedBirds.htm>.

The bird in Ellen's yard may have had avian pox. With avian pox, wart-like growths occur around areas bare of feathers, most noticeably around the eyes. Scientists have recorded over 60 species infected by avian pox over the years. Salmonella viruses also affect many bird species at feeders where they catch it through close contact and fecal contamination of food and water. Finches such as House Finches, Pine Siskins and American Goldfinches catch both of these diseases because of their practice of feeding together in dense groups that stay at feeders until the feeder empties.

Treatment even by professionals rarely results in a cure so the best action remain prevention ahead of time and then stopping feeding to encourage the birds to spread away from the central food source. While different organizations vary in their guidance to bird feeding, it's recommended that feeders be disinfected and cleaned (and allowed to dry completely before use) every 2-3 weeks and bird baths emptied and re-filled daily. Wood feeders may soak in contaminants so plastic or metal dispensers are preferable.

Safe feeder placement proves to be an even more important way of maintaining bird health. Window strikes and pet predation cause a lot of bird mortality. Feeders should be at least 30 feet from a window so that if birds fly suddenly they have the distance to avoid windows. Window reflection can be broken up with streamers hung in front of the window or with stickers actually on window. Hawk silhouettes that people often use



Rufous Hummingbird on its nest by Islander Ralph Moore.

work not because of the predator shape but because of the way they disrupt the window reflection.

Feeders should be set up where birds can take cover in vegetation to escape from predators, including pets. When attracting birds to a yard with a feeder, pets, especially cats, should be kept in-doors. De-clawing the cat or placing a bell around their neck doesn't work because cats have a strong grip and pounce very quickly from a stealthy position.

If a bird does strike a window or is otherwise found injured, the best approach is to leave it alone or at most treat for shock. Disturb it as little as possible, at most moving it to a calm, safe spot outdoors with some protection around it to help maintain its body heat. For a hawk or other raptor, calling Wolftown at 463-9113 for advice is the best bet, they are licensed rehabilitators. However, they are a small, over-burdened non-profit organization and shouldn't be over-used. I recommend supporting them with a contribution as well to help them continue to be available.

Island birding has been very slow lately with few reports. The first Rufous Hummingbird reports were later than usual in the first week of March but the first White-crowned Sparrow, reported by Bill Swenson, came early in the last week of February. Violet-green Swallows and Orange-crowned Warblers should be here any day. If you have a returning or interesting bird to report or a question about local birds, call me at 463-7976 or email at [edswan@centurytel.net](mailto:edswan@centurytel.net).

I'm also available as a guide for finding birds around the Island and the Puget Sound region. This is a great time for a birding tour. March through May represent some of the best birding months for Vashon with all of the region's waterfowl on display and easy to see from the Island's shores while the summer birds are starting to arrive. If you have birding friends or relatives coming, give me a call or visit my website at [www.theswancompany.com](http://www.theswancompany.com) to find out more.

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**Aries (March 20-April 19)**  
Self is not static. Indeed, it’s about the least static element in nature. It would help if we could distinguish self-concept from self. The thing that tends to get stuck is our idea of who we’re supposed to be, which has some relationship to who we were yesterday. I don’t suggest you get lost in the theory of this, except to remember that what tends to seize is an idea and what tends to flow is your actual being. With Uranus entering your sign today, you can pretty much forget the past and get ready for some nonstop motion. It will help if you allow your idea to be free, so that when the actual person you are finds itself in the midst of sudden progress, you can minimize inner conflict and go with the flow of existence. You’re unlikely to have any choice in the matter of whether your life takes some giant steps, though you have plenty of influence over what direction you choose.

**Taurus (April 19-May 20)**  
To the extent that this is a moment of inner awakening for you, it’s also a moment of seeing what you’ve been missing. You’re being presented with an inner view that may be shocking, strange or feel like something to celebrate. It will help if you remember that what you’re experiencing is indeed an inner experience. Most of the people you meet every day have neither affinity for nor attraction to this thing sometimes called an inner life. If they do it’s often dressed in the garb of outer life: situations, personalities, physical objects, goals, etc. There is another inner life that is attached to none of those symbols. You could think of it as the clear essence of being; as pure energy; as your sense of presence within the universe. It’s what we think of as ‘alive’ the moment that concept has any meaning at all. To experience that on our planet at this time can be pretty shocking.

**Gemini (May 20-June 21)**  
One good idea will lead to the next. One interesting encounter will point the way to the next, and the two are related. You’re being invited to feed your imagination on people: on their presence, what they say, and those to whom they introduce you. But don’t wait around for that; don’t be shy. Make your presence known, and pay attention to your environment. You’re in an unusual space where your circle of friends is growing outward and reaching into unfamiliar social patterns. People you never would have expected are positioned to reach toward you. One thing you might notice is that you’re no longer the weirdest person in your environment. Indeed, you may think you have some competition, but fortunately your life is more about collaboration than contest. If you keep that perspective you’re likely to make some very good friends over the next few days.

**Cancer (June 21-July 22)**  
This is a particularly brilliant moment for your professional life. Do your best to set aside the sensation of ‘too much’ and put your intelligence to work making the most of the volume of events and of energy flow. Then open your mind to some of the possibilities that you actually have considered but have never quite given yourself credit for being up to. At the moment, just about everyone else thinks you are. You don’t need to do much except get out of your own way and not send yourself your usual litany of negative or questioning messages. Cancer is a yin (feminine, receptive) sign by nature; you are now embarking on one of the most yang phases of your life: a time of expression and what looks like wild innovation and creativity. The most important thing you can do is stay emotionally grounded: not stuck, but present in your feelings, even as they move at their unusual current pace.

**Leo (July 22-Aug. 23)**  
As the next few days unfold, feel yourself approach a tipping point in a financial or partnership situation. This is a moment when the balance of inertia shifts toward being a thing in motion rather than a thing at rest; toward clarity rather than the soupy fog that has enveloped some aspects of your life; toward the future rather than lingering in the past. A doorway is opening for you, and it’s opening a lot wider and into a more interesting space than you may realize at the moment. You may feel like your horizons are widening, but what is really expanding is your idea of who you are and what you’re doing in the world. When that particular perspective takes on its full dimensions, the world itself seems to change. Remember, and remember again: it’s you who is bursting into full color. The world has always been this wild.

**Virgo (Aug. 23-Sep. 22)**  
I’m here to remind you once again that everything is negotiable. I know that hardly anyone lives this way except for a few billionaires and con artists, but I’m telling you that -- with rare exceptions, which probably have many exceptions -- everything is up for discussion. That includes every agreement or commitment you ever made; every seemingly intractable situation; your entire concept of your finances; and the way you project yourself into the world and seek identity in the people that you meet. How they see and experience you is entirely up for grabs, and you get to set the terms of the discussion. One last -- you’re not alone. There’s that old song that says two is the loneliest number, after one. This moment is your opening to meeting many kindred spirits, as long as you are authentically, unequivocally yourself.

**Libra (Sep. 22-Oct. 23)**  
You’re being a gem with someone you work with who may be getting on your nerves or going through a difficult emotional time. You have a way of channeling your energy into creative directions, which really is the name of the game. And you actually have a life. Yes, there may be a lot of movement, unpredictable developments and perhaps a bit more energy than you would prefer, but in actual fact you have a rich existence and I think you know it. That provides you with both reassurance and a cushion. But I suggest you stay as far outside of your safe zone as you can, because that’s where you’ll find your maximum creativity. You tend to like stability and you’re thriving on it at the moment; events may seem to conspire to draw you out of your comfort zone and into what may feel like an entirely unfamiliar place. The way your chart is set up at the moment, you can have both.

**Scorpio (Oct. 23-Nov. 22)**  
You may have to assert yourself against someone close to you. This person’s reluctance to speak up, live up to a commitment or respond to your needs has been a cause for concern. I would caution you against exerting too much energy their way; a little is all it will take. There are many other influences that are sending the same message in his or her life, and I assure you that this person feels like they’re in a bit over their head. There are aspects to their life that you don’t know about yet. I would not go so far as to say that they’re actually living a double life, but there is likely to be an element of that. Because of your proximity, you’re likely to be someone to whom they respond. So I suggest you make your feelings known in the form of a direct request rather than a hint of some kind, and then listen to what you hear. Leave the door open.

**Sagittarius (Nov. 22-Dec. 22)**  
Many things exist in potential: talent,

ideas and your ability to project yourself into your goals. What makes the difference is action, and on that particular score I can give you a clue: you may never quite feel ready for what you want to do, or what you plan to do. You may never meet all the prerequisites, have enough knowledge or be certain enough. And you know what? That doesn’t matter. You’re not exactly unprepared at this point; in fact you have far more experience than you think, and that experience is worth more than you imagine. Still, you may think that makes little difference when you don’t have the certainty or the confidence that you need. It’s true that some of the most worthwhile accomplishments in the long story of humanity have happened when they were good and ready. Most of them seized the lives of people who had little preparation and no idea what they were getting into.

**Capricorn (Dec. 22-Jan. 20)**  
Your astrology offers several different images for what might be coming. One is you transform your basement into a laboratory and start working on those inventions you’ve been planning all these years. Or, the Cirque du Soleil arrives in town and you’re the host to the fire-eaters and sword swallowers, who stay for at least three weeks; while they’re living with you, they teach you all their tricks and you join their troupe and go on the road for seven years. Or you buy an old summer camp in your area and found a special program for child prodigies. In any event, expect some new energy to come into your home; reconsider what it means to feel safe in a time of rapid change. At the very least, consider redecorating, remodeling or moving to bigger digs. And if you currently live with your family, get ready to consider some much better options.

**Aquarius (Jan. 20-Feb. 19)**  
Having the life you want is suddenly no longer a matter of power or resources; it’s a matter of people, and you’re person one. Normally we think of success as being upwardly mobile; for you it’s more about being able to extend yourself among your peers. You practice a kind of lateral success, which is another way of saying weaving community. You may have a sense that you’re at the center of that community, but that’s only true from a limited perspective. You’re participating in a much wider cosmic project of re-weaving the human family. I am sure you’ve noticed how fragmented our communities are and how alienated so many people feel. I promise you, you’re one of the people who feels less estranged. That’s a special distinction. And you don’t have to let on. Just keep weaving.

**Pisces (Feb. 19-March 20)**  
With everything else going on in your sign (and thus your life), you might not notice that Uranus is slipping into Aries this week, ending a seven-year spell of rampant whatever-it-is that you’re probably sure is not over. However, I have a question: Have you ever had one of those revelations wherein you realize the one thing you need to do is relax, cease from exerting so much effort and energy, and allow ‘pure mind’ to get your results? That is, to allow consciousness to be the potent activating agent that it is, and then experience the universe responding in its quantum way? I thought so! Well, it may take you a few weeks to get there. You can start by making the conscious choice to gear down, even if your life doesn’t respond in 10 seconds. Obviously many things would be easier if you had no concerns about where money was supposed to come from, and if one aspect of life is poised to respond to the whole quantum mind-power thing, that’s the one that’s gonna happen first.

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

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Deadline for the next edition of *The Loop* is **Friday, March 25**



# Spiritual Smart Aleck



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## A Purple Season

by Mary Tuel

Comes now the purple season of Lent in the Christian church, purple being the liturgical color of Lent. Most people know a lot about Mardi Gras, or Fat Tuesday (you’re thinking “beads,”right?), but not so much about Lent, the season that follows it.

I was raised in the Baptist Church. More specifically, I spent my childhood Sunday mornings in Baptist Sunday school.

I loved Sunday school, and I loved Jesus, and I memorized verses and heard Bible stories that proved to be excellent background for understanding biblical references in a country and culture with what one friend called, “a pervasive background hum of Christianity.”

What I did not learn in Baptist Sunday school was the liturgical seasons of the church. The Baptist Church was not big on liturgy; it was big on altar calls. So when in adulthood I felt called to join the Episcopal Church, I had a lot to learn, brothers and sisters. Can I get an amen?

See now, “can I get an amen,” that’s Baptist.

Lent is a period of 40 days, which is symbolic of the 40 days Christ spent in the desert being tempted by Satan, so Ash Wednesday, the beginning of Lent, is day one, and Holy Saturday, the day before Easter, is day 40. Sundays in Lent are not counted as days of Lent.

Lent is traditionally observed by penance, fasting, and alms giving. “What are you giving up for Lent?” people ask. For some people it amounts to not much more than an annual diet. In my church

the emphasis is on self-examination and seeking true humility. I initially considered this a much better deal, forty days set aside for repentance, than what the Baptist church offered, which was repentance, guilt, and shame all year ‘round.

It took a long time for me to grasp what humility is. It is easy and human to go to shame, or the appearance of shame, but beating yourself up over what you think are your sins is not humility, I learned. More obviously, making a public show of yourself wailing, “I am a sinner!” is not humility.

Humility, in my understanding, is to know yourself as you truly are. Granted that it often begins in humiliation. Most of us see ourselves through soft lenses that allow us to function in our daily lives, and to honestly say, “I’m a good person. I have no wrongs to atone.” Some of us plow through life hurting others unaware; some of us try so hard to be good that we annoy other people.

To see yourself as others see you is rare, and humbling. Trying to see yourself as God sees you, well, that’s just hard. How do you see yourself with objective unconditional love? How do you look at your faults with neither shame nor justification? How do you find that straight and narrow line of vision to the core of your being, where you understand your innate worth and dignity, and feel the compassion for your own brokenness that enables you to make amends, to do better, to fail and get up and keep trying, and see other people, all people, in the same light of dignity, and worth, and compassion?

It isn’t easy. It can help to have friends, or guides, with whom to check things out. I don’t really know how stupid what I’m thinking is until I say it to another person and watch it shrivel in the cold air outside my head. Checking things out can be a great strength of a church community, or any community. Or you can go straight to a therapist to try for a more true look at yourself. Whatever help you may find, at bottom you have to do the work, and will be rewarded, at bottom, with the understanding for which you strive. Yes, it’s work, and yes, it’s worth it.

I’ve heard people in the church say that Lent comes to get you whether you try to observe it consciously or not. I think they’re right. Wishing you all a blessed and holy Lent, whether you know it or not.

Can I get an amen?

## Vashon Havurah Presents Paul Sommers



On Friday, 3/25, beginning at 7 pm, “Vashon Havurah Presents ... Paul Sommers” at Havurat Ee Shalom, 15401 Westside Hwy SW. The subject of Paul’s talk is: “The US National Debt: What do we know about it? When did we know it? What should we do about it?”

Do you stay awake nights worrying about the National Debt and what can be done about it? Paul will explain the National Debt and dispel some of the myths. He will also discuss remedies the US government should be considering, as well as critiquing the report by the “National Commission on Fiscal Responsibility and Reform.”

Paul Sommers is a professor of public policy and economics at the Institute for Public Service at Seattle University, and is on Governor Gregoire’s Council of Economic Advisors. He received his PhD in economics from Yale University.

## Amanda Knox:

Continued from Page 1

A spectacular view and wild garden graced the two-story cottage just outside the medieval walls that enclosed Perugia; the eight young adults provided passing entertainment for the older neighbors across the street. Except for the medieval wall, you’d see the same thing on Capitol Hill, Green Lake or the U District.

On this Umbrian hillside, in the Tuscany loved by many Islanders, the girls were having the best time of their young lives.

The last time the new friends saw each other was the morning of All Saints Day. Raffaele was making lunch for Amanda when Meredith got up and they invited her to join them, but she could only visit for a few minutes since she had plans for the day. Meredith gave Amanda a fake tattoo while she chatted with the pair, then showered, put some clothing in the washing machine and left the cottage. Amanda and Raffaele never saw their friend alive again, a crushing blow to all that knew her. Her sparkle, gone.

By that evening, all six of the Italian kids had gone for the three-day weekend, leaving Meredith and Amanda alone in the cottage. Amanda stayed the night at Raffaele’s, they ate, drank and made merry. Just kids hanging out watching a movie, playing on the computer and other young adult pastimes. Activities done for centuries in Tuscany. Tempting fodder for the tabloids of today.

Meredith met her English gal pals and later they had a relaxing dinner chatting about the pub-crawl and school, but the young women were tired from Halloween’s festivities and Meredith was looking forward to having the apartment to herself for the evening. She borrowed a textbook and left, planning to finish her homework and laundry; it was about 8:45pm.

Sophie Purtom accompanied her most of the way home, they parted company about 8:50pm and Meredith arrived home about 8:55pm. The last communication was an incomplete cell phone call to her mother in England at 8:56pm; Arline Kercher would never receive another phone call from her youngest daughter.

It was Meredith Kercher’s ill fortune that Rudy Guede was burglarizing her apartment when she arrived home.

Ron Hendry, an American forensics engineer, reconstructed the crime scene for InjusticeInPerugia.org; this website has the approval of Amanda and Raffaele’s defense team, as well as their families, and a comprehensive review of the case.

Mr. Hendry’s analysis indicates that Rudy Guede (goo-day), acting alone, took a large rock and broke Filomena’s bedroom window, which was a little more than arm’s length from the edge of the bulkhead. Then the athletically inclined young man easily clambered through the second story window, something he had recently done to a Perugian business, climbing up 15 feet to access its offices.

Because Guede was a friend of the guys downstairs, the defense speculates that he knew the occupants of the cottage would be gone during the holiday weekend. In light of his desperate financial circumstances, run-ins with local law enforcement because of his lifestyle of burglary and drug dealing, it is probable that he expected to find cash or valuable items in the upstairs apartment.

Mr. Hendry continues, “When Meredith entered, Guede was answering a call of nature on the toilet in the front bathroom that Filomena and Laura shared. DNA on a piece of toilet paper would later be recovered from the unflushed toilet bowl.”

Meredith could not have seen him unless she walked into the kitchen and peered around the corner; instead she walked straight down the hallway to her bedroom. It appears she never knew Rudy was there until he overpowered her in the small, 9 x 11, bedroom at the back of the apartment. She was trapped.

“Guede held a knife to her throat in an attempt to subdue her, but Meredith was strong willed and not the type to willingly submit to a robber,” said Mr. Hendry, referring to her family’s description of Meredith’s grit, athleticism and physical

strength.

“After a brief struggle, and seeing he couldn’t control her, an enraged Guede viciously stabbed Meredith in the neck cutting her artery. Guede was behind and above Meredith, who was on her knees, when he inflicted the mortal wound.”

Defensive wounds show that Meredith tried to defend herself, but in the end she was no match for Guede’s brute strength. She died from exsanguination and asphyxiation; her tiny bedroom became a blood bath.

Most chilling of all, Mr. Hendry concludes, “In an inhuman act of depravity, after inflicting the mortal wound, Guede disrobed Meredith, cutting her bra off with the knife after wiping it on the bed sheets. Then he sexually molested her as she lay dying, likely out of intense misdirected anger at the helpless young woman for ruining his life.”

Guede grabbed towels from the bathroom at the back of the apartment, the one that Meredith shared with Amanda, leaving tiny blood spatters here and there on the sink and bidet. There was a faint, but bloody, bare footprint on a corner of the bathroom rug and Mr. Hendry states that this clue “suggests that Guede had taken off his right shoe in order to clean Meredith’s blood from his foot.”

Then the callous thief-turned-murderer threw the bedspread over Meredith’s body and stole both of her cell phones, credit cards and \$300.00 Euro from her purse. He locked her bedroom door, bloody sneaker prints trailing down the hall and left the front door standing open as he disappeared into the night.

Guede threw her phones into a garden a few blocks away; no phones to ring unanswered in Meredith’s room. He later confessed to the police that “after running away he went home and changed his clothes; they were never found. Then he went partying (apparently spending Meredith’s rent money) and was seen around 2am in a disco, swaying alone on an empty dance floor. Guede was establishing an alibi and the people who came into contact with him that night said that he “smelled bad and acted strangely.”

Early on November 3rd, Guede fled Italy and drifted around Europe for about two weeks, he was captured in Germany on November 20th and had been following the investigation on the news and by Skyping with friends in Italy.

An abundant amount of Rudy Guede’s DNA was collected from Meredith’s clothing, purse, on and inside her body. He left his bloody handprint on a pillow under her body and his bloody shoe prints were all over the scene. A week after the murder police would identify Guede from the handprint and the manhunt was on.

But Meredith got a piece of him; hairs found in clutched her hand immediately alerted police that her assailant was a black man. Well done dear.


In his confession he states that he and Meredith were making out, but decided to quit before having sex and then he went to use the bathroom. While on the toilet in the front of the house, he says an unknown assailant attacked Meredith in the back of the house. He tried to save her (using a towel to stem the arterial flow) and then ran away, frightened of being blamed because he was black. This is what American police call a SODDI defense: “We had sex, I split and Some Other Dude Did It,” a common strategy of rapists and murderers.

Blood spatter on Meredith’s clothing proves that she was dressed when murdered.

Guede was extradited to Italy on December 6, 2007 and five months later he changed his story, implicating first Raffaele, then Amanda. Public Minister Giuliano Mignini commented that Guede had been “most helpful.”

Meredith was a sweet, young girl who died at the hands of a criminal with one too many Get Out of Jail Free cards. A killer who would be swept under the rug by the Perugian criminal justice system while her

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# Delightful, Healthy Herbal Teas

By Kathy Abascal

Drinking tea is a healthful, soothing practice. “Real” teas are made from Camellia species and contain caffeine; other herbal teas are often called tisanes. I call all of them teas because tisane is a bit stilted and all are brewed from herbs. Sitting down with a nice cup of tea will do much to make you feel better, and tea drinking is well worth exploring. The ritual of a cup of tea, especially with a friend, partner or child, adds immensely to the richness of life.

There are hundreds of herbs that can be used for teas, each with its own qualities. You can make teas from many of the flowers and plants growing in your garden, or you can add leaves and flowers from your garden to a ready-made bulk tea for a more personal experience. The wonderful scents that waft toward you from your cup of tea will have a pleasant effect on your mood. The minerals and medicinal compounds in the tea will be readily absorbed and put to work in your system. Teas do not have any calories, and usually are slightly diuretic which is good for the heart and circulatory system.

Green tea is the second most widely consumed beverage in the world, water being number one. Research shows that green tea has many impressive health benefits. It helps prevent cancer, is anti-inflammatory and anti-microbial (making it an absolutely wonderful helper in mild cases of food poisoning). Green tea helps prevent dental decay, and appears to prevent bacteria from becoming resistant to common antibiotics. I strongly recommend drinking several cups of green tea a day if you are taking antibiotics to support the effectiveness of those medicines.

Teas without caffeine are, however, often a better choice, especially for children. If you are not used to drinking herbal teas, I suggest beginning with rooibos because it has such a pleasant taste. Rooibos is also called red bush tea and features prominently in the No. 1 Ladies’ Detective Agency, a series set in Botswana. Traditionally, rooibos was used for allergies, to soothe the stomach, help resolve eczema, and to prevent aging. It is a very flavorful tea and is available in a many different tasty combinations. Rooibos also makes a wonderful, thirst-quenching iced tea. Like green tea, rooibos is rich in heart-healthy polyphenols but comes without

caffeine and is almost free of tannins. Another of my favorites is my own Mineral rich tea blend. This tea combines herbs that concentrate minerals. Our diet is often deficient in many minerals due to soil depletion. For instance, a USDA study shows that an apple grown in the 1920s contained over 90% more iron than an apple grown today. This lack of minerals also occurs in organically grown food, although less so because organic and biodynamic farmers work hard to enrich their soils to ensure plant strength. Mineral rich herbs, if consumed relatively soon after being brewed, provide a good variety of bioavailable minerals.

The minerals in freshly brewed tea are in ionic form for a while and these ions can be easily absorbed across membranes throughout the GI tract. As the tea sits, the minerals form salts that are more difficult to absorb. Although the amounts of minerals in a cup of tea are small in RDA terms, they seem to make a huge difference in the body. They help the blood transport a bit more acidic waste which in turn helps promote healing. I have seen mineral rich tea help in health issues ranging from muscle cramps to headaches to PMS bloat to skin ailments to healing from any illness and especially chronic ailments, perhaps because the tea provides needed trace minerals.

My mineral tea blends raspberry leaf, red clover flowers, oat straw, dandelion leaf, nettles, horsetail, and alfalfa. When these herbs are combined, they mellow each other’s medicinal characteristics, giving a gentler, milder action than say horsetail might have, if used alone. The tea has a pleasant taste but if is too plain for you, you can jazz it up a bit by adding a little hibiscus, mint or licorice to the mix.

I also make Chamomile Delight is another wonderful tea. This tea combines skullcap, chamomile flowers, lemon verbena, spearmint, and lavender. Chamomile Delight is soothing and calming but at the same time uplifting rather than sedating. Chamomile, of course, is a fabulous herbal nerveine that is incredibly calming to the digestive tract. I sometimes think that we adults are not all that different from infants: Often it is a slightly upset stomach that makes infants cry; the same upset makes adults a bit ill-tempered or uneasy. Chamomile quickly puts such things to rest. Skullcap is a nerveine with a multitude of other actions ranging from antimicrobial to anti-inflammatory. Lavender, of course, is soothing and provides a lovely taste and scent. You can get these herbal teas, and many others, at the Roasterie/Minglement or Vashon Tea Shop.

There are many, many reasons to incorporate tea drinking into your life, and there are many wonderful teas to choose from. It is an inexpensive and enjoyable habit. So, get out your tea pot, some pretty cups and give it a go.

## Amanda Knox:

Continued from Page 8

innocent friends were framed. Witty and beautiful was how family and friends described the girl with the dazzling smile, an exotic beauty that blended the best of Anglo-Saxon and Indian cultures. A keen intelligence, a girl well known for her kindness and her diligence. She was born and raised in Croydon, south London. Much loved by her parents, John and Arline Kercher, and her siblings, John Jr., Lyle and Stephanie. Hundreds attended as Meredith was laid to rest in her hometown on December 14, 2007. Lyle delivered the eulogy and Stephanie read a poem she had written for her baby sister. Good natured laughter rippled through the pews as dozens of University of Leeds students remembered this delightful girl. Because Kercher’s grief was so profound and the world believed that their kids were murderers, it was impossible for Amanda and Raffaele’s families to reach out in those first

few months. They hoped that “it would soon be straightened out” and their condolences would be kindly received, but nearly four years have gone by and the courtroom drama continues. They have reached out through the press, but there really is no closure for anyone until the court corrects the mistakes and releases the innocent students. Despite their own trials, concern for the Kercher’s is never far from the thoughts of the Knox and Sollecito families and they will remember Meredith, long after the tabloids forget her, as a precious daughter, not a murder victim. We hope that with the current appeal, the court will correct mistakes and release Meredith’s innocent friends. Rudy Guede is serving his reduced 16-year prison sentence for her murder, but justice is tainted by the unfair incarceration of Raffaele and Amanda. Their freedom would be true justice for Meredith Kercher.

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## Backbone Campaign Benefit

Continued from Page 1

Island to participate. If you missed out on performing in the previous benefit shows, now is your chance to be a part of an unbelievable night of music by a huge variety of musicians, all under one roof and for a great cause. Bill Moyer and the Backbone Campaign supporters continue to do some incredible things out in the world right now – this is your chance to contribute to their efforts. For information on what the Backbone Campaign has been up to lately, check out their website at <http://www.backbonecampaign.org>. For all five of the previous Backbone Campaign Benefit events at The Red Bicycle, it was ‘standing room only’ in the back and it was about as packed as they’ve ever seen that place. We even ended up having to turn some people away because there just wasn’t any room left! The event is a unique way to gather with your community - visit with neighbors and old friends and share a wonderful night together, but get there early! Musicians may perform one Beatles song at the benefit, either as a solo act or with accompaniment. There have been some great solo performances in the past, as well as some wonderful collaborations that people are still talking about, so we’re hoping for more of the same for this event. Although it won’t be an acoustic event, it won’t be a big amplified huge extravaganza either. We’ll rotate quite a few people through (maybe 25 or so time slots) each playing one song. There is not much time for set-up, sound check, or tear down, so we want to keep it simple. It’s difficult to accommodate large bands, but not impossible if the transition time takes place quickly. Pick a song, email me back and let me know what it is as soon as possible, and we’ll add it to our list so we don’t have any duplicates. The list tends to fill up pretty fast and please remember, it will have to be first come, first serve...there’s just a certain amount of time slots available and so many more musicians to fill them out here on the Island. Have a second choice in mind, just in case your first one is taken already. We need to try to solidify everything within a week or so in order to print posters and get the word to the local papers by their deadlines. This is a great audience to play to and if you have CD’s of your own music, it’s a great event to make some sales! You will be able to see an updated list of the artists who have signed up for this event and what songs they will be performing on the Red Bicycle Bistro web site at <http://www.redbicyclebistro.com>

as soon as people start submitting their songs to us. We’ll have the standard sound setup at The Red Bicycle with the in-house equipment they have, and then run everyone through a guitar amp so that we can keep the flow going and not have to do a sound check for each person. Also, we would like to have some sort of representation by the youth on the island if at all possible...if you know of anyone under 21 that might be interested in performing, please let us know. We think it would add another wonderful dynamic to this special night. There is a window of time between 7:30 & 11pm when anyone under 21 can be in the restaurant where we could make this happen. John Sparks will be our soundman for this event—he has become the resident (amazing) soundman at The Red Bicycle. This night should be fun and something a little different than the norm. It’s an excuse to get out of the house, socialize a little bit, and enjoy some first class entertainment. As always, a huge thanks to everyone who takes the stage and also to those of you who will come to enjoy the music. We are blown away by this wonderful community of musicians and music lovers that continue to support each other every day. Songs picked so far:

A Day In The Life (Allison Shirk)  
Dear Prudence (Julia Hanowell & Madeleine Wolczko)  
Girl (Bob Kueker)  
Here Comes The Sun (Bob Krinsky)  
Hey Jude (Kelsey Bernheisel)  
If I Fell (Adrienne Selvy Mildon & Scott Durkee)  
Lady Madonna (Linda Hatfield)  
Nowhere Man (Greg Parrott)  
Rain (Rick Vanselow, Kim Thal, Fletcher Andrews)  
Strawberry Fields Forever (Ron Hook)  
The Ballad of John & Yoko (Scott Durkee)  
The Night Before (TV Dinner (Andre Sapp, Pat Reardon, Steve Meyer)

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# Positively Speaking

## “Reconstruction”

By Deborah H. Anderson

They’re building a house across the street. Actually it’s a remodel. I know, I know, they already made the movie ‘Life As a House’. It’s about a dad dying of cancer who wants to do a significant closure thing and gift for his family reconnecting with his son before he dies. My plotline is just the opposite. I’m entering a period of more robust health than I’ve known before living more strongly than ever. So indulge me a revamped metaphor...

When I first saw the structure the footprint was all that was left: two walls and this kind of two-story tower thingy. I’m assuming that’s the minimum they had to leave up for King County to call it a remodel.

Twelve people in various combinations were moving things into my house stacking boxes so high a person couldn’t see out of the windows. As I emptied the boxes and carried them out (lowering the level of chaos) new studs appeared across the way. I could begin to see where the rooms were going to be.

Have you been there? Have you ever remodeled your life? It’s best if you strip it down to the studs. Leave only the minimum required from the past, enough to vaguely remember its definition.

I had a plan in my new home... bedroom first settled, then kitchen, living room, dining room, clothes closet, office, family room, wall hangings and finally glass animals in the curio.

On a snowy Thursday suddenly I had hours for unpacking stuff. Across the street workers started arriving, snow shovels in hand. A giant truck with a crane on it arrived. Amidst swirling flakes the arm swung wide with triangle shaped trusses for the roof.



When you remodel your life, new parts may arrive before you are ready for them. Just set them in the general area of need. You can deal with it later.

At long last the cupboards are sorted and table surfaces are beginning to clear. New traffic patterns for cooking and cleaning are established. As I look out the dining room sliders I see much progress has been made. The roof is in place. The new walls now surround the old tower.

Remember to join the old and the new together.

Soon interior work will begin. Wiring and plumbing can be tricky. Follow the rules of physics when doing your interior work. There are certain principles of life that can cause sparks or floods if violated.

Cosmetics are last. By late Spring I imagine paint and landscaping will go in. By that time each room in my house will be sorted and I will begin the exterior landscaping and outer storage areas.

When you remodel your life worry about appearances last. It keeps priorities straight. There’s a lot of talk about people reinventing themselves. Personally I find remodeling to be more thorough and long lasting. And fun.

It’s a worthy journey. Maybe you’ve been thinking about making some changes. Go for it!

Love  
Deborah



## Upcoming event dates.

Lenten Day Retreat lead by Deborah **26 March 2011, 10 am- 4pm at Vashon Presbyterian Church Eau d’Jesus:** what does it mean that ‘to some Jesus is the aroma of death and to others the breath of life’?

**Saturday 2 April 2011: Vashon Early Learning Preschool Tour:** Come Talk to Deborah at the VYFS Playspace about her Core Parenting Waterlily Workshops...or any parenting situation that challenges you from **1:00PM - 4PM**

**Saturday 9 April 1:30 FREE SHOWING....” I AM SAM”** starring Sean Penn , Michelle Pfeiffer and Dakota Fanning at the Vashon Theatre.

## Think About the Water you Drink

Continued from Page 1

healthy household.

Hazardous waste (including many products used around the home, garden and garage) can find its way into groundwater, nearby streams and the Sound. So can unused medications. Businesses and residents can take hazardous items to the annual Vashon Wastemobile collection event Friday April 22 to Sunday April 24th from 10am to 5pm at 17001 107th Ave SW. More information is available by calling 206-296-4466, or check <http://your.kingcounty.gov/solidwaste/facilities/vashon-transfer.asp?ID=344> to get details. For more information on hazardous waste disposal you can also call 206-296- 4692 or visit the King County Local Hazardous Waste Program web site at [www.govlink.org/hazwaste/house/index.cfm](http://www.govlink.org/hazwaste/house/index.cfm)

Groundwater supplies are not endless. There are some areas on Vashon that experience shortages, especially in the summer. I think of conserving water as money in the bank because using less can

allow deferral of costly investments. If you obtain water from a large or mid-size water system you may relate. Yet, most of the eight hundred or so private wells on the island do not have water meters to measure use. Without a good means of measuring use, lots of islanders do not know how much water they use or what they may be wasting due to leaks etc. The Groundwater Protection Committee is looking for volunteer private well users to meter and monitor their wells, so we can learn more about conservation potential on the island. There are a limited number of meters we have available so you may want to take advantage of this opportunity.

There are a lot of things that can be done to conserve water. [www.WisEnergyvashon.com](http://www.WisEnergyvashon.com) is sponsoring a class on water conservation on March 8th, from 7 – 8:30 PM that will cover a lot of topics. For instance, using native plants in landscaping can save on water use significantly. For information on water conservation through Natural Yard Care call

# PANDORA'S BOX

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

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## VAA’s New Works Series



The Cure and Uncommon Clay, two plays about the healing power of art, will be performed Friday and Saturday March 18 & 19, 8 pm, at the Blue Heron Art Center, by an all Island cast. Fr. Marc Powell adapted the two Susan Vreeland stories to stage for VAA’s New Works Series. Vreeland will attend the free preview Tuesday, March 22, 8 pm (a benefit for Vashon Food Bank).

In the Cure (road trip circa 1800) Gordon Millar plays Bernardo and Andy Krikawa plays his stalwart friend Salvatore. Together the two journey to Rome from their Tuscan village to discover the great works of art. In Uncommon Clay, Roxanne Hood, Patricia Kelly and Allen Nakano team up to perform a short play about a potter coming to terms with her mother’s Alzheimer’s disease. Powell and Pat Churchill direct.

The plays are rated PG-13 for subject matter; expect humor along with poignant moments. Tickets are \$12/\$15, available now at Blue Heron, Books by the Way, Heron’s Nest and [BrownPaperTickets.com](http://BrownPaperTickets.com). Or call 463.5131 to purchase by phone.



## Duke Needs A Home...

This English Cocker Spaniel gentleman “Duke” is seeking his loving and forever home. Rescued from a kill shelter in California and transported to Seattle to save his life, “Duke” is a most special and deserving pooch in search of a family who will adore and protect him for life. Duke is a young guy (3-5 years of age/we’re not sure), healthy, up-to-date on his shots, loves people/older kids and gets along well with other dogs and cats. He loves his daily walks, car rides and family activity and is also a lap dog. Duke is a beautiful golden/red color and quite the character - he’s playful, upbeat and knows some commands. He loves to please and sleeps peacefully on his bed each night. This is a dog who will thrive in the home of an experienced dog owner and we want to place him in a home where someone is around a lot. For more information, contact VIPP, 206-567-5222 for an adoption application. There is a \$150 adoption fee.



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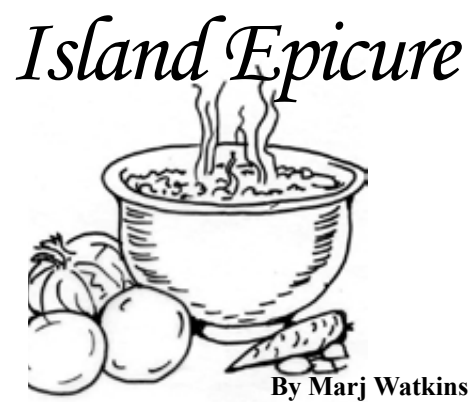
For most private wells, water quality is tested infrequently if at all. It is a good idea to test the water before a home is purchased. Periodic testing for fecal coliform bacteria, nitrates, and arsenic - along with anything else of local concern - is also recommended. If you would like more specifics on water quality sampling for private wells or further assistance, contact the Seattle King County Public Health Department at 206-296-4932 or [www.kingcounty.gov/healthservices/health/ehs/water.aspx](http://www.kingcounty.gov/healthservices/health/ehs/water.aspx)

A publication about Island water called “Liquid Assets” was mailed to all Islanders in November, though it may have slipped by you. “Liquid Assets” is a great resource for self guided tours to learn about island water with your family. It is accessible online

(link below) and the Vashon Library also has copies. [www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/liquid-assets.aspx](http://www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/liquid-assets.aspx). Note: This publication has fueled a lot of suggestions from islanders including holding a community forum on water. We are starting to look at options and what ways the Groundwater Committee might assist.)

Finally, for information about the Vashon-Maury Island Groundwater Protection Committee and King County Groundwater Program call 206-296-1910 or visit: [www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/committee.aspx](http://www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/committee.aspx) ; and for more information on Groundwater Awareness Week (!) visit: [www.ngwa.org/public/awarenessweek/index.aspx](http://www.ngwa.org/public/awarenessweek/index.aspx)





Dinner with St. Patrick

We always think of potatoes in connection with Ireland, but St. Patrick, born in England in 385, never ate one. Nobody in Europe had any idea that potatoes, tomatoes, bell peppers, squash, or beans existed. Potatoes came to Spain in the early 1500s, but did not reach Ireland until the 1700s. The vegetables Patrick, called Padaig in Irish, had available were peas, turnips, parsnips, onions, and carrots. For meats, he could have had lamb, pork, chicken, or beef. Of course you don't eat your chicken until she is too old to lay eggs, and so tough and stringy she's best used for soup stock.

Patrick/Padraig could have made sheep milk cheese because he was a shepherd for six years following his kidnapping from Christian Britain at age sixteen by pagan Irish raiders. Then he escaped back to Britain. A few years later he went to France where he became a monk and, in 432, promoted to bishop, he went as a missionary to the pagan Irish. He converted Counties Meath and Antrim and most of Western Ireland to Catholic Christianity.

For breadstuffs in his shepherding years, young Padraig probably ate oatcakes, something like chapattis, but baked on the stones that ringed his campfire. My husband's grandmother, born and raised near Edinburgh made such oatcakes. She combined rolled oats, a little flour, salt, and butter, rolled the dough out flat, cut it in squares, and baked it in her oven. As a bishop, Patrick may have eaten barley bread leavened with soda.

Probably still in rural areas, Irish cooks using bread pans or casseroles turn out delightful soda bread baked in their fireplaces. We ate this bread in Western Ireland a few years ago. We'd traded houses and cars with a family near Dublin for a month's vacation.

IRISH SODA BREAD  
with OATMEAL  
Makes 1 round loaf  
¾ cup whole wheat or sorghum flour  
¾ cup all purpose flour, barley flour, or more sorghum flour, plus a little more for dusting the loaf top  
¾ teaspoon soda  
½ teaspoon salt  
1/3 cup old fashioned rolled oats  
1 Tablespoon honey  
2 teaspoons caraway seeds  
1 Tablespoon canola oil  
½ cup raisins, optional  
Preheat oven to 425 degrees.  
Plump raisins in tea or boiling water for 10 minutes. Drain them in a sieve.  
Coat a 9-inch pie pan with oil cooking spray.  
Grind caraway seeds in a seed mill or coffee mill, or place them on a cutting board and crush them with the bottom of a saucepan to release their fragrance.  
Sift flours soda and salt into a mixing bowl. Stir in drained raisins, oatmeal, and caraway seeds, plus raisins if using. Mix buttermilk and oil in a glass measuring cup. Add gradually to the flour mixture, drizzling in the honey while stirring with a fork, to make a sticky dough.  
Turn the dough out onto a floured surface and knead several times if using wheat flour. If using sorghum and/or barley flour, skip this step.  
Form dough into a soft ball and place in the oiled pan. Flatten slightly to a height of 1 ½ to 2 inches. Dust lightly with flour. With a sharp knife, preferably serrated, slash a 4-inch criss-cross about ½-inch deep on the loaf's top.  
Bake until loaf is golden and sounds hollow when you tap it, about 30 minutes. Transfer to a rack to cool slightly before cutting.  
Yield: 8 slices

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See our schedule online [www.redbicyclebistro.com](http://www.redbicyclebistro.com)

Vashon Opera Presents  
Madama Butterfly



Madama Butterfly is Vashon Opera's spring offering Spring is the season of cherry blossoms so it's fitting that Vashon Opera is inviting us to Japan in May for the final opera of the company's second season. It's Madama Butterfly, Giacomo Puccini's timeless masterpiece of East meets West. The tragic romance between a beautiful young geisha and an American naval officer has captured the hearts of audiences for a century. It was also Puccini's personal favorite of all his works.

Opera plots are often complex but the story of Madama Butterfly could hardly be simpler. Cio-Cio San (Butterfly) and Lt. Benjamin Franklin Pinkerton fall in love when Pinkerton's ship docks in Nagasaki. Pinkerton sails away, promising to return. Butterfly waits patiently with the baby they conceived. Pinkerton eventually returns, but this time with his American wife. The devastated Butterfly is faced with a heart-wrenching decision that couples a mother's love for her child with her sense of Japanese honor. Her ultimate decision never fails to leave audiences breathless.

It's Vashon Opera's good fortune that the role of Butterfly will be sung by soprano Jennifer Krikawa, the company's founder and artistic director. "It's a marathon for a singer because Butterfly is on stage almost all of the time," says Jennifer. "But a marathon that is well worth undertaking because the music is beautiful and the story is both intimate and overwhelming. It's a perfect choice for both opera lovers and newcomers."

"We have an outstanding lineup of incredibly talented artists to bring this wonderful opera to life," adds Jennifer. The credits of these singers include Pacific Northwest, national and international stages. They include Ernest Alvarez, tenor, as Lt. Pinkerton; Melissa Plagemann, mezzo-soprano, as Suzuki; Barry Johnson, baritone, as Sharpless; Tim Janecke, tenor, as Goro; Ryan Bede, baritone, as Prince Yamamori; Benjamin Harris, baritone, as The Bonze, and Emily Belshaw, soprano, as Kate Pinkerton.

Vashon's Gary Koch will sing the role of the Imperial Commissioner and Gary Cannon, director of the Vashon Chorale, will conduct the orchestra. James Brown, Chair of Vocal Studies at Pacific Lutheran University, is the director.

There are two performances: Friday, May 13, at 8 pm and Sunday, May 15 at 2:30 pm Performances are at Bethel Church. For more detail, including ticket information, visit Vashon Opera's web site [www.vashonopera.org](http://www.vashonopera.org). Important dates regarding Madame Butterfly:

**March 15** - Ticket sales begin at Books by the Way and Vashon Bookshop.  
**April 16**, 2:00 PM - Norm Hollingshead, who regularly gives opera previews for the Seattle Opera, will give a free preview of Madame Butterfly at the Vashon Library.  
**May 11**, 6:30 PM - Dress rehearsal for Madame Butterfly  
**May 13**, 8:00 PM - Performance of Madame Butterfly  
**May 15**, 2:30 PM 2nd and last performance

Road to Resilience

Continued from Page 1  
and Seminis seeds!

Seminis wholesales seed to most of the seed companies you know; even some of Territorial Seeds offerings are from Seminis. For a partial list of seed companies buying from Seminis, go here: [http://us.seminis.com/products/hg\\_dealer.asp](http://us.seminis.com/products/hg_dealer.asp). To be sure, email or call a seed company and ask them what seeds they buy from Seminis and order accordingly.

Buy no seed packet that cautions you that saving the seed produced from the seed in the packet is against the law. Buy seed saved locally whenever you can. Begin saving your own seed. There are many books out there that show you how to do that. With each generation, local seed becomes more acclimated to our soils and climate, easier to grow, more resistant to pests. Save as many varieties as you can. You can be sure that, as our seed sources become monopolized, more varieties will be eliminated. Join the Seed Saver's Exchange, a non profit organization dedicated to conserving and promoting the propagation of heirloom vegetables, fruits, flowers, and herbs:

<http://www.seedsavers.org/Content.aspx?src=membership.htm>

Remember, once those GM genes are released into our environment, there is no going back. We have enough of them out there now. Maybe some will have no appreciable impact, but, unfortunately, nobody as yet knows, and the possibilities could be catastrophic. We are fooling with the very structure of life here of which we really know very little.

Be sure to catch our next film at Café Luna, Saturday night, Mar. 19, 6-9pm: Crude Awakening examines our dependence on oil in an age of diminishing supply. Sponsored by Transition Vashon, Lunavision, and Sustainable Vashon. Free, donation requested, discussion to follow.

Also, Wisenergy's fourth workshop in their series will be on Electric Cars, at the Senior Center, Mar 22, at 7pm., \$5 donation requested.

Knowledge is not power, but acting on it is. Take a step away from oil and toward independence today.

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

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**Next Loop comes out March 31**





# Quatermaster Inn & Restaurant

## Announcing Just Duet Night Thursday, March 24

Come on down to hear Vashon’s many talented musicians sing and play in a round robin of duets. Have a drink and maybe a bite to eat off the bar menu. No reservations, just come on down around 6:30 for a low cost, high fun evening at the Q.

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## Drama Dock Presents Enchanted April

Set in the 1920’s, Enchanted April centers around four women on a month long holiday in an Italian castle. During their enchanted sojourn the women fall under the spell of their idyllic surroundings and rediscover laughter, learn new truths about themselves and find unexpected romance.

The 2003 Tony award nominated play, adapted by Michael Barber was based on the 1922 novel by Elizabeth Von Arnim and subsequent films including the 1992 version which was nominated for several Golden Globe and Academy awards.

Directing his first show for Drama Dock is Adam Brock.,

Brock states, “The characters in Enchanted April demonstrate for us the very real possibility each of us has to transform our state of being for the better. When the audience leaves the theatre, after watching

Enchanted April, I hope they will feel transported, that they experienced something beautiful and that some part of them has changed as well.”

He goes on to say “I’m thrilled to be working with Drama Dock again and I’m very excited about the lively, vibrant and creative cast!” Cast members include: Gaye Detzer, Phil Dunn, Earthsong, Jordie and Roman Marquez-Twisdale, Frank Petree, Zoey Rice, Michael Shook and March Twisdale.

Drama Dock Presents Enchanted April

April 15-17 and 22-24th, 2011  
Vashon High School Theater  
Tickets available at Vashon Bookshop, Books By the Way and [www.brownpapertickets.com](http://www.brownpapertickets.com)



From left to right:  
Phil Dunn (in top hat), Michael Shook (baseball cap), March Twisdale, Gaye Detzer, rehears for the upcoming production Enchanted April.

## Lil Rev

The Vashon Theatre will be hosting this fun show for people of all Ages, March 27th at 4:00pm.

Lil Rev is an award-winning multi-instrumentalist, songwriter and music-historian who teaches and tours nationally, around the continental U.S.

Known as a “protector of old songs, poetry and stories,” Rev has been called a “Wisconsin treasure,” (-Ann Schmid-UWM Folk Center). His many awards and frequent travels have garnered him a loyal and growing fan base amongst lovers of all things, Ukulele, Folk, Old Time, Harmonica, Jewish Music & Culture, American Labor History and Respect for our Elders!

Lil Rev calls his style of performance... edu-tain-ment!

It is a combination of songs, history, stories, poems, quotes, and jokes all wrapped up in a cloak of exuberance and gratitude for those moments when we can all come together and rise up singing...and celebrate life!

General \$7 Kids & Seniors \$5

For more info about Lil’ Rev his Website is [www.lilrev.com](http://www.lilrev.com) ,and his contact email is [lilrev@lilrev.com](mailto:lilrev@lilrev.com)

I have several of his CDs as well as his DVD, if you would like to hear him for yourself!

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





# Vote for LOGJAM

The clocks sprang ahead this weekend, and so did "Logjam"! Yes, Logjam made into Round Three of the cartoon contest at TheCartoonistStudio.com! Your votes last week helped us do it! And now begins another week of me poking you with my comic strip schtick and asking you to keep it up! A preview of my contest entry for the upcoming week is attached, in which the villainous Buster Boom, the megalomaniacal mole, is busy updating his blog. Only through your votes will I be able to survive this week and counter his nefarious shenanigans! Here's how: If you haven't already done so, go to the contest site, [www.TheCartoonistStudio.com](http://www.TheCartoonistStudio.com) create an account, login, go to the "Click here to vote" link in the upper left corner, then do a search for Logjam. When you click on the thumbnail of my strip, you'll see a "thumbs-up" symbol...click that

and your vote will be recorded. HOT TIP: this contest is run on the basis of a popular democracy, folks, meaning you can vote for Logjam not once, not twice, but every 6 hours, all week! Voting begins the morning of Monday, March 14 through March 19.

Thanks for helping Logjam get off to a rousing start this third week of the contest!

Follow me on Facebook  
[www.facebook.com/group.php?gid=123226689918](http://www.facebook.com/group.php?gid=123226689918) and get even more Logjam updates and comics in the coming weeks.

And don't forget, at my blog, [www.logjamcomic.blogspot.com](http://www.logjamcomic.blogspot.com) you can subscribe to get Logjam comics sent via the magic of cyberspace directly into your email.

Thanks again!  
Thanks! Jeff

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Deadline for the next edition of *The Loop* is  
**Friday, March 25**

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## LOGJAM



Performing & Showing March 18-20

Picoso

By popular demand, The Red Bicycle Bistro & Sushi is bringing back a popular Cuban-influenced dance music band to the Island for a wonderful night of music and dancing.

With one foot in the Son Montuno of Eastern Cuba and one foot in the fertile Jazz-Groove scene of Seattle, Picoso satisfies the demanding music aficionado, gives the groove-junky his rhythm fix and keeps the people dancing all at the same time.

By fusing the rhythms of Cuba and Puerto Rico with the unique musical personalities of



its band members, Picoso writes a few new lines in the ongoing story of Afro-Cuban music.

This is an all-ages show until 11pm, 21+ after that. Cover is only \$5 and well worth it.

Friday, March 18, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Mark Graham & WB Reid



Some years ago, they discovered a mutual joy in playing great early jazz tunes from the 1920s and '30s as a duo on clarinet (Mark) and banjo-guitar (WB). Their sound is fresh and unique, yet harkens back to the very formation of jazz nearly 100 years ago. Vashon resident Mark Graham is nationally revered equally for his old time harmonica playing and for his amazing, drop-dead clever songs on subjects ranging from Oedipus Rex to the mysteries and social impacts of Viagra. A founding member of the influential Seattle band The Hurricane Ridge Runners in the late '70s, Mark went on to tour with Kevin Burke's Open House and The Kings of Mongrel Folk, and play on stages with many other great musicians.

Mark Graham and WB Reid are known independently for their mastery of traditional music and membership in countless bands.

Friday, March 18, 7-9pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Stacy Jones Band

Fueled by bright soulful vocals, clean riffs, strong percussion and youthful energy the Stacy Jones Band is coming to the Red Bicycle.

A combination of well known covers and originals each track has a verve that stays with the listener. The Stacy Jones Band is a Seattle based group blending sounds from jazz, funky blues & late 1960's early 70's rock. With vocal qualities similar to Bonnie Raitt & Susan Tedeschi, plus funky musical styling akin to recent Blues Traveler; The Stacy Jones Band has a sound all their own. This, paired with consistent, high quality performances gives them wide appeal. This is an all-ages event 'til 11pm, 21+ after that. Free cover!



Saturday, March 19, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Transitional Vashon Presents: Crude Awakening: The Oil Crash



The Oil Crash, produced and directed

Saturday, March 19, 6-9pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

by award-winning European journalists and filmmakers Basil Gelpke and Ray McCormack, tells the story of how our civilization's addiction to oil puts it on a collision course with geology. Compelling, intelligent, and highly entertaining, the film visits with the world's top experts and comes to a startling, but logical conclusion - our industrial society, built on cheap and readily available oil, must be completely re-imagined and overhauled. www.oilcrashmovie.com

Vashon Celtic Players and Knitters!

Here's a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It's the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at least a dozen of the 70 musicians show up to play most of the merry melodies (mostly Irish, jigs, reels, and polkas) from memory. Beginners are welcome; staying with the beat is the only requirement. Get a head start with the 250 tunes on their website, home.comcast.net/~saustin98/lark/. ...and, also on Sunday from 4 -6 pm Sunday Knitting! If fabulous music wasn't enough... knitters of all abilities Sunday, March 120, 4-6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com



are invited to drop in and bring their projects to the Cafe. Knit, schmooze, and learn from each other, while the Celtic Players work their understated and very merry music. What a fabulous combination!

One More Mile

Islander Jason Lollar, for those who know him, is a workaholic and rarely finds the time to go to the grocery store, let alone play any gigs these days. In addition to designing and producing extraordinary arch top, solid-body electric and lap steel guitars, Jason is a noted authority on nearly everything related to electric pickups. Jason has played with numerous bands through the years, most recently with Blue Monster and Shakey Jake.

Sam Veatch found himself headfirst in the world of percussion when he entered middle school in 2004. Under the guidance of Todd Zimburg, Sam attended lessons regularly and the Vashon Island Percussion Camp twice. He has been a member of the Vashon High School Percussion ensemble since it's beginning in 2008, as well as playing in several other groups, including Party Fowl with good friend and bassist David Salonen.

David Salonen started playing music when he entered elementary school, but has been immersed in music of all types since he was born. With the strong influence of Cajun and Zydeco music in his life, David began playing bass, and quickly found himself involved in numerous productions, ensembles, and bands. Although David plays music a great deal with his peers, most of his bands are founded and dominated by older generations. Besides playing in 'One More Mile', David is a member of the island bands 'House Engine', 'The Diggers', 'Party Fowl', and 'The Riptide Ramblers', playing mostly bass, but occasionally fiddle and guitar.



Mike Nichols has been playing harmonica since the mid 70's and took a serious interest in 1981 when he was part of the Great Divide band. The band was well traveled, playing many venues in the Pacific Northwest and British Columbia. Mike got serious about the blues after attending blues workshops at the Port Townsend bluesfest and considers this new project one group of very talented musicians.

Tom Bean has been playing guitar since he was just a child, playing in numerous bands through the years. Tom prefers to play primarily heavy electric blues rock these days. Tom's biggest memory is hanging out with Lurrie Bell at the Port Townsend Blues Camp and jamming with him. Tom thinks that this band connects on so many levels that it is hard to say anything other than it is the best group I have had the chance to perform with!

Come check out this band at the Red Bicycle, Friday, March 25 at 830pm, it's going to be a real treat! This is a free cover all-ages show until 11pm, then 21+ after that.

Open Mic Returns to Cafe Luna Hosted by Richard Waits and Joe Allison

Come share your joy and your talent in a relaxed, supportive and encouraging atmosphere. So enjoy taking those first steps to performing in public. Bring music, songs, poetry and any instrument of your choosing. The evening will begin with performances and we will finish the night with an impromptu jam session. Open Mic will be ongoing, on the last Saturday of the month. Come one, come all and join the fun. Sign-up starts at 7:00 PM



Open Mic, Saturday, March 26, 7-9pm. At Cafe Luna, 9924 SW Bank RD, www.cafelunavashon.com

Bill Tobin Presentation The Bitter Waters of Medicine Creek

The Bitter Waters of Medicine Creek by Pulitzer prize winning author Richard Kluger recounts the circumstances leading up to the trial and execution of Chief Leschi early on in Washington's history. Islander, Bill Tobin, has served as an attorney for the Nisqually tribe over the last two decades focusing on fishing and gaming rights, but in 2004 was involved in the revisitation to Leschi's case by the Washington Historical Society, and was given the opportunity to argue in Leschi's defense in front of members of the state Supreme Court. Tobin is cited in Kluger's work and will give a presentation about this interesting event from our local history.

Sunday, March 27, 4-6pm. At Cafe Luna, 9924 SW Bank RD, www.cafelunavashon.com

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# VHS production of Camelot

The VHS Drama production of Lerner and Loewe’s Broadway classic musical “Camelot” opened Friday, March 11th, and runs for three weekends until Sunday, March 27th. Friday and Saturday evening performances are at 7:30 pm, and Sunday Family Matinees are at 2:00 pm. Evening tickets are \$12 for adults, and \$10 for students and seniors, except for Saturday, March 12th which is a benefit for the Senior Class, all seats \$15, and Saturday, March 19th, Rotary Night, all seats \$15. For Sunday matinees, all seats are \$10. Tickets are available at



the VHS office, at the door, Books by the Way and the Vashon Bookshop.

Camelot is produced and directed by Susan Hanson and Stephen Floyd. Choreography is by Geoff Reiman. Maggie Laird is Music Director and Conductor. Craig Hanson is the Scenic Designer.

**Get In The Loop**  
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**Editor@vashonloop.com**

## Two Spring VAA Workshops with Ray Pfortner

**EXHIBITING YOUR ART (New)**  
\$100  
Thursdays, March 17-31, 7:30-9pm  
Learn the nitty gritty of showing your art, selecting, pricing, finding and working with venues, the difference between “showing” and “selling partners,” promoting, and hanging. For visual artists working on all mediums, including photography, whether your next show will be your first or your fiftieth.  
**SHOOT TO SHOW** (My annual spring workshop)  
\$210 + \$20 materials  
Friday, May 6 - Sunday, May 8

Shoot an assignment and have at least one image in a July juried show at the Hardware Store Gallery. Learn about framing, pricing, numbering, signing, promoting, hanging, and maintaining. Offered for the first time in a single weekend. For photographers of all experience levels, using any digital camera.

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# A Handel Celebration for Bach’s Birthday

The Salish Sea Early Music Festival presents A Handel Celebration for Bach’s Birthday with soprano Linda Tsatsanis, baroque flutist Jeffrey Cohan, baroque cellist Nathan Whittaker and harpsichordist Lisa Michele Lewis on Saturday, March 19, two days prior to Johann Sebastian Bach’s 326th birthday, at 7:30 PM at Vashon United Methodist Church at 5049 - 9th Avenue NE on Vashon Island.

The same program will be given as part of the American Handel Festival in Seattle at Blessed Sacrament Church on Monday, March 21 at 7:30 PM.

The arias Meine Seele hort im Sehen and Singe Seele, Gott zum Preise from George Friderick Handel’s Nine German Arias will be performed along with his Sweet Bird, That Shunn’st The Noise Of Folly from Allegro, ed il Pensieroso, Handel’s pastoral ode based on the poetry of John Milton. Works by the birthday boy will include Klein-Zschocher musse from Bach’s Peasant Cantata and Ei! wie schmecht der Coffee susse! from his Coffee Cantata. Solos for flute, cello and harpsichord by both Bach and Handel will also be performed.

The program will be dedicated to conductor and harpsichordist George Shangrow, who championed the oratorios and other large choral and orchestral works of Handel and Bach in the Northwest.

The suggested donation, a free will offering towards expenses, will be \$15. Youth 18 and under are free. For further information the public is requested to call (206) 463-9804. Please see [www.concertspirituel.org](http://www.concertspirituel.org) for more information.

About the Performers for A Handel Celebration for Bach’s Birthday:

Hailed as “ravishing” (New York Times) and possessing a voice with “crystalline purity” (Seattle Times), Canadian soprano Linda Tsatsanis has appeared as soloist with the Seattle



Baroque Orchestra and other important Northwest orchestras and for the Indianapolis, Boston and Bloomington Early Music Festivals. She has recorded solo albums with Origin Classical, the Canadian Broadcasting Corporation and Naxos. • Flutist Jeffrey Cohan has performed as soloist in 25 countries, and is one of the foremost specialists on early and modern flutes. He can “play many superstar flutists one might name under the table” according to the New York Times and is “The Flute Master” according to the Boston Globe. • Cellist Nathan Whittaker has served as the principal cellist of the Columbus Indiana Philharmonic and was the primary lecturer for their “Behind the Scenes” program, and was associate principle cellist of the Terre Haute Symphony Orchestra. He has twice been appointed cellist at the AIMS festival in Graz, Austria, and frequently performs with the Seattle Baroque Orchestra, the Pacific Northwest Ballet, Lyric Opera Northwest, the Pacific Baroque Orchestra, and Concerto Baroque. • Harpsichordist Lisa Michele Lewis regularly performs as soloist on harpsichord and piano with local orchestras, most recently in Bach’s Brandenburg Concerto No. 5 with Orchestra Seattle. She received a Master of Music degree in harpsichord at the University of Washington, where she studied with Carole Terry and Margriet Tindemans.

## Upcoming 2011 Salish Sea Early Music Festival Programs

On Thursday, April 7 (please note new date a week earlier than previously planned), Johann Sebastian Bach’s Musical Offering will feature harpsichordist Hans-Jürgen Schnoor (Lübeck, Germany), baroque violinist Ingrid Mathews (director, Seattle Baroque Orchestra) and baroque flutist Jeffrey Cohan at Vashon United Methodist Church at 17928 Vashon Highway SW.

One of the greatest works of chamber music of any era, the complex and beautiful Musical Offering trio sonata written by Johann Sebastian Bach on a theme provided by King Frederick II “The Great” of Prussia after Bach visited him in 1747, will be performed in addition to sonatas and other works by J.S. Bach for flute, violin and harpsichord.

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**Next Edition of The Loop Comes out Thursday, March 31**

Deadline for the next edition of *The Loop* is **Friday, March 25**





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**Marley Needs A Home...**



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Marley is three years old, neutered at 18 months, 95 pounds, and still very much a playful puppy. He has lived happily with cats, babies and other dogs, but would rather chase and likely eat birds, squirrels and other small animals if he had the chance. He is well-versed in proper canine etiquette and gets along well with most other dogs; in most situations he is submissive and prefers to NOT be the alpha dog. He warms up quickly to most people but is shy and sometimes even unfriendly at first, especially in public. He LOVES to swim and chase sticks at the beach, chase balls, ride in the car, and cuddle on your lap. He takes quickly to training and is very food-motivated. If you would like to meet Marley, please contact Vashon island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.



Treatments for pain and conditions non responsive to other modalities.

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