



VASHON

THE LOOP

Vol. 8, #8

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 14, 2011

Come Explore Our Waters



Armin Wahanik, lead operator for Water District 19, talks with Groundwater Protection Committee chair, Laurie Geissinger, about surface water collection. Susie Kalhorn, right, is the field trip coordinator.

Celebrate Earth Day by hopping on the Yellow Bus Water Expedition to explore the water around us. Think of it as a cross between Ms. Frizzle's Magic School Bus for adults and Seattle's Ride the Duck adventure. The three hour exploration will take place on Saturday April 23 from 9:10a.m-12:10p.m. Space is limited, so pre-registration is required.

We will visit picturesque Quartermaster Harbor and discuss what problems lurk below the idyllic surface. We will observe water seeping from

our primary aquifer and see how water purveyors collect shallow ground and surface water for us to drink. We will discuss how low-impact-development techniques can help clean-up runoff flowing to our creeks. We will visit a horse-place along Judd Creek and view water-friendly livestock-keeping. And, we will try to figure out where a raindrop goes if it falls on Vashon town. It will be a fun and educational way to spend the morning visiting places you

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One Mile of Vashon Shoreline Protected

One mile of Vashon shoreline is preserved with a deal between Camp Fire USA and King County. Collaboration protects shoreline and open space from future development and focuses growth in urban areas.

King County Executive Dow Constantine and the Camp Fire USA Central Puget Sound Council today signed a land preservation agreement that will permanently protect one mile of pristine Puget Sound shoreline on southwest Vashon Island from development and allow Camp Sealth, a recreational and environmental education camp, to continue its legacy of providing the region's youth with fun and educational outdoor activities.

"This historic agreement not only fulfills our goal of environmental preservation but also helps promote smart growth within our urban areas - and it helps ensure that future generations will be able to enjoy this wonderful recreational and educational resource," said Executive Constantine.

Under the County's Transfer of Development Rights (TDR) program, the two parties signed a permanent conservation easement that transfers development rights from 101 acres of the camp's most ecologically-valuable shoreline to King County. Camp Fire



receives \$930,000 from the TDR revolving fund, which is supported by the sale to developers of development rights that can be used to add density to projects in the urban areas.

The TDR program is part of King County's regional strategy to steer future growth and development away from coastal areas, rural farms and forests, and into urban areas where the infrastructure of roads, transit and sewers exists to support greater development.

"We at Camp Fire are proud to be able to further this legacy of youth development, inclusion, and respect for the natural world," said Camp Fire CEO Bridgett Chandler. "By acting today to preserve forever this portion of Camp Sealth, Camp Fire guarantees that future generations will be able to enjoy the same experiences as those first campers nearly a century ago. Even as the region around us grows, Camp Sealth will continue to

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Road to Resilience Community Building

In this issue, I want to explore the most fundamental feature of a resilient community: the community itself! You might imagine it is a given that a group of people living in one place is a community. Traditionally, this was mostly true, but in our modern, mobile, consumer society, it very often is not.

If we define a community as a place where individuals and families interact to provide for their mutual needs, we find that many "concentrations of people within an identifiable physical proximity" have only a few aspects of real communities. We rely mainly on money and what it can buy for us. We pay the government to provide order, security, schools, roads, streetlights, etc. We pay insurance companies to protect our property and our health. We send our money off island for much of our food, energy, clothing, and other necessities. We may or may not know our neighbors depending on how robust the hedge or forest buffer is between us and them. We do interact to a great extent in minding the health and viability of some of our community institutions. Most of us enthusiastically participate in our seasonal celebrations. And some hot button issues such as bridges or gravel will bring out every last one of us.

But, in a time of diminishing resources and failing institutions, we may not be

By Terry Sullivan, Transition Vashon

able to pay somebody to provide for our needs. Think for a moment what you would do if the grocery store shelves were empty or your power was out for the foreseeable future. If we are to have a resilient, self-reliant community, we will have to be able to rely on each other in preparing for those kinds of things. Vashon Be Prepared is already helping us organize ourselves for emergencies. We need to use that template in planning for more permanent interruptions as well.

To explore the art of community building, I had a long conversation with Dan Kaufman, currently the face of the Welcome Vashon group that held the very successful "We All Belong" breakfast this past February. Dan has degrees in Psychology and Education, and has worked as a mental health counselor, school district administrator, and leadership consultant.

Dan's exploration of community began as a discussion with friends about disabilities as a civil rights issue. It soon became much more. As Dan describes it. "It was the best 10 months of my life; it was all encompassing!" The Welcome Vashon project was the result.

At the kickoff event, the "We All Belong" breakfast, several productive groups tasked themselves with community projects and are still forging ahead. Obviously, Dan and his associates have gotten something right. One

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Amanda Knox: Trial By Fire

By Karen Pruett

Island Resident, Innocence Supporter

America's precocious teenager. But it was Italian Law that allowed Amanda and Raffaele to be imprisoned for a year without being charged because they were murder suspects. Then the Perugians built a case against that included Satanism, rape and murder. They forced the mask of 'crazy slut' onto Amanda and 'dog on a leash' onto Raffaele.

The Perugian Powers that Be said that these kind and gentle souls conspired with Rudy Guede, the real killer, to brutally murder Meredith Kercher. They said Amanda is a crazy, jealous slut who planned and aided in the rape of her new friend and then killed her with her own hands. They said she could hypnotize men with her slutty, drug-addled ways. They said the kids were Satanists. I cannot make this stuff up. They rushed to judgment, they made a monstrous mistake and then they tried to cover it up. The proof this case rests on is flimsy and the defense is picking it apart a bit at a time in an excruciatingly slow process.

Amanda and Raffaele pled innocent and are facing three trials, the original and two appeals. The original and first appeal is held in the crime's location, Perugia, Italy. The second appeal is in front of the Italian

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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.

Community Passover seder

Community Passover seder, Saturday, 4/23, 5 pm, at Havurat Ee Shalom. Please bring your favorite Passover potluck dish to serve 12-15. RSVPs are required. The Haggadah (the book used to conduct the service) is a compilation of progressive services with some traditional elements, and is fairly short. We go around the tables, with each person encouraged to read a paragraph. The seder was well-received last year, and the Jewish community and friends are encouraged to attend.

Please RSVP by calling Gayle at 463-4687 (or email her at leftwingjew (at) gmail.com) or Louise at 463-1399 (email: lousedolsen (at) yahoo.com). If you have a seder plate, you're encouraged to bring it, and, new this year, we'll talk about our seder plates. We are requesting that all participants either help set up or clean up.

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

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

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

The Vashon Loop

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Retreat for Caregivers

If you are a professional caregiver or a family member caring for a loved one, consider taking a few hours for your own self-care. The third of four retreats will be offered on Thursday, April 28, 2011 from 9:00 a.m. to 1:00 p.m. at the Burton Retreat Center. Sevilla Rhoads, a Stress Management and Wellness Counselor and Coach, will offer tools to develop a more joyful and healthy relationship to eating.

A wholesome lunch will be provided. Attend a single session for \$30; register for two or more sessions for \$25/session. For information or to register, contact Carol Spangler at 206.567-5302.

Strawberry Festival Grand Marshal

Nominations are now being accepted for the 2011 Strawberry Festival Grand Marshal. When nominating someone please tell us how they have enhanced Island life, given back to the community, their involvement in community service work, how long they have lived on Vashon, and generally why you think they should be Vashon Island's Grand Marshal.

Please send nominations for Grand Marshal to the Chamber of Commerce at PO Box 1035, clearly marked "nomination" or email to debi@vashonchamber.com

The Science Fair is Coming

The Science Fair is Saturday, April 16, and we need volunteers. You can help with set-up on Thursday or Friday, or help at the event. Sign-up sheets are located in the McMurray office and in the Chautauqua Lobby.

VMICC General Meeting

VMICC general meeting will be Monday April 25th, 2011 at 7pm at McMurray.

Mark your calendars. At this meeting we will be voting on the proposed bylaw changes

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Strawberry Festival

To The Editor

The Vashon-Maury Island Chamber of Commerce is deep in the planning of the 102nd 2011 Strawberry Festival scheduled for July 15, 16 and 17th. This annual festival brings an estimated 20,000 off island visitors to experience Vashon and all the wonderful things this quaint and quirky little island has to offer. In 2010, 44% of the booths at festival belonged to an island business, artist or non-profit, the highest percentage in the history of the festival, what a great introduction to Vashon! We at the Chamber hope that once those visitors have been here for festival they'll want to come back again, when things are a bit calmer and revisit the places they want to explore more thoroughly or just simply ran out of time to get to. Sustainable business and a shop local first attitude are our goals and while I know that many of you feel that tourism is nothing to be touted or promoted, it's simply necessary in order to support our island businesses. Last year we reached an all time low in the number of community volunteers who came out to support festival. I will never forget the vision of Dick Bianchi alone in the Windermere parking lot taking down tents and the couple walking along the highway that came in to help him, just because they were kind. This festival is indeed the Chamber's largest fundraiser of the year but it also supports our community in ways that are not perhaps tangible, it brings a visitor to the island for a reason and hopefully brings them back to spend their time and their money. Our staff of two and board of 13 cannot make this festival happen without the help and support of our community. To those of you who have already signed up to help, and have written those sponsorship checks, my gratitude for you is overwhelming. Now it's time for the greater community to come back to Strawberry Festival and lend a hand to pitch a tent, greet a visitor, help monitor the parade route for safety, man a booth for a non-profit, help the vendors find their booth space when they arrive, chair a committee.... We need you to help your community thrive and prosper and put on an event worthy of the smiles and laughter heard throughout the weekend. To volunteer, please contact the Chamber office at 463-6217.

Sincerely,
Patti McClements
President Vashon-Maury Island Chamber of Commerce

Making It

Kelly Coyne and Erik Knutzen, the team behind the popular DIY blog Root Simple, will be speaking about living a homemade life at the Land Trust Building on May 1 @ 7pm, brought to you by Books By The Way and Vashon Island Growers Association.

Kelly and Erik will be in town to celebrate the release of their new book, MAKING IT: Radical Home Ec for a Post-Consumer World. MAKING IT is a "practical toolbox for transforming ideas into action", complete with projects and activities done in the home, in the garden, and out in the street. These post-consumer living activities--everything from making laundry soap to becoming a backyard beekeeper--are fun, inexpensive, and eminently doable. With MAKING IT, Kelly and Erik takes back home ec and bring a sense of adventure to the most ordinary activities around the house, reshaping domestic chores into part of a more creative, sensible, and sustainable way of life.

Challenge Day

Dear Editor,

As a sophomore at Vashon High School, I have made it my mission to help break down social cliques, increase appreciation for diversity and help lower substance use among youth. For over a year I have been working to bring a project called Challenge Day to Vashon High School. Challenge Day is a professionally facilitated workshop that breaks down social barriers between students. It is a professionally facilitated, experiential program that involves 100 students and 25 adults and will have lasting effects on our entire community! Challenge Day has been featured on MTV with a showcasing of 12 high schools across the country in a program titled, If You Really Knew Me.

My goals for Challenge Day are to promote inclusion, increase appreciation for diversity, and prevent substance abuse by addressing underlying problems that lead teens to use. I believe that if we can work on these issues we can make our school better for future generations. My vision is to someday see students not just tolerating each other, but being friends with one another, regardless of race, beliefs, or social status. I would like to see less substance abuse by talking about issues that maybe cause students to use. I believe that by bringing Challenge Day to the island we will be creating a safer and more enjoyable learning environment.

With amazing support from individual donors and community partners including: Vashon Youth Council, Vashon Rotary, PTSA, Vashon Island Prevention and Intervention Team, Partners in Prevention, Giraffe and Villa Vashon we have raised funds needed to secure our date for Challenge Day, which is scheduled for April 27th.

Herein lies my challenge.

I would like to challenge our island business community to consider making a donation toward bringing Challenge Day to VHS. College Connect Coaching Services has given a donation of \$100 dollars and would like to propose a challenge that businesses meet or exceed this number. Community Activators beat this amount with a donation of \$250. Individuals can also make donations and if we secure just 50 donations of \$30 each we will have raised the remaining \$1,500 needed to fund this project. Any money raised beyond the needed amount will be used to support ongoing efforts of this type.

Donations can be made to Vashon Youth Council (VYC), with Challenge Day marked on the memo line, and sent to VYC at P.O. Box 143, Vashon, WA 98070.

For more information about Challenge Day readers can visit the website:

www.challengeday.org

Vashon has had a history of supporting projects that build community. I hope you will consider making Challenge Day a reality!

Maya McTighe
VHS Sophomore

Next Edition of *The Loop* Comes out Thursday, April 28

Deadline for the next
edition of *The Loop* is
Friday, April 22

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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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MOVIES AND MORE...



Source Code

April 15-21

Dive!, April 14, 8:15pm

The Economics of Hapiness,

April 16, 1:30pm

Big Joy, April 17, 1pm

For show times and info check
www.vashontheater.com

Best Rural Movie Theatre
2010- Seattle Weekly

Wastemobile comes to Vashon

Vashon-Maury Island residents can safely dispose of old car batteries, oil, paint and other household hazardous waste when the Wastemobile continues its 22nd year of service with a stop on Vashon, April 22-24. The Wastemobile will be at the Tjomsland Gravel Pit, 1700 107th Ave SW, and will be open from 10 a.m. to 5 p.m. each day.

Residents can drop off household hazardous waste items including pesticides, oil-based paints, automotive products (oil, antifreeze, auto batteries, etc.), fluorescent bulbs/tubes and other items free of charge.

"This service is a safe, easy and convenient way for all residents across King County to dispose of their household hazardous waste," said Jay Watson, program administrator. "There is no charge to drop off these unwanted products, because residents already pay for this service through their garbage and sewer utility bills."

Residents are helping safeguard the environment and public health by properly disposing of hazardous these materials and keeping them out of drains and landfills.

Created in 1989, the Wastemobile

was the first program of its kind in the nation. It is operated by King County Solid Waste Division as part of the Local Hazardous Waste Management Program, and travels throughout the county from the spring through fall.

Since its inception, the Wastemobile has collected more than 14,000 tons of hazardous household waste from 333,000 residents.

Looking for reusable household products? The Wastemobile will provide free products to the public, such as oil-based paint, stain and primer, plus wood care and cleaning products. These products are subject to availability, and residents will need to sign a release form prior to receiving materials.

For more Wastemobile information, including acceptable materials and quantity limits, call the Local Hazardous Waste Management Program's Hazards Line at 206-296-4692, Monday through Friday between 9 a.m. and 4:30 p.m., except holidays. Recorded information is available after hours. Information is also available on the Wastemobile website at www.govlink.org/hazwaste/house/disposal/wastemobile/index.html.

Economics of Happiness Event

We are faced with economic choices as our economy falters. We can continue to support a global imperial economy, where the defining purpose is to make money for owners, so they increase their power and their claims to the resources of many. Or we can put our efforts and our financial resources into local, resilient economies, in order to secure fulfilling livelihoods for all. How can we strengthen our local economy?

Vashon will host two events on April 16th to foster on-going discussion about a strong local economy. At 1:30 at the Island Theater will be a showing of the documentary The Economics of Happiness. Recently released, it focuses on the necessity for systemic economic change and efforts to strengthen local economies. A short film on the Seattle Happiness Initiative will also be shown.

Then at 3 pm at the Presbyterian Church Social Hall begins a community discussion.

Panelists include David Korten, co-founder of YES! Magazine and author of Agenda for a New Economy (2010). Another panelist is John de Graaf, filmmaker and co-founder of the Seattle Happiness Initiative. Local panelists include Bill Moyer of Backbone Campaign and board member of Vashon's credit union; and Cathy Fulton of Mariposa Gardens. Rev. Carla Pryne will moderate; she is the rector at Church of the Holy Spirit.

One feature that unites all the panelists is their work with public interest citizen action groups. Dr. Korten worked for 35 years in business, academic, and international development institutions before he turned away from the establishment. He recognized that the economic models of official groups were increasing poverty and environmental destruction and were impervious to change from within. He has published a number of influential books in the last decade. HE comments that we must decide if we want change to play out in increasingly destructive ways or if we will embrace the deepening crisis as our time of opportunity.

John de Graaf is the co-director of Sustainable Seattle's Happiness Initiative. De Graaf says, "It's clear that our traditional measures of well-being, such as the Gross Domestic Product, fail to give a real picture of whether people are thriving or hurting. Sustainable Seattle is now assessing how they are really doing in nine areas of life essential to happiness. Sustainable Seattle is developing action plans to improve individual, organizational and community scores. It's an exciting project!"

Bill Moyer is the Executive Director and co-founder of the Backbone Campaign. Recently he has been busy strengthening our local economy through the collaborative effort that brought a branch of the Puget Sound Consumer Credit Union to Vashon. PSCCU has initiated collaborations with local sustainability businesses and nonprofits to lend for solar power installations, energy efficiency and weatherization projects. Moyer commented, "We created at least three new jobs and will hopefully create many more as we get money circulating locally!"

Cathy Fulton, a long-time islander, has devoted her energies to Vashon food production and expanding our local food security. Asked why discussions about local resiliency are so important now, she responded, "Becoming increasingly self-sufficient as individuals, as families, and as a community, is not only prudent so that we are resilient in times of upheaval, but it also empowers us. That feeling of empowerment is infectious, not only to others, but more importantly, to ourselves."

Rev. Carla Pryne, the moderator, co-founded Earth Ministry, an organization committed to engaging the Christian community in environmental stewardship. Pryne commented about local activism that "People need to know that they are doing something that is vital to the community they love – and there are many, many people like that here on Vashon." She has also seen "Vashon passion and a playful spirit" at work in our community.

Vashon Earth Care is the lead organizer of The Economics of Happiness events. This non-profit is made up of Vashon individuals who seek to heal the planet to honor being part of Creation. Other sponsors include Backbone Campaign, Transition Vashon, and Sustainable Vashon. Different community organizations will have materials on display and some of the speakers will have published materials for sale during the community discussion.

Island Life On the Wind

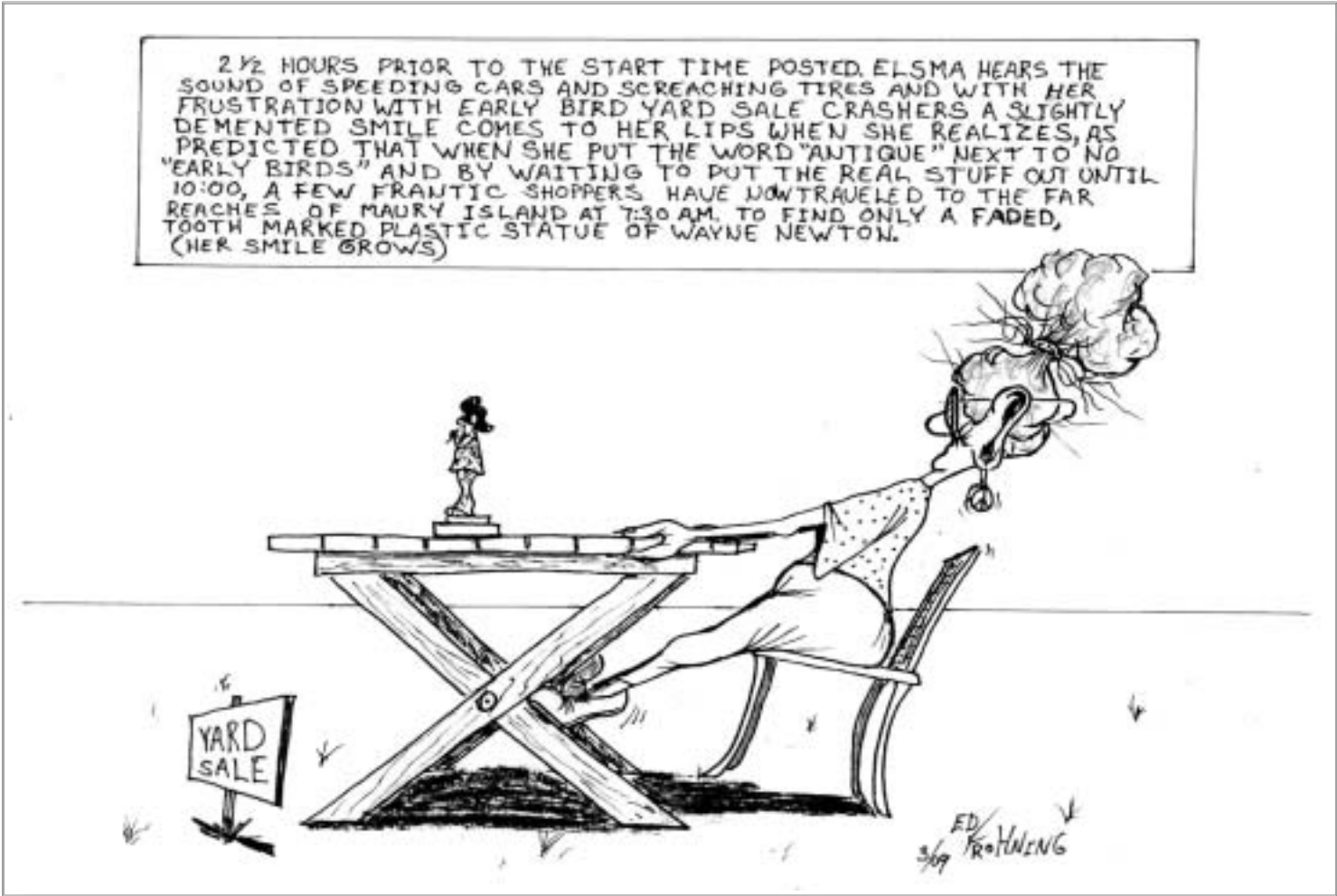
by Peter Ray

I have been thinking about what I have been breathing lately. My thoughts have been drifting in this direction in part because, as I look out our second story window, I can see strings of puffy yellow/orange flowers lining the undersides of branches topped with small, dark, glossy evergreen leaves on a tree whose origins are in Argentina and Chile. This is not a showy tree even in flower, just a pleasant, fine-textured presence in the garden. In cold times like the present, the flowers are barely an afterthought that could be mistaken for a trick of the light. But on days when temperatures creep over fifty, the spring blooms radiate a rich vanilla fragrance that permeates the front yard and part of the back. Like the auditory indicator of daytime tree frog croaking, the aroma of azara in the yard says that it’s trying to be warm again, although they give no assurance that it will remain that way.

While this fragrance event is always a pleasure and often a surprise, the idea of being immersed in vanilla smell day and night is not one that I relish or aspire to recreating. The whole concept of fragrance-added products has been a large part of a waking nightmare for me for a while now, but perhaps only a fraction of the real nightmare endured by innocent test animals swathed in perfume laden personal hygiene soups for my protection. I like fragrances, but I also like to walk away from them. This is why those commercials touting home air “fresheners” never fail to baffle me. It always seems to me that fresh air, and water for that matter, are freshest when they have no taste or smell. To want a smell, even a “good” smell, around twenty four hours a day just seems wrong.

Of course, there is something quintessentially American about this. If one goes beyond the sheer marketeering aspect of this- i.e. your house must smell like a pine forest or a sandlewood grove, otherwise you suck as a homemaker- there is the side that asks: where are the odors coming from that you need to cover up? What if instead of breathing a sigh of relief at the store bought air freshness, you instead smoked outside, changed the cat box more than once every three weeks and took out the garbage more often? Or, what if you quit smoking altogether, taught the cat to poop in the toilet and quit eating the meat whose rancid odors mingled with the scented garbage bags, all of which were contributors to the need for the gloss-over, air freshener essentials to begin with? The answer to that is the same one you get in the healthcare prevention versus treatment debate or the consumption versus conservation conundrum in the great energy debacle- it requires effort and action and you can’t make any money at it.

There is a darker side to those cheery air freshener ads. I’m thinking in particular of one where a housewife is seen plugging in a wall socket fragrancr at the start of a remodel. The implication



is that these fresheners last and last. There is the joke that it can even outlast the underestimated time of completion the contractor gave her. Did she really get it as an hour glass for the job, or as an olfactory whitewash for the sweat-generated real work being done by a lesser class on her behalf? And there is also the idea of having to plug in these air fresheners- like we need yet another set of glowing lights requiring more, not less, energy from the grid.

What started most of this tangent was a moment in the front yard with no vanilla fragrance or frog croaking as I watched one of our cats drinking from a puddle. I had just watched an hour long film about Japanese paper balloon bombs. As with many things, these were something that I hadn’t heard of before, but in digging found to be fascinating. As a last ditch attempt of sorts, a wartime effort was made by Japanese scientists and schoolgirls to respectively design and manufacture Rube Goldbergian devices attached to thirty foot diameter paper balloons that were intended to ascend and ride the jet stream for as little as eighty hours to our West Coast. There is documentation that in at least 200+ cases they landed on U.S. soil at the end of World War II. In one case, a family in Oregon lost a couple of kids who found the attached bomb payload and accidentally detonated it. We were told very little about this threat, and even though one of the balloons landed at Hanford and elsewhere as far east as Detroit, they really did very little harm. As with most everything else these days, we are told very little about dangers of the radiation that is riding the same jet stream that brought those balloons from Japan so many years ago. There is no smell, no fragrance good or bad, so it makes me wonder if we need to redefine- what is fresh?

The Power of Parenting, the Power of Community

By Tim McTighe, MS, LM FCC

Alcohol and other drug abuse among youth is prevalent in many communities, and Vashon Island is no exception. Parents may often feel helpless and lacking in the tools necessary to help their children protect themselves from drug abuse.

On April 27, 2011, all are invited to participate in a workshop focusing on how parents and other adults in the Vashon community can be powerful influences on the health and well-being of our youth. The Power of Parenting, the Power of Community will help to identify specific actions adults can initiate to decrease the risk of young people becoming harmfully involved in alcohol and other drug use. It will assist all adults on Vashon who care about our children to understand the prevalence and consequences of substance use during adolescence, and in particular, binge drinking and marijuana use. It will explore how the developing teen brain is impacted by alcohol use, and how smoking marijuana profoundly alters brain chemistry. The workshop will also focus on positive parenting skills and techniques.

The presenter of this valuable program is Mr. Kevin Haggerty, MSW, assistant director of the Social Development Research Group, and a

faculty member of the University of Washington, School of Social Work. Mr. Haggerty has specialized in the development and implementation of prevention programs at the community, school and family levels. Mr. Haggerty is an international trainer and speaker in the areas of substance abuse and delinquency prevention and has written extensively in the field. He will explore how teen’s behavior and attitudes are strongly associated with their parents’ behavior and expectations around alcohol and other drug use.

Participants should plan for an interactive evening with opportunities to talk together about expectations for our youth related to alcohol and other drug use. The presentation will run from 7:00 to 9:00 p.m. at the McMurray Middle School Library. Light refreshments will be served. Parents of older elementary, middle, and high school-age youth are strongly encouraged to attend.

This event is sponsored by the Vashon Island Prevention and Intervention Team (VIPIT), the Vashon Healthy Community Network (VHCN), the Vashon Island School District (VISD), the Vashon Youth Council (VYC), Vashon Youth and Family Services (VYFS), and the Vashon PTSA.

Welcome Vashon Mini Grants awarded

A diverse group of concerned citizens created Welcome Vashon a movement with the mission “We All Belong - a creative hub for projects and activities that will make Vashon a welcoming place for everyone”.

Their first event, “We All Belong” was held on February 5th. Attendees were lead through a series of interactive activities and generated ideas to identify specific projects, designed to impact all of Vashon in concrete and positive ways.

This initial meeting generated several proposed community projects, as well as donations to create small grants to help get some of the projects off the ground. Welcome Vashon is pleased to announce their first round of Mini Grants have been

awarded to the following projects:
Breakfast at Sally’s
Amigos en Vashon
Challenge Day
Poetry Fest
Vecinos: The Voice of our Latino neighbors
Rule of 5 Video Contest
We All Belong: Free Video and Conversation
Congratulations to all involved in these projects!

For more information about Welcome Vashon and projects underway please visit the Welcome Vashon Project page on Facebook, or contact Dan Kaufman at drdankaufman@comcast.net

Joanna Gardiner

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Top 10 Workout Mistakes
Mistakes 1-3

by Rochelle Gravance

NAFC Master Level Certified

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Physique Transformation Specialist

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In the next several weeks I will be outlining the 10 biggest workout mistakes made by the masses. Take notes if you are stuck in a rut or a beginner. This information will propel you much closer to your goals and at a faster rate.

Without further ado...
1. No plan of action. Sometimes it's a struggle just to get to the gym especially if it's after work when everyone else has the same idea. Fighting traffic, crowded parking lots and gyms can easily detour you from achieving a successful workout if you don't have a plan. Planning your workouts ahead of time is a must if you ever want to see results.

RESOLUTION:
Plan ahead. You wouldn't walk into an important meeting with your reputation on the line without thoroughly preparing yourself first would you? So why walk into the gym without a conscious, thought out plan of action? Keep a notebook or workout journal with you to record your workouts. The night before, jot down the exercises you will be performing the next day for your workout. This is just like your day planner that you use at the office which records your daily schedule of meetings, to do lists and conference calls. If you use your Blackberry or I Phone to keep your schedule, input your workouts into your device the same way. This allows you to walk into the gym with a purpose and get things done.

2. Repetition kills. When we think of repetition in the gym we often think of the number of reps we'll perform for each exercise set. What you need to be concerned with is repetitively performing the same exercises and using the same machines with the same weight to perform these exercises each time you workout. We humans tend to

fall into repetitive patterns and do what we know. We shy away from change often because it makes us uncomfortable. These habitual patterns sabotage the very reason we are working out...to see change.

RESOLUTION:
Bring in some new blood. You are the main stakeholder in project "body overhaul". It's up to you to shake things up and bring in new exercises to elicit the changes you want. This creates an unrecognized stimulus in the body which will result in more change for the better. You want a high return on your exercise investment for your efforts in the gym and changing up your routine every four to six weeks will promote a higher yield.

3. Compound your investment. All too many times in any given workout setting, you'll see exercisers performing single joint movements like a bicep curl or a tricep extension. These exercises have their respective place in the grand scheme of things. Though, if you really want to shed pounds of unwanted fat and sculpt your body, it's necessary to use compound multi joint movements.

RESOLUTION:
Choose your exercises wisely. Big, compound multi joint exercises like the squat, pushup, row, dead lift, lunge and chin up recruit more muscle and therefore burn more energy. Burning more energy means a metabolic increase which will burn more fat given that you are eating foods that are beneficial and support your workout goals. So make sure to wisely invest in compound exercises by including a version of the above listed exercises every time you plan a workout.

Stay tuned...more to come in the next issue.

April 28 meeting in Vashon
to discuss new flood maps,
coastal shoreline study

Results of a new coastal flood hazard study, draft flood maps of King County's marine shorelines and new proposed coastal flood regulations are the subject of a public meeting, set for April 28 at 6 p.m. in the Vashon High School Commons.

King County is sponsoring the meeting so Vashon residents can learn about the new study and draft maps, which will be used to revise federal flood insurance rate maps for property owners within unincorporated areas of the county.

King County is working with the Federal Emergency Management Agency (FEMA) to improve floodplain information and mapping, which is part of the County's overall floodplain management program. FEMA representatives will also be at the meeting to provide an overview of the National Flood Insurance Program.

The current flood insurance rate maps will be updated using new aerial photographs, topographic maps and river channel surveys.

The information, including estimates of flood elevations and areas

of inundation, will be displayed on draft flood maps at the meeting, and are also available online at www.kingcounty.gov/environment/waterandland/flooding/maps.aspx.

Public comments on the draft flood maps will be accepted until May 20. King County staff and the study contractor will review public comments and finalize the draft flood maps, which will be submitted to FEMA for final review and approval. After approval, FEMA will publish new flood insurance rate maps.

The public will also have an opportunity to comment on new proposed coastal regulations and the State Environmental Policy Act (SEPA) threshold determination on these regulations at the public meeting, and during the SEPA comment period, which is expected to open mid to late April. These coastal regulations meet the federal requirements of the National Flood Insurance Program.

For more information about the floodplain study or proposed coastal flood regulations, contact King County's River and Floodplain Management Section at 206-296-8001.

One Mile of Vashon Shoreline Protected

Continued from Page 1

provide unspoiled natural beauty, fish spawning habitat, and a beautiful Puget Sound beach in King County."

More than two-thirds of the shoreline in central Puget Sound has been altered by the construction of bulkheads that block natural sediment from filtering down into the water and providing nutrients that are essential to marine life, from insects to threatened Chinook salmon and Orca whales.

Both the Environmental Protection Agency (EPA) and the Puget Sound Partnership have recognized the importance of preserving remaining healthy shoreline. King County secured \$200,000 in EPA grant funds to support this agreement, and protection of this property helps to fulfill one of the top priorities in the Partnership's Action Agenda to restore Puget Sound.

Since Camp Sealth was opened in 1921, it has been a national model for cultural and wilderness education. Faced with tough economic choices during the ongoing recession, the non-profit Camp Fire organization could have sold valuable portions of its property to development interests in order to sustain operations.

Instead, Camp Fire leadership partnered with King County to protect this unique asset and secure the funding to sustain its commitment to serve our region's youth with year-round recreational and leadership development activities at its camps and in neighborhoods throughout the greater Puget Sound area.

Camp Sealth has served nearly 350,000 young people from King, Kitsap and Mason counties. The camp features more than 360 acres of pristine forest and marine wilderness, including a

mile and a half of saltwater beach along Puget Sound's Colvos Passage with valuable nearshore habitat for a variety of fish and wildlife species, including threatened Chinook salmon. The County's conservation easement will protect the camp's most pristine natural areas while allowing young campers to experience nature up-close through hiking and overnight excursions. The protected areas are also home to mature forests of Madrone and Douglas Fir trees, where bald eagles can be glimpsed nesting and fishing along the shoreline.

"Every year, more than 7,000 children, families, teachers, church groups, and non-profits cross Puget Sound to visit Camp Sealth," said Rick Taylor, the camp's director. "Our woods and beaches, wildlife, trails, and remote campsites provide the setting for our daily adventures. Campers and visitors learn about ecosystems, biodiversity, and stewardship as they explore our forests, wetlands, and tidal pools. We're pleased that King County is a partner in helping Camp Fire preserve this irreplaceable natural resource."

Over the past decade the King County TDR Program has protected more than 141,000 acres (220 square miles) of rural and resource lands from development by redirecting subdivisions for 2,284 potential dwelling units out of the County's rural landscape and into existing urban areas.

The community is invited to an open house at the camp on April 9, and again on June 25. See the Camp Fire website for more details.

Learn more about King County's Transfer of Development Rights program at www.kingcounty.gov/TDR.

To learn more about Camp Fire USA, visit www.campfire-usa.org.

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Planet Waves



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

Aries (March 20-April 19)

You run the risk of thinking you know more than you do, and then acting too quickly. Nobody likes to admit how much knowledge they lack, but in your case right now that awareness would be profitable. You may be making assumptions about someone else that are based on your doubts about yourself. For the moment, I suggest you address your inner reality rather than trying to seek accountability in anyone else. Your inner sphere may contain more conflict than you've previously imagined. One way this may be coming out is as a conquering spirit, such as ambition or the desire to make a name for yourself. You do know a lot; you possess enough information to be considered an expert. But what you're missing is more important than what you know. It may take you a couple more weeks to figure that out, and when you do, I think you'll be glad you waited a little while longer to take action that you cannot easily reverse.

Taurus (April 19-May 20)

You may be experiencing some challenges sorting out a relationship situation. This would include seemingly extreme contrasts of right and wrong, the desire to solve everything at once, questions about jealousy and power, and why so little seems to set you off so deeply. The mistake you may be making is orienting your identity around a relationship, and worse, around what you think of as being the public perception of that relationship. If you determine that your life is about you, that will not only provide a solid starting point; it will be easier to determine the best course of action. If you want to be less at the mercy of external factors, you can have precisely that. If you do, you'll have an opportunity to admit your own confusion, which is something (that, with patience and inner awareness) you can actually do something about.

Gemini (May 20-June 21)

If you forget any notion of popularity, reputation or recognition, you will get closer to the truth of a core issue. If we're talking about something that relates to your work, remember that success may be measured more effectively in achievement and financial reward than what you think people might think. In any event, I suggest you establish your goals, and question why you would want anyone to approve of you. You may have a good reason, though I suggest you figure out what that reason might be. Under the planetary alignment of this particular moment, you will accomplish a lot more if you have the guts to go against popular opinion when necessary. You only need to be a little diplomatic, and understate what you know. Your position is actually the mature voice in a noisy room.

Cancer (June 21-July 22)

A new source of information has opened up for you, though you may not trust it yet. You're too accustomed to doing rather than receiving; striving rather than allowing the flow of your life to guide you to the right place. This new factor, represented by Neptune in Pisces, is subtle, and one of its main properties is that you don't have to go anywhere or do anything. Chiron in Pisces may be offering you the feeling that you need to get yourself down to some ancient Mayan ruins to understand the state of the world, or of your life. Neptune in Pisces is about opening up to the subtle flow, and listening to the softly spoken voice within. There is an element of faith

involved, and when you sort it all out, that faith is in yourself.

Leo (July 22-Aug. 23)

When you put the pieces together, you'll see that you're standing on equal terms with the world in a way that's unusual even for you. It's true, there seems to be some significant missing factor. This points back to the ways your mother wasn't there for you in the way that you wanted -- though the result was to push you up and ahead in the world. Or rather, you had gathered strength and independence to assert yourself against some pretty significant odds. One thing I suggest is that if you want to find that missing element, look where you think it is, rather than where it's more convenient to search for it. It's more likely to be an emotional factor than what you might think of as a spiritual one. You're more likely to notice it in your dream life than in your waking life. What you're encountering here is the sensation of powerlessness or inferiority that silently irritates so many people, and it's probably better to start that from an indirect perspective.

Virgo (Aug. 23-Sep. 22)

You are in the perfect position to get a business arrangement to work out right. You know the right people, and you have the right idea. Just make sure you don't cut yourself out of the deal. Including yourself does not qualify as Republican-styled self-interest; it's more about Virgo-styled equanimity. While we're on the topic, I suggest you think in the long run rather than the immediate future. There is innovation in the air and enormous benefit can be created for everyone involved. You're the one who is going to hold the space of 'the greatest good for all concerned', something that not everyone understands at the moment. While this is far from being a globally accepted idea here in our competitive world, in your life it's an idea whose time has come.

Libra (Sep. 22-Oct. 23)

The nice thing is, you're not on the crosshairs. Someone you know may feel like they are -- which is more of a feeling than a certain truth. The feeling involves the experience of being unusually influential, and potentially an inner controversy over what creates that influence. You are doing a good job of shifting out of a fear-oriented posture in life, and your example will help guide them to a more relaxed place. You have the ability to see through the chaos and insanity of the world, which is another way of saying you can see all of the chaos for what it is. You're able to keep your emotional distance without being detached; you can create enough intellectual distance to see from a realistic perspective. Hold that pose.

Scorpio (Oct. 23-Nov. 22)

Be cool. That means use your mind, and keep your emotions under a close and watchful eye. You're right on the brink between passion and rage; between creativity and chaos. It's not luck that will keep you on the safe and productive sides of those lines -- it's awareness. Truth is, you need all the drive you have in order to penetrate the density of the world. Yet the key is focusing your energy, and that means using it consciously, deliberately, carefully. I did not say hesitantly. I didn't say fearfully. Just imagine you're handling a laser (or, borrowing from a typo, a lawyer -- which is to say, do what a good lawyer does and spot issues with precision, selecting

only the most compelling ones that have leverage and penetrating power).

Sagittarius (Nov. 22-Dec. 22)

Someone is about to tell you something, give you a hint, or offer you an idea. In fact, this may keep happening over and over the next few days, and you may not know what to make of it. I'll tell you -- listen and take notes. Ideas are merely that; to be of any use, they need to be explored, developed and tested out. That is most of what we think of as the 'creative process' -- it's more like scientific development than it is like being in the heat of passion. There are typically more questions than answers. And the journey is such that the destination is a place you arrive at rather than a place you head toward as an intentional act. So when I say this is a rich creative moment for you, I mean that it's a takeoff point for many experiments that will bear beautiful fruit and exciting experiences.

Capricorn (Dec. 22-Jan. 20)

The emotional complexity of the moment is obvious from your solar chart, though I wonder how you're experiencing it. I suggest you let any pressure you might feel vent off gently rather than allowing it to build up. You can guide yourself to a point where you convert that pressure, frustration or overwhelm into a key decision. If you're feeling the astrology as excitement, passion or a yearning for freedom, that's a reminder to maintain your focus, and to allow those energies to be contained enough to guide you to clarity. In a 'positive' frame of mind you might have a bit more of a challenge maintaining focus; slow down, ground yourself and remember what you want. You don't want everything and you don't want just anything -- you have an agenda. Therefore, remember yes and no.

Aquarius (Jan. 20-Feb. 19)

See if you can draw yourself away from the mental activity of the moment and look at the total picture of your life from a different perspective. There are some fun methods you can use to do this -- spreading tarot cards is a good example. You can cast a spread and 'do a reading' or you can put the cards down and notice that your perspective shifts from the level of the game to looking from above the game. You can go to the top of the highest building or mountain (or hill, if that's what you've got) in your community and look down at the world, and imagine looking down at your life. You can make a map of all the people you're currently involved with and draw their relationships. Look where you fit into the picture; get clear about the idea that you're part of the picture. This will help you simplify matters significantly.

Pisces (Feb. 19-March 20)

Keep taking tangible steps to improve your finances, and at the same time, remember your resources come in many forms other than money. Now would be a fantastic time to take an accounting. You will benefit from knowing how much you've got, and how valuable it is. In doing so you will stoke the sensation of abundance, and that will, in turn, lead to more abundance. As for opportunities of what to do with that wealth, or who to do business with, give that time to develop. Learn to be with the potential of who you are, without having to discharge it in any particular direction. This is the time to fully own and appreciate your resources. In a sense, I suggest you identify with them, in that you observe the extent to which what seems to be yours is actually a reflection of you.

Read Eric Francis daily at PlanetWaves.net.



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Remembering Megan

by Mary Tuel

Megan Belia died this week. We hoped she'd have a little longer, but nope.

So now we tell the stories. A few years ago as we first got to know each other, Megan and I realized that we both knew Malvina Reynolds in the 1970s. Megan did the artwork for one of Malvina's album covers.

Megan and her family lived in Montana then, and gave Malvina a place to stay when she came up to Montana to perform.

The leader of the local John Birch Society where she was playing knew about Malvina's political beliefs. She was open about that. She was a socialist. Yup, a real one who had read all the books and grown up in what came to be known in this country as the Old Left. The John Birch guy was outraged that she was coming to sing her songs. Shot off his mouth about how awful she was to anyone who'd listen, apparently.

The night of the show this stalwart defender of capitalism showed up, and someone pointed him out to Malvina, who walked toward him with a smile and her hand extended in a friendly greeting.

"He jumped over two rows of chairs to get away from her," Megan said. "He was terrified of her." The power of a little old lady with white hair and a guitar is more than you'd imagine, apparently. Something to think about.

After her marriage ended Megan became a nurse practitioner whose specialty was obstetrics and gynecology. By the time she came to Vashon to be close to family a few years ago, she had retired on disability. She lived quietly in a small apartment with her service dog, Charlie. Charlie was a crested Chinese hairless that she had rescued, and Megan said that she and Charlie supported one another mutually. Having him with her enabled her to go out in public and be around people. Her doctor certified Charlie as a service dog.

Megan became involved at the Episcopal Church of the Holy Spirit and did a lot of volunteer work, in the community, at the nursing home, and through the church. She became a lay

pastoral counselor. No matter how crappy her own life or health was, she'd call you up and say, "How are you?" and really want to know.

She had Charlie with her one day when I went to meet another friend at a restaurant, which I shall not name. It's not even there anymore.

Megan and Charlie joined my friend and me at our table, and we were having a nice visit when the waiter came up and told Megan that she and her dog would have to leave. She explained that Charlie was a service dog, and she refused to leave.

Well, that's when the stuff hit the fan. The restaurant manager who was there had a fit and fell in it. He came to the table and spoke angrily to us, ordering us out. Megan tried to explain that service dogs were allowed to be in restaurants. I tried to explain that Charlie was legally the same as a seeing eye dog. He threatened that he would call the sheriff and have us arrested.

Megan said calmly, "Well, I guess today's the day I go to jail."

No law enforcement officers ever arrived. If they were indeed called perhaps they understood better than the manager that Megan was right, and had the law on her side. Not only are service animals allowed in restaurants, all that restaurant personnel are legally allowed to ask is, "Is this a service animal?" If the answer is yes, they are legally obliged to bugger off and leave the animal and disabled person unmolested. They cannot ask for proof of the animal's status. They cannot throw the animal or its owner out. It's a law created to prevent the harassment of disabled people, the kind of harassment we experienced that day, or worse.

That was my great adventure with Megan. I wrote about it in the Loop at the time. I didn't use her name, but the people who knew her knew who I was talking about. The last time I saw her she told me it was one of the most traumatic events of her life.

That is why there is a law against harassing people with service animals. A disabled person who needs a service animal to function in the world has enough trouble, without being treated like a criminal.

She told me soon after going into hospice care, "Once in a while I'm angry with the cards I've been dealt. I have to say good-bye to people I love. That leaves the pain issue, and the breathing, which are being taken care of by medication here in the hospice. I'm not in pain. I'm not afraid to die."

Which brought to mind one of Malvina Reynolds' songs. I went to the hospice and sang it for Megan and some of the other residents a couple of weeks ago:

"Baby, I ain't afraid to die, it's just that I hate to say good-bye

To this world, this world, this world.

This old world is mean and cruel. Still I love it like a fool,

This world, this world, this world." - This World, © Malvina Reynolds

Rest in peace, Megan.

Continued from Page 1

Supreme Court in Rome, if the first appeal fails.

Rudy Guede opted for the Fast Track trial, which is like pleading the 5th in the US, but claims innocence. After writing a note of apology to the Kercher's for murdering their daughter, his 30-year sentence was reduced to 16 years. It appears that the Perugian court system has been exceptionally lenient toward a murderer, while exceptionally hard on the innocent.

IL MINISTRO PUBBLICA

Public Minister Guiliano Mignini, his position akin to a District Attorney in the US, is allowed to micromanage any crime to which he is assigned and he became the prosecutor for Meredith Kercher's murder about 1pm on November 1, 2007. The Public Minister is a skilled lawyer and a master at interpreting Italian Law, his office efficiently produces any statute needed, no matter how obscure, to control a perceived criminal. Though the current appeal seems positive, do not discount the skills of l'ufficio del Pubblico Ministero.

FALSO CONFESSIONI

The False Confessions occurred on November 5 and 6, 2007, and the kids signed a statement at 2pm on the 6th. Mignini, aided by Edgardo Giobbi, the head of the Serious Crimes Unit in Rome, orchestrated the Illegal Interrogations. Both students were in an extreme state of mental and psychical exhaustion at the time they were interrogated and tag-teamed by a dozen police officers. Amanda's written retraction occurred shortly after signing the false confession and exhibited a rambling, confused nature. A common after-effect of an interrogation intended for Mafia dons and terrorists, not a 20-year-old with an elementary grasp of the language.

False confessions occur all over the world and at a recent Seattle University symposium, two members of law enforcement, Steve Moore, FBI (ret), and Paul Ciolino, Private Investigator and 48 Hours contributor, assured the students that police could break 'em and make 'em admit to anything. They assured the students that police all over the world are trained to get confessions, no matter the tactics used. They assured the students that all police are authorized to use lying to get those confessions.

By calling the interrogations an interview, the police slipped by the law that required a lawyer or interpreter for Raffaele and Amanda, the students had nearly 54 hours of 'interviews' in a four-day period. Their request to call parents, the university, or the American Embassy were ignored, "You don't need that, dear, we just want to ask a few questions." But during the illegal interrogations deflection became a threat when the police yelled at Amanda, "IT WILL ONLY MAKE IT WORSE FOR YOU." Amanda and Raffaele were terrified and confused.

Using the false confessions, the police held the kids in solitary confinement for a year before charging them with murder in late 2008. The Italian Supreme Court, in 2009, declared the confessions illegal and threw them out, but Mignini managed to slip in a reference using the judge from Rudy Guede's trial.

IL PRIMO PROCESSO

The Original Trial began January 16, 2009 and the kids were found guilty on December 4, 2009. In that year, the Hometown Crowd witnessed the prosecution get away with murder as they admitted tainted DNA evidence, that would have been laughed out of court in Rome or Milan, and a Superwitness who was a heroin-addicted homeless man with a foggy memory. They continually blocked the defense from reviewing documentation and evidence. They used unmistakably contaminated evidence to convict Amanda and Raffaele, who had left no DNA at the murder scene. Nothing. As in zip, zilch, niente. How? Because PM Mignini controls his court.

MASSEI MOTIVAZIONE DEL DOCUMENTO

On March 4, 2010 the Massei Motivation was released, a document that recounts Judge

Amanda Knox:

Giancarlo Massei's reasoning for the guilty verdict. What it shows is a premeditated twisting of facts, a contradictory and rambling account of how questionable evidence and clear prejudice found Raffaele and Amanda guilty of murder.

L'APPELLO

On November 24, 2010 the first appeal began. The process permits the accused to receive new judges, jurors, defense and prosecution lawyers. It is essentially a brand new trial where evidence and witnesses may be added, subtracted and reviewed. PM Mignini is not supposed to have anything to do with this trial, yet he was able to maneuver additional prosecutors, so that the defense was facing three instead of one, twisting but not quite breaking the law.

Both prosecution witnesses have been discredited during the appeal process for being daft or deaf. Independent experts assigned to review some DNA evidence, specifically that Bra Clasp and the Double DNA Knife, found with both items that the samples were too small to run tests and the Bra Clasp was rusty from improper storage.

The Clasp storage is the latest example of the tainted DNA collection and processing, Internet savvy teenagers have found numerous mistakes. I think the last count was about 20 using the most fundamental forensic collection techniques, I wish one of those kids would do a website showing all of the mistakes. That would be fun.

Judge Hellman will rule on how this evidence affects the appeal process on May 20, 2011. Please be fair!

INNOCENTE O COLPEVOLE?

Innocent or guilty? From the beginning it was blatantly obvious that Amanda was trashed and tried in the press. It was blatantly obvious that Raffaele was collateral damage. The PM wanted Amanda; Raffaele was her alibi, so he went to prison too.

The key point to remember is that Amanda and Raffaele never had DNA at the crime scene. The kids WERE NOT AT THE COTTAGE when Rudy Guede killed Meredith Kercher. They were tied to the case with contaminated evidence and lies.

This Fact: "The kids were not at the cottage," negates all of the evidence against them.

Raffaele and Amanda's defamation by the Perugians, using the media, has created a heated Innocence or Guilt debate and the press following this online battle is turning a critical eye toward Perugia, finally catching up to Seattle's coverage of the case.

In the Blogosphere you find many examples of Europe's hatred of Amanda, she has always been singled out and comments accuse Americans of favoritism. But proclivity toward America, using Amanda, is readily apparent by the articles and the especially vicious Internet Trolls. While I might agree with some of the comments about our political system, I cannot abide with cruel comments about Amanda.

And hiding behind Meredith, using her as an excuse to mock and threaten is barbaric.

After a routine investigation, Scotland Yard walked away from the case. How could they miss mistakes that some lady on Vashon Island caught? Did they just not care about that dead girl? If that is the case, then the Kerchers need to come to West Seattle and be with people who actually care about their well being and justice for their daughter.

Italy is just as bad, it seems that Giuliano Mignini is 'most powerful man in Italy,' he runs the show in Perugia and neither the Supreme Court nor Parliament nor the Pope can touch him. In months of research, I still cannot find his boss. Giuliano Mignini, it seems is omnipotent. I mean really! This is our beloved Italy, our beloved Tuscany, not some shadowy terrorist nation, so how this abuse of innocent children even allowed when it is obvious to the casual observer that they were framed.

What is gratifying is that lady on Vashon is being joined by ever growing numbers of real experts as the legal and scientific communities on two continents are beginning to speak out. They point to the glaring

Continued on Page 9



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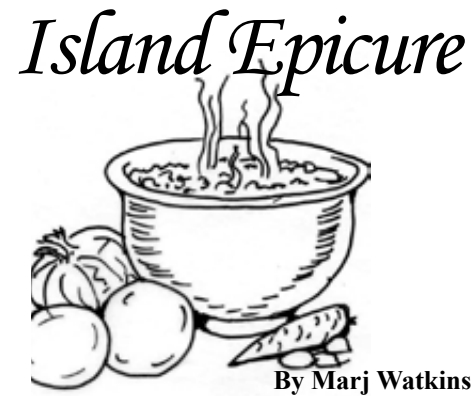
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Ian Moore

April 30, 9pm
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May 6th, 9pm
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Find *the Loop* on-line at
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Something from the Land,
Something from the Sea

In Spain, every lunch or dinner contains a bit of fish as well as a piece of meat. It uses rice, chicken, and seafoods. A favorite dish is paella. It contains land and sea ingredients. It can be as complicated or as simple as you want to make it. A salad completes the menu.

To make paella less expensively, use mussels harvested from harbor pilings and clams dug from our beaches and soaked overnight in a basin of water sprinkled with oatmeal to encourage the clams to spit out sand. But before digging, make sure the clams are safe to eat. The phone number for red tide info is (800) 563-5632.

- PAELLA VALENCIANA
4 to 6 servings
4 to 6 chicken drumsticks, or 1 to 2 cups large dice cooked meat
¼ cup olive oil.
1 yellow onion, chopped
2 large cloves garlic, chopped
1 red pepper, cored, seeded, and cut in strips
½ teaspoon dillweed
½ teaspoon tarragon
8 mussels, scrubbed and beard removed
1 lobster tail, optional
¼ pound large, cooked shrimp or 4 cooked, shelled prawns
2 teaspoons paprika
4 ½ cups chicken stock or water
2 ¼ cups short grain rice
¼ teaspoon saffron powder or turmeric
¾ cup frozen peas
Garnish: Lemon wedges, optional
If using raw chicken pieces, sprinkle them with salt. Heat the oil in your largest skillet. Add the chicken pieces. Brown them.

- Add the onion and garlic, and red pepper. Stir-fry until onions are soft. Sprinkle with paprika.
- Add the rice, spreading it evenly. Stir-cook until rice is golden brown. (If in a hurry, just stir rice in and proceed.) Add the water or chicken stock. Bring to a low boil, Reduce heat. Cook covered until rice is almost done, about 40 minutes for brown rice.
- Meanwhile, cook the mussels and clams in a little boiling water until they open (about 5 minutes). Discard any that don’t open. Reserve those that do open.
- If using the lobster tail, cook it in boiling water just until the shell turns red. Set aside until it’s cool enough to remove the meat by cutting off the tail and pushing the meat out. Cut it in bite-size pieces. Reserve.
- When the rice mixture is cooked, arrange the mussels, clams, lobster meat or prawns, and the frozen peas, on top of the paella. Reduce the heat. Cover and cook, but don’t stir, for about 10 minutes
- The rice should be tender and the mussels and clams open. Let stand about 5 minutes before serving. Serve this beautiful dish from the skillet. Garnish it with lemon wedges if you wish.
- Menu for a fast and easy seafood meal: Broiled oysters, rice cooked per package directions, or microwaved potato. Frozen lima beans or peas, cooked per package directions. Lettuce and tomato salad.
- BROILED OYSTERS
2 servings
Canola oil
1 jar fresh oysters
Garnish: Parsley, Lemon wedges
Line a baking sheet with foil. Oil it. Lay the oysters on it. Heat broiler. Broil oysters 2 minutes. Turn. Broil 1 minute more. Spoon onto a serving dish. Arrange the parsley and the lemon wedges around oysters.
- GOLDEN RICE
2 servings
2/3 cups Uncle Ben’s converted rice, 1 1/3 cups boiling water. Salt to taste
Cook according to package directions.
Complete the meal with a tossed salad and a frozen vegetable cooked according to package directions. I like to salt the vegetables with chicken granules to spark the flavor. You could also sprinkle them with ½ teaspoon dried, crumbled kelp from the bulk herbs section, adding valuable minerals.

Amanda Knox:

Continued from Page 8

number of laws that were broken in Perugia. It’s not rocket science and it’s all there on the Internet for anyone to see. I would like many more experts to speak out and I’ve been wondering about the fence sitters, don’t your butts hurt after nearly four years? Come on down!

You can help repair reputations, right now, by using your fingers. Facebook and InjusticeInPerugia.org have become the meeting place for the army of letter writers and bloggers making the case for innocence. Comment sections on every single article ever written about this case have been bombarded with vicious comments based on lies. PhD, MD, FBI, PI, engineers, authors, lawyers, teachers, barbers, and ordinary people, each taking some small piece, are helping to change the way the world views this case. Taking back the reputations of these innocent kids, one word at a time.

We are rising up and fighting.
We want the world to see Amanda for


who she really is: A Seattle girl, a Husky honors student, a precious daughter and sister, a kind and compassionate person. Someone Washington can be proud of, especially for how, even through the tears, she has stayed strong and sereno. She belongs to Seattle, West Seattle and Vashon Island. She is Our Girl and we respectfully ask to have her back.

We want the Kercher family to know peace; we pray for that. The Knox and Mellas families that I know and love have always honored the Kercher’s loss of Meredith. And the Kercher’s have many friends in the Seattle area; they just don’t know us yet.

We want to see Raffaele get on the plane to Bari and then bring his family to the US for vacation and college scouting. We hear he would like to finish his Masters in the US.

We want to see Amanda’s plane touch down at Sea-Tac.

We want true justice for Meredith Kercher.
We want Equità.



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THE DORSAL SPIN:
Whale Kitchen

By Orca Annie Stateler, VHP Coordinator



“Gray whale breaching off Vashon, © Mark Sears.”

“Hon, a Gray whale is feeding in the yard again,” I told Odin, who was in town running errands on April 13 when the lunching leviathan loomed off our beach. About 30 yards offshore, I saw the Gray’s massive body underwater as s/ he cruised back and forth. Mud expelled through the baleen plates was a sure sign of foraging.

The April 13 whale did not display flukes or pectoral flippers. The April Gray had a huge head and was approximately 25 feet long – noticeably larger than the young Gray who visited us on March 27. The first time I saw a Gray whale was in Mexico in spring of 1991. Even after 20 years of observing Grays, I am still astounded when they visit the shallows of Vashon-Maury. This week’s photo is a Mark Sears classic of a Gray breaching off Vashon.

Transient killer whales also found food in local waters in April. On the morning of April 5, Mark Sears spotted a group of six Transients from his vantage point at Lincoln Park. Toward Blake Island, the orcas were highly active at the surface -- “aerial” as some callers put it – while they dispatched a kill. That day, the orcas were in the ferry lanes, but they did not technically make it to Vashon before turning north.

On April 6 before dusk, Odin and I observed from a distance as, presumably, the same Transient group – one sprouter with several females and two juveniles -- worked a kill in the middle of East Passage off Des Moines. The orcas were milling when a hailstorm prompted us to seek cover. Regrettably, no one was able to obtain ID photos on these Transients.

We are grateful to Captain Dave,

Marnie, and others who reported directly to the VHP when the Transients were here in early April. With apologies to The Doors, “Let me sleep all night in your Whale Kitchen.”

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

Our endangered Southern Residents got a small Earth Month gift from NOAA Fisheries on April 8, when the agency announced new regulations to protect killer whales in Washington State’s inland waters from various vessel effects. Namely: 1) vessels must not approach any killer whale within 200 yards; and 2) vessels must stay out of the path of oncoming whales out to 400 yards. The new regulations commence 30 days after the Federal Register notice publishes. Learn more at <http://www.nwr.noaa.gov/Marine-Mammals/Whales-Dolphins-Porpoise/Killer-Whales/Recovery-Implement/Orca-Vessel-Regs.cfm>

Your VHP Coordinator will comment further in a future Dorsal Spin. For now, suffice it to say that this is the least we can do for our beloved killer whales, who have made all of the sacrifices in an unbalanced relationship with modern humans.

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Next Loop comes out April 28

Positively Speaking

Coughing Up Wisdom

By Deborah H. Anderson

It was going to be two long delicious days of writing: one whole Monday and Tuesday without interruption. And then...the Thursday before...just the vaguest of sore throats.

But it was going to be an exciting Friday with no time to slow down. Undeterred by the pouring rain, I headed off to a meeting with my musical mentor for a breakthrough head to head about a piano problem and a major hook up for a musical I am writing. Afterwards I was meeting my second oldest son for a very special coffee and dinner (a story for another time). He was in the process of nailing down a huge job promotion.

The following morning (Saturday) it was back to town for the Professional Women's Fellowship moms group I have the privilege of leading. Dashing back to the Island for the preschool tour to sit at the Playspace and share my upcoming core parenting Waterlily workshops for whoever stopped by the couch to chat.

As things wound down for the final hour I announced to the hosts I was 'going to take my sore throat to bed.' By now, at 4ish Saturday afternoon it was like burning hot sandpaper.

Slam. Within hours I was too weak to move. Saturday became Sunday became Monday. A cough developed. It had an odd taste to it when I hacked away. Sinuses became involved.

Monday morning the fix it guy came to repair some small essentials that would improve the quality of life. I felt a small rush of energy as I put clothes on and after he left also sensed impending doom. I went to the store we all go to when we don't want to run into anybody and got canned goods. I wasn't going to be cooking anytime soon I sensed.

On the spur of the moment I decided to go pick up my holds at the library. As if a snowstorm were coming I was laying in supplies. As I stood at the checkout kiosk I glanced over to see a copy of "Breakfast at Sally's".

Tuesday was lost. Wednesday I dragged to work and then to bed again. In the weird way that a person throws their schedule off when they are sick and getting through time by short naps, I awoke hours later and having dropped TV from my bundle when I moved (again a story for another time) I picked up the book that had been sitting by my pillows since Monday and started to read. By the third chapter I was frantically trying to remember if it was that Friday the author was coming to the Island. It was.

Tilting my head backwards I read as long as I could. Drag to work Thursday



and home to read some more. The cough had now kept me up for three out of four nights. I sounded like I was giving up a two pack a day habit after fifty years of Marlboro moments. Not pretty ...or physically pleasant. Frequently I saw gold stars while I groped for air and fought the feeling of drowning. Still I read on. I was captivated.

By Friday I was in a chair. I finished the book by noon. The hours hung heavy until it would be time to leave to hear the author. I wrote a small thank you note.

This column is generally limited to eight hundred words. Because of being sick and wanting to share about reading the book, I'm way past deadline. There are at least six big points I want to make and so will stretch my thoughts for future columns which you may or may not recognize as related.

In essence ...I found a man who was a role model for me in very unusual circumstances. The excitement of finding a cutting edge book, which addressed issues near and dear to me in the middle of surrendering to the plague, was a life lesson worth learning.

Dear friends. What I learned last week...again. It is very very important to stop and drop when you are sick. That's lesson one. Lots of people are getting pneumonia with this stuff apparently. I was lucky to corral it to some bronchial thing. Go to bed when you are sick. Adjust your plans. The show does not need to go on. You are not indispensable. Nobody else wants your crud. Keep it to yourself. We don't do that enough here on the Island and we should because we're a giant friggin' Petrie dish. And use your netti pot.

That's lesson one. Second lesson. When your plans get interrupted pay attention. Something important will happen. Guaranteed. Follow that plan.

I promise I'll write the rest later. Oh yea.... go read "Breakfast at Sally's". It's insight for the rich and hope for the poor.

Gotta go...Steve's awaitin'
Love
Deborah



Spring Break: Party Time! Guatemala Fiesta

Saturday April 16 ay 6:30 at St. John Vianney Catholic Church

Experience sunny Guatemala Saturday night at a Fiesta featuring a Guatemalan buffet, arts, crafts, and music. Vashon has long been connected to Guatemala, especially the beautiful mountainous and coastal areas around Lake Atitlan and the town of Santiago. For years, Santiago has been considered Vashon's "sister city" as many islanders have visited and worked in this area to support the weaving industry of the Mayans, the hospital, welfare of the villages in the Highlands around the Lake and the children through the schools and the library. Vashon Islanders have also been attracted to Lake Atitlan by its ferries that take you from town to town along the coast, its Spanish language schools and the spectacular beauty of the volcanic mountains dropping precipitously to the shores of Lake. Visit Guatemala this Saturday evening!

Enjoy Guatemala this week on Vashon!

This week the bookstores and the library on Vashon will be displaying books relating to Guatemala and Latin America. Giraffe will be displaying Central American arts and crafts at the store and at the Fiesta. Essentials4 will also be showing Guatemalan and other Latin American travel items. The

Hardware Store and Quartermaster Inn will be featuring Guatemalan specials and Thriftway will be offering Guatemalan recipes at their cooking counter.

This Fiesta is sponsored by the Vashon Island Rotary which has been working in 13 rural villages to provide clean water , indoor cooking stoves, maternal and infant health education, improved home gardens and farming, and micro-lending.

Many people from Vashon have also been involved with the hospital in Santiago. This was a small hospital that opened in 2005, but then was buried in a mudslide caused by hurricane Stan a few months later. Patient services were then provided in a small makeshift hospital until a new hospital could be built. This new hospital will be a regional hospital for the entire area and just opened its doors in November 2010.

No tickets are needed to come to the Fiesta. Donations are requested at a suggested cost of \$25. Your donation will support clean water for the villages where Rotary is working and prenatal and delivery services for women with high-risk pregnancies at the hospital.

Sick of the rain, the cold, and the gloom? Enjoy the warmth and beauty of Guatemala without leaving Vashon Saturday night!!!

Espresso Latte and Wisdom To Go

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Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

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Road to Resilience

Continued from Page 1

factor was an approach they use called Assets Based Community Development. By assessing the assets of a community rather than the needs, you gain a picture of a community of skilled and capable individuals rather than a group of clients whose needs need to be met. Another aspect is "self leadership," teaching individuals how to lead. The trick is getting people to realize that they can define and solve their own problems.

At the aforementioned meeting in February, I was particularly struck by the suggestion that we look at the assets of members of our community rather than the disabilities. We were told to discuss at our tables the things that we would really like to see happening on Vashon. After that, if there was a project that any individual wanted to champion, we were to stand and announce it. An amazing number of people actually stood and committed to projects, which were each recorded so that recruits could then be rounded up. As I said, most of those projects are still moving forward.

All of the groups working to bolster community, including Transition Vashon,

can be grateful for the thoughtful work Dan Kaufman and his group have done to help us understand how to empower and inspire ourselves to create our own future. Be sure to catch their next event!

Speaking of events, a very remarkable and very apropos one is happening this weekend. The Economics of Happiness will be shown on Sat. April 16, at 1:30 PM at the Vashon Theater. This film focuses on the need for systemic economic change, notes the effects of globalization on various cultures in the world, and calls for economic localization and the strengthening of communities. It will be followed by a panel discussion at the Presbyterian Church including world renown author, David Korten, Seattle film maker and author, John De Graaf, and islanders, Cathy Fulton and Bill Moyer. The film: \$7, the discussion: free. Brought to you by Island Earth Care, The Backbone Campaign, and Transition Vashon. Don't miss this one!

Send comments and ideas:
terry@vashonloop.com

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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Follow Your Own Weird Ideas, Facts, Values, and the Person in the Room

By Mike Ivaska

Whether or not a few square inches of your Island vehicle are occupied by the black and white vinyl encouragement to “keep Vashon weird”, there is an opportunity to find out a bit about a lifetime spent following one’s own weird coming up at the Vashon Theatre from 1-3pm on Sunday, April 17th. Although he came from a relatively normal family, James Broughton was never the same after he was visited by an angel in 1916, at the age of three, and told that he would become a poet in spite of his circumstances. The angel also told him that “ the world is not a miserable prison- it is a playground for a nonstop tournament between stupidity and imagination.” While some might note that it seems that stupidity is now winning, another Broughtonism- “Adventure- not predicament” - seems to offer both hope and a challenge in spite of the present state of things.

It was at a retrospective of Broughton’s films at the Museum of Modern Art where Islander Stephen Silha was first introduced to the work of the person who some have come to call the father of West Coast experimental filmmaking. And it wasn’t until a number of years later when Silha was attending a conference in Pt. Townsend that he met the man whose films had greatly affected him many years before. They became good friends, but it wasn’t until nine years after Broughton’s death in 1999 that Silha returned to Pt. Townsend on the anniversary of Broughton’s birth to begin the Big Joy project- a documentary film about Broughton’s life, films and poetry. A little less than two and a half years later, 90% of production has been completed, but with more interviews to do and a range of post production still to come, fundraising efforts are underway, with this afternoon at the theatre being an important part of that.

A selection of a few of Broughton’s 23 films will be shown,



Stephen Silha and Aimée Cartier discuss Big Joy production ideas

along with a clip of the current work in progress. Stephen Silha will be on hand to discuss the project and answer questions about it along with any you might have about Broughton’s life and work. Admission is by donation with a suggested range of \$10-\$50, although any amount will be accepted and no one will be turned away. It should be noted that one of Broughton’s contributions to cinema was his use of frontal nudity, which should be taken into consideration where children are concerned.

On a separate note, I don’t know if filmmaker Jeremy Siefert had any of Broughton’s quotations in mind when he set out to make Dive! You can decide for yourself on Thursday night, April 14th at 8 pm at the Vashon Theatre when this quirky, thought provoking and inspiring documentary about dumpster diving gets a one night Island screening. What this one hour excursion into the land of alternative eating does is move from what starts out to be the documentation of guerilla waste foraging to an active effort on the filmmakers part to influence and change the incredibly wasteful food industry practice of throwing away perfectly good food because of blemishes and near term expiration dates. Vashon Maury Community Food Bank director Yvonne Pitrof will be on hand afterward to discuss her experiences with local food suppliers and answer questions.

Community Cinema Comes to Vashon!

The efforts of Welcome Vashon’s inaugural event “We All Belong” are beginning to take shape and one of the first projects out the gate is a “film and conversation” event with a free screening of the musical documentary For Once In My Life at the Vashon Theater on Saturday April 30th at 1:30-3:30. The film will be followed by a Q&A session with island residents, Dr. Dan Kaufman (Welcome Vashon), Kathy Turner (Cool Community Company) and Lee Ockinga (Learn to Earn). Celebratory reception follows across the street at the Presbyterian Church.

For Once in My Life features a unique 28 member band of singers and musicians on their journey to show the world their greatness within, while challenging perceptions of those with physical and mental disabilities. The film chronicles their quest to bring their talents to a large audience and shows the healing powers of music. The film showcases the incredible musical abilities of the Miami based band and has a killer soundtrack. For Once In My Life has won awards at numerous film festivals including the prize for Best Feature Documentary at the Port Townsend Film Festival.

The film is coming to Vashon courtesy of Community Cinema, a groundbreaking public education and civic engagement initiative featuring free monthly screenings of films from the Emmy Award winning series

Independent Lens. Community Cinema is on location in more than 95 cities nationally, bringing together leading organizations, community members, and public television stations to learn, discuss, and get involved in key social issues of our time.

This will be the first in a series of monthly free independent films provided by Community Cinema. Future film and conversation events will be Sundays at Ober Park 3-5pm: May 22, June 5, July 24, Aug 14 and Sept. 11 with information about specific films to be publicized soon.

Patrick Baroch, National Community Cinema Coordinator NW and new Vashon resident will offer an informational talk the week prior to the showing. He will answer questions about Community Cinema and there will be information available about the Welcome Vashon project. This event will be Wed. April 20th 6:30-8:00pm at the Library.

Event coordinator, Jane Berg states “It is my vision that providing this opportunity for our community to come together for films that tackle current national and local social issues, we will nurture the spirit of inclusion and that “We All Belong” right here on Vashon.”

For additional information about the Community Cinema series on Vashon, contact Jane Berg at (206) 567-4532, or jane.e.berg@gmail.com

I’ve been doing a lot of reading lately. Here’s a book report.

Western thought is essentially the product of ancient Greek thought. The ancient Greeks, influenced primarily by the philosopher Plato, were dualists. They distinguished sharply between matter and spirit (or “form”). For Plato, the physical world we see and feel and touch and smell is the world of matter. It is transient and temporary. It is always changing and corruptible. The non-physical world is the world of forms, or ideas. For everything in the physical, non-eternal world there is a perfect “form” or “idea” that is eternal. We can see a chair in front of us and know it is a chair because of a vague memory within us that knows the perfect form or idea that is Chair. The thing in our living room is an imperfect copy of a perfect, eternal Form. A l s o for Plato, this world, with its corruption and physicality, is also marred by its plurality. The physical world is not one, but many. Everything in my living room is not united as one thing, but is a bunch of separate things. In the eternal world of Forms, everything is one and ultimately goes back to the One, the Good, which for Plato was God.

When the Romans conquered the Greeks militarily, the Greeks conquered the Romans culturally. Roman philosophy was Greek philosophy. After the fall of the empire and throughout the Dark Ages, Christian monks preserved not only their own scriptures, but classical works of history, philosophy, and science. When Europe emerged as a unified entity under the Holy Roman Empire, the monasteries were not only religious centers but were also the intellectual centers of Europe. The dualism of the Greeks continued to divide reality into Eternal Forms and the non-eternal physical world – and the Romans Catholic Church stood as the gate-keepers to eternity.

The rise of humanism in turn gave rise to the Protestant Reformation. After the Reformation came the terrible wars of religion. Through disgust and exhaustion, European intellectuals sought something more universal which could tie men together the way religion obviously could not. They landed with confidence upon Reason, and thus the Enlightenment was born - with a duality of its own.

Everything now had to be tested in the courts of Reason. Doubt, not belief, became the path to knowledge and understanding. Plato’s duality was maintained, but flipped on its head. Claims had to be challenged, had to prove themselves, and had to run the gauntlet of experience. The scientific method was the way to truth. What could be seen and experienced and proven was Fact, everything else was Value and Belief. Eventually, however, it began to dawn on people that everything could be doubted. Descartes’ “I think, therefore I am,” meant that the only thing he could be sure of was his own existence as a thinking entity. Nothing else was certain. Others found different points of “certainty,” and often rejected Descartes’ own version of certainty as subjectivism. Nietzsche, following these lines, drew the conclusion that the individual may as well seek pleasure and power, since objective facts give no meaning to life and subjective values (particularly religious ones) cannot be proven true.

Today, as “postmoderns” and “post-postmoderns,” we are still dualists. There are Facts (which we get from science) and there are Values (which we

get from who knows where). “The earth is round” is a fact-statement. “The earth is good” is a value-statement. “Babies are small humans” is a fact. “Babies should be loved” is a value statement. Most of us think that life has meaning, but really we can’t prove it. Any meaning we give it cannot be a fact. Some of us go the spiritual route, flip Plato’s dualism right side up again, and seek value in eternity or in spirituality. Some of us live for now, for the moment, and run around like little nihilists. Even facts are losing their strength. How many times have you heard on the news of the conflicting results scientists get, and how what was once scientific fact is now an amusing outdated belief? Our personal sense of security now has to come from our values – religion, spirituality, politics, family, romance, and even cynicism.

Plato’s “God” was simply the Good, the Source, the ultimate Form. Throughout history and up through the middle-ages, this Form was equated with the God of Abraham, Isaac, and Jacob – the God of the Bible. When authoritarian religion was overthrown by the Enlightenment, Plato’s Forms became values and transient matter became the stuff of Facts. When even the facts began letting us down, Western humanity joined the rest of the world in the return to Values – even if the value chosen was often cynicism. Facts, as scientific propositions, have not given us meaning.

The God of the Bible is not Plato’s God. God is not the ultimate Value who has come along, or been invented, to make life more meaningful. God is not the temporary answer to questions science hasn’t gotten to yet. Plato’s Ultimate Form is a philosophical dot on the horizon. Most people’s “God” is a warm place in their heart that makes them feel better, or a dark place in their mind that they hate. The God of the Bible is a person, in fact a Trinity of Persons. While you and I were looking up, looking down, or looking within for life to mean something, the God of the Bible became one of us, lived among us, and died on a cross to reconcile believers to himself. “God” is not a working hypothesis or an imaginary friend, but a Person who has stepped into the room and spoken.

Mike Ivaska is associate pastor at Vashon Island Community Church. He blogs regularly at www.vicc4life.com/blog and will be giving a series called “The Big Picture” at the VICC worship service every Sunday morning from May 1st through June 12th. Service times are every Sunday from 10am until 11:45am, and services take place across from Chautauqua Elementary on Cemetery Road.

Come Explore Our Waters

Continued from Page 1

may never have been before; kind of like Star Trek.

The field trip is sponsored by the Groundwater Protection Committee with support from King County Groundwater Protection Program. Contact Susie Kalhorn at 206.463.4006 or burnhorn@gmail.com for more information and to pre-register. There will be an additional field trip on May 7, if demand warrants.



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

Acupuncture, Raw food and Nuclear Radiation A benefit to heal one of Vashon’s healers...

When does an acupuncturist decide to start eating only raw food? When the radioactive toxins absorbed during childhood make eating cooked food painfully unbearable. My name is Jessica Bolding, licensed acupuncturist on Vashon, founded and work at PRAHM a family based healing center on the Island, and here is my story.

Most acupuncturists say “cook your food.” I did, too, until about three years ago when I noticed my finger hurt as though a splinter was under the nail. When my finger turned white my husband agreed it was strange and suggested I get it looked at. Within days my fingers had become numb, white and both hands and feet tingled, progressing to pain and numbness in my legs, face, and soon my entire body. The doctors were flummoxed. I thought maybe I had Guillain Barre Syndrome, but did not want to go to the hospital for observation. Acupuncture treatment was great! It caused me to sweat on the table and experience more pain, but by morning I felt almost new. Almost. I still had buzzing and tingling in my legs and face, fatigue and headaches. The tingling continued and occasionally I would wake with a foot or hand that felt like it had been sprained for last 2-3 weeks at a time. A neurologist diagnosed me with mild GBS.

Spring came, bringing with it more of the same symptoms, plus a tightened,

choking feeling. As symptoms worsened I began to run into things (black eye!) and drop things frequently. Now I was scared. It was not a one-time strange medical experience... my mind was at risk. The neurologist was sure I had a neurological condition, maybe MS. I was not thrilled with the treatment options, and decided to search for more than just herbal medication and acupuncture, which were great at keeping me functioning. I went raw, eating only fruits, veggies, nuts and seeds. Two weeks later most of my symptoms were gone. I discovered the neighborhood where I played as a child was responsible, and that is where radiation and nuclear pollution comes into this story.

I grew up in Oak Ridge, TN, “The Secret City,” where all road kill was checked and treated as radioactive waste. Growing up, I played for hours on end in heavily contaminated water. I am truly lucky to be alive and able to have children. Many of my childhood peers are not alive and many people are suffering mentally and physically. The suppression of information regarding health risks from nuclear pollution is impressive. As a child, I could feel it in the air and see it in the wrinkles of denial and frustration on parents’ faces. Unfortunately, these toxins have remained stored in my body and occasionally are unleashed.

After my second daughter was born, it may be that I exercised too soon and too

rigorously. My fat cells released toxins that were in my body from childhood. While I practice a healthy lifestyle, I still get frequent attacks and my Raynaud’s (numb hands) has become more painful when I deviate from raw foods. Dr. Nicole Maxwell, my naturopath, on Vashon, on more than one occasion, suggested I go in-patient for detox treatment. After my last attack we decided it was time... no more waiting for the next new health adventure to figure things out.

I have worked through out all of this continuing to offer healing to others as I work, diligently to heal myself. I am thankful to my clients. On those bad days, moving past any pain or buzzing sensation to focus on someone else was a great welcome. When facing a potential disability, feeling as though I have something offer is gold to me.

My family is accompanying me in June to an in-patient detox treatment facility where for three weeks we will learn how to eat, exercise and what medicine to take to manage my health while clearing out as much of this waste as possible. What a journey it continues to be! I have learned more about fear, health, healing, food and nature in the last three years than I would have imagined. I spend most evenings researching and doing my best, like many of us, to understand, accept and move forward, hoping to make the world a better place.



Jessica Bolding MS LAc

April 24th 4pm at PRAHM come in community support a healer affected by radiation from her past and Japan.
Kat Eggleston, John Dally, and Wally Bell, playing music from the Scottish/English borders, on smallpipes, cittern, dulcimer, guitar, accordion, and vocals. 50% of proceed go to Jessica’s treatment and 50% to Japan.
We will have some food to share, please bring a dish, BYOB All by donations and families are welcome. Please contact us for more information 463-9066 or www.vashonprahm.com.

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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.

We Have 100 Words for Rain

Inspired by persistent Pacific Northwest precipitation, Island resident Richard Rogers has published a book titled "100 Words for Rain". This whimsical weather guide combines familiar weather words to create many wonderfully weird weather words such as snist, razzle, sloudy, and drizzlebow that the reader may find useful to describe specific weather conditions here.

When Richard and his wife Susan arrived from Miami 22 years ago, an Island neighbor referred to the light precipitation as mizzle. He patiently explained to the newcomers that mizzle is more than mere mist but not quite drizzle. Beginning with that neighborly initiation into Pacific Northwest weather nomenclature, many whimsical weather words have occurred to Richard in the following decades.

He reasoned that, if the Inuit people have 100 words for snow, here in the Pacific Northwest we surely must have at least as many words for rain. So in "100 Words for Rain", familiar weather words such as mist, fog, drizzle, rain and snow are combined to create many new weather words. Between mist and fog you could experience gradations of fost and mog. Likewise there are subtle weather conditions found between rain and drizzle that could be razzle or drizzain. If neither snow nor drizzle accurately describes the current weather,



perhaps it's snizzling or drizzowing.

"Given time, patience, and a healthy obsession, you can combine three or more familiar weather words to create thousands of new weirdly whimsical weather words such as razzlebow, slizzlesnow, frosailclouzzle, drizzeetsnizzle and haizzlesnowbow. The combinations are almost endless" he says.

Richard has run his own graphic design and web development business for over 30 years and is a writer for Vashon Island's own music, comedy and variety show Church of Great Rain. A skit he wrote for a recent show is based on his book, "100 Words for Rain - A Whimsical Weather Guide" which is available in local stores and at www.100Words4Rain.com. He always prefers days that are mystering to ones that are drizzerable.

Vote for LOGJAM Round 7

That's right! Logjam, the comic that appears right here in the pages of the Loop, is in an online marathon cartoon contest and is doing great! Each week for the last 6 weeks, Logjam competed against a host of other strips, and readers voted for their favorites. The judges picked ten to eliminate each week, and the ol' Pinetop has survived every time. In fact, each week Logjam gained a higher total of votes and a higher ranking than in previous weeks. Now there are 4 weeks left to go, and Logjam (and creator Jeff Hawley) are looking for your vote! If you haven't already done so, go to the website, create an account (it's easy, and spam-free), then you can login and vote up to 4 times per day! (Whoo hoo! Democracy on steroids!) The address is:

<http://www.thecartooniststudio.com/CartoonStripSearch.aspx?name=logjam>.

Thank you!

Loopy Laffs

Moose Lake

I can't believe I was able to get my all vegetable soup to taste like meat!

How did you do it?

I washed a space rock I found and boiled it in the soup. The minerals in the rock must give it the meaty flavor. Try some and tell me what you think it tastes like.

Mmmm... yummy!

Meaty, you're right!

I Know!



THE INTRAISSLAND CONTROL COUNCIL VOTED TO ENDORSE A FEDERAL PROGRAM TO FIGHT OBESITY...

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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



Performing April 15-17
Comedy Night is Comming

Taxes aren't due until Monday this year so come out and celebrate the extra time with comedy at the Red Bicycle Bistro & Sushi. Hosted by local humorist and provocateur, Steffon Moody, this evening will feature an All Star crew of locally famous on-island comedians, and joining the roster this week will be some Vashon High School students, including Brazilian foreign exchange student, Victor Silva, and graduating seniors, musicians Sam Veatch and James Spencer. Also appearing will be the Blomgren Brothers, Per Lars and Anders, Kevin Joyce, Aimee Cartier, Harris Levinson, Karen Biondo, and master fisherman and puppeteer, Jim Farrell. 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.)

Friday, April 15, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Beth Whitney - Acoustic Folk-Pop



funky upright bass. Beth began song-writing at 16 when a gentleman handed her a guitar at church. She went home and delighted for hours (now years) at how words and melody "can yank you around, calm you down, or rev you up for the last lap round". After recording 'Leave Your Shoes' (2007) at Malamute Studios in Seattle, the pair toured some across the northwest at such venues as: The Tractor Tavern, Mr. Spot's Chai House, Barefoot Coffee Roasters, Sleeping Lady, and the Evergreen State Fair. Beth and Aaron were selected in the top ten of Wenatchee's Battle of the Bands 2009, and most recently, Beth took home the title as winner of Caffé Mela's 2010 Battle of the Bards.

Singer/Songwriter Beth Whitney and Aaron Fishburn combine folky-reflective songwriting with toe-tappin',

Friday, April 15, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Lunavision Presents: The Tillman Story

When Pat Tillman gave up his professional football career to join the Army Rangers in 2002, he became an instant symbol of patriotic fervor and unflinching duty. But the truth about Pat Tillman is far more complex, and ultimately far more heroic, than the caricature. And when the government tried to turn his death into propaganda, they took on the wrong family. From her home in Northern California, Pat's mother, Dannie Tillman, led the family's crusade to reveal the truth beneath the mythology of their son's life and death. THE TILLMAN STORY resounds with emotion and insight, and goes beyond an indictment of the government to



touch on themes as timeless as the notion of heroism itself.

Saturday, April 16, 6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Poet Reading - Melissa Kwasny



Press, 2006), which won the Idaho Prize in 2006. She is also the editor of Toward the Open Field: Poets on the Art of Poetry 1800-1950 (Wesleyan University Press, 2004). Widely published in journals, including Willow Springs, Threepenny Review, Ploughshares, Poetry Northwest, Bellingham Review, Crab Orchard Review, and RiverStyx, she was recently the Richard Hugo Visiting Poet at the University of Montana and a Visiting Writer at the University of Wyoming. Kwasny received the Poetry Society of America's 2009 Cecil Hemley Award for a series of poems that appears in The Nine Senses. She lives in Jefferson City, Montana.

MELISSA KWASNY is the author of the acclaimed poetry collections Reading Novalis in Montana (Milkweed Editions, 2009), The Archival Birds (Bear Star Press, 2000), and Thistle (Lost Horse

Sunday, April 17, 3pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Spend an evening with
Danny O'Keefe

By Janice Randall

Washington native and Vashon resident for 30 years, Danny O'Keefe's musical career spans more than four decades. As a guitarist and contract songwriter on Nashville's Music Row, O'Keefe has been penned the 'master of melody.' O'Keefe's songs have been recorded by the likes of Judy Collins, Elvis Presley, Jackson Browne, Willie Nelson, Alison Krauss, Alan Jackson, Nickel Creek and many others.

He will play Saturday, April 23, 7:30 pm, at the Blue Heron Art Center, joined by multi instrumentalist Joel Tepp. Tepp, who has played music with O'Keefe for years is considered one of the region's top slide guitar, harmonica, mandolin and clarinet players. Together they will play music from O'Keefe's newest release, Dreamers, a multi-media project focusing on the history Nez Perce tribe. They will also play favorites from O'Keefe's more than a dozen cds as well as his best known million-seller hit "Good Time Charlie's Got the Blues."

Tickets, \$15/\$18, are available



now at Blue Heron, Heron's Nest, Books by the Way and BrownPaperTickets.com. Call 463.5131 to purchase by phone.

Watermark
Acoustic Folk Rock



Watermark plays folk, blues, and acoustic rock, grooves and ballads, with acoustic guitars, harmony singing, and soaring flute solos. The band is Roger Taylor on guitar and vocals, Kevin Almeida on bass and vocals, and Larry Lawson on flutes

Friday, April 22, 4-6pm. At Cafe Luna, 9924 SW Bank RD, www.cafelunavashon.com

Argentine Tango &
Bandomonium Music
Hosted by Janeen Bramwell

Join us for an intimate evening of Argentine Tango music and dance. Tangos will be performed by the duo, "Bandomonium," capturing the flavor of old Buenos Aires with music for two Bandoneons, the quintessential instrument of the Argentine Tango. Island tango dance teacher and musician, Janeen Bramwell, will host the evening with her duo partner Mimi Henley, from Port Townsend. There will be space for dancing by our Vashon Tango community. Bring your dance shoes, or just listen and enjoy the spectacle!

Saturday, April 23, 4-6pm,
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



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PANDORA'S BOX

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Ian Moore & the Lossy Coils



Tickets for this show are on sale now at the Red Bicycle. This is the very first time Ian's entire band has played on the Island and with Ian now touring the world in Jason Mraz's band, the chance to see Ian & The Lossy Coils here on Vashon is pretty slim down the road...so don't miss this show, it will sell out quickly.

Ian Moore entered the Austin music scene in the early 90's. With his high cheekbones, fetching head of hair, and velvety croon, Ian quickly became a pop pin-up, and Ian Moore shows often found hysterical teenage girls rushing the stage.

Matt Harris took his high school love for all things /rush and van halen to task, entering the burgeoning music program at Northridge, where he majored in Classical music performance. After 4 years, disillusioned with the stiff joyless feel of academia, he took a job at Andy Brauer, providing cartage and guitar tech for the top LA studios.

Ian and Matt first met at a crimping seminar in the fall of 2002, where they placed 2nd in the dual crimp-off category with a hastily rendered crimp of "captain cabinets", later that week bonding over their mutual love of middle eastern psych and Marcella Hazan. They began experimenting with form and function in Ian's home studio, where they remained for the next 2 years, playing local shows as the 'Holy Soltices' and the 'Echo sissy toll', until forming the Lossy Coils in early 2005. The Coils(at that point a duo) emerged publicly in a cloud of mystery from the southern student movement and the nascent east Texas rock scene of the mid 2000's. The origins are not merely obscure, they are contradictory. According to the standard line put down over the years, the band was the brainchild of a journalist who single-mindedly constructed a group on order for a record company, a Texas Überband that was meant to establish the state's music amid the superstar California and New York groups that had taken over national pop music. Ian and Matt fleshed out the band, finding drummer Kyle Schneider living in a commune in Bastrop, and Kullen Fuchs at a church function in Amarillo Tx

They did not commit to a new band all at once—there was first a short wait-and-see period to check each other out. But the four musicians—Moore, Harris,

Fuchs, and Schneider—soon realized that their varying musical orientations—pure song vs. pure sound—complemented each other well. And if nothing else, they agreed wholeheartedly that they weren't interested in music that imitated the English and American blues-based rock bands then so popular in east Texas. "First of all, we aren't blacks who express their suffering through the blues," Harris told San Francisco provocateur Parker Gibbs. "But we didn't have a thousand things pounded into our heads for nothing at school. We felt we should find a way to express all that.h

At a gig in Austin, in 2009, Kullen refused to go on stage, claiming that a "wall of force" was preventing him. He left the band, starting a leather company focusing on equestrian saddle building. The coils reformed as a power trio and retreated back to the studio

The Lossy Coils, now stand high on a vast vista with a new album" El Sonido Nuevo" on Spark and Shine Records, having mastered the fusion between rock'n'roll, avant garde and world-music, using such fusion to pen long and dynamic post-psychedelic musical journeys that reinvented the form of the classical fantasia in the age of post-modernism.

So, what exactly do the Lossy Coils feel, being lodged with such austere responsibilities? Are they dilettantes or geniuses, or both? Ian laughs heartily and says "we are common men, speaking in a language that the common man unfortunately does not understand". "Since we have the knowledge, We can help them to figure out where their morality meets their mortality" Or, as Matt says "If you, like me, believe the current morality... or the signals for each morality really... are pushed by an established power or, media... well, it's really just another way of suppressing or ridiculing the working man, so he has less to look up to in his own life."

Hot off touring with Jason Mraz all over the world...don't miss this rare appearance by Ian Moore at the Red Bike with his band, The Lossy Coils...it's going to be a really special night.

Friday, April 22, at 9pm. Get you tickets in advance at the Red Bicycle, this show will more than likely sell out! All-ages 'til 11pm, 21+ after that. \$10 cover

Beginner Aerial Workshop & Conditioning with Esther

Learn how to fly and get in shape at the same time! Esther will teach various floor and aerial techniques that will get your body moving on the ground and in the air. We will start with a warm up using Esther's Pilates and Aerial expertise to give you conditioning moves that you can continue to practice at home for upper body and core strengthening. We will then explore various climbs, inversions and falls on sling, trapeze and fabric to take those moves into the air and have fun! This is a great preparatory workshop for those who want to learn aerial skills, challenge themselves with new types of movement, as well as just get in shape. Please contact esther@silkaerial.com or call 206.463.6765 to register right away.

All levels are welcome as this is a non-competitive environment. Monday night students can take this class for a discount rate. Participants should not have any major injuries at this time.

Wednesday Evenings 6:15p-7:15p, April 13-27th at the Open Space, \$45



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