

Vashon's Cooperative Preschool Goes Blue

Vashon Island, Wash. March 28, 2011: In solidarity with children and families everywhere working through the complexities of Autism, the Vashon Maury Cooperative Preschool will participate in International Autism Awareness Day this Saturday, April 2nd by lighting its porch blue—the designated color of Autism Awareness. The Cooperative Preschool, a 35-year staple of the Vashon community and a successful experiment in community involvement education, has chosen to become a beacon for Autism awareness as an extension of the organizations commitment to families standing together in support for one another—both in and out of the classroom. As an early education program, preschool is often the place where parents first notice signs that their children could have developmental conditions such as the Autism spectrum disorders. By diagnosing learning disorders early, particularly during the stages of early language adoption, parents can provide specialized instruction and programs designed to communicate these critical building-block skills that are necessary for ongoing success throughout their school careers. The Vashon Maury Cooperative Preschool continually explores ways to recognize this opportunity and connect concerned parents with the specialists who provide diagnosis and guidance.

In addition to the blue-light for



Autism, Co-op parents and students will also march in the Vashon Easter Parade wearing blue clothing for Autism, which affects one out of every 110 children, in America, including one of their own Co-op families. "When something affects one family, it affects all of our families," stated Co-op parent Kelly Keenan, "We have chosen to raise our children as a community, and 'lighting it up blue' is the least we can do."

In addition to their blue awareness campaign, parents and students will also be sporting colorful bandanas in celebration of their upcoming Gypsy Caravan themed Auction, which is a tribute to the web of community that has connected families on Vashon for generations, and the conscious choice to raise children interconnected with their world. "Being part of a community that is so welcoming and wonderful has been an absolute gift," explained Co-op parent Marie Loeb, "Having a child with special needs is often isolating, but the Co-op

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Olympics for the Mind



"Gear Masters" at a December 2010 competition

The word "first" conjures up various ideas for different people. For about thirty-five Vashon students who participated in the McMurray or Vashon High School Tech clubs last fall, FIRST® is first and foremost an acronym: For Inspiration and Recognition of Science and Technology, and it refers to a national volunteer organization founded in 1989 by Dean Kammen, an entrepreneur and inventor, dedicated to motivating the next generation to understand, use, and enjoy science and technology.

For the Vashon students who participated in the Vashon FIRST program over the last four years, it was an opportunity to learn how to design and construct a robot, to attempt long term planning and develop strategies for success, to explore computer programming, and to learn problem solving, teamwork, and communication skills, as well as finally, to compete

against other teams of students under high pressure circumstances. The Tech Club students experienced the thrill of victory and the agony of defeat every bit as much as any other competitors! As Americans, we are well accustomed to applying many important concepts about hard work, practice, dedication and achievement to competitive athletic endeavors, but under the able mentorship of Bruce Johns, a thriving robotics program - exciting sports for the mind - has developed on Vashon.

Robotics season on Vashon lasts all fall. Amazingly, each of the last four years, the young Vashon robotics program has had at least one team advance from the regional competition to compete at the State Finals at the end of the year. The Vashon PTSA helps by sponsoring the program, which is hosted at the schools. As the program

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Road to Resilience

By Terry Sullivan
Scooter Talk

As the gas prices go up, here is an immediate solution to many of your Island transportation needs. This week's story, strangely enough, was submitted by a machine belonging to Wally Fletcher.

"So you want to save some hard earned money. OK. And you want to be environmentally responsible. OK. And you want to enjoy the outdoors more. OK. And you want to have fun doing it. OK. And on top of all that, wouldn't it be nice to be cool (like, you know, "with it").

"To start, I can promise you 85 mpg with significant gas and emissions reductions. And I will thrill you on a beautiful sunny (or overcast) day breezing along Burma Road or up and down the hills of Vashon heading for Point Robinson. With the wind whipping about you, an exhilarating feeling of freedom and joy is what I will give you. And I get so many comments at how good looking I am, especially in the Thriftway parking lot, as bags of groceries are loaded into my seat or on my rear carrier. I find so many people are really interested in me but somehow just seem to look at me wistfully.

"I don't need extra insurance or a special driver's license (and no road or written test) but you still need an

automobile driver's license. That's a biggie for many, but I would still recommend lessons or a course to handle me safely. I just can't go too fast to be reckless (I mean max of 40 mph downhill with the wind behind me). But I breeze by one bicycle after another (another marvelous mode of getting around Vashon). And although I am quite safe, my owner did buy a leather jacket at Value City for \$15 (limited budget you know). And I have a lovely windshield which deflects the wind and/or drizzle on one of "those days." And parking is always fun as I find untold spaces where I can safely squeeze in. Just don't try to park me in a handicapped spot, especially at the North end ferry (\$250!).

"If you need room for more than two bags of groceries (and a back pack if you are so inclined), then you may choose to drive your gas guzzling compact the five or ten miles to town. But oh what guilt, to get into a big sedan or wagon or SUV (forgive me) when you have such a better alternative, hopping onto my svelte chassis, revving me up and letting it all hang out. Golly.

"I don't go off Island as a practice—I'm not allowed on the interstate or the West Seattle Bridge. But I do take the ferry to West Seattle or even to Tacoma or Burien. That's plenty. And the ferry ticket is so much cheaper than a car and driver. Whew. But you know what is fun? When I drive past all the waiting

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Amanda Knox: Crime Scene Investigation

By Karen Pruett

Island Resident, Innocence Supporter

sleeping. She showered and dressed, then used the hair dryer, hoping the noise didn't rouse her friend, but Meredith's room remained silent and Amanda left a few minutes later.

In the half-hour or so spent at her apartment, she noticed small things that seemed out of place. The front door was open. In the bathroom she shared with Meredith, there were a few drops of blood on the sink and a stain on the rug that had not been there the day before. And there was an unflushed toilet in the bathroom that Filomena and Laura shared, unusual because they were very neat. Taken separately the oddities seemed unremarkable, she was able to explain each away, but Amanda had a sense of unease that she couldn't put her finger on.

Just before 11am Lana Elisabettais found a cell phone in her garden and called the Postal Police who retrieved Filomena's name from the SIM card and traced her to the cottage.

When Amanda returned to Raffaele's, about 11:30am, she told him of the open

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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.

Green Party’s Monthly Meeting

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

DATE: Tuesday, April 12, 7:00 to 9:00 PM
LOCATION: 10329 SW Bank Road, Vashon
DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy’s home is on the south side. Park along Bank Road.

- Discussion issues:
- 1) Strawberry Festival Parade.
 - 2) Bring the Billion\$ Home Campaign.
 - 3) WWFOR Spring Assembly.
 - 4) VMIGP Tri-fold brochure.
 - 5) VMIGP Election.
 - 6) VMICC Governance.
 - 7) Sponsoring future speakers.

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

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

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

The Vashon Loop

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Vashon Flag Competition at Two Wall for First Friday

Two Wall Gallery is hosting the Second (and possibly last) Vashon Flag Competition with a display and opening for April’s First Friday Gallery Cruise. Eight finalists were chosen by our panel of distinguished judges from a remarkable group of entries, and they will be displayed the entire month of April, with voting to continue to the end of the month. Entrants will be honored with the first ever ribbon to be awarded by the ad hoc Supreme Council of the Vashon People’s Republic. Come out and vote for your favorite!

VIPP Spring Bake Sale

VIPP SPRING BAKE SALE Between Thriftway and True Value - Saturday, April 9th 9AM-1PM,
Stop by to purchase an array of goodies baked by some of the Island’s best bakers.
If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 9th. For more information please call Victoria 463-5381.



VIPP Garage & Plant Sale

Saturday 16th APRIL from 9 am to 4 pm at the Old Variety Store (next to Vashon Market)
This year the Plant Sale and the Garage Sale share this event to give you the opportunity to decorate both your home and your garden.
Donate: Annuals, perennials, bulbs, vegetables, trees, bushes and natives as well as books (but please, no magazines) are all very appreciated. (Please no lilies or hemerocallis since they are from the liliaceae family and they are highly poisonous to cats.) Please label if possible your plants.

For the Garage Sale: no large upholstered furniture. The drop off for the garage and plant donations is Friday April 15th from 10 am to 6 pm at the Old Variety Store.
For info. about the plants call Emma Newby (206) 463-0979 or Terri Campman (206) 463-6410 if you need pots.
For the garage Sale call Janice Clayton (206) 271-5693
www.vipp.org

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The VMICC Town Plan Committee

The VMICC Town Plan Committee will hold its next monthly meeting, Wednesday, April 13 at 7:30pm at Cafe Luna. The committee is chartered to study the 1996 Vashon Town Plan and recommend changes to improve the well-being of the town and the island. The Town Plan Committee shall undertake the review on a timeline to guarantee inclusion in the 2012 King County Comprehensive Plan Update. Islanders are encouraged to come and participate in the discussion or become voting members. The committee meets on the third Wednesday, of each month from 7:30pm - 9:00pm at Cafe Luna. For more information visit: <http://vashontownplan.com> and <http://groups.google.com/group/vashon-town-plan>

Garden Club Meting Spring Fling

SPRING FLING is the title of the April 11 meeting of the Vashon-Maury Island Garden Club. All interested persons are welcome. Carol Ahlfors, Vashon resident and owner of Blooms and Things, will demonstrate 6 design techniques using flowers grown in Vashon gardens. One is named “landscape” and another “vegetive”. One arrangement will use silk or dried flowers attached to a wreath made of island materials. All are easy and fun. Carol generously offers tips on working with bulb flowers such as tulips. It is time to bring your questions about how to made things work. You might ask about special plants you grow in your own garden and which ones can be used in floral arrangements.
The Garden Club convenes at 10:45 am Monday, April 11th, at the Vashon Lutheran Church, 18623 Vashon Highway SW. Following the business meeting and brown bag lunch, Carol Ahlfors will speak at 1 pm for about one hour.

Big Joy Matinee

During this matinee at the Vashon Theater we will see some of James Broughton’s (the father of West Coast Experimental Filmmaking) most celebrated, quirky, taboo-breaking experimental films.
This is a benefit for the Big Joy Project, which is a film about the power of art to change lives, using the life of poet and filmmaker James Broughton as a lens.
www.bigjoy.org
info@bigjoy.org
206-567-4363

Community Drumming

Join Buffalo Heart, our big community drum, to drum and sing with Vashon Drum Circle on Friday, April 8, 7 PM at Vashon Intuitive Arts. All ages are welcome. Facilitated by Jim Burke this month, we will honor the directions through the wisdom teachings of Celtic mystical tradition, using songs, chanting and meditation to explore deeper meanings and messages. Sponsored by Woman’s Way Red Lodge, this event is free, and donations help with facility rental.

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March 31, ‘11

Farmers Market Opens - April 2

Spring Starts, Veggies and more!!!
Join us this Saturday from 10 to 2 in the Village Green for the first Farmers Market of 2011!
Lot’s of fresh greens and eggs, PLUS Loki Fish, Sweetwater Beef and Lamb from Wolfstown! As always, you can shop island’s best artisans and crafters.
A free baked good and cup of coffee to the first 100 people who visit the Market tent...provided by our NEW FOOD VENDOR - Cafe Luna!
The Market is located on The Village Green in Town Center, just north of Bank Rd. April 2-December 10, 10am - 2pm

Letter to the Vashon Community

The Japan earthquake and tsunami has caused terrible suffering among the people of Northeastern Japan. More than 8000 people have been confirmed dead and 11, 000 are missing. Despite the best efforts of the Japanese government and rescue agencies, 400,000 are still homeless. In addition to the toll of human life and suffering, pets and companion animals as well as livestock have been separated from their owners and have perished or are lost or injured.
Many people in the community have asked me about the about the well being of friends and relatives in Japan. My family is safe, but I have talked to my Uncle Sugawara whose sister lives in Sendai, and who was initially among the missing, but happily was located in a shelter. Thankfully she is still alive and is among the lucky ones. Many more are still missing, have lost their homes and livelihood and face a bleak future.

Please take action to help the people of Japan by contributing to organizations that already have mechanisms in place to channel funds to those in need. Several organizations are listed below or contribute to the charity of your choice.
UNICEF
Text JAPAN to 864233 – for \$10 donation or Web site: unicefusa.org/Japan – Provides online form for donation
American Red Cross
Text REDCROSS to 90999 for \$10 donation or Website: americanredcross.org (click on Donate, then Japan Earthquake and Pacific Tsunami)
Animal Relief
Website: global.animal.org (use donation button for animal relief) Website: Nipponspca.com/donation (use donation button for animal relief)
Humane Society
Website: hsi.org, (use donation button)

Thank you for your concern and generosity.
Michiko Uto

Water District 19 Board Meeting

Water District 19 is notifying you in advance of our next board meeting which will be held on Tuesday, April 12th, 2011 at 4:30 pm here at the district office.

Next Edition of The Loop Comes out Thursday, April 14

Deadline for the next edition of *The Loop* is **Friday, April 8**

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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.

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Vashon Community PTSA Annual Auction The Greatest Show On Earth

With the current realities of the economy and huge reductions in state support, this year's Vashon PTSA auction will be more critical than ever. This year's theme is "The Greatest Show on Earth", a celebration of all things circus. The fundraising goal is to net \$100,000 to shore up the budget for Vashon Island Schools. Proceeds from the previous nine years have netted well over \$650,000 for the Vashon Island School District with proceeds going towards curriculum development, supplies, after school programs and teacher training.

PTSA President Lauri Hennessey said, "Nowadays, every dollar counts. With that knowledge, we decided to make sure this evening was all paid for in advance. Thanks to some wonderful sponsors, we have done that. Every dollar people give at our auction will go right to where it is most needed - our public schools. We know this is a tough economy. But for all the entertainment, wonderful dinner, and much more, we have still priced this event to be the best deal in town."

Several big ticket items have already been lined up including a stay in the Bahamas, private airplane rides, artwork by well known Vashon artists and

the ever popular student art projects. Items continue to pour in and will give auctioneer Kevin Joyce a lot to shout about. Dinner will be provided by SheFidgits catering along with a selection of Palouse wines. Attendees will be treated to video featuring beloved Vashon families, well know island characters, and illustrious VHS grads.

Primary sponsor is local attorney and parent, Matt Bergman. Others major sponsors include the Vashon Pharmacy, Thriftway, Palouse Winery, and Superintendent Michael Soltman and his wife Krissy.

The Event takes place Saturday May 14, 5:30pm at The "O" Space.

Tickets go on sale April 1 and will be available on line at www.vashonptsa.org and at Movie Magic. Tickets purchased at Movie Magic by April 15 will be entered into a drawing for an espresso punch card. Individual tickets are \$50, or a full table of 10 can be purchased for \$450.

Auction Donations and sponsorships can be made on-line at www.vashonptsa.org, or contact PTSA President, Lauri Hennessey (lauri@vashonptsa.org), or Vice President Erica Davidson (redpencom@yahoo.com).

Vashon's Cooperative Preschool Goes Blue

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does all they can to help from accepting modified diets to rallying a well deserved adults' night-out."

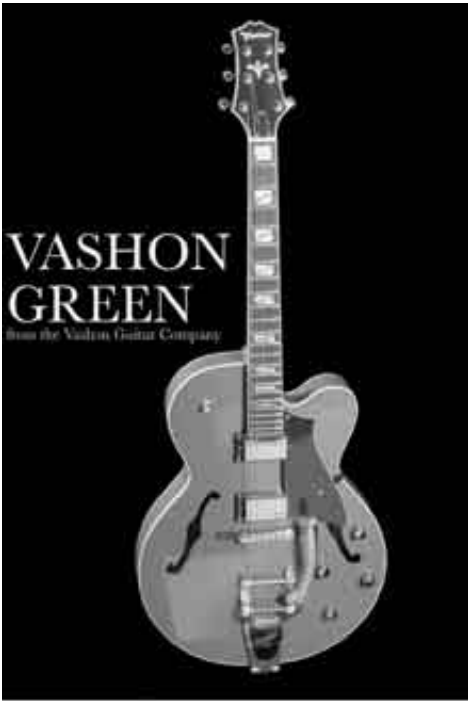
"This is why we chose the Gypsy Caravan theme for our auction," remarked auction chair and co-op parent Tami Brockway Joyce, "This time-honored Cooperative is a community larger than the sum of its parts, and this supportive network of families that we have created travels with us wherever we go."

About the Vashon Maury Cooperative Preschool. VMCP opened its doors in 1975, and is one of the longest running preschools on Vashon Island, Washington. Student and parent educators are highly trained professionals and experts in their fields, while parents act as assistant teachers and handle the administrative aspects of running the school. VMCP educates the entire family with resources for parents including classes in child development, a lending library, and round the clock access to highly trained parent educators.

Vashon Maury Cooperative Preschool will be having an Open House April 2nd from 10 - 4.

About the April 16th Gypsy Caravan Auction. In a celebration of family, friends, and community VMCP will have an extravagant night of local, organic, and authentic Romani fare including Sweet Water beef, Kurtwood Farms cheese, homemade pierogies and truffles, and drinks. Belly dancing, fortune telling, gypsy music, the world's only traveling Romani museum, Lolo Diklo, guided by its curator, Vashon's own Morgan Ahern.

Not to mention an amazing array of



Make it YOURS at the Co-op Auction

fantastic auction items for your bidding pleasure, including a full one year membership to the Vashon Golf & Swim Club, a spot at the Chataqua before/after school childcare program, a shiny new scooter from Ducati of Seattle... and... a GORGEOUS guitar from the Vashon Guitar Company! We are really excited about this one! And as if this deal could get any sweeter, all proceeds go to scholarships and to keeping the Co-op the most affordable preschool on this little island! Hope to see you there!!

Tickets are \$25 and are available at Brown Paper Tickets and at both Vashon bookstores. All proceeds go to keeping VMCP the least expensive preschool on the island, and providing scholarships to families in need.

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Next Loop comes out April 14

Island Life

Value

by Peter Ray

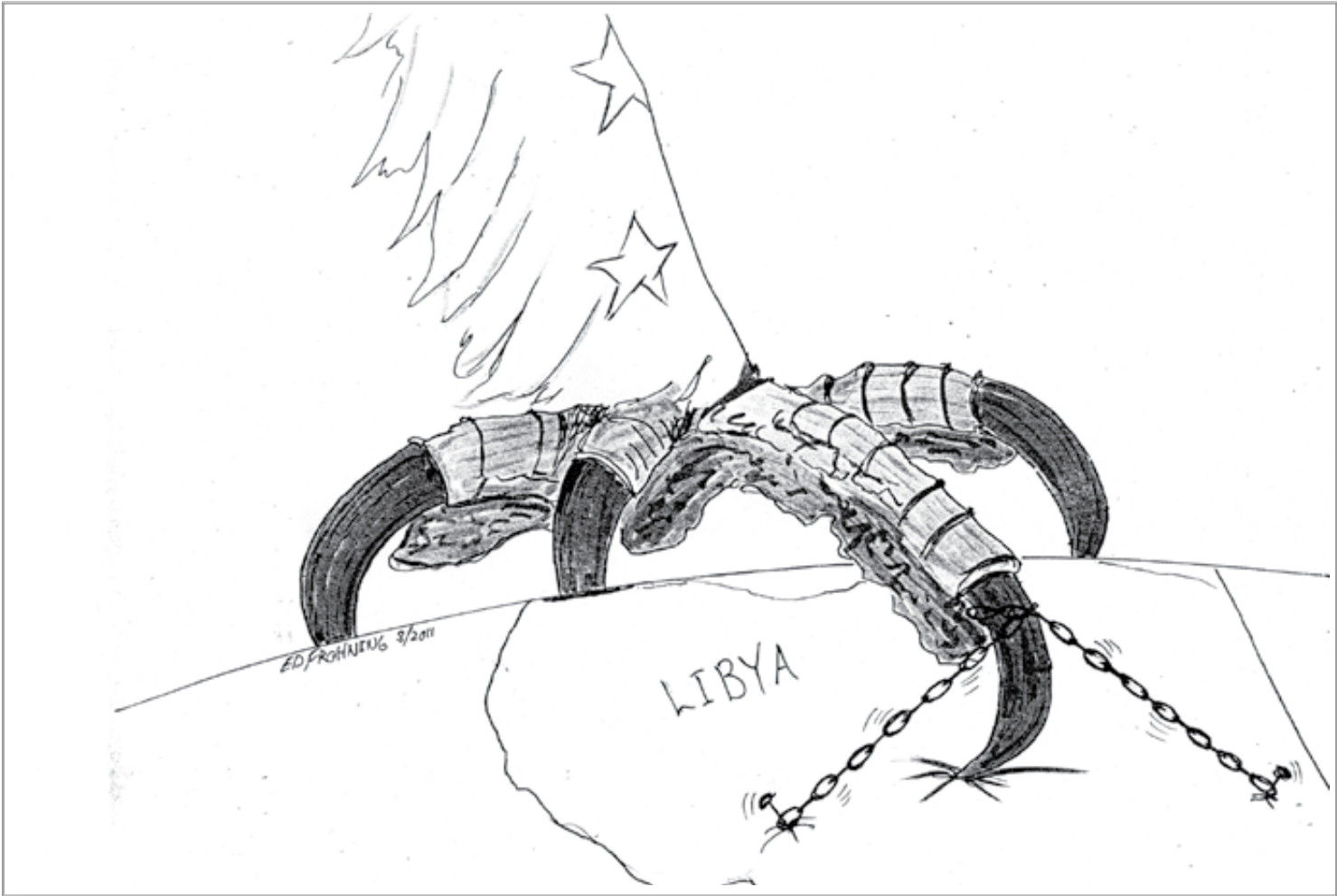
This piece, or at least what follows in two paragraphs, was written two weeks ago, and disappeared into the inter-ether only to emerge days later and late for publication. In rereading it before resending, I’m intrigued with what it shows in regard to how quickly priorities can change. In just two weeks, we have seen the focus in Japan shift from the enormity of the dual impacts of earthquake and tsunami to the unseen but ultimately more insidious and impactful spread of the radiation coming from the nuclear plants damaged in their wake. In the same time, the events in Libya have distracted us, or at least the media, from further investigations into the ongoing effects of the fallout from the reactors and spent fuel rods, not that we should count on hearing anything approaching the truth to be told in this regard.

Along these lines, I took the suggestion from the film we screened at Café Luna this past weekend- A Crude Awakening- and decided to see if oil is indeed a magnet for war. Upon Googling “oil production in Libya”, it came as no surprise to find that the country we are now on a humanitarian mission to save through military might is the number one producer of crude oil and possessor of the greatest number of untapped oil reserves in Africa. As with Iraq, whose people we also went to “democratize and save” from an evil dictator, it will be interesting to see how long it will take in the media cycle of things before the true nature of our altruistic involvement there is revealed. While we are holding our collective breath, which may or may not help to protect us from a radioactive threat that may or may not affect us, let us step back to a time two weeks back when we did not know that there might be a problem that perhaps, if we didn’t know about, wouldn’t hurt us.

While the idea for this piece has been fermenting upstairs for a while now, I am actually sitting down to wrestle with it on that white, e-space of a page after the large events occurred across that water expanse to the west of us. And, like Katrina, these events and their repercussions will continue to unfold for some time to come. To the people of large areas of Japan, the question of the value of things has drastically shifted for the moment. While we will hear and see the meters spinning out an ever increasing number expressing the dollar value of what has been ruined and lost, chances are good that the only things of worth on the minds of many Japanese people will be things without price tags or bar coding, but are of infinite value.

These things would be food, shelter, clean water and help of all kinds. It has often been said that disasters bring out the best in people. This is perhaps because disasters tend to level the playing field by removing the labels of consumer and supplier for a while, and turn everyone into human beings with a common goal of survival. While this works for a time on a street level, one need only look to the continued suffering in the Ninth Ward of New Orleans, or on a grander scale in the slums of Port-au-Prince, to be assured that the heights and depths of consumer capabilities are a big part of the value assessment of a group of people when it comes to ongoing assistance and disaster relief. When it comes to the business of getting back to business, one can only be as human as the bottom line allows.

One of the things that helped to spawn this current meditation was the talk among circles and squares around the Island of the creation of an alternative currency. These explorations were taking place in light of what some are calling the economic downturn, and are seen as a necessary hedge against what some see as the coming economic equivalent to the tsunami in Japan. My question to those who find it important that this discussion and exploration takes place has always been: “How do you establish an equitable system of value that everyone can agree upon?” Some have suggested another value standard be set in place, like units of energy or time units of work. These all have positive aspects, but the biggest



negative is that it still sets in place a scale of relative worth. My continued harping on the question of value, among other things, recently caused my friend Tom to proclaim that: “Your comments remind me that money is one of the most complicated single words in our language.”

It would seem that the land of Art has a lot to say in this regard. An artist has an idea and she/he turns it into a dimensional object or a string of words or a collection of notes. The dimensional object could be created out of something as relatively permanent as stone, or as ethereal as found plastic garbage from a beach. The idea could hinge on the concept of beauty of form and color, or as a statement about consumption, waste and the exploitation of limited resources. The idea could be new and different and challenging, as good ideas tend to be. Because it is new or challenging it often times goes unappreciated and misunderstood, and this piece of art goes in a drawer or a closet as something of no worth, and the artist is seen as a failure because of their crazy, worthless ideas, until of course someone who is “not crazy” comes along to point out that these objects indeed do have value for one reason or another. This doesn’t necessarily mean that the artist has been redeemed, since in most cases it was the idea that inspired the creation, and if people only see the value in the piece because of the large price it gets at market, then the value the artist originally placed on it is ultimately lost.

A real life example comes to mind from what could be designated as one of my formative camps. During my time at the Penland School of Crafts in the North Carolina mountains, I was approached by a weaver who wanted a book of photos to remember her time there. She wanted to trade and asked what I wanted as an exchange. I said it would be cool to have a poncho, so she wove me a nice one. I gave her a book of photos of people and events at the school. We both were happy, but there were some weavers that thought she was getting the short end of the deal, as I was only offering “pictures”. As it turned out though, both of us felt something more than relative worth about the exchange, and it is that aspect of value that makes it hard to explain, and impossible to put a price on. Try to base a currency on that. The funny thing is though that the value scale imposed on our currently accepted monetary exchange system is as nebulous as the one just described. What is the value of a dollar, and why will that be different from yesterday as well as tomorrow? If money doesn’t grow on trees or anywhere else organic in nature, why does it grow or shrink in a certificate of deposit account or on the stock exchange, and why should we expect it to? I’ll stop asking dumb questions now, but only if you can answer them with a non-perplexed, straight face.

THE DORSAL SPIN: Ruffles in the Longhouse

By Orca Annie Stateler, VHP Coordinator

“Honey, there’s a whale in the yard! Grab the camera,” I shouted to Odin around 7:30 on Sunday night, March 27. A juvenile Gray whale glided sideways, barely 10 feet off our beach, waving tail flukes and a pec flipper. S/he had eelgrass draped over the pec flipper, suggesting s/he was bottom foraging in shallow water for tasty tidbits: crustaceans, worms, et al.

The young whale was 20 feet long at most, with a relatively smooth head. Grays become encrusted with barnacles and unique species of whale lice as they age. Cyamus scammoni, one type of whale louse, lives exclusively on Gray whales. Learn more by reading the American Cetacean Society’s Gray whale fact sheet at <http://acsonline.org/factpack/graywhl.htm>.

Cascadia Research, cascadiaresearch.org, collects data and ID photos on Grays in Puget Sound. Each year, some Grays are newcomers and some are regulars who return to preferred feeding areas. To identify Grays, researchers need quality photos of flank patterns and the undersides of tail flukes.

Habitual Dorsal Spin readers know that several Grays visited the Island last spring, including an active yearling who delighted humans and dogs at Point Robinson in April 2010. Judging by the tail flukes, our March 27 Colvos Pass whale is not the same whale.

Dear readers, the VHP appreciates your March reports of Gray whales and Dall’s porpoises in Island waters. From your calls, it sounds as if a larger Gray was in East Passage in early March. The spunky youngster we saw off our beach on March 27 could be the same whale



Beloved ancestor Ruffles (J1), spyhopping off Vashon. Photo © Mark Sears.

spotted in Colvos Pass on March 22, based on your informative reports of a Gray close to shore exhibiting similar behavior.

Utterly unsubstantiated are cyber rumors of orcas anywhere in Island waters recently. A reliable, vetted VHP spotter on Maury Island has seen Dall’s porpoises routinely cruising – north and south -- between Point Robinson and Piner Point since early March. The porpoises are likely foraging. We have seen a few porpoises in Colvos Pass, but the groups in East Pass are larger. Mark Sears has seen them near Lincoln Park, as well.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and contiguous Central Puget

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Joanna Gardiner

Loving care for animals,
plants and homes

567-0560

Conditioning versus Reality 2

by Rochelle Gravance
NAFC Master Level Certified
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It may be imperative to begin this discussion with a definition. Refer back to this definition often and as needed as you read this article and as you take on any endeavor great or small.

Process: continuous action, operation, or series of changes taking place in a definite manner. The action of going forward or on. The condition of being carried on. Reference: Dictionary.com

Culturally, we are conditioned to receive or acquire upon desire or request. In other words, it's not difficult to buy what we want when we want it. This seems to go against the virtue of patience. And, according to this philosophy, one cannot achieve joy, peace or happiness without the practice of patience.

This seems to make sense, doesn't it? To always receive what one desires without effort, time spent or potential self sacrifice of one form or another ultimately discounts the object of desire once obtained. Therefore, one continues to desire more or better. The void is never filled.

What one may not realize is once the conditioning becomes present in a particular aspect of that person's life, it is expected in all other areas as well, conscious or not. This reality seems to be posing a hypercritical situation with regard to achieving health and fitness.

I am officially speaking to you at this juncture. No reason to look over your shoulder. This is the reality of the situation. No one is impervious to this phenomenon if you have been a part of this culture for long. You too, have unrealistic expectations.

It has been said that it takes 10,000 hours to become an expert at anything. Let's break that down to something more tangible. Often, my clients are required to track their daily dietary intake in an attempt to learn about the foods they eat

and how those foods serve the body so that they may achieve a healthier state of being and a more ideal body composition. If the above suggestion holds true, then it would take approximately 13.7 years to become an expert in the nutritional needs of your body if you spent 2 hours per day tracking food, recording outcomes and studying nutrition.

I realize this concept and potential reality can seem a bit overwhelming. Grim as it may appear to be, what you must come to grips with is the substance of what is occurring. That being change. The old habits and patterns that no longer serve the greater good of your existence now have to be confronted and dealt with.

So whether you are attempting to get stronger, more flexible, lose body fat or simply workout and move your body more consistently, you must place attention on your intentions, remain patient and recognize the progress that is being made in the process.

We have now come full circle with this discussion. Let's close with the following breakdown:

1. To make the desired changes one must begin by placing attention on the intention.
2. Much practice is required to become proficient.
3. Patience with the Self is a virtue and a must when confronting something as complex as the biology of the body and the psychology of your particular thought processes.
4. The sum total equates to the subtle acquisitions of change within the process.

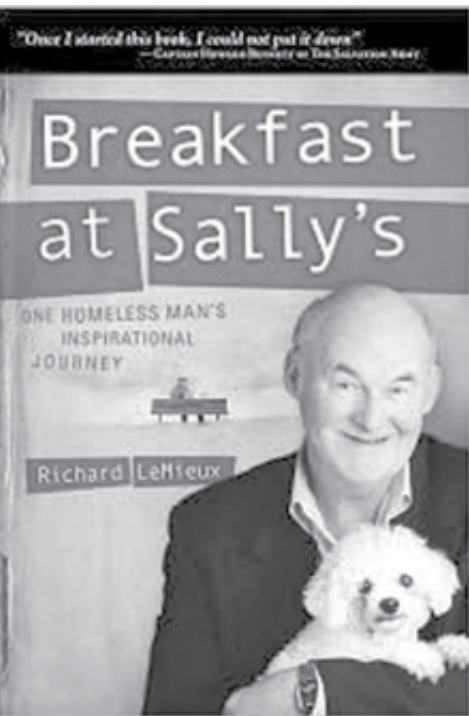
Lastly, always recognize the efforts being made and be thankful for the experience you receive through your failures. Congratulations, you're on your way.

Vashon Reads "Breakfast at Sally's" in Support of Homeless Prevention

Sustainable Vashon's VINES Initiative (Vashon Island Network for Essential Services) is sponsoring an extensive awareness-building campaign to highlight the important work of the Interfaith Council to Prevent Homelessness (IFCH), and to engage our community in an ongoing conversation about and with folks who are struggling to get by.

Many of us may not realize that IFCH provides a much-needed safety net for islanders on the verge of homelessness. Compassionate & pragmatic volunteers, whose numbers and financial resources are stretched to the breaking point, offer a range of services including: advocacy, help with housing & transportation, funds for emergency food, utility, rent, & medical expenses, twice-weekly meals at a local church, and referrals to other agencies such as the Vashon-Maury Food Bank & Vashon Youth and Family Services.

Many may not fathom how many islanders are living in increasingly precarious situations and that 'those people' are us: family members, friends, neighbors, shopkeepers, and co-workers.



Economic insecurity is not a topic easily broached, and many of us are too busy or too uncomfortable to talk about it.

After reading Breakfast At Sally's, I felt I had found an ideal vehicle for initiating this conversation, through

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Made-in-Washington Solar Electric Comes to Vashon



When his new home was built in 2000, Melvin Mackey planned to install a solar photovoltaic (PV) system on his roof. He put that plan on hold, however, until he could afford it. "We'd been wanting to do our part to move this country away from its dependence on fossil fuels," said Mr. Mackey, "but we hesitated to spend the money. We wanted our PV system to be good for the environment and the pocketbook, so we waited for the right time."

That time came in 2010, when Made-in-Washington solar modules and inverters hit the marketplace, taking full advantage of Washington's generous in-state production incentives. "We waited until we could purchase a Made-in-Washington array to get higher state incentives," explains Mackey.

The wait paid off. While Washington State offers residents a \$.15/kWh production incentive for out-of-state solar arrays, that number jumps to a whopping \$.54/kWh for electricity produced with in-state PV modules and inverters. By comparison, Vashon residents are paying electric utility PSE around \$.09/kWh for their electricity. The production incentives, combined with a 30% federal tax credit, no sales tax, and \$.10/kWh net metering incentive, have attracted a whole new crowd to solar looking for a high return on investment.

When the state incentives legislation took effect in 2007, there were no made-in-Washington solar modules and inverters on the market. That changed last year, when Marysville-based Silicon Energy came out with their "Cascade Series" modules and inverters. The company thrived in 2010, as demand for their modules skyrocketed.

For Mr. Mackey, the Washington solar incentives were so appealing, he asked Vashon's Artisan Electric, Inc. to scrap the roof and custom-design a system twice as large as he had originally planned in order to maximize his investment. "Mel's system is not only making him \$5,000.00 annually until the year 2020, he is offsetting his yearly energy bill by almost \$1,000.00," said Jason Williams, President of Artisan. "This means that the Mackeys will have totally paid off their PV system in less than 9 years. After production incentives

expire in 2020, the system will continue to generate \$1,000.00 savings per year." That number could change dramatically if Washington State's energy prices continue to increase.

In order to realize Mr. Mackey's production goals, Artisan decided to scrap the roof altogether and build Vashon's first ground-mounted array in Mackey's large field beside the house. "When we came out to inspect Mel's property, we found that his roof was not large enough to accommodate the 45 module, 8.7 KW array he desired," said Mr. Williams. "Then we looked at his 1+ acre field, which already contains the ground loops for a geothermal system heating his home, to mount the array. It was a perfect fit."

"We think it's beautiful. Looking skyward, it's a symbol of hope," said Margaret Mackey, Melvin's wife. "This is one way we can protect Vashon from the effects of war and climate change, and it wasn't difficult to do, especially with Artisan," she added.

"Next, we need to sign up for an energy audit. I think we could be more efficient in our energy usage," he said.

Artisan Electric is currently installing three more Silicon Energy arrays on the island, and planning for more. The company is holding a free solar workshop on Tuesday, April 5th, 7pm, at the Vashon Land Trust Bldg. PSCCU's Shannon Ellis-Brock will be on-hand to discuss PV financing options through the new credit union.

Founded n 2007, Artisan Electric is an employee-owned union electrical company that specializes in solar PV design and installation. They are located on Vashon Island. Artisan Electric Principals Jason Williams and Casey Lawrence have over 30 years combined experience as electricians.

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Aries (March 20-April 19)
Saturday’s New Moon in your birth sign may offer you some shocking insights into who you are. You knew you were bold; did you have any idea you were this bold, or this assertive about something that might ordinarily sap your confidence or be something you might not usually express? The idea is to make the most of the breakthrough, and to consider it a doorway rather than a passing experience. I also suggest you stay grounded in your feelings. You may find that challenging, because the way the planets are set up you may have the sensation of a strong ego presence, but if you sense a bit more deeply, a kind of dry sensation. Therefore, stay wet. Drink water, take baths and don’t let all the fire and heat boil off your subtle inner presence. Your true emotions may seem to take you by storm at odd moments.

Taurus (April 19-May 20)
The complexity of the moment includes the sense that you are on the cusp of some huge leap, and that the story of your life has the potential to take any turn. At the same time you may find yourself seized by moments of a false lack of confidence and even panic attacks. Therefore, any time you’re feeling like you lack the guts to dare, I suggest you question that. Look directly at your fears, and figure out where they come from. If you think life is a conspiracy of some kind, remember that it can just as easily be a conspiracy that works for you as much as against you. Therefore I suggest you do what you can to foster cooperation, and as you make up the story of your life, embed plot elements about how people you may not even know are assisting you behind the scenes. As Lou Reed said, you can’t count on the worst always happening. In fact it rarely does, leaving plenty of room for everything else.

Gemini (May 20-June 21)
Episodes of confusion or mild chaos will provide you with wide openings to define yourself and understand your purpose in a new way. Therefore, when you get to the point where you don’t understand something, or where disorder seems to prevail, that is where you become the one who can apply purpose and direction. This will remind you how different than your friends you can be, and how different they can be from you, yet the result of the relationship is still productive. One of the prevailing themes of the forthcoming Mercury retrograde is remembering that who you are is not only flexible; it’s changing constantly in subtle ways. This is precisely why you can handle diversity better than many people you know; your encounters with others are a means of experimentation. There’s no requirement to commit yourself to any point of view other than awareness and responding appropriately from moment to moment.

Cancer (June 21-July 22)
This is a time to make significant, even astounding strides in your professional life, though you may not notice the results right away. What you will notice is the feeling of something truly interesting happening. The planets suggest that this is the time to push the limits of what you thought you were capable of, as well as the limits of appropriateness. If astrology means anything at all, the implication of the current alignment is that you are so free to be whatever you imagine that you can barely describe the potential. But the potential exists and it’s fully energized now. Allow yourself those moments of taking chances with being fully authentic. Give yourself permission to do what you think of as your ‘real work’, and by that, I mean expressing your true calling

and deepest mission, no matter how outrageous you might think it is.

Leo (July 22-Aug. 23)
The image in your chart is a crack in the sky opening up and a whole new dimension being not only available but obviously so. At the least you have an opportunity to see far into the future, and to look at the current circumstances of your life and of the world in a way that transcends all of the insanity developing in the short term. There is freedom in this, and there is the gift of being able to solve problems from a ‘higher’ level of reality, which tends to make them seem much simpler. Think of it this way. You can measure the area of a room by counting how many times you can lay down a 12” x 12” tile, or you can measure and do the math. Only now apply this to your perception of yourself and what role you’re playing in the rather meaningful global drama that is unfolding. You possess solutions to problems that have not even been identified yet. Don’t worry if you have no idea where they come from.

Virgo (Aug. 23-Sep. 22)
You have some amazing new opportunities opening up, but to take advantage of them will require trust on a level that you may have experienced only at rare moments of your life. Remember that all trust is trust in yourself; the reason is that no matter where or in whom or what circumstances you may invest it, you have to trust your decision to do so. So it all comes back to you. If people are offering you opportunities that seem way outside what you have ever considered possible, you’re going to need confidence in order to make the most of them. Despite the startlingly quick turns of developments, I suggest you consider the next few weeks a test phase. You don’t need to make ‘final’ commitments about the future -- only about what you’re willing to explore right now. Therefore, you can go in as deeply as you want, remembering that everything is an experiment.

Libra (Sep. 22-Oct. 23)
It’s a good thing you handle intensity well, though you can admit it to yourself if you’re being pushed past your limits. These would include the sensation of feeling overwhelmed, or if you’re burning out from expressing such a high level of sensitivity. It’s true that full awareness is your best friend right now, and that includes using that information to manage your environment in ways that matter. Make sure you leave enough energy and resiliency to handle the surprises that others seem to be springing on you fairly regularly -- some of them are going to be worth going with. If you think this is all some kind of conspiracy to get you out of the past and into the wild world of the present moment, you’re right. If you encounter boring or staid tendencies in yourself, figure out which parent gave you that particular quality, put it in an envelope and mail it back to them.

Scorpio (Oct. 23-Nov. 22)
If you cannot accomplish something by one method, you can definitely accomplish it by another. For example, if you cannot change another person, it’s absolutely certain you can change yourself. I don’t mean to accommodate who someone else is -- I mean to accommodate who you are. Said another way, if you cannot change your circumstances (which I doubt), you can change how you respond to them (and that will clue you into where change is not only possible but inevitable). That said, for the next few days I suggest you proceed cautiously. Don’t push your health. Drive the speed limit, and particularly when traveling, do so with your mind rested and alert. Focus on basic self-care. Your

best ideas and breakthroughs will manifest where you leave a clear space. In moments when you don’t feel like you’re getting anything done, do less rather than more and you will make some brilliant, efficient moves

Sagittarius (Nov. 22-Dec. 22)
Your world is more lavish than you know. Your ideas are better than you ever imagined. That the circumstances around you seem reticent to change doesn’t matter. If you have this idea that the best of what you have to offer is not being accepted by the world, you can safely ignore that as some form of misinformation. You are making a place for yourself: a one-of-a-kind place for your truly unique offerings. You can afford to be patient where outer results are concerned -- and as bold as you care to be on the level of your creative process. This is a truly meaningful time to experiment with your sexuality, remembering that some of the best opportunities show up unexpectedly and are not subject to planning. Make sure you attend to the basics to take care of yourself, then proceed with confidence.

Capricorn (Dec. 22-Jan. 20)
The world is inviting you to open up, yet you seem to be persisting in some kind of retreat. What are you feeling insecure about? The more you dig in, the more imposing the potential in front of you will feel. Even if you resist a little less, you will feel considerably safer. Most of what you’re experiencing is an energy differential -- the world is changing fast, and this may translate to either some directly personal circumstances changing, or our sense that global events are more than you’re equipped to handle. To the extent that you experience any of this as destabilizing, it’s mostly an illusion created by a pressure buildup in your emotional body. If you let off some of that pressure, the world will seem less overwhelming. The more of that tension you hold, the more imposing events will seem. Therefore, find a way to blow off some steam and you will feel grounded and safe.

Aquarius (Jan. 20-Feb. 19)
Your mind needs some room to breathe. You may feel overwhelmed, and like you have more on your plate than you can handle. The beauty of the moment is not how much you can get done (which is plenty), but how well you apply yourself to one particular idea. The key is having faith in yourself, or rather, that is what you’re learning. In order to use your mind to its best potential, create some space in there. Pause before you begin anything and ask yourself the best approach. There will be an easier, better way to go about it. Then apply the same method to the bigger puzzles that present themselves to you. In fact this is the time to contemplate solutions to your most perplexing problems and to work out your most ambitious plans. If you relax your mind just a little, nothing is impenetrable.

Pisces (Feb. 19-March 20)
You have options. That’s one thing to remember -- it’s the beauty of the moment. You have resources, and you’re much more self-sufficient than you think. That’s a great position to be in, and at the moment you’re free to experiment with the idea. There’s freedom in self-awareness, and that freedom includes access to your vast inner stores of initiative, energy and creativity. You have plenty to share but you’re under no obligation to do so. Yet of all the opportunities presented to you by the genuinely unique and positive astrology of the moment is the chance to take the inner territory of feeling good about your existence: that is, recognizing who you are and what you’ve accomplished. Yes, we are in a dangerous time in history. In the immortal words of Hunter Thompson, when the going gets weird, the weird turn pro.

Read Eric Francis daily at www.PlanetWaves.net.



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Earthquake Thoughts by Mary Tuel

A couple of friends in relatively earthquake-free zones have written to express their concern about us here on the island in the wake of the earthquakes and tsunamis in Japan. I told them I couldn’t make them feel much better about the possibilities.

I grew up on the central coast of California, pretty much on top of the San Andreas Fault. Earthquakes were a common part of life there, because the fault along that section creeps a lot. So I was used to earthquakes. Most of them, up to around the magnitude 5 range, are fun rides. But I was living in LA in February, 1971, when a 6.6 quake hit out in the far reach of the San Fernando Valley, about 30 miles away from where I lived in Silver Lake, close to downtown LA. It came at six in the morning. I woke up just before it started, and then rode it out in bed. It felt like a truck was driving into the house again and again, hard jolts that kept coming.

First thing I did was call my parents to tell them we’d had a hell of an earthquake and I was OK. Then I ran outside, which is exactly what they tell you not to do (falling pieces of buildings, etc.), but people always do. It seems to be the instinctive reaction. My landlady, Eula, and her other tenant, a man whose name I’ve forgotten, came out on their porches. We were all freaked out. I ended up watching the news with Eula on her TV until I had to leave for work.

Buildings and freeways collapsed in that quake, and I realized that if I wanted to get out of LA, I couldn’t. It was a lesson – when stuff happens, you’d better be ready to survive right where you are.

I was completely paranoid for at least a year after that earthquake. I gauged everything by how dangerous it would be in an earthquake. Wouldn’t sit close to book shelves, for example. People who hadn’t experienced that quake thought I was amusing.

Here’s something truly amusing: when I moved up here from California, I thought I was getting away from earthquakes. Imagine my surprise when earthquakes occurred, and they were centered on or near Vashon. Whoopee.

Remember the Nisqually Quake ten years ago? that was a big quake, with a magnitude of 6.8. I remember it started, then seemed to slow down, then started up again, shaking harder. I was freaked out enough to dash for a doorway.

But I thought that quake was in the 5 range of magnitude. After the San Fernando quake there were dozens of aftershocks and I learned to estimate magnitude pretty accurately. The Nisqually quake felt like about a 5.5, but it lasted a long time. I later learned that the epicenter was 32 miles deep, so by the time the shock waves reached Vashon, the intensity had dissipated quite a bit. The epicenter of the San Fernando Quake was 5.2 miles deep, and the shock waves hit much harder. So if you were in the Nisqually quake on Vashon and think you have experienced a strong quake, you have, but you have not experienced the power of that size quake close up. In other words, we ain’t seen nothin’ yet.

As for a tsunami – it could happen here. The Seattle Fault runs east-west under downtown Seattle, across the Sound and across Bainbridge Island. In the Vashon 101 class a few years ago the instructor told us a tsunami generated by a Seattle Fault rupture would reach the north end of Vashon in four minutes. So if you live on the north end, or anywhere on the beach, a good rule in a large quake would be to head for higher ground as fast as you can. If there is no tsunami, no one will think less of you.

Large earthquakes will come. We have no idea when. We need to be as ready as we can, and realize that no matter how ready we think we are, when big quakes and tsunamis hit, no one is ready. In the meantime, let us rejoice and be glad in each other. And stock up on drinking water.

By the way, if you have not yet made a donation to a relief agency that is helping out in Japan or other countries devastated by earthquake, such as Haiti and Pakistan, today would be a good day.

Vashon Reads “Breakfast at Sally’s”

Continued from Page 6

an All-Island Reads campaign. Richard LeMieux, author of this engaging, heartfelt, and ultimately hopeful memoir, was a successful Bremerton businessman, who fell on hard times, became homeless, and wrote about it. Sally’s is the Salvation Army where he hung out, and, with help from others in similar straights, found the courage to hang on.

Books are available at Books By The Way & Vashon Book Shop, with 20% of the proceeds going to IFCH. Thanks to a 50-book donation by Bremerton’s Willow Foundation, copies are also available at the Vashon Library, Granny’s, Church suppers, the Food Bank, Vashon Household, Vashon Youth and Family Services, and the Senior Center.

We want to make it possible for everyone to obtain a copy of Breakfast at Sally’s, and we are encouraging book clubs, service clubs, students, faith groups, friends, and neighbors to participate together in reading the book and to engage one another in taking action on behalf of the folks in our own community who are barely making ends

meet.

There will be several public conversations occurring as well, beginning with a visit by Richard LeMieux at Vashon Bookshop, on April 8th, at 7:00 pm.

The Senior Center will host a facilitated discussion on April 29th, at 1:00, and Books By The Way will sponsor one on April 30th, in Café Luna, at 5:00. Other venues, including the Library, are in the process of scheduling conversations as well.

So, pick up a copy of Breakfast At Sally’s and join the conversation.

If you would like the satisfaction of contributing your time with IFCH, contact Wesley Rogers, at 463.5566, or Ed Swan at 949.3545.

If you would like to make a donation to IFCH, you have two options: www.vashonifch.com or P.O. Box 330, Vashon, 98070.

To get involved in this and future projects highlighting the work of IFCH and the issues facing an increasing number of islanders, contact Janie Starr, starrboogie@earthlink.net

Amanda Knox:

Continued from Page 1

front door, tiny drops of blood and unflushed toilet; he suggested calling her roommates, so she called Meredith first, who did not answer, then Filomena. Filomena said that Laura was in Rome and that Amanda should check out the cottage thoroughly; a few minutes later the pair walked back to the cottage.

Upon arriving they discovered a rock has been thrown through Filomena’s window, but Laura’s room is untouched. Meredith’s bedroom door is locked and she doesn’t answer to calls and knocking; Raffaele unsuccessfully tries to force it open.

Amanda called Meredith’s English phone at 12:07pm, but there was no answer. Lana Elisabettais’s daughter hears it ringing in the garden and turns it in to the Postal Police at 12:46pm, a message from “Amanda” is noted. The two phones mystify the women.

In a flurry of 10 phone calls, between 12:08pm and 1pm, Amanda and Filomena call each other several times, Amanda calls both of Meredith’s phones. Raffaele calls his sister Vanessa, who works for the Carabinieri, and she instructs him to call 112 to report the break-in. Amanda calls her mother, Edda Mellas as they wait outside for the Carabinieri to arrive.

No one knows where Meredith is and they’re feeling the first signs of fear.

Just before 1pm the Postal Police arrive, looking for Filomena, and Amanda assumes they are responding to Raffaele’s call. She immediately takes them on a brief tour of the premises to show them the broken window and the blood in the bathroom. A short while later Filomena’s boyfriend Marco Zaroli and his friend Luca Alteri arrive followed by Filomena and her friend Paola Grande. There are now eight people at the apartment.

Filomena sees that her laptop was still there, but she lifts a few articles of clothing and shakes the glass off before an officer shoos her out of the room. She then gives Luca permission to brake down Meredith’s door and they move down the narrow hallway followed by the police. Everyone else waits at the end of the hall or in the living room. Just after Luca brakes down the door, Filomena begins screaming “A foot! A foot!”

The postal police send everyone outside; Via Della Pergola 7 is now a crime scene. Meredith Kercher is lying dead on the floor covered with her bedspread, a foot sticking out.

The Carabinieri arrive to find a yard full of people crying and yelling. They cordon off the cottage and the investigation ensues with Public Minister Giuliano Mignini in charge, assisted by Police Chief Arturo De Felice, Homicide Chief Monica Napoleani and Coroner Dr. Luca Lalli. The forensics would be gathered and processed by the Scientific Police and Inspector Edgardo Giobbi is dispatched from Rome to oversee that operation.

The young adults walk around to keep warm, talking quietly about what was happening in the apartment. Amanda is having a hard time following the rapid-fire conversations, she is grief stricken and in shock. The six young adults would be held on scene for several hours and then driven to the police station about 3:30pm for more questioning; Amanda and Raffaele would be released at 3am on November 3rd. At nearly the same time in the Domus disco Rudy Guede, the killer, is seen dancing alone as a moment of silence is held for Meredith Kercher, he will flee Italy a few hours later.

By the end of All Soul’s Day, Amanda’s family would know that someone murdered her roommate and word spread like wildfire in West Seattle and on Vashon Island.

Meredith’s autopsy reveals that there were signs of a struggle; “the girl had a clump of hair in her hand that resembled wool.” The police are now looking for a black man. There were signs of sexual activity before she died, but no confirmation that she was raped. For the next three days the cottage is video taped, photographed and many items will be taken into evidence. Luminal is sprayed in the bathroom and hallway, then police photograph what it reveals. They scrutinize Meredith’s diary, laptop and email account

in an attempt to track down her killer.

Amanda returns to school to try to reclaim some normalcy, but she has trouble concentrating. She is called in everyday for several hours of questioning by the police and they hear that her mother will be arriving the in the next day or so. Meredith’s British girlfriends are also called back for interviews and their innocent remarks will later be used against Amanda.

On November 5th at 11pm and into the morning of the 6th Amanda and Raffaele will endure the Illegal Interrogations and sign False Confessions. In what the police call “Spontaneous Declarations,” Amanda implicates her employer, Patrick Lumumba, in the murder and signs the confession at 2pm, November 6th.

She has had no sleep for over 24 hours and has been interviewed more than 50 hours in four days. Raffaele’s condition is the same having been subjected to a nearly identical ordeal; both are exhausted and confused by what just happened. Despite Raffaele’s repeated requests to speak to his father and Amanda’s query about calling the American Embassy, neither would be granted the benefit of a parent, university official, lawyer or consular.

The morning of November 6th, Raffaele, Amanda and Patrick are taken into custody for participation in Meredith death, although no charges are filed. The Kercher’s arrive to hear the shocking news that Amanda has been arrested for their daughter’s murder, they identify Meredith’s body and then attend a candlelight vigil.

Edda is in route to Perugia when word comes of Amanda’s arrest; she arrives that evening, but is restricted from seeing Amanda for nearly a week.

During this first week Amanda acted like a naïve Seattle kid, barely out of her teens: she was grieving, crying, swearing, complaining, terrified and silly. Her attempt to show bravado has been scrutinized by Public Minister Mignini and Investigator Giobbi.

Giobbi first became suspicious of Amanda day of the murder when she sobbed uncontrollably at one pint and later acted silly, two days later he saw Amanda and Raffaele eating lunch and decided that she should have been “wrapped in grief in bed, crying, not eating.”

His analysis of her mood swings and erratic behavior meant that she was guilty of murder and not an immature young woman in shock. He considered Amanda culpable before a single piece of evidence was collected and his observations, leaked by Mignini’s office, fueled the media frenzy.

Giobbi boasted, “We were able to establish guilt by closely observing the suspect’s psychological and behavioral reactions during the interrogations. We don’t need to rely on other kinds of investigation (forensics) as this method has enabled us to get to the guilty parties in a very quick time.”

Much was made of her relationship with Raffaele, that they were never seen apart and that they had sex. But I say, whoever didn’t have sex, drugs and rock n roll in their 20’s, please raise your hand. That’s what I thought! And Tuscany has been the land of sex, drugs and opera for how many centuries now? Other than noting that ‘the kids spent the night together’ as part of routine questioning, it’s no one’s business what they were doing behind closed doors.


Seriously? These people could make Mother Teresa look like a drug-addled prostitute.

The forensics also raised red flags, it’s noteworthy that Italy was behind the European Union’s collection and processing standards in 2007, but has since adopted them. Because of the CSI Effect, the average American can easily point out the examples of cross-contamination using the online information and a growing number of forensic and law enforcement experts agree with them.

The Murder Scene DNA collected shows that Amanda left none. Zip. Zilch. Nada. As in Not a Trace. Neither did Raffaele until 47 days after the murder when the Bra

Continued on Page 9

Island Epicure



By Marj Watkins

Confession of a Part-time Vegetarian

I don’t mind giving up meat for Lent or any time. That does not mean giving up exotic, delicious, and beautiful foods. One of our favorites in Lent, or any time, is the Javanese potato salad Gadoh-Gadoh. It’s a one-dish meal.

GADOH-GADOH
4 servings
2 large or 4 smaller boiled potatoes
2 handfuls green beans or pea pods, strings removed
6 cups nappa cabbage, but in 2-inch squares
½ cucumber, sliced
Cherry tomatoes or sliced red-on-vine tomatoes And/or sliced cucumber. Bean sprouts, optional
4 green onions, washed and chopped
Gadoh-gadoh sauce
Boil, slightly cool, and slice potatoes. Cook green beans or pea pods to crisp-tender stage in salted water. Remove with slotted spoon. In the same water, blanch the cabbage 2 minutes. Drain and pile in center of a platter.
Wash and halve or slice the tomatoes. Blanch bean sprouts 30 seconds if using.
Arrange the vegetables around the mound of cabbage. Garnish the top of the assembly with the chopped green onions. Ring with boiled egg pieces, tomatoes, and/ or cucumber slices. Pass the sauce at the table.

GADOH GADOH SAUCE
2 cups boiling water
½ cup peanut butter
1 can coconut milk
1 onion (red preferred), minced
2 Tablespoons canola oil or peanut oil
½ to 1 chili pepper or 1/8 teaspoon Cayenne pepper, or a dash of dried red

pepper flakes
2 Tablespoons lemon juice, or to taste
Stir-cook all ingredients, blending the peanut butter into the liquid with a wooden spoon. As the sauce thickens, ladle in some of the water from blanching the vegetables to keep it the desired consistency. When the sauce no longer tastes raw, stir in the lemon juice and ladle into a serving dish or pitcher.
You’ll be amazed at the amount of vegetables you can eat when they’re swimming in peanut sauce.
This next dish serves six to eight once, or a household of four twice. I like it best made with coconut sugar, a light brown sugar that’s acceptable to people allergic to sugar cane. If you’re allergic to grasses, choose the coconut sugar, or beet sugar if you can find it.

BOSTON BAKED BEANS
8 servings
1 pound (2 cups) navy beans or small pea beans
6 cups water
1 bay leaf
1 teaspoon dried crushed savory leaves or marjoram leaves.
Bring to boiling. Turn off heat and let rest covered for 1 hour. Pour off water.
Add enough fresh water to generously cover the beans. Bring to a boil again. Reduce the heat to medium low. Cover. Bring to boiling and simmer until the beans are pin-prick tender.
Add:
1 teaspoon salt
¼ cup dark brown sugar or coconut sugar
2 Tablespoons blackstrap molasses, optional
1 Tablespoon prepared mustard or 1 teaspoon powdered mustard.
1 medium onion sliced and stir-fried in olive or canola oil or with ¼ lb. chopped bacon, optional
You can , skip the stir-frying step if you’re hurried. Just stir sliced onion and chopped bacon in with the cooked beans
Put all the ingredients into a large glass or ceramic casserole or beanpot. Do not use an aluminum baking pan because the molasses leaches aluminum into the food.
Bake uncovered at 275 degrees for 5 or 6 hours, occasionally adding water if the top looks dry, and stirring down the crust that forms. It adds a toasty flavor. Or bake all day or overnight at @225 degrees.
Bon appetite!

Amanda Knox:

Continued from Page 8

Clasp, originally under Meredith’s body, was collected from under a dirty rug.
Rudy Guede left an abundant amount of DNA at the murder Scene. Hairs, fibers, fluids and prints. All over Meredith and all over her bedroom.
The police used a clean kitchen knife from Raffaele’s apartment to tie Amanda to the murder, they knew that she used this particular knife to prepare meals at Raffaele’s from the 50-some hours of interviews. This Double DNA Knife should never have been admitted into evidence in Perugia; a Roman court would have thrown it out.
The police also contend that Amanda and Raffaele staged the Break-in through Filomena’s bedroom window, but the defense points out that Rudy Guede was a practiced and documented Second-Story Man. The computer hard drives were ‘destroyed’ by a police ‘expert’ and are still kept from independent review. Eyewitness accounts are also being proved by the defense to be impossible or unreliable.
In my opinion all three families, Kercher, Knox and Sollecito, are victims of grievous and tragic mistakes at the hands of a few people in the Italian judicial system.
Rudy Guede’s coddling by the local police resulted in a sparkling young life being snuffed out, then two more stolen for the sake of vanity and avarice by the very authorities that turned the blind eye.
It is now left to the Knox and Sollectio families to fight for their children and it is left to their family and friends to support them. Through donations to their legal defense at AmandaDefenseFund.org or RaffaeleSollectio.org we offset the crippling drain on their finances. We say a simple prayer for Fair Play.
And we speak out on their behalf.



Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

Live Entertainment
April 9, at 8:30pm
Weird Load

April 15, 8pm
Death Defying Comedy!

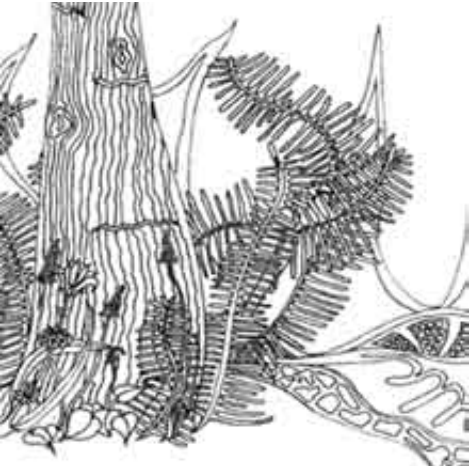
April 22, 9pm
Ian Moore

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Coping with Fallout

By Kathy Abascal




containing tropical juice, studies show that to prevent oxidative stress damage we need a variety of antioxidants that only can be obtained by eating a variety of plant foods. While increasing our antioxidant intake, we should reduce our exposure to other events that also generate oxidative stress as much as possible.

Step number one: Reduce other sources of oxidative stress. That means cutting out empty calories, bad fats, alcohol, and chemicals. Simply put, Fukushima means that it is time to quit being silly about diet. So while I enjoy anti-inflammatory meals at Express Cuisine I find myself quite motivated to pass on their luscious chocolate cake. Now is simply not the time for sugary treats.

Step number two: Eat lower on the food chain, more plants and fewer animal foods. The higher on the food chain a food is, the more toxins, heavy metals, and radioactive material there will be in the meal. That is why drinking milk caused so many cases of thyroid cancer in children around Chernobyl; cows are high on the food chain so dairy and beef products are rich sources of oxidative stress.

Step number three: Eat lots of vegetables especially those leafy green and cruciferous vegetables. These vegetables are especially adept at concentrating minerals we need; they provide extraordinarily useful antioxidants as well as good fats. It is tragic that they concentrate the wrong minerals (radioactive iodine and cesium) if grown around nuclear power plants: The people around Fukushima must now avoid the plants that otherwise would be most useful to them. I am also including a lot of seaweed and fish (rich in iodine) in my diet right now. Their iodine will provide some protection from any radioactive iodine floating around. I am also increasing the amount of mushrooms and miso in my diet. Seaweed, mushrooms, and miso all help us maintain a healthy intestinal flora and those good microbes significantly enhance our innate ability to prevent cancers from forming. Finally, remind yourself when you think you are not in the mood for these foods: Soon many of them will not be as available in the relatively clean condition you can find them in today. The seaweed farms in Japan are under immediate threat and the fisheries of Alaska and seaweed growing along cleaner parts of the Pacific coastline may be directly in the path of ocean currents bringing unpredictable amounts of radioactivity just as was seen in the Baltic.

So, perk up and enjoy the abundance of healthy food available to us. Be good to your body and cut out the bad foods for the foreseeable future, and then trust that your body will try to repay you with health even in the bleakest and most difficult of times. If nothing else, you will end up looking and feeling better no matter what.



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Positively Speaking

March 18th and a Tale of Two Actresses

By Deborah H. Anderson

She takes her mark in the dark and as the lights come up so does the energy in her posture, full of the character she portrays. There before us is Guinevere. Every movement large and small from the tips of her fingers to the corners of her mouth, her toes to the top of her head are in character. Not once is character broken while the lights are on.

A good actress is not a pretender. A good actress finds the ultimate truth in any situation and character amplifying irresistible empathy for the audience who follows her story. Anna Rose Warren is one of the most natural actresses I've seen. We are gifted to have her on the Island.

On another stage on another night, Patricia Kelly's wig perfectly defines the cosmetics of Alzheimer's as she repeatedly calls her daughter with the same panicky request she made just minutes apart. Her portrayal is so dead on accurate for those of us who've loved ones close that suffer thusly, tears spontaneously drench my cheeks. Her delivery so authentically captures the vacuous cognitive state of lost memory we ache for her loss.

Anna is 17. Patricia is on the opposite end of adolescence in mid life. Their characters span more than a thousand years. In this month of women's history (March) we celebrate the stories of women and certainly these two stand like parenthesis around the challenges of women throughout the ages.

Seeing their two performances boosted me forward from March 18th, uplifting to the extreme. They came right after that particularly arduous anniversary date.

The week before I thought about the therapeutic value of writing Liam Neeson. "I too walk through 18 March minute by minute sir." I would write. "I too identify that date as loss of all that I once knew or ever can have again". Knowing such intimate transparency would be shared with an intern happy to be reading someone else's mail I chose another route.

I'm learning about Facebook. I sent out my query. "Are you the Louis _____ who is the brother of Susie _____ who died in a tragic car accident on March 18,



1961? If so, I'm the little girl who lived".

"Yes I am", he replied. Heart stopping. How can it be that after fifty years I would have camaraderie in loss? In an instant I moved to the next level of life. I write to you often that Life is a Gift!!

Days later as I watched the two performances and thought of all the women who have had to endure with strength, who have suffered losses of which there are daily reminders, who have gotten caught in lives that were not their choosing with all they can muster, I voiced the mandate.

I acknowledged what I had been unwittingly doing for fifty years without realizing. It is not enough to know that Life is a Gift !!. One must unwrap the Gift!!! It isn't enough to be physically alive or stoically playing your role. Unwrap yourself and get to your core.

Unwrap friendships that call you to higher ground, to your highest and best.

Unwrap laughter.

Unwrap your moral compass.

Unwrap anything that enhances your ability to love as in agape and philia.

Unwrap courage, and faith.

Unwrap your talents and skills.

Unwrap authentic living.

If we do not we are only half alive and spending our days instead of living them. We are determining our circumstances from the outside instead of the inside. We are making things work instead of following our call, our destiny, who God made us to be.

It's too late to see "Camelot" with Anna Rose Warren or Patricia Kelly in "Uncommon Clay". Here's the good news. It's not too late to start to unwrap. Once in history we were told as women to unravel, faint, knuckle under. Praise be, we are now open to the opportunity to unwrap!!

Love

Deborah



Upcoming event dates.

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.

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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Adopt**

We've Got a Lot of Kids Pluperfect Possessive- Obsessive

by Kevin Pottinger

I'm in our library, working on an earlier version of this column, when the fragile calm is shattered like a brick tossed through a window. Our oldest son Colin, ten, and oldest daughter, Meredith, eight, have discovered that they disagree.

"Hey-uhhh!"

"It's mine-uhhh! Give it!"

"Mom!"

"Give. It. Back!"

"It's mine-uhhh. I had it first. She took it from me!"

"Mom, he took it and won't give it back! Hey-uhhh!"

Our kids often use an apparently recently devised grammatical tense, a sort of pissed-off pig-latin. You add an "uhhh" to the end of ordinary verbs, nouns and exclamatory remarks. For example, "Hey-uhhh! Get off of me-uhhh!" adds just the right touch of indignation and righteous anger: pluperfect possessive-obsessive.

My wife Maria short-circuits this very familiar argument to its usual and customary conclusion:

"OK, everyone out. Out! Everyone out of the living room immediately! Find something to do!"

But the combatants steam on, oblivious:

"Give it back! Give it b-a-a-a-a-ck!"

"Both of you; out! Out of the living room. One! Two! Thr--"

"Mom, she punched me-uhhh!" Fifteen love.

"Give it ba-a-a-a-a-ack!"

"Give it back to her." intones Maria. Forty love.

"It's mine! She took it! And! She punched me!"

"You took it from me-uhhh!" Set and match.

I stomp into the living room, a lumbering silverback. "Give it to me." I growl. I pocket the trinket, it may have been a shower curtain ring, yanking it from our oldest son's sweaty fingers. "OK: next kid that says one word, even one itsy-

bitsy little mouse peep, gets it."

After mumbled assurances that they heard me, the fragile quiet returns. On my way back to work in the library, I see him glaring at her with all the menace a ten-year old can muster. Folding his fingers on his right hand painstakingly, he brandishes the resulting fist with an exaggerated flourish. She jumps to her feet to tattle on him, but glancing at me and apparently remembering the part about making even one itsy-bitsy mouse peep, she sticks her tongue out at him instead.

Immediately they are both sticking out their tongues at one another, alternating with a smirk. Tongue, smirk, smirk tongue, tongue smirk smirk. It's a game now: Match My Expression. Tongue tongue smirk tongue, faster and faster. A duel. Smirksmirksmirksmirksmirk. Eyes locked, their faces taut in concentration.

Earlier this morning, our two sons are wrestling and giggling on the bathroom floor, like brothers do, while our youngest daughter Gracie and I stand before the bathroom mirror and brush our teeth. She watches the commotion passively in the mirror for a moment. Son number one slinks from the room.

His younger brother Alec gets up from the floor, slowly, now to his knees, whimpering rather unconvincingly and shaking his head. "Yuck." he says.

"Dad...Oh, Dad; Alec was on the ground and he couldn't get away," explains Gracie, "and Colin went like this," she bends over, rump high in the air like a cartoon skunk, "and then he farted in Alec's face!"

"Yuck." says our youngest son in agreement, the reaction shot; the story is told.

"You can't fart in your brother's face." I yell down the hall. An involuntary guffaw, a spasm; I quickly cave in to completely uncontrolled giggling. Full disclosure: I was an oldest brother.

Later in the afternoon, I'm at the hardware store, buying a new toilet seat. On average, toilet seats last less than a year in our house. I can't imagine what they're doing with them. Cracking coconuts, perhaps.

In the checkout line, fishing for bills in my pocket, I feel the shower curtain ring in my pocket. I pick out four wrapped chocolates from a box on the counter. For one perverse second I imagine buying only three chocolates. They'd have to fight it out. But then, they do enough of that already.

Road to Resilience

Continued from Page 1

cars and I go to the head of the line along with all those other "Hogs." I know they sneer at my little 60 cc's, but I can take it. I still get from point A to Point B.

"For your information, I happen to be a silver Yamaha scooter, but I have many brothers and sisters, each with their own costs and features. And don't let me forget. You can have two of me (or even three or four) for the cost of your first year's depreciation on your next compact or luxury car. So what are you waiting for? I am lonely here on Vashon. So if you see me enjoying myself as you drive by, just give a wave and I will give a toot back."

Thanks, Wally's scooter! Certainly a scooter is a quick and easy way to lower your carbon footprint. Another strategy is to cut down on your trips by waiting until you can perform multiple tasks in just one trip. Carpooling is

good too. Even better, a bike will get you there running on cheese, apples, oatmeal, and that spare tire you may be carrying around. Changing old habits is difficult at first, but really liberating and empowering as well. Just so you know, I haven't yet conquered my own car habit, so we all can be working on this one together.

Transition Vashon will show its next film, What a Way To Go,: Life at the End of Empire, on April 9, 6 - 9 pm, at the Lutheran Church. In this film, a middle class white guy comes to grips with peak oil, climate change, mass extinction, population overshoot, and the transformation of the American Dream (Whew!). We promise that next month's film will be more inspirational and uplifting! Discussion will follow. Free, donation requested.

Send your comments and stories to terry@vashonloop.com.



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PANDORA'S BOX

Time for Cheryl's annual Spring Break trek.
Due to overly high gas costs the family will only make it as far as north Tacoma instead of Sun River, Oregon.
ON SALE CURRENTLY:
Avo Derm Cat food 7# for \$14.30 - Save \$3.00!
AND....Another BOGO! Natural Balance canned cat food - buy one 3 oz can get one FREE!
Buddy's Pick of the Week:
Chad's Reuben sandwich

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




Last Vashon Class Before Summer? Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. Come learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.

New 5-week series: Tuesdays beginning April 19 at 7:00 to 8:30 PM.
Note: No class on April 4.
Advance registration at www.TQIDiet.com is required.
There are also classes beginning in Burien, West Seattle, Seattle and Live Online.



THE DORSAL SPIN

Continued from Page 5


Sound waters, initiated more than 30 years ago by researcher Mark Sears. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

On March 17, Odin and I presented at the Student GREEN Congress at Evergreen State College in Olympia. We delivered a Kéet Shuká keynote to a packed Longhouse, where we honored Southern Resident Elder Ruffles (J1). We were in good company, surrounded by the stunning artwork of Skokomish healer/artist Subiyay (Bruce Miller) and his nephew, Michael Pavel. On the Longhouse wall, a large Pavel piece titled "Killer Whale in Transition" was especially fitting.

During our keynote, Mark's gorgeous, timeless photo of Ruffles spyhopping off Vashon was projected on large screens. Ruffles epitomizes Kéet Shuká - he is a sacred ancestor. Odin and I were deeply touched by the audience applause for Ruffles; everyone understood that the Longhouse was a perfect place to pay tribute to a venerated killer whale patriarch.

Finally, Odin and I must thank Marcia for the thoughtful care package and sympathy card. We miss our fur baby Stogarita terribly. For me, mornings are particularly rough; Stogarita was my wee helper as I brewed the Orca Blend.

2011, you are on notice for your death and destruction.

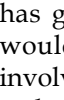


Olympics for the Mind

Continued from Page 1

has grown in participant numbers, it would benefit from more community involvement going forward. If you are or know an active or retired engineer, computer programmer, or someone familiar with the mechanics of robotics, consider if you or he/she would like to dedicate a few hours a week (or more, or less) to help young future scientists build and grow their abilities and enthusiasm in this area.


The next opportunity to check out the Tech club innovations and learn more about the program will be on Saturday, April 16th at the McMurray Science Fair, from 10-4 at McMurray Middle School. Or email the Vashon Tech Club Coach, Bruce Johns, to learn more about Robotics on Vashon at VashonRobotics@gmail.com



Vote for LOGJAM

REBOOT YOUR SHADE-O-LATORS! Logjam is now in Round Five of the big cartoon contest! It's the half-way point of the contest, and I owe you voters a big "Thank You" for keeping Logjam alive thus far. He was in the top ten strips last week... You've made him a contender! The strip above is your sneak peek at this week's entry. Visit the www.CartoonistStudio.com and join all the other fans who are showing their support for Logjam, the shadiest character in comics! Voting begins Monday, March 28, at midnight EST and lasts through Sat., April 2. Click here to VOTE! And Click here to join Logjam on Facebook!

Thanks!
Jeff Hawley



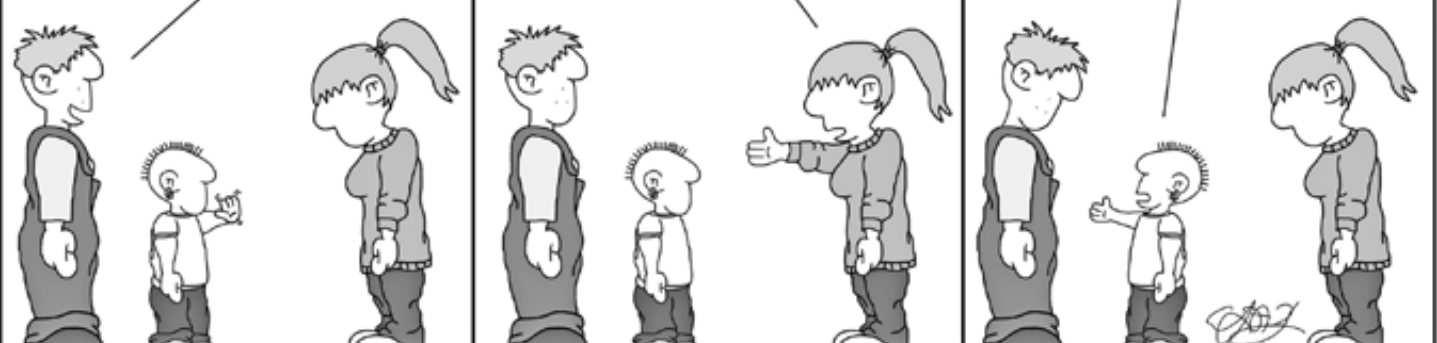
Moose Lake

Hey Honey, this is my short friend Mike and he is going to give my birthday present to you...enjoy!

This is cute and all but where is my present?

I hope you have a plan "B" because she obviously didn't want a micro-wave!

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Loopy Laffs



...AT THE PORT OF VASHON CUSTOMS...

VASHON ISLAND HAS BEEN DESIGNATED AS A TRANS-FATS FREE ZONE

...BY BRINGING IN A GREASY HAMBURGER AND FRIES, YOU'RE GUILTY OF TRANS-FATS SMUGGLING!

NO ONE REALLY KNOWS. ALL YOU HAVE TO KNOW IS THAT THE GOVERNMENT IS AGAINST THEM!

WHAT ARE TRANS-FATS EXACTLY?

©DEE



LOGJAM

CORKY, YOU'VE GOT TO KEEP THAT JAR STEADY!

OK OK

... AND THEN I SAID... (BLAH BLAH BLAH)... BUT SHE... (YAKITY YAK YAK)... AND THEN... (BLAH BLAH BLAH)

SIGH

IT'S BEEN OVER TWO HOURS!

YOU'RE THE ONE WHO INSISTED ON COLLECTING A SAMPLE OF MY SAP

SQUEEZE

BY JEFF HAWLEY





Quartermaster Inn & Restaurant

Looking for a late night bite to eat after the one horse town of Vashon rolls up the carpet? Come to Burton where we serve till 10:00 every Friday, Saturday and Sunday.

Music very Friday, Saturday and Sunday
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Church of Great Rain's April Foolishness: The Name Says It All

Let Church of Great Rain shed some light on your first April Sunday. The Church's April Foolishness show will undoubtedly put you in a seasonally appropriate silly state of mind.

As our 500 or so regular churchgoers will tell you, one can never be sure what's in store at Church. Yet, one thing is predictable: There are many foolish folks on stage, and they will -- no fooling -- bring tears to your eyes with their outlandishly witty skits and clever song lyrics. No matter how they enter, churchgoers usually depart with a foolish grin from ear to ear.

Joining the Holy Roller Radio Players and the Church House Band is special guest, Teresa Tudury. Based in San Francisco, this singer, songwriter has created a loyal following and rave reviews wherever she goes.

Johnny Angel from the LA Times, describes Tudury as "a cross between Bette Midler and Bonnie Raitt musically."

So don't be a fool. Drop your garden tools and come to Church of Great Rain Sunday, April 3 at Open Space for Arts and Community.

The show begins at 4pm and doors



open at 3.

Tickets (\$8 adults/\$5 kids) are on sale at Vashon Bookshop, Books by the Way and www.brownpapertickets.com. For more information, go to www.churchofgreatrain.com or visit us on Facebook.

Ein Deutsches Requiem by Johannes Brahms

The Vashon Island Chorale will perform the Brahms Requiem on Saturday, April 9 at 7:30pm and Sunday, April 10 at 3pm. Both concerts will be at Bethel Church and will feature Jennifer and Andrew Krikawa as the soprano and baritone soloists with both Linda Lee and Evan Stults at the piano for the four-hands version of the Brahms masterpiece. Gary D. Cannon directs the 75-voices Chorale.

Artistic Director Gary D. Cannon
Soloists Jennifer Krikawa, soprano;
Andrew Krikawa, baritone
Pianists Linda Lee, Evan Stults

Saturday, April 9, 7:30PM
Sunday, April 10, 3PM
Bethel Church
Tickets at Books by the Way, Vashon Book Shop, The Blue Heron (VAA) and www.brownpapertickets.com
\$12.50/general, \$10/senior & student
For additional information, contact Jo Ann Bardeen, 567-5841 or jbardeen@yahoo.com



*l-r standing Gary Cannon, Jennifer Krikawa, Andrew Krikawa;
l-r at piano Linda Lee, Evan Stults*

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Next Loop comes out April 14

Weird Load



Energetic, exciting, and a lot of fun, Weird Load is not to be missed.

Founded in 1995, the band is a highbred mix of rock musicians who have all played together previously in various other groups, including Captain Dick and the Portholes. Primarily formed to play a series of shows in Alaska, they have re-united and are kicking off here at The Red Bike.

Front man Chris Craggs's primary focus is on classic, sometimes obscure rock covers played with original flair. Craggs claims "anyone can sound like them, but we are playing it like this". Craggs has written several of the bands original tunes. You will definitely know when he is singing.

Bassist Bret L. Harper is a founding member of Captain Dick and the Portholes. Having played extensively since an early age, Harper is the quintessential rock bass player, and is also and exceptionally

good vocalist.

Brett Bacchus is Vashon's go to Drummer. A longtime member of The Doily Brothers, Bacchus is currently involved in several bands including Murgatroyd.

Loren Sinner is a talented multi instrumentalist who has been involved in the Vashon music scene for over 3 decades. On Keyboards and vocals, Sinner brings his years of experience to the stage.

Weird Load will be joined by guest John Hansen on trumpet. John can blast the horn like you've never heard before. He has absolutely incredible chops, and adds so much it's like having an entire horn section. Mr. Hansen is flying down from Juneau Alaska for the show.

Saturday April 9 at 8:30pm at the Red Bicycle. This is an all-ages free cover show 'til 11pm, then 21+ after that.

Rule of Five Short Video Contest

DRAGON, FIVE, MOTHER, HUSK, VOICE.

What is the link between these five words? That will be determined by the Vashon film makers who enter the Voice of Vashon Short Video Contest.

Participants decide the form and style of their project. They only need to follow the Rule of Five: five specific words or objects must appear, five minutes or less, five submission requirements, and five judging criteria. In addition, projects are due May 5th and there are five prizes for five finalists. If that isn't enough fives for you how about a "high five" for the groups who are collaborating to make this event possible.

Voice of Vashon wants to encourage and expand islander's interest and involvement in Voice of Vashon T.V. Voice of Vashon has developed community-based radio, emergency broadcast radio, and public access T.V. Now is the time to enhance the use of the online and cable T.V. (comcast

channel 21). With support from Vashon Healthy Community Network, Drug Free Community Coalition and the cultural services agency of King County, 4 Culture, the Rule of Five project was born.

All ages and experience levels are welcome. To encourage participation, flip cameras and editing assistance are available. Contestants must submit their DVD by May 5th

The five finalists videos will be broadcast via Voice of Vashon media. There will be an online voting process by the Vashon community to choose the winner who will be announced at the Church of the Great Rain performance on May 29th.

Rule of Five guidelines and entry forms can be picked up at the VoV box at Café Luna, Ober Park, the Library, and the Vashon High School office. For electronic guidelines and entry forms or questions contact Steve Schrock at ruleofive@gmail.com. or 206-353-6231.

**Vashon's Yellow Pages on line.
Find it on**

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www.VashonPages.com

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

**Next Edition
of The Loop
Comes out
Thursday,
April 14**

Deadline for the next
edition of *The Loop* is
Friday, April 8



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- Tire Repairs & Sales

Vashon Island Pet Protectors and Learn 2Earn Art Show & Fund Raiser

Vashon Island Pet Protectors works each day to improve the quality of life for domestic pets on Vashon Island. To reach their primary objective of "no homeless pets on Vashon", VIPPs volunteers and fans have created a diverse art collection to display at Cafe Luna for the month of April. ALL proceeds from the sale of the show go to VIPP. Among some of the many talented artists displaying their work: Terri Fletcher, Elaine Summers, Jean Emmons, Kristen Reitz-Green, Clare Dohna, Francesca Fuller, Cindy Koch, Piro Kramar, Stephanie Harlan, and many, many more. www.vipp.org



Learn2Earn is a program within Seeds4Success-Vashon. L2E is a supported employment program for people with developmental disabilities and others using the DVR system. The program is CARF accredited and contracts with King County as well as DVR. Featured in our show are Gabriel

Friday, April 1, 6-9pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com



Smith and Bryson Hvatum. Bryson has worked on his circle mosaics or pointillism style since 2001. He will also take your photo and create one of his drawings for you. He can be reached at alisachurch@yahoo.com. Gabriel Smith, grandson of Sojourner Smith, works in many medias. Displayed in this show are some of his jewelry, cards and both line drawings and paintings. He uses the beauty of nature and natural inspirations to create his art. He can be reached through Learn2Earn at lee@L2Evashon.org. ALL proceeds from the sales go to L2E.

Salsa Dancing with Instruction offered at Cafe Luna

The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous experience necessary. No charge. Hosted by Assia Hamani.

Saturday, April 9, 7-9pm, At Cafe Luna,
9924 SW Bank RD -
www.cafelunavashon.com



Performing April 1-3
Backbone Benefit

That’s right folks, the Beatle’s Backbone Benefit at the Bike (with beer) is BACK! Over 30 island musicians will lock arms with the Backbone Campaign on Friday, April 1 at the Red Bicycle Bistro for a night of People Powered Music. “The Beatles were the first of many artists honored in this multi-year series of themed benefit concerts that began when the Red Bike was still Bishops. Musicians and fans alike have been agitating for a repeat and now we’re giving the people what they want,” says island producer Pete Welch.

Songs you will hear:

- A Day In The Life (Allison Shirk)
- Because (Roger Taylor, Kim Thal, Susan Lewis, David Salonen)
- Dear Prudence (Julia Hanowell & Madeleine Wolczko)
- Every Little Thing (Will Van Spronsen)
- Girl (Bob Kueker & Jim Hobson)
- Golden Slumbers (Greg Dember)
- Here Comes The Sun (Bob Krinsky)
- Hey Jude (Kelsey Bernheisel)
- If I Fell (Adrienne Selvy Mildon & Scott Durkee)
- Imagine (Sarah Christine & Daryl Redecker)
- In My Life (John Browne)
- It’s Only Love (Kevin Almedia)
- I’ve Just Seen A Face (Erik Reimnitz)
- I Want To Hold Your Hand (Kevin Joyce)
- Lady Madonna (Linda Hatfield)
- Nowhere Man (Greg Parrott, Kevin



- Almeida, Fletcher Andrews)
- No Reply (Donni Briar)
- Norwegian Wood (Glenn Rukwid)
- Polythene Pam/Bathroom Window (Pieter Van Winkle, Kim Thal, Fletcher Andrews)
- Rain (Rick Vanselow, Kim Thal, Fletcher Andrews, Steve Meyer)
- She’s Leaving Home (Jack Barbash, Steve Meyer, Fletcher Andrews)
- Strawberry Fields Forever (Ron Hook)
- The Ballad of John & Yoko (Scott Durkee, Chelsea Adomaitis, Daniel Ojeda, Ezra Thomson, Adrienne Selvy Mildon)
- The Night Before (TV Dinner-Andre Sapp, Pat Reardon, Steve Meyer, Fletcher Andrews)
- You’ve Got To Hide Your Love Away (David Godsey, Steve Amsden, Fletcher Andrews)

Spotlights at Sporty’s



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

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

The Shed Boys

Beloved far and wide, The Shed Boys have been entertaining audiences throughout the Pacific Northwest for the past seven years - playing an impressive body of bluegrass repertoire which interweaves old standards with interpretations of contemporary hits, and original songs. With an emphasis on vocal harmonies and fluid instrumentals, their sound is exciting, rich, and laced with humor and tragedy.

They have produced two discs. Their self-titled release in 2006, and “Trouble Ahead” in 2009.

The Shed Boys are: Glenn Greenwood (guitar and vocals), Ben Bauermeister (fiddle



and vocals), Adam Rauch (bass and vocals), and Stan Wentzel (mandolin and vocals).

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

Friday, April 1, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Lunavision Presents: Inside Job



Producer/director Charles Ferguson (No End in Sight) speaks at length with journalists, politicians, and financial insiders in order to offer a clearer picture of the economic meltdown that hit America starting in 2008. Academy Award winner Matt Damon

narrates this unflinching look at the deep-rooted corruption that has left millions of middle-class Americans jobless and homeless as the major corporations get bailed out while paying millions in bonuses. <http://www.sonyclassics.com/insidejob/>

Saturday, April 2, 6-9pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Four Women bring
Music and Song to Stage

By Janice Randall

Four nationally known, local female singer/songwriters, Kat Eggleston, Kate McLeod, Rose Laughlin and Julie Mainstone bring their talents together on the same stage for an evening of original and traditional music. All four musicians recently spent countless hours in the studio working on both solo and shared recording projects. This concert celebrates their collaborations, the first time all four have performed together, along with release of two new CDs.

Eggleston on guitar, McLeod on fiddle and guitar, Laughlin on guitar and Mainstone, vocals will perform an eclectic mix of songs strongly influenced by music of Nova Scotia, America and British Isles. “There’s a real continuum in what we do; we are voices that have risen out of the tradition,” says Eggleston.

One of the most accomplished guitarists, hammered dulcimer player and singer/songwriters in folk, Celtic and traditional music genres, Eggleston moves audiences with her sweet melodies, gentle honesty and searing humor. She has released five CDs to date, three of which are available from Waterbug Music, one from Redwing Music and Speak, August 2009, an independent release. She and McLeod recently finished recording Lost and Found together. The CD will be available at the performance.

Kate MacLeod composes classic American music. Her songwriting style and live performances display an unbreakable link between traditional music and cutting-edge, contemporary songwriting. Part time Vashon resident, her music has been featured on syndicated radio shows including A Prairie Home Companion, River City Folk and holiday program hosted by Judy Collins, Peace on Earth. Blooming, produced by Tim O’Brien, was recorded in Nashville, in March, 2009. Kate MacLeod was named among the Ten Acts to Watch, by editors of MusicHound Folk Essential Album



Guide.

Singer/songwriter Rose Laughlin embraces traditional and contemporary songs. Grown from Celtic and American folk roots, her beguiling voice displays different influences to result in captivating takes on songs old and new. Laughlin, ‘a true folk music chanteuse,’ according to Sing Out Magazine, recently released her third CD, House of Memory. Produced at Vashon’s own Village Sound Studio, the CD was co produced by Eggleston and MacLeod, and will be available at the concert.

Julie Mainstone, singer of traditional ballads, folk music and contemporary song, offers a uniquely expressive and haunting lyrical style that lends itself to the rich interpretation of every song she sings. She has performed at Folklife, San Juan Island summer concert series, Town Hall, local festivals, Unity churches and is a frequent soloist at St. Mark’s Cathedral. Mainstone’s first album, Cross the Field, reflects her passion for researching and preserving songs of Nova Scotia, combined with traditional music from the British Isles. Her second CD, produced by Eggleston, is targeted for release, summer of 2011.

The Musical Offering by
Johann Sebastian Bach

The 2011 Salish Sea Early Music Festival presents three internationally known artists in its fifth and final program of early chamber music performed on period instruments on Vashon Island.

Harpsichordist Hans-Jürgen Schnoor from Lübeck, Germany, baroque violinist and leader of the Seattle Baroque Orchestra Ingrid Matthews, and baroque flutist Jeffrey Cohan perform The Musical Offering by J.S. Bach on Thursday, April 7 at 7:30 PM at Vashon United Methodist Church at 17928 Vashon Highway SW on Vashon Island.

This rare opportunity to hear the entire Musical Offering by Johann Sebastian Bach features one of the greatest works of chamber music of any era, initiated in 1747 when King Frederick II of Prussia, a superb flutist, gave to Bach a theme upon which he improvised to the amazement of all present. Within the next few weeks Bach perfected and presented to Frederick a composition based on the royal theme which included aset of brilliantly clever canons, fugues and an exquisite trio sonata that is without parallel in the trio sonata repertoire. The 6-part fugue



is the most significant keyboard work ever written according to musicologist Charles Rosen. All exhibit Bach’s boundless imagination and arresting depth of expression.

The program will also include sonatas by Johann Sebastian Bach for violin and flute.

The suggested donation, a free will offering towards expenses, will be \$15 or \$20. Youth 18 and under are free. For further information the public is requested to call Vashon United Methodist Church at (206) 463-9804, or to see www.concertspirituel.org.

Death Defying Comedy Returns

COMEDY NIGHT IS COMING !!!
Friday April 15, 8pm at the Red Bicycle .

The evening is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

The evenings line up includes the certainly more than sub-famous. Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at this bi-annual Yuk fest. These island comedians will sink or swim in death defying comedy routines. That’s right! Death Defying Comedy! Please don’t try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.



Cover charge is \$5, and the show starts at 8pm, but show up early and get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel they need to be altered, you may want to bring them. Just sign the liability release at the door.)

See you then and there!

Get In The Loop

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

The Diggers bring new music to Blue Heron

By Janice Randall



VAA New Works Series brings The Diggers for their Blue Heron debut Saturday, April 2, at 7:30 pm. Homegrown Islanders all, include: Camille Coldeen on accordion, guitar and vocals; Danny Salonen, drums; David Salonen, fiddle and bass; and Nick Simmons on banjo, bass and vocals. They sing mostly original tunes, traditional ballads and a few obscure covers including a Cab Calloway jazz number. Named in honor of a nonviolent political group formed in 1649 England, they, like their namesake, are devoted to the idea that commoners can come together to create sustainable communities for all.

Coldeen and Simmons started the group in spring ‘09. They invited the Salonen brothers to join. “They brought so much to our sound, an eclectic mix of what I believe creates culture. That’s such an inspiration,” says Coldeen. “We also play music from the Baltic, music with deep ancestry; it’s a mixed bag.” They started busking First Friday’s on the corner at the four-way stop, playing Saturday Markets, Café Luna and other regional spots.

After graduating from VHS in 2005, Coldeen travelled around California, Arizona and Asia. “But this place is so much a part of what I am, so rich with nature, creativity and support, I had to come back.” Coldeen is the Diggers’ main creative contributor, and produces an increasing amount of the band’s material. She is inspired by life in a yurt surrounded by gardens, surrounded by forest and water. Science, mythology and other conceptual absurdities are woven

into the sound she and her fellow Diggers create.

Born on a boat and raised near the water, Nick Simmons says he has more salt in his blood than most. You can hear it when he occasionally sings like a pirate, much to the annoyance of his band mates. Influenced by a bewildering variety of music, he still can’t categorize the Diggers.

David Salonen grew up in a family filled with music. Starting early, David took classical violin lessons while learning Cajun and other folk music from his Grandfather Dave Lang. Later, David started playing both electric and upright bass with the school band and other groups. He soon picked up guitar and now plays with several local bands. He attends University of Washington pursuing a degree in electrical engineering but says music will always be his passion.

Danny Salonen’s drums round out the Diggers’ sound. Danny — older brother of David Salonen— grew up in a very musical family and began playing drums and singing at an early age. Danny sings, drums and plays guitar with several other Vashon bands. Danny attends University of Washington as an International Studies major.

This will be the Diggers first performance at the Blue Heron Art Center. Support emerging local musicians and don’t miss this live performance!

Tickets, \$12/\$15, are available now at Blue Heron, Heron’s Nest, Books by the Way and Brownpapertickets.com. Call 463.5131 to reserve by phone.

Barn Illumination Project



The Barn Illumination Project is a community arts event. We invite the community and its artists and photographers to come join in a discussion and documentation of this project.

My name is Ann Durant, I am an Interdisciplinary Artist living and working in Seattle. My work deals primarily with place and identity as it relates to our built environment. The Barn Illumination Project is a traveling installation and designed as a tool for community dialog.

Project synopsis:

The Barn Illumination Project is a community arts event that creates a setting for local residents to engage in a conversation about “place” and its relevance in our daily lives. I accomplish this by taking dilapidated barns or industrial buildings and lighting them from within with high wattage lights. The result is a charismatic glowing structure unlike the building seen in daylight. By abstracting such buildings and highlighting their sculptural qualities it allows people to see them for more than their lost utility.

This project brings the installation to the community. Audiences find that the art is literally in their back yards. Most importantly the significance of the project is determined by those in

attendance. This event creates a venue for community members to discuss the past, present and future of the landscape around them, and explore personal and geographical identity expressed through the built environment.

The Geissinger barn was identified as a potential site when I received a Site-Specific Grant from 4culture. 4culture had been involved in providing a grant to stabilize the depression era barn a few years prior and knew the land owner might be interested in hosting the project. This Barn Illumination is funded in part by a 4culture Site-Specific Grant.

www.anncdurant.com
www.facebook.com/
thebarnilluminationproject

What: Geissinger Barn Illumination Project
Who: Artist-Ann Durant, Event hosted by Laurie Geissinger
When: Opening reception April 1st 6:30pm-10pm (enter reception from Wax Orchard Rd.)
Saturday nights in April from dusk-10pm (property not open to the public after April 1st)
Where: Geissinger Farm
13209 SW Reddings Beach Road
Vashon Island, WA

Blue Heron Gallery celebrates Partners in Art

By Janice Randall

Seventeen couples, with nearly as many mediums will participate in Blue Heron Gallery’s April exhibition. The show opens 6 to 9 p.m., Friday, April 1, with live music by ‘partners in art’ Maggie Laird and Todd Zimberg.

Artists in the exhibition are: Don Cole (painting) and Joan Wortis (monotype); Terry Donnelly and Mary Liz Austin (photography); Penny Grist and Larry Muir (jewelry); Eric Heffelfinger (jewelry) and Margaret Tylczak (painting); Suzanne Moore and Don Glaister (book artists/ monotype); Jean Emmons (painting) and Will Dacus (wood); Kathleen Webster (photography) and Bob Horsley (painting); David Erue (metal sculpture) and Bobbi Arnold (felting); Jeffrey Zheutlin (painting) and Cynthia Zheutlin (pastel); Ilse Reimnitz (painting/monotype) and Hartmut Reimnitz (painting); Ray Pfortner (photography) and Nancy Winge (glass); Chris Beck (porcelain) and Darsie Beck (painting/ sculpture); John Lucas (mixed media) and Claudia Hollander (monotype); Brian and Tara Brenno (glass); Mark Milroy and Mary McAleer (photography); Mary Rothermel (painting) and Tom Northington (wood); Charlie Backus (photography) and Stephanie Harlan (painting). The show will run through April.

Chris and Darsie Beck work in different mediums, but they provide each other support and feedback. Chris says, “It’s a unique situation to be in a long-standing relationship that’s nurturing in that way.”



Mary Rothermel and Tom Northington’s mixed media pieces combine Rothermel’s water and landscape oils with Northington’s wooden boat structures. “Collaboration for us has been a shared discussion whether a work expresses what is intended. The orchestration of shared ideas has been a joy of our time together and it would be difficult to imagine a life without it,” they comment.

Landscape photographers Terry Donnelly and Mary Liz Austin emphasize the importance of supporting one another. “We have to be loose and flexible and listen to each other’s gut feelings,” said Donnelly.

Suzanne Moore and Don Glaister add, “Our greatest reward is the simple exposure to the development of an admired fellow-artist’s process, design and finished work over decades; the privilege of witnessing the journey.”



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