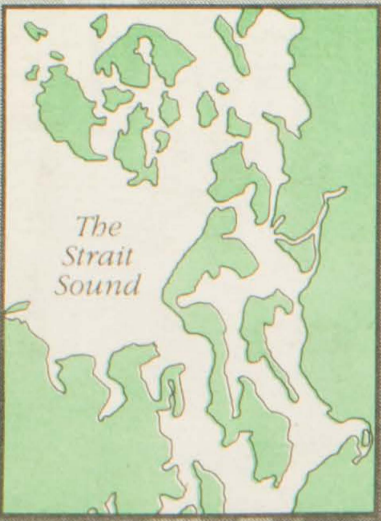


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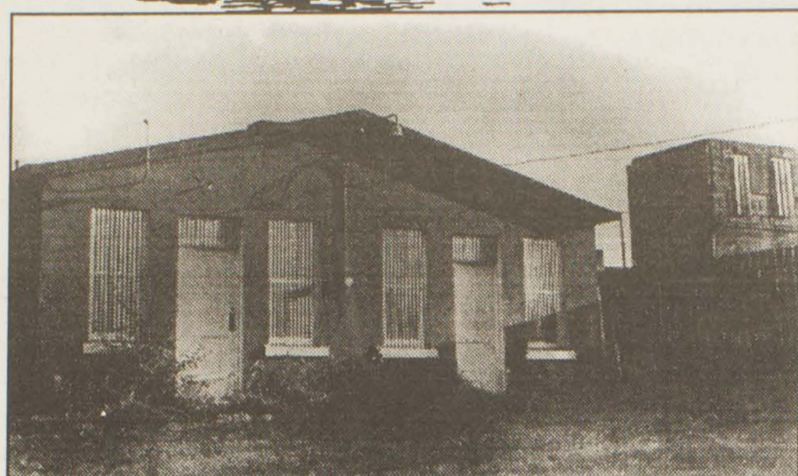


Photo courtesy of Island County Historical Society

## Island County Jail

**J**ail. Hoosegow. Da slammer. No one wants to go there, even to visit, despite what the Monopoly board game states. But in Island County, from 1903 to 1919, a total of 312 recorded prisoners did time in a little one story box of a building. Its ominous barred windows are covered now; the structure, painted a soft pink, quietly blends into the neighborhood of 7th and Kinney in Coupeville.

During the years mentioned the jail housed more than 20 people who eventually were sent to the insane asylum, either at Steilacoom or Sedro Wooley. A 31-year old man paid an unspecified fine for reckless driving in 1905. Soldiers were incarcerated for desertion (five occasions), stealing chickens (four times), and possession of morphine (twice) before being turned over to the military authorities. One 18-year old soldier committed grand theft auto when he stole a car and another soldier liberated a launch before apprehension. In 1903, a 30-year old Coast Artillery soldier was convicted of rape and sentenced to five years. Another 30-year old man got six months to two years at Monroe for adultery. An enterprising 23-year old paid a fine for smuggling 64 cases of Canadian whiskey in 1917. Many inmates had gone fishing or hunting without a license, quite a few either made or sold liquor without that all important license, and a number of people committed assault including one man who killed a farmer's goats. That behavior cost him \$100 and court costs.

Other crimes included the man and wife who refused to send their daughter to school, a 48-year old man who served 30 days for sawing the brands off the ends of logs, and two men sentenced to 20 years for first degree murder. In 1907 a 39-year old man was arrested on two separate occasions for assault. The jailer noted that the man had "scars on left cheek and scars on head" and that "he is considered a bad man, claims to be a deep water sailor and will fight to the last ounce." A 15-year old delinquent child was committed to the Washington Children's Home in Seattle. And recorded in thick, black ink for both 1910 and 1915, the phrase all lawmen detest: "Broke jail and escaped." No details were given.

*Mike Diamanti is a historian, archaeologist, writer and house/decorative painter who lives in Greenbank.*

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ON THE COVER: *Lolita on display at the Miami Seaquarium. Photos by Kelley Balcomb-Bartok.*



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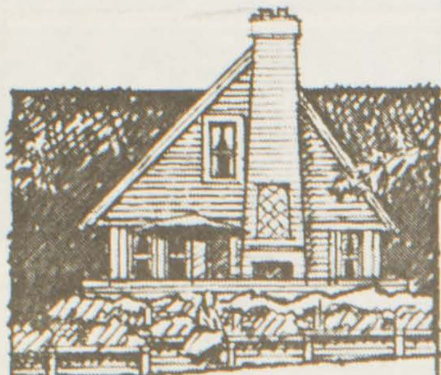
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## The Shrinking Pool

As humanity blooms and burgeons, and as the various layers of technological and electronic webbing integrate more and more of the global community into common communication (thus creating the drive to "a higher standard of living" in everyone, everywhere) the pool of resources from which we all must draw our sustenance is ever more rapidly shrinking. We can sense and observe this most, perhaps, in those last best places — like our island region, here in the Maritime Rainshadow.

Justice might argue that we ought to move towards some grand homogeneity, where no one has it any worse or any better than anyone else, where all nations have an equal share of what's left of the wealth, or at least are left to control the shrinking wealth within their own borders.

Here in this region we know there are no borders, as others can come and go, extracting wealth as they are able, as they deem themselves fit. This creates an interesting state of mind; I don't know about you, but I think I understand the First People a little better now.

When the global resource pool was larger — a "limitless" ocean, in fact — anyone could drink from it . . . without limit. But then, just a few years ago, the ones with better eyesight could begin to make out the distant shore beyond the

pool — a new discovery and a shift in consciousness: the limitless ocean was actually a large, landlocked sea. Since that time, the far shore has become clearer and nearer as the lake has continued to shrink. And for every mile it shrinks, its shoreline loses miles, and for every mile the shoreline loses, we are all that much more crowded together around the pool from which we all drink.

Now we are close enough together to see the eyes of those drinking across this shrinking pond. And now everyone has *not one thirst but two* — a thirst for what is needed now, in the present; and a thirst for what *might* be needed when there is not enough left for everyone. With two thirsts, more people are drinking even more from the pool, attempting the impossible — saving up for when the pool goes dry — but it doesn't work that way, and we know it, even when we act like we don't.

The war over global resources (and it is a war, and it's been going on through all of history) is a greed-driven battle of the most base and fundamental sort, and we're all combatants in it. There is greed in each and every one of us. We can see it in the way we shop or seek out the best seat at the theater or in the way each of us always wants to be right.

So here we are, you and me and you and you — Americans and Africans and Asians and Australians and Antarcticans — all gathered around the shrinking pool, drinking faster than it'll ever rain, afraid to stop because . . . no one else is stopping and the pool may go dry before we can drink again. So we keep on drinking, and the crowds keep crowding, and there's less and less elbow room, and less and less pool, and we

can taste the mud at the bottom, and it tastes like death.

### The Expanding Pool

Everybody takes one step backwards and plays a new game — who can go the longest between drinks? When you're thirsty, you step up and drink, and everyone knows that's okay — next time you'll be able to hold back longer. Showers come and showers go; the pool rises and falls, then rises again. In general, it's very slowly rising.

Everyone takes another step back, raises the ante in the game. Who can go the longest between drinks, then a little bit longer, still? There's noticeably more elbow room, even with more people than ever around the pool. The water is rising, and there's a new discovery: Less fear means less greed.

Oh, you mean, we were devouring the earth because we were afraid? Precisely. Draining the pool to fill something inside that could only be filled by not draining the pool? Ironic but true.

Take another step back, and another. Spend less time at the pool. Eventually, *the pool will rise and come to us*, if we just leave it alone.

Sense how more aware we've become of limitations, and try to find an attitude that transforms limitations into advantages. Supreme success, says the *I Ching*. It furthers one to take one step back, and another. Sometimes, victory means stepping back from defeat.

May you walk on water!

Drew Kampion  
Editor & Publisher

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# Backwash

## Uniforms, Not Uniformity!

This may surprise a lot of people, but I want to go on the record in favor of requiring school children to wear school uniforms. Now, that may not sound like someone who is known for being a free-thinker, one who tap-dances to her own beat through life, one who treasures individuality and creativity. So, let me tell you why I like the idea. The practical reasons are so obvious, I won't go into them.

As a Navy wife of 37 years, I have seen what a uniform does to young people:

- \* It immediately makes you financially equal to the rest of the group.
- \* It makes you one of the team, and that is painless discipline.
- \* It is a placebo for "flying colors."
- \* It does not make you a clone.
- \* It is not an intellectual strait-jacket.
- \* It does not stifle your individualism.

You know, before you can become a shining star in this universe, you have to learn to be part of the solar system. You need to learn teamwork before you can go beyond the group and shine on your own. Being part of a team teaches you how to get your ideas across, how to persuade others, how to follow as well as lead. If you need to use clothing to get attention or good strokes or gain points, you will never get attention, good strokes, or points from you ideas, personality, or talent.

Too conforming for you? A loss of personal freedom of expression? Looks like Hitler's Youth? Balderdash and blather, excuses, bulldung, and toe jam.

You either have it inside (or will have it) or you ain't gonna get it trying to look cool. When you're an adult and truly have it altogether, you can always buy that Corvette and really look cool.

Just remember to be grateful you had to wear that school uniform and didn't end up wearing a jail uniform.

Caroline Byng  
Coupeville

## The Coming Red Storm

What's the matter with Willie White Eyes? Does he not care for the taste of his own medicine? Treaty thinks he owns us, but it's you, you my Anglican brother, who OWES us. Bounty of River no longer produces Salmon for your insatiable Ghosts. Why? Now you threaten and rebuke the Maka from the affluence of Whale???

Japanese gear, western technics will not deplete their doom already set in motion by your Big Green Machine. No ... the RED DAWN is near and the day of the Whale will once more fill our hearts, bellies, and gardens despite your legislated toilet roll. So pay no attention to us, oh Great Satan, for you had best concern yourself with Red China before the REAL RED STORM stunts your pat dream of a one world peaceful utopia and plenty.???? Stolen once already by your GOD??. Now the harbingers of the Red Horde are upon thy doorstep ... awaken, lest all your crowing cocks will be but faint echo from the Blind man's slumber.

Major Billy Tworaven  
Langley

Sic. — Ed.

## Keep Search & Rescue, Less Intrusions!

NAS Whidbey is the home of the Intruders that roar over our homes day and night, burning hundreds of thousands of gallons of fuel and spewing their exhaust and noise into the atmosphere. It is also the home of a search-and-rescue unit which is credited with saving numerous lives in the Cascades and Olympics. This unit helps the civilian population as well as the military. Very good to have around.

I was listening to the radio the other day and heard the announcement that, to save money, the SAR unit was to be deactivated — the saving to be in the neighborhood of \$900,000. This saving, no doubt, will allow still more Intruders to practice their touch-and-goes over our homes. I guess the injured climbers and exposed hikers and women in labor with the roads impassable that are saved by the unit can just go fish. Perhaps they don't crash enough Intruders to make the SAR team cost-effective.

I think the government should reconsider cutting the only thing that directly serves the populace of the Northwest. Give the Intruder pilots a few more days off and us a little more peace and quiet. Keep the SAR unit.

Priorities yet again.

Steve Osborn  
Camano Island

## Stirring the Pot

I thought I could survive without the **I** but found myself craving the local leftist news slant. I really enjoyed the "Anarchy Is Order" essay by Dharma Bledsloe [in No. 69] and will contribute \$12 on the strength of that article alone. In the words of Edward Abbey, "You've got to stir the pot or all the scum rises to the top and the bottom gets burned." Keep stirring.

Also: Patrick Worsnip makes a very convincing argument for US intervention in Bosnia [see *Off the Wire* on "Liberty" in *News & Comment* in No. 73], but I'm still not convinced about the liberty and moral-high-ground crap. US military and corporations have been training, arming, and supporting brutal dictatorships all over the world. Indonesia, El Salvador, Guatemala, Nicaragua, Chile, Haiti, Vietnam ... the list goes on and on.

See *Backwash*, page 46.

The *Island Independent* welcomes backwash from readers. Keep 'em short; letters may be edited for length. Write to Backwash, c/o *Island Independent*, Box 853, Langley WA 98260. Fax: (360) 221-4737. E-mail: indie@whidbey.net

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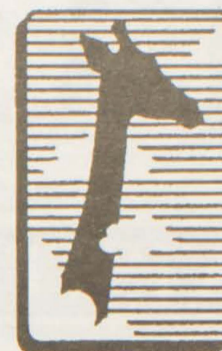


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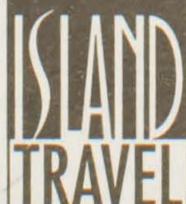
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<p>▼ Theatre No listings available at press time.</p>	<p>▼ Movies "Leaving Las Vegas" and "Bed of Roses" at the Rose Theatre. Call (360) 385-1089 for showtimes 235 Taylor Street</p>	<p>▼ To Do March 2, 16, 30 Marine Science Center Protection Island Cruise. Info (360) 385-2639</p>	<p>▼ To Do Mar 2 &amp; 9, Odyssey of the Mind, Regional Tournaments in creative problem solving. (Kindergarten -12) For more information call Centrum (360) 385-3102</p>	<p>▼ Exhibition "Quilting Our History" March 1st - April 30th Jefferson County Historical Museum Mon-Sat 11am-4pm, Sunday 1-4pm 210 Madison Street (360) 385-1003</p>

# News & Comment

"Sentiment without action is the ruin of the soul." — Edward Abbey



## A Roshi Comes to Whidbey One Drop of Zen

BY DREW KAMPION

South Whidbey — He's a different kind of warrior, but a warrior all the same. You can see that in the confident laughter in his eyes and the lean solidity of his body, but most of all in his walk. Trailing behind him on the soggy path through young groves of alder with a handful of respectful followers (a few in robes

with their heads clean-shaven like the man they're following) there is a clear sense of a warrior's purpose in this visitor from the East.

His name is Shodo Harada Roshi, and he has been abbot of the Sogenji monastery in Okayama, Japan, for the past 14 years. Recognized as a "Zen master's master," a man of great clarity, simplicity, humility, and single-mindedness (characteristics associated by some with enlightenment), "Kojo-san's" particular personal mission is to bring the Zen message to the West — and the West turns out to be Whidbey Island.

The 55-year-old Zen master is new to the island, but not to the Northwest. He's been flying into Seattle regularly since 1989 to lead week-long retreats — called *sesshin* — at Cloud Mountain Retreat Center in southern Washington. But when he arrived there last year he was shocked to find the surrounding forest reduced to a smoldering clear-cut wasteland. "Where did all the trees go?" he asked. "Japan," someone answered.

When two of his students — Fred and Carol Olson of Langley — proposed locating a permanent zendo location on Whidbey Island, the Roshi (the word means *teacher*) was enthused — "a very special place [Whidbey] ... a good place to 'raise' people," he told the *Island Independent* through his American interpreter, Yu-san. With the Olsons' help, a search for a location was undertaken, leading to the discovery of this 60-acre parcel near Double Bluff.

The Roshi and members of the One Drop Zendo Association hope to build their Zen center here. Out on the land on this bright February afternoon, the Roshi and his followers are clearly inspired by the possibilities. There is a large, exquisite pond in the heart of the property (perhaps "One Drop Pond"?),

and Langley architect Ross Chapin has designed a site plan that includes classic Zen relationships in an inspiring fit to the terrain.

According to the Olsons (co-chairs of Whidbey Island Friends of One Drop Zen Center) the center will occupy only 20 acres. The other 40 are to be donated to the Whidbey-Camano Land Trust to allow the land to return to its natural state (most of the acreage was clear-cut about 15 years ago). Besides its temple buildings, small dormitory, and gardens, the Roshi hopes that One Drop Zen Center will eventually include a hos-



The Roshi with Yu-San and architect Ross Chapin discuss the site plan

pice structure where he can continue the work with cancer patients he has been doing during his Seattle visits for the past several years.

The Roshi said that establishing a center in the city was not feasible because "there were too many distractions there," and that nature was necessary to "raise" people.



Shodo Harada Roshi

Marsh House in Clinton on Feb. 12, "keeping these trees from going to Japan."

The Roshi also emphasized that the center itself would be a regional resource. There will be

Roshi continued on page 12.

## Island County 2000 The Rules of Engagement

BY L. JOE MILLER

The voters of Island County have decided to once again re-examine their form of county government, which was established in 1889. This review is the result of a study done over a period of three years by an ad hoc group of about 25 concerned bipartisan citizens calling themselves "Island County 2000." The group included the county auditor, a former county commissioner, the county Republican party chairman, a former city manager, a retired university president, and a number of other well-known community leaders. Although motivated by the same desire for more local control and better representation, Island County 2000 has no connection with the Greenbank and Camano Island efforts to organize community councils, authorized under a new state law, which gives them an advisory voice in local land-use issues.

A successful petition drive resulted in the charter question being placed on the November 1995 ballot. The decision was made by the voters at that general election that a Board of 15 unpaid citizens, known as Freeholders, prepare a Home Rule Charter for the governance of Island County. At the same time, 15 Freeholders, five from each commissioner district, were elected to perform that task.

There are three basic options from which the Freeholders must select the most appropriate structure for their county. They are:

1. The present three commissioner system

with possible variations/refinements

2. A county council and a separately elected county executive

3. A county council which would appoint a professionally-trained manager

The work of the committee will include decisions on a host of lesser but very important issues, for example:

\* Should all or some elected administrators be appointed (coroner, clerk, assessor, auditor, treasurer, sheriff)?

\* Should county officers be non-partisan, as in Washington cities?

\* Should terms and campaign financing be limited?

\* Should the voters have the right of initiative and referendum (possible only in areas governed by charter)?

\* What should be the powers, duties, and compensation of elected officials?

\* How many members should comprise the council; should it be full-time or part-time, etc.

These issues will be measured against our newly adopted mission statement, which reads as follows: *The mission of the Island County Freeholders is to develop and propose to the voters a framework of government which is efficient, representative, and responsive to the people.*

The Board's objective is to complete this task by early summer, in order that it may be placed on

the ballot in the fall of 1996. The charter will be approved or disapproved by a majority of those citizens voting in the fall election. The success of its work depends entirely upon the willingness of Island County citizens to participate with the Freeholders in the development of this document, and on their understanding of what is involved in the program.

The Board meets at 7:00 p.m. on Wednesday evenings, alternating among four separate locations: First Wed., Clinton Progressive Club; second Wed., Terry's Corner Fire Station, Camano Island; third Wed., Skagit Valley College/City of Oak Harbor Library; fourth Wed., Commissioners Meeting Room, Courthouse, Coupeville.

Citizens are urged to attend these meetings and offer suggestions at the public portion at the beginning of the session, or at its close. Public hearings will be scheduled prior to major decision points in the schedule. Those who would rather do so may send comments to the Board in care of L. Joe Miller, 4042 Smugglers Cove Road, Greenbank, 98253

The voters have elected a Board of competent, dedicated people, one that is diverse in background and that will not decide on the preferred basic form until all three have been reviewed — probably in March. It appears to be mixed in its general inclinations at the present time, some favoring the status quo, some favoring change, and perhaps the largest group still reserving judgment.

To further clarify its role: The Board of Freeholders has no connection to the Community Council issues in Greenbank and Camano Island; it is not running a referendum on the present county officeholders; it will not be involved in those issues that are more properly addressed in

## View From Main Street Citizen Jack

BY BILL SKUBI

Clinton — A bad cold, like fog, comes in on little cat's feet. I was feeling the first twinges a week ago on the Clinton ferry when I looked in my rear-view mirror to see a tall, gray-haired walk-on passenger striding purposefully onto the boat moments before we left the dock. It was congressman Jack Metcalf of Langley, dressed in black jeans and cowboy boots, wearing a blue canvas windbreaker and carrying a briefcase and navy-blue blazer with a clear plastic cover. Already a local man was talking to him as he passed by my car on the way to the passenger deck. By the time I joined the conversation upstairs, another man in a light olive business suit was leaning over his seat to listen, and before long an old-timer in grease-stained overalls had joined the freewheeling question-and-answer session.

What did he say? Well, this life-long legislator, champion of term limits, will run for two more terms in congress. He is disappointed that Newt Gingrich and Bob Dole "were outmaneuvered by the President" on the negotiations to balance the budget, but swears Congress has not given up. Asked whether Congress would keep its promise to give the President a line-item veto, Jack said the Republican majority would do it eventually, but implied they were in no hurry to give added power to Bill Clinton.

On the subject of the balanced budget, Jack opened his briefcase and fished for copies of a *Washington Post* editorial that disputed the President's position. As Jack passed the editorials around, I noticed several bottles of vitamin pills rolling around inside his case. This prompted me to remark on his apparent vigor and good health. "How is it you're the only politician I know that comes back from Washington looking younger?"

"It's fun," he answered, eyes atwinkle. "These are days of high adventure, at times disgusting and boring, it is nonetheless a colossal struggle between people who say we can continue the [government] spending and those who say, 'No way, we have to curb spending.'"

As the ferry approached the dock, we went our separate ways. My day was filled with Internet consulting, and I was left to ponder the irony of Jack Metcalf, a true horse-and-buggy politician in an age of information superhighways.

I recently got an e-mail message from a former aid to Metcalf's predecessor, Al Swift, who smugly asked me, "How is it having Jack Metcalf for Congressman?" I had to think back on the last time I sat across the table from Al Swift; he seemed distant and overly dependent on the three staff persons attending him. Compared to this meeting with Jack Metcalf — who was sober, alert, and surrounded by neighbors instead of paid staff — I have to say that even though I have many deep political disagreements with Jack Metcalf, I sure do like his style. •

legislation. Its sole role is to develop a charter outlining the basic structure of government — sort of a local constitution that best meets our present needs, and which will position Island County for the complexities of the 21st Century. It is fervently hoped that this charter will contribute to an environment in which we can again be proud of our government, which in a free democratic society is, of course, ourselves.

Former city manager of Bellevue, Wash., and Rochester, N.Y., L. Joe Miller is chairman of the Island County Board of Freeholders

News & Comment continued next page.

News &amp; Comment continued from page 7.

## Orcas & the Big Picture

BY FRED FELLEMAN &amp; KATHY FLETCHER

Seattle — On January 8, the *Seattle Post-Intelligencer* described the Herculean efforts of Craig McCaw and the Free Willy Foundation to find a new home for Keiko at the Newport Aquarium in Oregon. Some in the scientific community and aquarium industry have criticized the project, claiming it's drawing money and attention away from more pressing conservation issues.

The fact is this project has done more to raise the awareness of people worldwide to the needs of orcas and their ocean habitat than any recent scientific publication, aquarium program, or conservation campaign. This level of public education has been accomplished with money generated from private donations.

Perhaps it takes whale-sized projects like this one to recommit voters and politicians to the importance of protecting our quality of life, which is enriched by having three resident pods of 95 orcas as neighbors.

Keiko has opened people's eyes. It is now our responsibility to take actions that not only help the welfare of this individual whale, but also our own orca population and the greater Puget Sound and straits habitat, which supports this region ecologically, economically, and spiritually. We now know that orcas' habits are jeopardized by dwindling

salmon runs, repeated oil spills, and lack of protection along our rivers, coastlines, and critical wild-life habitats. The question is, do we have the political will to do anything about it?

That people from all over the world cared enough about an orca to enable such a reintroduction to be attempted must give us reason for pause and reflection. That elected officials may be caught in reflection would be a positive outcome of the project. That they may now be concerned with what others think is even better. The fact that no species better symbolizes the health, spirit, and beauty of Northwest waters than an orca provides



Photo: Kelley Balcomb-Bartok

candidates who care about our collective quality of life with quite a platform.

Fortunately, there are defenders of the Northwest left among our elected officials. For example, state Sen. Karen Fraser (D-Lacey) held hearings on the Marine Waters Protection Act in the legislature on Jan. 10 to elevate the conservation of our state's greatest liquid assets. Reps. Nancy Rust (D-Seattle) and Jim Horn (R-Mercer Island) have been strong

supporters of the Office of Marine Safety. US Sen. Patty Murray (D-Wash.) and US Rep. Jim McDermott (D-Seattle) have been the two most consistent voices representing our state's natural heritage at the federal level. They have both been opponents of offshore oil and gas development and of lifting the export ban on Alaska crude, while being staunch supporters of the marine sanctuary program and oil spill prevention initiatives.

Rehabilitating captive orcas for reintroduction to the wild will be difficult. But it will be worth it for the whales involved as well as for helping us do our part to restore the health of Puget Sound, prevent oil spills, and rebuild the region's wild salmon runs in the process. Beyond the symbolism, it is important that we develop techniques that enable us to rehabilitate orcas and other marine life. The Northwest now has a state-of-the-art rehabilitation facility that will be available for assistance of numerous species into the future. The facility also will establish a new standard of display in which people will be able to observe the magnificent creatures up close, not performing.

The knowledge and public awareness gained by introducing orcas is extremely important. Keiko may not be the best candidate. Oregon's cool, clean waters and good veterinary care should help him gain some weight and may cure his skin disease. But his teeth are worn, and he came from a pod in Iceland of which we know nothing. While the owner of the aquarium in Mexico donated Keiko to the effort, the pro-whaling Icelandic government has expressed opposition to having him reintroduced to their waters where he can be shot by fishermen.

There are other far more suitable candidates for reintroduction than Keiko. For example, Lolita is a 30-year-old female orca in an inadequate facility. She also has many years left to live, if removed from captivity. In the wild, the average life span of a female orca is 50 years, with maximum longevity of up to 90 years. The average male orca lives 29 years, with a maximum longevity of 60 years. Lolita is in excellent health. She was taken from Penn Cove on Whidbey Island in 1970 and is the last surviving captive orca from the Puget Sound population. Researchers have studied her natal pod for more than 20 years, so we know where she came from and where she belongs.

Politically, her problems are the opposite of Keiko's. Lolita has the bipartisan support of Gov. Mike Lowry and Secretary of State Ralph Munro, who have publicly called for her return to Washington waters. Unfortunately, her owner, the Miami Seaquarium, has refused to discuss her sale. They claim to have her well-being at heart. Yet, she is being housed without orca companions in the worst facility in the states.

Most important, orca celebrities remind us that for their species to have a future in this region, we must protect the Sound and straits. Reinvigorating the conservation of Washington waters through the passage of the Marine Waters Protection Act, fully funding an independent Office of Marine Safety and the establishment of the Northwest Straits National Marine Sanctuary are critical steps to be taken. It surely would be curious to "free" Lolita but not be willing to ensure that she has a healthy place to come home to and a family to greet her.

The project will teach us much about orcas and about ourselves. We hope they help us learn that no matter how "civilized" we appear, we all retain some part of the wild within us, and it is worth much time and money to preserve and restore wild places so that we may be reminded of our shared destiny.

NOTE: See cover story on page 15 for more on Keiko and Lolita.

Fred Felleman is a board member of the Washington Environmental Council. Kathy Fletcher is executive director of People for Puget Sound.

**Reality Check**  
Opinion by Sue Ellen White-Hansen  
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## Legislative Follies

It's an election year, thus most of what we can expect from our state Legislature is the stuff that will get them re-elected, depending on whom they see as constituents. And with a new rise of conservatism, philosophical differences are more pronounced and party line polarization more defined. The good news is that Washington State will have a budget surplus. It's agreed that some surplus should be saved, but there's disagreement on just how much.

Tax-and-Spend Liberals (read Democrat) want to give a lot to education — financial aid, aid to colleges to increase enrollment, a higher education computer network — in the hopes that the citizenry can be educated, lifting itself up and providing more jobs and better life and getting the votes of grateful students and their parents.

On the other side, Slash-and-Giveaway Conservatives (mostly Republicans) want to give a big sales tax break to manufacturers and cut welfare and spend the money on stiffer juvenile prison sentencing and more intervention in the hope that the happy manufacturers will trickle down more jobs for the citizenry who will be deterred from crime and will have a better life. Those manufacturers will then return some of this largess in the form of money for re-election campaigns.

The bad news is that there are a few bills that really ought to concern voters in our region, thus this synopsis of the bad, the ugly, and the just plain stupid as of publication deadline:

Elimination of the Puget Sound Water Quality Authority — Providing technical assistance to governing bodies and education to all, this agency has had success in helping clean up Puget Sound (and the straits) in its ten years of existence. Its reward for the hard work: kill it. Led by a legislator from Moses Lake, the House voted 59-36 not to reauthorize [HB 2875]. The Senate passed a bill [SB 6166] 34-14 to continue funding the agency, and now both bodies will have to compromise in committee for funding to continue. PSWQA's future will depend on what other chips are on the negotiating table. If it fails there, the agency will expire on July 1. Voting for ending it in the House were Beekma, Schlin, Hymes, and Buck. No votes came from Kessler and Quall. Our region's Senate delegation — Spanel, Haugen, and Hargrove all voted to continue funding.

Protecting Private Property — Yet another attempt to resurrect private property rights that the public soundly rejected last year in the form of I-48 where no's were 58.6% in the 24th district, 62.5% in the 40th, and 65.8% in the 10th. This bill [HB 2223], originated in the House by Dale Foreman, Majority Leader and Republican candidate for governor, was passed by the House and probably won't see the light of day in the Senate Government Operations Committee, chaired by the 10th's Mary Margaret Haugen. But here's the House vote, as a little reminder for November. In the 40th: Buck, yes; Kessler, no; in the 24th: Hymes yes; Quall, no; and in the 10th: Beekma, yes; Schlin, yes.

School Bus Advertising — Of all the nincompoop bills, this one [HB 2721], whose prime sponsor was Oak Harbor's Barney Beekma, takes the cake. It allows school districts to sell advertising spots on the busses. Great idea, Barn! How about ads for no-nutrition sugared breakfast cereal to greet kids on their way to learning in the morning — sandwiched, perhaps, between Joe Camel and the American Cancer Society? More brainwashing in consumerism is just what children need — maybe some ads from Barney's Interwest Bank on easy lines of credit for tikes. This one must have originated in the advertising industry, but it was passed by all our region's House members. Fortunately, parents can put a quick stop to it at the local school board level. ☐

## Miscellaneous Meditation

BY JESSICA WARREN

1/13 — I'm sitting on the subway — just about every seat is full. At 42nd St., Grand Central Station, a man boards. It appears he's on some type of drug. Most passengers have taken notice of his condition but don't respond as he repeatedly asks, "What train is this? Does anyone know? Can someone tell me where this train is going? What number is it?" He's sitting almost directly across from me. "It's the six," I say in a calm tone of voice that quickly draws his attention in my direction. "Thank you very much," he replies. (The train took off two minutes ago, and he had no idea where he was.) He leans over in his seat — seemingly involuntarily, considering his state. Change pours out of his pockets — quarters, dimes, pennies. Everybody's watching him. "Quit looking at me like I robbed a bank or something," he demands of the looky-loos, as he struggles to gather his money off the floor. As this spectacle tapers, a man walks into our car and immediately begins spewing out information about the weekend service of the subways: "All trains are making local stops until 5 o'clock Monday morning. No express service this weekend, ladies and gentlemen. I know anything you need to know about how the subways run — this is how I survive. I hope you appreciate the information I just shared with you. If you have any spare change, I could really use it. I thank you for anything you're able to give to me. Have a nice weekend." A few people pull from their pockets. He moves on to the next car. The train comes to a stop. The "pockets full of change" man gets off. He didn't notice his dime on the floor. Neither did the "anything you need to know about how the subways run" man.

1/16 — Yes, gobs of snow! Very, very beautiful for the first three of four days. Now, a week and a half later, the white stuff is full of dirt, "proof that people have pet dogs" (if you get my drift!), and garbage. Old garbage! As I was walking down the street today, I feared the smell I was smelling may have been caused by me stepping in "proof that people have pet dogs." I quickly began conve-

niently stepping in slush puddles every chance I got — but to no avail. With each gust of wind, the smell only became stronger and more distinct. As I trotted down my street, I suddenly took notice of just how much garbage had piled up, along with that which had been buried by the snow, which was now melted by the sun. Just as I began realizing how much garbage was lined up on the curb, two girls walked down their stoop. One commented, "Gosh! The city really stinks." Ah-ha!

### Some Quickie Comparisons

Most frequently asked question by New Yorkers upon learning I'm from "north of Seattle": "Did you know Kurt Cobain?"

Most frequently asked question by Langleyites during my holiday visit: "So, how's your, uh, fling with David Byrne going?"

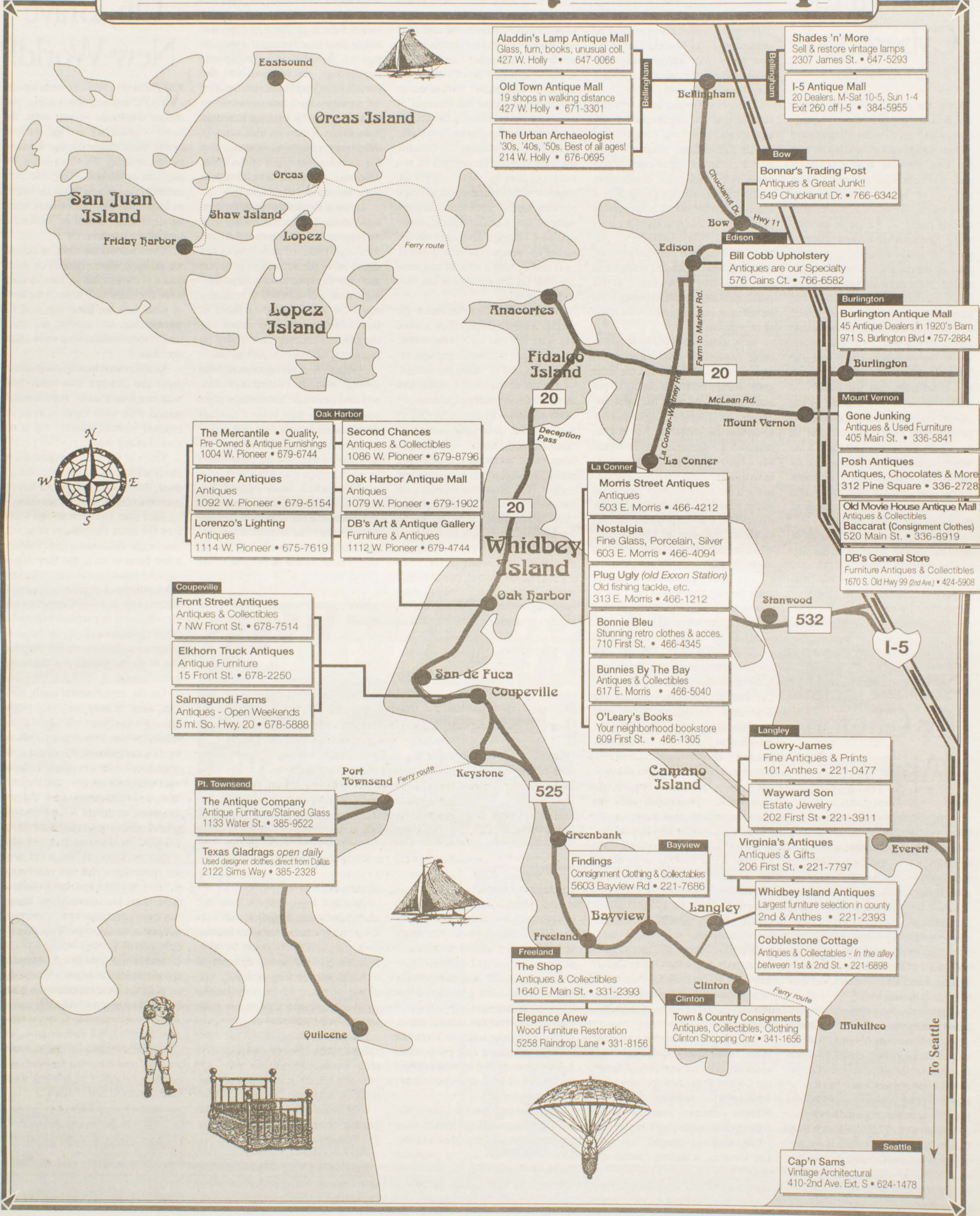
Phrase often heard over intercom on Washington State ferry ride: "Ladies and gentlemen, if you look out the windows on the right side of the boat you'll see about two or three gray whales making their way through the Puget Sound ..."

Phrase often heard over intercom on crowded New York subway: "Watch your pockets! Watch your pockets, ladies and gentlemen!"

Okay, okay. A brief mention of my second encounter with David Byrne. He was signing copies of his (terrific) new book, *Strange Ritual*, in November. He remembered me from our first meeting [see "Quick Byrne" in No. 69]. Giggled and shyly looked away at first, but by the end of the evening he wrote my name from memory as he autographed a promo poster for me to keep (I being the only fan to receive such!), and he let me snap some photos. No details further than this. He's wonderful! Really swell! There's a spaced-out shot of him in the latest *Utne Reader*. Check it out.

Jessica Warren, who used to live here and edit "Chauatuqua," now lives there and works at Starbucks. She'll be back.

# Do the Antique Loop



News & Comment *cont'd from page 8.*

## Doing the Dozens Noise in the Cyberhood

By JOSEPH MURPHY

It was the song of the angry white male sounding in Eastsound Square, emanating from the radio of a late-model pickup, turned up loud and left on a bit too long after the vehicle occupant parked in front of the post office. I hear a chorus of "amens" before a trailing voice insists, "We will defend our constitutional rights" — a choir of constitutional fundamentalists punctuating a point. My attention turned to the occupant of the pickup as he eventually turned off the radio and headed toward his appointment with his mailbox. Old enough to be one of Orcas' many retired folk, he sported the insignia baseball cap and down vest worn by a high percentage of the populace, young and old. What about his politics? I wondered. Is he a closet militiaman, gun hobbyist, a worker displaced and angered by big gov't encroaching on his savings and pension with extravagant taxation, or one of the many property rights folks who equate land-use planning with socialism. Or was he simply a curious voyeur, one of many who have tuned into the high-tempered cacophony of this *fin de siècle* public dialogue.

I may never know about what motivated the pickup driver to fill his May midday with the vitriol of talk radio, and more is the pity. Pluralism means, in the mid nineties, never having to engage the other. Rather, find your choir and preach to it. Talk radio, on-

line discussion groups, specialist publications, semi-secret militias... all seem to be hooked into self-replicating and reinforcing loops that, utilizing their homegrown interpretations of the Constitution, build up straw dogs in the public policy arenas, envision encoded traffic signs as the Maginot Line of the new world order, and generally whip themselves into the evangelical froth of born-again isolationists.

These new Torquemadas seek converts among the dispossessed at the end of radio waves and computer terminals rather than tempered steel swords. Whether dispossessed of economic hope, monolithic communism or communion with their neighbors, it seems to matter not. It is conversion predicated on loss, and there is plenty to go around. Still, examining the philosophy of the new constitutionalists, whose loosely-considered xenophobia and racism find no resonance in this unreconstituted counterculturist, I find myself in uneasy agreement with many of their points.

Ruby Ridge and Waco were abominable displays of government abuse. The arrogance of "who has the most guns" always ends in a display of primacy by the one with the most firepower. Our birthright of alpha-male testosterone and gunpowder now spanning half a millennium has murdered Black Panthers and Kent State students as well as anti-Semites and religious cultists. It is not about ideology, protection of the populace, or adherence to the rule of law. It is about power, making examples, refusing to compromise. Whatever side of the political fence you are on, the protection of your neighbor's right to preach to his own choir and build his own congregation is sacrosanct constitutional boilerplate, not the rantings of the lunatic fringe.

And it is at these points of agreement between previously regarded ideological opponents where the most intriguing political action is now in America. For sometime the left has warned about the perils of an unimpeded Federal Reserve Board, unselected and unanswerable to the citizenry, who direct monetary policy that has been aimed at shrinking growth and maintaining a "therapeutic" level of unemployment. This now has emerged as one of the issues central to the government critique offered by the New Right. In the wake of Oklahoma City both the left (remembering the enemies list and Contripol from the sixties and FBI harassment of the Central American Peace movement in the eighties) and the right-wing militias (who fear vilification) are opposing Clinton's draconian anti-terrorism law designed to assuage Americans with a codified sense of false security while chilling the right of assembly and free speech.

Which returns me to the man in the pickup. A significant part of me wanted to engage him that day. On the streets, among peers, we would perhaps engage in a round of "doing the dozens" — a ritual of exchanged insults that serve as tribute, challenge, and transfer of information — what musician Quincy Jones termed, in its guise as hip-hop, "the CNN of the street" — "You, right-wing, racist, anti-Semitic, reactionary, selfish, misanthropic, nature-fearing, codger. How could you support such hate-filled invective?" I would challenge. "You tree-hugging, Mary Magdalene fetishist, pacifist socialist, baby-boomer utopian," he might reply, "who do you think made this country great?"

In doing the dozens there are style rules and decisions on points, but there is also an overarching honesty that objectifies information, positions, and in-

telligence so lacking in contemporary political and social dialogue. The dozens are also predicated on familiarity between participants that tacitly acknowledges common territory and common rights. Sharing a neighborhood means there is nowhere to hide, and hiding away in self-engaged communities of talk radio or computer newsgroups surely reinforces the growth of hermetic cultures, be they the messianic black hole of Jonestown or the bureaucratic loop that fomented Ruby Ridge. Would such an airing of differences as imagined above uncover the commonalities veiled by the iconic differences of superficial political positions and top-loaded rhetoric?

Living in the flood plain of the new information flow means finding new ways to strain the nutrients and discard the sludge. Bytting off more than we can digest belies the advantages of access and turns the mind toward the stultifying equation of necessity = volition x mass. Or, as the founding father of Gestalt therapy, Fritz Perls, summed up the perils of quantity over quality 30 years ago, "Garbage in, garbage out."

Talking too easily becomes *talking through* when the context of community and personal relationships gives way to the courage imbued through disembodied forums that lack consequence in lives where they are lived. As spectators gather around participants in the dozens, a chorus evolves, winners are picked, falsity pegged. The spirit of illusion, the concretization of the ephemeral that tempts us to quantify meaning, that surrounds our current media/information deluge, has yet to give us any means of appraisal nearly so elegant.

Writer Joseph Murphy lives on Orcas Island.

## Wake-Up Call

By John Enright

## Oh, Brave New World!

Whenever citizens protest against CFC release, clear-cutting, poisonous chemicals — you name the issue — politicians and industrialists mouth the scientific slogan. "We need more research!! We don't know for sure that ozone will kill us," etc. (Presumably, they would finally be willing to discontinue CFC manufacture when we are all dead — if anyone is around to turn off the machinery!)

The scientists are right, of course; we *do* need more research on many issues — it is just that we have to make some decisions *right now* on the basis of what data we have, not wait for omniscience. And citizens, not scientists or industrialists, must make those decisions.

Ideally, research on any subject compares the changes that result from whatever is done on an "experimental" subject with what happens to an untouched "control subject" that is not altered in any way.

That's it! *We need a second Earth*, identical to this one, to which nothing is done. Then we would know for sure the consequences of what we are doing.

Let's start 10,000 years ago — before the great experiment of agriculture began. The control Earth will have a few humans on it, but they will be carefully trained not to disturb the control Earth. Small populations, practicing bio-regional self-sufficiency instead of trade. Every tree replaced when it is cut. No poisonous chemicals that need centuries to decompose. No introduction of exotic species that might disturb a habitat.

On the experimental Earth, however, there is only one "No" — no limits! We can have a ball! CFCs? PCBs? Pesticides? Use them freely! Spew out the CO<sub>2</sub> and exhaust! Who cares if the cities flood or the trees die! Cut down whatever you want, pave over the land, mine as deep as you want — and toss the waste anywhere it's convenient. And we need more people! More, more! Kill off any species that get in our way, or even the innocent bystanders. Seen one spotted owl? Hell, you've seen 'em all! Save one for a zoo, but let's get at those trees! Use up water and topsoil like there's no tomorrow... because fairly soon, on the experimental Earth, there probably won't be.

And now a question: If you could choose which Earth you'd like to live on while the great experiment is going on, which one would it be? **■**

John Enright, PhD, lives in Larkspur, California. He calls his essays "wake-up calls" and is looking for other publications interested in printing them. Call him at (415) 435-8716.

**"God is a concept  
by which we measure  
our pain."**

JOHN LENNON

## Sewer's Plan for Clinton Appealed

By DEAN ENELL

Clinton — Imagine a highway leading through forested and farmed lands dotted with homes and farmsteads. The road leads to a small community core where shops, bus stops, banks, and other services are available within walking distance. Now imagine that same road spread out with groups of subdivisions and a commercial zone laid along both sides of the highway with neon lighting, franchise businesses, and scattered strip development.

A group residents of South Whidbey Island calling themselves the Clinton Character Conservationists (CCC) say the second scenario will prevail if Island County forces the unincorporated Clinton area to build a sewer, and it has filed an appeal over the county's handling of the large off-site facility proposed for Clinton. A hearing is set for Thursday, March 21, in Coupeville, and CCC members are urging other residents to attend, since this meeting will determine whether or not the county's plan ought to undergo environmental review.

The proposal for the sewer was initiated by the Island County Health Department nearly two years ago. The department obtained a \$100,000 grant from the Washington State Clean Water Fund to study ways to deal with Clinton's densely-zoned waterfront, where many lots have questionable sewage systems or lack the reserve area now required for all on-site septic systems. Records show that three septic systems in the study area had failed at that time. The solution the county came up with was a 500-700 house off-site sewage-treatment plant to which all area residents must connect. The treated effluent from (up to 170,000 gallons per day) would be discharged into Possession Sound.

The CCC believes the county failed to properly define the problem before hiring a R.W. Beck, a large engineering firm that specializes in construction of large municipal projects, as consultant on the project.

Though some waterfront property owners favored the sewer, a majority of residents objected at meetings before the Clinton Water District, which was designated to implement the project. Citizens protested both the general concept and the county's approach.

"It was a case of overkill," said Myrna Orr Twomey, a lifelong Clinton resident. "They decided to use a few instances of failure to promote a centralized sewer system that will change the



Members of the CCC: mobilizing restraint.

character of Clinton."

In addition the growth a centralized sewer could encourage, the CCC is concerned that drawing that much water from the aquifer could mean supply shortages and saltwater intrusion for area wells. In a sample survey of area residents, the group found that 67% were against a centralized sewer in Clinton, objected that smaller, appropriate-technology solutions were not studied, and noted that public comment was restricted to evaluation of "the preferred solution" — the county's \$8 million proposal.

Early last summer, the Clinton Water District declined involvement in the project, however, rather than let it die, Island County decided to push the project through county channels. Since the sewer is only a plan, the county claims, incredibly, it not subject to en-

vironmental review.

The CCC argues that the feasibility study reflected inadequate research on the project's effects, nor were alternatives realistically considered. In addition, the group feels that at a cost of \$10,000 per hookup and \$25 per month, it would be far more fiscally responsible to solve problems with smaller local solutions.

"As regards those few who do have failures," said Twomey, "biologic systems would eliminate the need for pumping 170,000 gallons a day of good drinking water into the Sound."

For more information about the hearing or the sewer, contact Myrna Orr Twomey at 341-4343.

Dean Enell is a South Whidbey resident and member of Clinton Character Conservationists.

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us." — *Western Union internal memo, 1876*

# Don't Just Stand There...

Face it: there's a fairly common belief that when a person goes online, they often disappear. All of a sudden they aren't doing what they used to do. They can't comment on the latest episode of *ER*. Their daily quota of mass media plummets. Acquaintances say, "She's surfing the Net," conferring the terrible title of "surfer" that implies a mindless, timeless loss of self. And listeners nod, comforted that a label has successfully been assigned. There's an implicit phrase being shouted here, equivalent to the old line: "Don't just stand there, *do* something." In fact, there's a lot going on, in the same way that there's lots happening when a high school or college student disappears before finals. Here's an illustration that may help:

I grew up building things; that was the nature of farm life. One built buildings with hammers, nails, studs, and rafters, using the methods of one's parents and grandparents. After the farm I did other things for ten years or so, and then I found myself building again. In the time I was away, the pneumatic nail gun had filtered down to the small contractor level, and the router had found its way out of the shop and onto the job site. Instead of one nail every ten seconds or so, nails were planted at two per second. And while walls were still being built flat and then tipped up

"We cannot become what we need to be by remaining as we are."

— MAX DE PREE

into position, window and door openings were simply sheeted over with plywood and then cut out with the router: zip, zip, zip, zip. Things were lots faster, yes, but more importantly, a significant mental shift in the building and scheduling process had taken place.

So what does this have to do with net surfers and getting things done? Well, it's an example of how new methods and ideas change processes. Ecomm does that: it introduces entirely new ways of discovery. That's why people new to comm often become engrossed. They discover the wealth of knowledge about their hobbies, concerns, and interests that is simply not available anywhere else. More to the point, they are *learning*, which I judge to be a more laudable pursuit than vegging out at the virtual trauma center.

Something else is going on too: people are talking to other people. Networking via comm is gaining an entirely new dimension. And the combination of comm *resources* and comm *networking* is like pouring gasoline on a bonfire. Here's an example of "doing something useful" that took me all of ten minutes. I'm interested in home schooling, so I tapped in the address of Yahoo (a widely used catalog of World Wide Web sites), then did a Search using the key words "home schooling." Ten seconds later I was presented with links to 25 Web pages, two FAQs (Frequently Asked Question archives), two ongoing Usenet discussion groups, three home-schooling organization addresses, 20 companies that provide home-schooling supplies and services, and six links to Christian home-schooling sites. That's a lot of information in itself, but note that *each* of these sites contains links to ten or 20 additional information sources on home schooling. And those sites do *not* include subject-specific sites such as math and science, history, and reading, to name a few.

I found lesson and unit plans, online interactive K-12 schools, informational and organizational guidelines, research groups, on and on and on. Perhaps most importantly, at every one of those sites I found people interested in home

schooling, thinking about home schooling, doing something about home schooling, helping each other with home schooling. Once upon a time home schooling meant parents teaching children, working on their own in a relative vacuum, with a meager supply of appropriate information and personal support. No more.

"But I don't care a hoot about home schooling," you say. No matter; that's not my point. Whatever you're interested in, whether it be fly-tying, Egyptology, formation bungee-jumping, writing music, co-housing, solving a problem with your car, or getting the latest on hydrogen fuel-cell-membrane technology, you'll find information and people with answers as close as your cup of coffee.

It's important not to get stuck on the litany of information information information. While information may be the initial attraction that draws one to Net resources, it is the *people* one finds who are the greater treasure. Information, after all, just lays there like a watermelon in a garden. *People*, on the other hand, respond, can answer questions, can direct you to new sources, can help you solve your specific problems. Human comm resources are actually a vibrant *dispersed community*, united by a shared interest, and constantly growing in number and knowledge. Furthermore, the playing field is dead

level: you might find your answer talking to an organic farmer in Wormhole, Idaho, or just as easily, an internationally-recognized watermelon expert in Belgium or Australia.

There's a final piece to this puzzle that has to do with the flood of information that can pour out of comm. If one accessed the same amount of information in a library that one can access in an hour of online research, one would need a two-ton truck to lug everything home. But in comm, all that info weighs exactly zip. The very nature of the access method allows one to neatly sidestep useless information, to bookmark questionable resources, and to choose exactly what one wants to keep.

In my first column ["Ecomm 101" in No. 73] I mentioned that the ideal information-processing tool would be a kind of information net — a seine with a brain, I said — that traps the things one's interested in and lets all other information pass through. I implied then that the seine was a computer, and it can be. But comm also grants access to a far more powerful, satisfying, and often humorous information filter: the minds of other people. *ER* doesn't have a chance! **□**

*Special interest, question, concern? Write to CyberBeat c/o the **□**, Box 853, Langley WA 98260; indie@whidbey.net*

# CyberBeat


By JAMES LUX

From the Mainland to the North Sound

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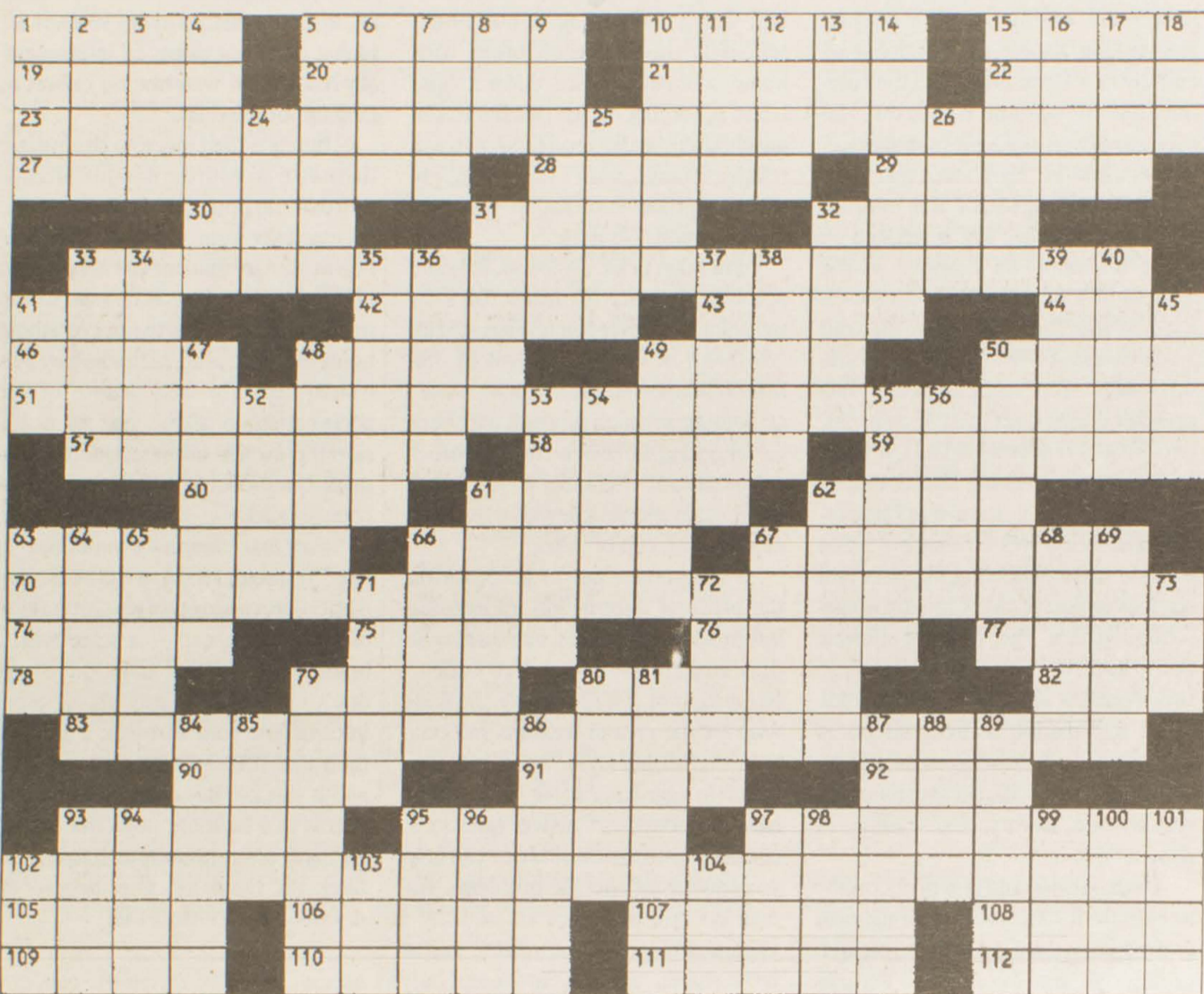
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# Independent Crossword Puzzle

(Solution on page 46.)

## Famous 3's

By Jack Bock & Amy Summo



**ACROSS**

- 1 WWII air group
- 5. Mythical animal
- 10. "\_\_\_\_\_ man!"
- 15. Form of address in 1-A
- 19. South American tree
- 20. Early Rome official
- 21. Like some pitchers
- 22. High point
- 23. 3 PRESIDENTIAL FIRST NAMES
- 27. Like vegiburgers?
- 28. Asia Minor area
- 29. Prefix: between
- 30. Air-nav rules
- 31. Famous French town
- 32. Hillside (Scot.)
- 33. 3 BRITISH PRIME MINISTERS
- 41. Pow!
- 42. Russian sea (poss.)
- 43. "I've got \_\_\_\_\_ in Kalamazoo" (song)
- 44. Col. course
- 46. Airline estimates (abbr.)
- 48. Smudge
- 49. Luge
- 50. Venerable one
- 51. 3 PRESIDENTIAL MIDDLE NAMES
- 57. Where roses bloom (song)
- 58. Nasal passages
- 59. Coveted statuettes
- 60. Seattle PBS station
- 61. Last Mohican
- 62. Shot
- 63. Smooth (Brit.)
- 66. The horse turned right?
- 67. African vine seed
- 70. 3 PRESIDENTIAL LAST NAMES
- 74. Sponsorship (alt. sp.)
- 75. Radio places (abbr.)
- 76. Maiden names?
- 77. Russian tea
- 78. Pentagon org.
- 79. Backward morse signals
- 80. Hawaiian timber tree
- 82. Medium's medium
- 83. 3 CANADIAN PREMIERS

- 90. French river
- 91. Egyptian maternity goddess
- 92. Raised, sometimes
- 93. Boris' bane?
- 95. Belief
- 97. Parlor game
- 102.3 FRENCH PREMIERS
- 105. Matchless person
- 106. A subcontinent
- 107. Civil War General John \_\_\_\_\_
- 108. Aleutian island
- 109. Fruit drinks
- 110. Solidifying agents
- 111. Thick
- 112. Food fish

**DOWN**

- 1. "From \_\_\_\_\_ to tomb."
- 2. Pierre's paramour
- 3. Fit
- 4. Satisfy
- 5. Kalahari tribesman
- 6. Chances
- 7. Claim (slang)
- 8. Cakes and \_\_\_\_\_
- 9. Productive area?
- 10. Extinct Algonquin tribe
- 11. Hooks (biol.)
- 12. Diva's pearl?
- 13. X
- 14. Naval rank
- 15. Charlemagne's grandpa
- 16. Deed (Fr.)
- 17. Arab nobleman (var.)
- 18. Chess pieces
- 24. TV alien (poss.)
- 25. Bumps
- 26. Med. school course
- 31. \_\_\_\_\_ al Sheikh
- 32. Small nails
- 33. Indian canoe lacing
- 34. Member of a Shi'ite sect
- 35. Insecticide chemicals
- 36. Yours \_\_\_\_\_
- 37. Auras
- 38. King of Athens (myth.)

- 39. Italian girls name
- 40. Useful duck
- 41. Plead
- 45. Hardy heroine
- 47. Market workers
- 48. Beginnings
- 49. Hindu rite (var.)
- 50. Twin Peaks?
- 52. Prefix: milk
- 53. Soccer line players
- 54. Boot lace
- 55. Australian sorcerers
- 56. Prefix: shield (Gk.)
- 61. Idi-Amin country
- 62. Homelike (Scot.)
- 63. Small building
- 64. Deformed creature (Fr.)
- 65. Ancient Sumer seaport
- 66. Ludicrous act
- 67. French commune
- 68. Fallen house
- 69. "Is that to much \_\_\_\_\_?"
- 71. Prefix: oyster
- 72. Not rented
- 73. Wee drinkie
- 79. Missouri college town
- 80. Desire (L.)
- 81. Helped a crook
- 84. Belongs to Cpl. O'Reilly
- 85. \_\_\_\_\_ Hiva: Polynesian island
- 86. Fixations
- 87. Coins
- 88. "Good \_\_\_\_\_!"
- 89. Computer ancestor
- 93. Sell
- 94. Curved molding
- 95. Lead tribesman
- 96. See: 17-D
- 97. Skirt type, for short
- 98. Fritz's bro
- 99. Dead bird
- 100. And others (L.)
- 101. Small stream (Brit. colloq.)
- 102. Sex Pistols '81 flick
- 103. Liquid fuel (abbr.)
- 104. Ram's ma'am

Roshi continued from page 7.

workshops and "Dharma" lectures, and trails for students and visitors to enjoy. "In Japan, in the temple where we live now, especially on Sunday, people just show up to give greetings, and that's the way it's always been," he said. Discussions and question-and-answer sessions are possible on these visits from the community, which are "a regular part of temple life," he said, adding that he hopes the practice will continue here.

At the reception and presentation at the Marsh House, a call went out from fund-raiser Charles "Scotty" Scott to the island community to assist One Drop Zen Center in raising the remaining \$307,000 (\$433,000 of the \$740,000 is in hand) needed to purchase the land and implement the site plan. The money must be raised by the June 30th to secure the purchase.

In his introductory remarks (on Lincoln's birthday), Fred Olson compared the Great Emancipator (Lincoln) and the Roshi: "While Lincoln emancipated many physically, we have with us, I would argue, a man who can emancipate us spiritually."

The Roshi said that his mission on Whidbey Island would be to raise awareness of the common core of every true religion — the search for our source —

and that the emerging global reality made it clear that we need one religion that we can all share, that promotes clear-mindedness and a connection to the true source.

Speaking to the many significant crises of our times, the Roshi told the *Island Independent* (over green tea, and once again through Yu-san): "It's in the nature of things that when we walk too far to the right, we have to come back to the left . . . This culture has 'thinned out,' diluting its spiritual culture . . . Now many voices are saying we've gone too far — life is too far out of balance — many voices are crying out. It is time to replant a new field, to grow a new religious culture to balance the opposite and to rediscover the spiritual center of our lives."

He also commented on the meeting of East and West: "There are many things we can say about the differences of East and West, but we need to look where the differences are not obstructions. The question is, how can we all live together on Earth? This will bring us together. . . . If humans would look from the broadest point of view, there is no separation between nature and us, so we have no choice but to protect the land we love." □

## SpringRain Farm Sustainable Blueprint

SPECIAL TO THE II BY CLAUDIA REED

Back from teaching sustainable agriculture in the Philippines, John Bellow of SpringRain Farm is now practicing what he preached — in Big Lake, Washington. John says his hard work will benefit the community — and he's looking for community support in return.

SpringRain Farm is one of an increasing number of organic farms based on Community Supported Agriculture (CSA), a system in which supporters pay in advance for weekly supplies of produce — boxes of vegetables grown without pesticides, herbicides, or chemical fertilizers.

The veggies are usually harvested and delivered on the same day.

From time to time, gifts are added to the package. These include free-range eggs, honey, gourmet salad blends with edible flowers, home-made jams and relishes, and bouquets of flowers.

Field-to-table immediacy permits John to grow varieties of broccoli, lettuce, peppers, and other vegetables not usually found in supermarkets where "shelf life" is a factor. "Vegetables with flavor (and nutritional value) don't ship or store worth anything," he says. "That's why they're not available at [supermarkets]. The tomatoes [at supermarkets] are turned red by gas — picked green."

John's practice of delivering veggie boxes to pick-up sites in Anacortes, Mount Vernon, Big Lake, and Sedro Woolley also eliminates the need for "middlemen and wasted resources of shipping and packaging."

For John's wife, Roxanne, who tends SpringRain's flowers, herbs, and salad greens, the CSA system returns old-



fashioned personal connection to the exchange process. "It's real food, grown by people you know in a place you know," she says.

Roxanne's farm work follows a full day of teaching children with severe behavioral disabilities through the Educational Service District based in Sedro-Woolley. In addition to personal labor, she has contributed heirloom seeds first collected by her grandfather in then-rural Lynnwood, Washington. "The seeds are not available elsewhere," she says.

John explains that such seeds are a necessary protection for the future's food supply. While agribusiness finds it efficient to concentrate on producing the same, limited varieties of vegetables, John finds the practice alarming. "With lots of varieties, if one gets a blight (or other disease), the other (variety) grows," he says. [For a related story, see *The Abel Gardener's* "Seed Savers" on page 38.]

Blueprint continued on page 42.

# MeteorMan

"One Month of Weather & Then Some."

## Spring Equipoise

What does the sun and the moon and the planets have to do with the weather, you may be wondering. Why does Harry Whopper never put planet Earth in its larger context on the 11 o'clock weather report? How is it that humanoids crawling around on a ball in the near-void of outer space with only the barest minimum of atmospheric space blanket between them and Absolute Zero forget the most obvious fact of the reality of their situation and spend most of their time and energy in the transient pursuit of things like ethnic purity, global domination, and a genetically-improved fryer chicken?

I have no idea.

But I do know that it's darn near Spring and that old Vernal Equinox is hard upon us, and for this one instant in time — the Equinox — the weather north and south of the Equator is more than theoretically identical, it is precisely the same! The implications of this synchronicity are profound (some might say appalling), and I'm the only so-called meteorologist willing to talk about it. Why? Because over the last 12 years I have run an experiment with the assistance of my good friend and Sequim ewe rancher, Olympic "Bob" Eddie. Let me fill you in.

### Watching the Toilet Flush

Each year on the day of the Vernal Equinox, Olympic "Bob" is in New Zealand for the Annual Greater Anzac Ewe-Baiting Rodeo & Wool Auction, and when he does, without fail, he calls me at the precise equine moment (this year it's somewhere around 12:01 GMT on the 20th) and *in perfect synchronicity* we flush our respective toilets. What we have repeatedly demonstrated and finally proven is that — at the precise moment of Equinox — these toilets flush neither clockwise *nor* counterclockwise, they suck everything *straight down!*

The cause of this uniquely aberrant phenomenon (heretofore, I might add, never mentioned in the extant scientific literature) is a stalemate of celestial and terrestrial forces so exact even water doesn't know which way to swirl. Earth's bipolar magnetic current is, for one sublime instant, neutralized (twice a year, since this thing happens also at the precise moment of the Autumnal Equinox, at which time Olympic "Bob" calls me from Madagascar, where, each September, he attends the Jacuzzi Brothers' Annual Ewe Heave & Barbecue, though "Bob" is always careful not to participate in the latter, since he knows for absolute

certain that eating barbecued tossed sheep would forever alienate him from his herd of Olympic "Woolly Girls" — and who could blame them?).

And if this transitional (but by no means inconsequential) neutralization affects the circulation of the relatively dense substance we know as water (a handy concoction actually comprised to the molecules of two rather innocuous gasses), you can imagine what's happening up there in the atmosphere — and especially far out in the upper (or outer) atmosphere, which, as I have discussed in past columns (it would have been good had you taken the time to remember or even read them, you weather loafer, you!), is the engine of all surface weather phenomenon, from big winter storms to nascent summer breezes, from drought to flood, or (as Olympic "Bob" says) "from fruit-pickin' weather to nose-pickin' weather."

### The Manic Depressive Cycle of Nature

You see, weather is an expression of Earth's psychology. A lot has been said about humans who manifest Seasonal Assbackwards Disorder and other ramifications from exposure to excessive amounts of grays, brights, nights, or whites. Too much of anything will give you some sort of disorder. It's in the nature of things — because Earth itself suffers from the manic-depressive cycle, and how could it be otherwise. Those Zen physicists talk about balancing the yin and the yang when, in truth, the balance is achieved only over the duration of a period of successive swings. What we mere polyps on the intestines

of organic life experience as roller-coaster ascents and descents simply average out over the long haul of centuries as a slightly bumpy flat line. Indeed, the slings and arrows of outrageous fortune are, when you come right down to it (in weather terms) a matter of a degree here or there.

Five degrees less and we've got a new Ice Age on our hands. Two degrees warmer and the oceans rise enough to rearrange global economies and create a boom in moderate-elevation inland property values. As Olympic "Bob" told me over barbecued tofu dogs one night last summer: "If you cook these things too fast they blister on the inside and stay frozen on the inside. On the other hand, if y'cook 'em slow it's a waste of time cuz they ain't that good."

### The Fortnightly Weather

But don't let it get you down. It's warmer (if still wet), and it's a great season to observe the shapes of those little patches of blue between the scudding clouds. Like "Bob" says, "Nothin' makes me forget winter like a bout of spring." ☐

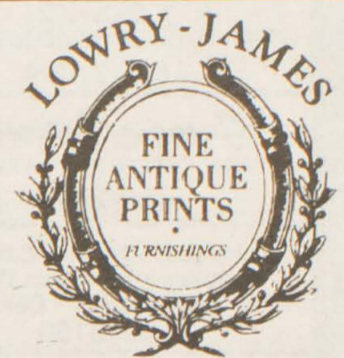
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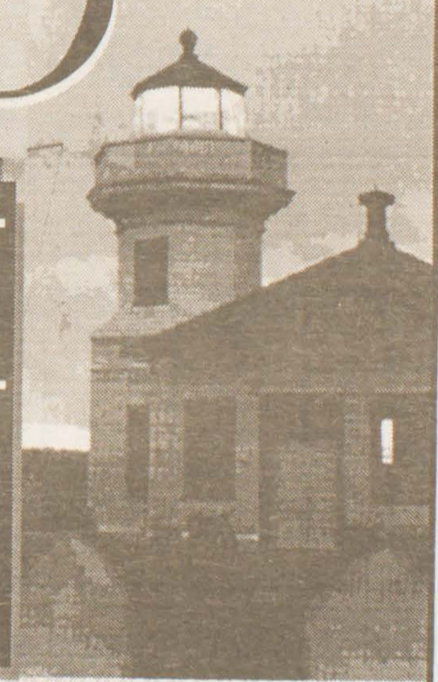
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*Until Ted Griffin entered the water with Namu in Seattle in July 1965, the accepted and universally-held belief about killer whales was that they really were vicious killers. Official US and Canadian military manuals recommended shooting at orcas with the biggest guns available at every opportunity. Now the world is calling for releasing all the whales.*

## Willy, Keiko & Lolita: The Inside Story

# Whither Willy, Wherefore Lolita?

By HOWARD GARRETT

Keiko hangs there, looking around with his big dark eyes, glancing at his handlers, then at mesmerized onlookers, then at the long row of reporters with their bright lights. Then he peers down at the water from his sling. He's waited almost 20 hours thus bound, completely immobile, as diesels roared, cranes groaned, jets screamed, and crowds cheered. He has just been flown from Mexico City, where 50,000 people lined the road at 3 a.m. to see him off — to Newport, Oregon, where a windy drizzle couldn't dampen his welcome by thousands more along the highway to the Oregon Coast Aquarium. And now the 18-year-old male orca has waited over an hour at poolside while the crew and equipment gets set for the final lift over the wall and into his new \$8 million tank. Keiko watches it all, suspended 12 feet above more water than he's seen since he was the equivalent of a toddler. \* Back then (probably in 1979, though no official document records his capture), Keiko was no doubt cruising alongside his mother one day, at around two years old, still young enough to suckle a little milk now and then, when suddenly the speedboats raced in and the nets went wide and the next thing he knew he was pulled out of the North Atlantic. He hasn't seen his mother since that day.

As Keiko dangled above the pool in January of this year, he could see and smell real ocean water for the first time since he was caught. One wonders, does he remember his mother's care, or the feel of seawater, or the day he was captured? If he can remember, does he think about those times much anymore? And if he does think about his past, who would he share those thoughts with? He hasn't seen another whale in over a decade.

Keiko's early years after his capture are also not well-documented, but he was held for a time at a facility in Iceland, then shipped to a little carnival-like theme park called Marineland in Ontario, Canada, around 1982. Marineland maintains a "warehouse tank," a small storage pool for marine mammals, in an equipment shed, out of view from the main display tank. A young orca named Junior died at Marineland's warehouse around June of 1994 after at least four years with no training, no attention, and no sunshine — just dead fish at feeding time. It's not known if Keiko was ever stored at the warehouse.

When Keiko, or Kago as he was then known, was placed in the main tank at Marineland to swim with the display whales, the females exercised their dominance and took out their frustrations on the small young male; it was decided that the passive little Kago should be sold and shipped out to remove him from potential danger, and in 1985 he was flown to Reino Aventura (Adventure Kingdom) in Mexico City. There he was placed in a small display pool built for dolphins. The name "Kago" has scatological connotations in Spanish, so he was renamed Keiko, by which name he quickly became the star of the park and the darling of the children of Mexico.

One day, early in his career at Reino, Keiko was watching Reino's general manager, Oscar Porter, talking to the groundskeeper, Juan Fernandez, while Fernandez' 18-month-old son played near the pool. Porter motioned to Fernandez to come look at a broken hinge a few feet from the pool, and when Fernandez and Porter walked over to inspect the repair job, Juan's toddler son came over to play with Keiko. As the little boy reached out to touch Keiko's head, he fell in without a sound and promptly sank to the bottom. Porter and Fernandez were still deep in their conversation, and only Keiko knew the little boy was drowning.

At that moment Keiko did something that should tell us right away we are dealing with an animal possessing a quick and compassionate intelligence, a sensitive being that somehow rec-



Preparing to enter limbo: Keiko (a.k.a. Willy) about to be lowered into the cold salt water of the Oregon Coast Aquarium's 150-foot-long pool. Photo: Serge A. McCabe, *The Oregonian*.

ognizes humans, however brutal and oblivious members of our species must have sometimes seemed to him, as fellow creatures worthy of respect and care. Keiko dove to the bottom, nudged the little boy up the side of the pool, and lifted him over the edge to dry concrete, while Porter and Fernandez continued talking about the broken hinge. When *Free Willy* was in the scripting stages, the director heard this story and included a similar scene in the movie, which Keiko performed perfectly on the first take.

In his 11 years there, Keiko truly stole the hearts of the people of Mexico. In fact, virtually everyone who has spent any time with him has come away with a similar feeling of affection for this orca. While *Free Willy* was in production, Keiko seemed to be enthralled with the commotion taking place around him. He would stick his nose up wherever there were people nearby, usually eliciting some kind words and a smile or a pat. After several weeks of shooting, when the time came to strike the sets and pack up the gear, Keiko seemed to sense that his new friends were about to leave and the excitement about to end. While the crew was preoccupied with their duties, Keiko began to race around the pool, faster than anyone had ever seen him swim before, culminating in a monumental breach that splashed water over dozens of people — and got their attention back.

In September, 1993, two months after *Free Willy* was released, a writer for *Life* magazine, Jo Beth McDaniel, got in the pool and swam with Keiko. She, too, fell in love with the whale. Her article in the November issue, "Won't Somebody PLEASE Save This WHALE?" described his tank as a "cesspool" and presented a desperate plea for support for a plan that would have returned Keiko to the sea by the end of 1994. She wrote, "Keiko may be doomed because all the businessmen and activists cannot do what one boy did for him in the movie." Her story was retold by hundreds of newspapers and TV and radio stations, launching the immense public awareness campaign and sustained outcry that ultimately led to building the state-of-the-art tank he was lowered into on January 7.

There's no way to know what Keiko was thinking as he was being lowered into the water that day. After all, we don't speak his language. But he was vocalizing during the trip, for nearly the first time since his capture. In his entire time at Reino, Keiko made only one call, which was the shrieking, mournful blast that was used in *Free Willy*. During his flight north, when ice was poured over his back to keep him cool, he uttered a few mewling calls. While the plane was on the runway in Phoenix for refueling and a change of tub water, Carla Corral, one of his trusted trainers who had been following in a separate jet, came to see and comfort him. She reported that when he

saw her he started to cry. "It was in his eyes and his little squeal," she explained. He continues to produce calls to this day.

Each community of orcas uses its own system of symbolic calls. Keiko undoubtedly learned at least some of his pod's calls prior to his capture, and, at this moment of extreme excitement, now above the tank in Newport, he seemed to be attempting to make conversation with anyone listening.

Although, as we look on, we don't understand his vocal language, his body language reveals volumes. As Keiko was being lowered into his new home, filled with real Pacific Ocean seawater, he stared down and seemed to begin to understand that this was to be his space, his water. Throughout the truck transports and three-legged flight, he had been perfectly still, his respirations like clockwork. At about three feet above the water, however, he began to twitch. Then he literally started to swim in mid-air, rotating his flippers and stroking with his flukes, and when he finally splashed into the water and managed to get free of the sling, he bolted across the length of the pool, careened just inches off the wall, and raced around the perimeter at speeds he could never have attained due to lack of physical space since that fateful day of his capture in 1979. Apparently his innate capabilities have always been available to him, but his ability to exercise them has simply been limited and contained by the narrow confines of concrete walls.

### What's Going on Here?

What's all this fuss about? Why have a generation of young children, dozens of animal-rights groups and activists, hundreds of media professionals, and a few big-hearted philanthropists conspired to try to put a smile on the expressionless face of a young male orca? There are many answers to that question, some involving the well-known people and events that have decided Keiko's convoluted path from Mexico to Oregon. But behind the surface of Keiko's saga there is the backdrop of controversy surrounding the overall question of captivity for whales and dolphins, and whether those presently held should be released. This larger debate, in turn, is taking place within the even bigger picture of the on-going society-wide revision (re-vision) of environmental ethics, our place in nature, and our relationship with other animals.

First, some background. Keiko wound up in Oregon in large part because Reino Aventura, much to their credit, realized way back in 1990

that the orca was rapidly outgrowing his little tank and needed a new home. But even after three years of sales efforts by Reino, no marine park would buy him, partly because of his viral skin condition, and partly because he was underweight and lethargic. It is well understood within the marine park industry (but seldom mentioned) that male orcas in captivity tend to die in their early teens even when they appear to be in good health, and Keiko didn't look too good.

Then, in the spring of 1993, just prior to the release of *Free Willy*, producers Dick and Lauren Shuler Donner realized that their star needed help and began casting about for a better home for Keiko. They asked Dave Phillips of Earth Island Institute to help find a solution; he in turn asked Dr. John Hall, a former field researcher for Sea World's four US parks, for his advice. Hall's plan was to use a cove on the coast of Maine as a seapen to bring the ailing whale back to good health. That idea was effectively blocked by Dr. Lanny Cornell, a former orca captor and past president of Sea World. Cornell maintained strong ties to the National Marine Fisheries Service, which would have had to sign off on permits for a rehab site in US waters. Cornell first objected that Keiko's skin virus might be transmitted to other whales or wildlife in the Atlantic (although the virus is endemic to the orca population there and so could not be a threat). Hall then proposed a neoprene-insulated enclosure and an ozone filtration system for out-going water. Cornell then objected that Keiko might catch some disease from ocean water, so Hall proposed filtering the incoming water. Cornell deemed that unsatisfactory also, and the plan was dead.

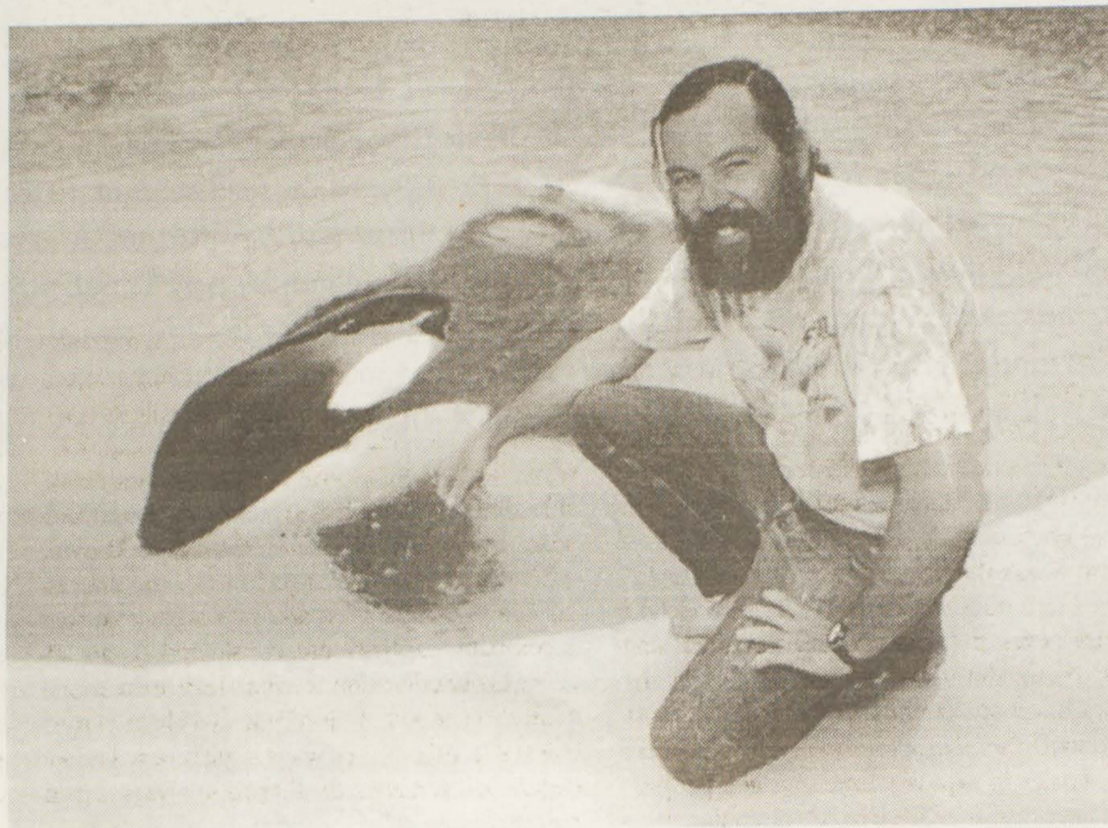
At about the same time, Tim Desmond, a Sea World employee who was hired to guide Keiko through his scenes in the movie, began drawing up plans for a huge pool complex on Cape Cod to rehabilitate Keiko and subsequently act as a rehab site for other stranded, sick, or injured marine mammals. Desmond, however, declared up front that he believed Keiko would surely die if he were ever released. By mid-summer of 1993, Desmond's plan had been shot down, both because it was seen by the animal-rights community as designed to serve the marine park industry, and because no one was willing to put any money behind it.

Ken Balcomb, a veteran orca field researcher and director of the Center for Whale Research on San Juan Island, was also asked to propose a plan in June of 1993, and that summer Balcomb worked on his plan for Keiko. He compiled a list of all whales and dolphins that had been released under any circumstances, as a reference to learn from. The previous winter Balcomb had seen a bottle-nose dolphin, named Bahama Mama, that had been in captivity for 17 years until she escaped the year before. She was in the company of other dolphins and was even babysitting another dolphin's calf. Balcomb was impressed with her resilience. The sighting reinforced his intuitive belief that long-term captives can resume a life at sea, even without rehabilitation or any preparation whatsoever. Balcomb also prepared a bibliography of relevant literature on every aspect of a release program, including diet, veterinary care, transport, seapen construction, etc. He consulted with his colleagues in the scientific community, picking their brains for any knowledge or insights that might help him design a plan.

In July 1993, an editor from *Life* called Balcomb to ask if there was anything going on in the realm of whale science that readers might find interesting. Balcomb said he was planning to go down to Mexico in August with a group of animal-rights people, including Ben White of Friends of Animals, Naomi Rose of the Humane Society of the US, and Kate O'Connell of the British-based Whale and Dolphin Conservation Society, to propose a plan to reintroduce "Willy" to the wild. Balcomb suggested that the trip might make a good story. The editor sent Jo Beth McDaniel and a photographer to accompany the group. On August 31 the group descended on Reino to attempt to convince the

management of the viability of Balcomb's plan. They expected to be sent home with, at best, no answer. While there, Balcomb played orca calls to a raptly attentive and sexually-aroused Keiko, and McDaniel had her portentous swim with the unpretentious star.

Much to the group's shock and amazement, the next day Keiko was offered to Balcomb by Reino for the purpose of rehabilitation prior to being released back into the North Atlantic, exactly as Balcomb had proposed. The agreement, as announced by Reino general manager Oscar Porter and recorded on videotape, specified that Reino would not negotiate with any other entity including, by name, Sea World, for six months while a final plan was drawn up, and that Balcomb



Ken Balcomb with Keiko in Mexico City. Intervention by the Alliance of Marine Mammal Parks scuttled his rehabilitation plan for the North Atlantic-born orca.

and the group were authorized to raise money to implement the plan.

That agreement was scuttled within 48 hours by intervention from the Alliance of Marine Mammal Parks, an industry lobbying organization heavily dominated by Sea World. On September 2, 1993, 24 hours after the agreement with Balcomb, the Alliance sent a fax to Reino promising to oversee Keiko's care and find him a better home. The Alliance's conversations with Porter must have gone beyond that, however, because by October Porter was threatening to sue Balcomb for receiving funds to help Keiko, which Porter, remember, had specifically authorized Balcomb to do. In early 1994 the Alliance admitted they had no intention of taking Keiko, but by then the agreement between Reino and Balcomb had been reduced to a heated *disagreement*.

Undaunted and proceeding as if their agreement could somehow be resuscitated, Balcomb traveled to Mexico City again in May 1994 to meet with Porter, this time with a guarantee of \$2.5 million pledged by an anonymous donor in support of his plan. The meeting seemed to go well. The next day, however, when the donor's attorney called Porter to verify that the money was real, he was greeted by a storm of accusations against Balcomb. Any involvement by Balcomb in efforts to help Keiko was out of the question.

With no solution now on the horizon, a flurry of proposals began flying to Porter's table. The muralist Robert Wyland publicized a letter he received from Reino thanking Wyland for painting a wall there and promising to improve Keiko's situation within two years. Wyland assumed and publicized that his "agreement" would save Keiko. Michael Jackson seriously offered to buy Keiko for his Neverland Ranch in California. More realistically, a 12-year-old girl in Nova Scotia, with her parents' consent, offered her family's cove in the Bay of Fundy as a rehab site.

Warner Brothers, which had made *Free Willy*

and was in production for the sequel, *Free Willy 2*, was trying to find a new home for the hapless whale and a solution for its sticky public relations problem. For almost a year Warner had been getting angry letters from kids and grownups alike complaining that the studio had made millions from children who were uplifted when Willy jumped the wall to freedom and his family, yet were devastated to discover that the real whale was still stuck in a tiny tank.

After Balcomb's plan was squelched, Warner Bros. and Craig McCaw joined forces to try to come up with another plan. Perhaps in deference to the Alliance's repeated statements that somehow ocean water might harm the whale, Reino insisted that Keiko not be sent directly to a natural

seapen. Reino also required that Dr. Cornell be Keiko's veterinarian, at least throughout the transfer (Cornell's contract expires at the end of April). Marineland Africa USA in Vallejo, California was considered as a rehab site, but McCaw insisted that Keiko should not be turned over to another display facility. That left only one option: They had to build a new pool, and it had to be absolutely state-of-the-art. And that's what Keiko got.

Dave Phillips at Earth Island Institute was asked to head up the effort and make sure that releasing the whale, if at all possible, remained the goal. The Humane Society was asked to contribute, which they did to the tune of \$1 million. In late 1994, they chartered the Free Willy-Keiko Foundation, with a board weighted toward the animal-rights community's agenda of Keiko's ultimate release. An international advertising campaign was spawned to sell Keiko adoption kits to help defray the remaining \$3 million owed for the tank in Newport. Dave Phillips and the McCaw Foundation had settled on the Oregon Coast Aquarium in large part because of its access to natural seawater and its educational ethics. It took a year to construct the pool, which was being filled just a week before Keiko's arrival on January 7th. As Dave Phillips understated it: "This is one of the most incredible odysseys ever done for a marine mammal." Clearly, however, it has not been a simple, unanimously coordinated effort to save the poor whale, as if he were a child caught in a well.

Keiko may or may not proceed further than his new pool in Newport. For his part, the 18-year-old orca is showing that he is thrilled with his new expanse and mobility. He is quickly recuperating from the tiny tapwater tanks he's been in since his capture. At this rate, his physical health and stamina will probably improve to the limit of his new dimensions within a few months. The patient is rebounding nicely; it may soon be time to let him out of his "hospital" and back into his natural world.\* [See footnote on page 19.]

However, the same forces that blocked earlier plans for Keiko's release — and that continue to work against release of other orcas — are trembling in trepidation that Keiko or any other whale will one day be successfully released. Everyone involved on all sides of the issue realizes that once one whale goes home and looks happy to be back with its family, the public will soon demand that other whales be released, and the killer whale display industry as we know it will go into an economic tailspin. The whole concept of circus whales doing tricks will be exposed as animal abuse for profit. Revenues at the gate will drop, and marine parks will be forced to either finesse a transition to high-tech electronic displays or shut their doors.

But for now the Alliance of Marine Mammal Parks not only controls the market in whales and dolphins, they also hire and fire virtually all veterinarians, trainers, support staff, researchers, and marketers that work in the field. It will be difficult for anyone who wishes to work with captive cetaceans to make a bold move, like speaking up for releasing Keiko, against the wishes of the industry. Yet now that Keiko is in Newport there is powerful momentum to do just that. Until then he's still hanging in limbo in his halfway house, no longer a circus whale, but still not quite free.

### The Enormous Intellect & Capability of Namu

Keiko's temperament may be sweeter than most orcas, but the discovery that a killer whale can be a companion for a human first took place 30 years ago. In July 1965, Ted Griffin, a young entrepreneur and owner of the Seattle Marine Aquarium, was offered a male killer whale that had been accidentally caught by fishermen in Namu, British Columbia. Griffin bought the whale, whom he named Namu, and towed him over 400 miles to Seattle. For more than 100 of those miles, approximately 100 whales followed Namu closely as he was towed south, vocalizing constantly. After the first few days of the 19-day journey, most of them turned back toward the community's traditional waters in Johnstone Strait, but a female and two juvenile orcas followed Namu all the way to Namu's first stop at Bainbridge Island. There they remained for over two weeks, a few yards from his pen, calling incessantly before they, too, turned back north. In hindsight, with the benefit of two decades of field work observing and documenting the social and family systems practiced by that community of orcas, we can be almost certain that those three whales were Namu's mother and two younger siblings.

Griffin not only risked his financial future on Namu, he also risked his life. He had scuba dived in the presence of orcas, and emerged unscathed, when he was gathering specimens for his new aquarium in 1962, but until the day Griffin immersed himself into Namu's limited space tied up to the Seattle waterfront, the accepted and universally-held belief about killer whales was that they really were vicious killers. Official US and Canadian military manuals recommended shooting at orcas with the biggest guns available at every opportunity.

Griffin soon learned to mimic Namu's squeaks, allowing a kind of vocal communication between them. As he explained in a 1995 interview, like it was a week rather than 30 years ago, "The whale was always in charge. He could have killed me instantly in a variety of ways. The whale was actually interacting with me and training me and creating a companion for him under his circumstances. It brought me to my knees when I realized that I was dealing with something of this enormous intellect and capability."

Griffin was profoundly affected by Namu, but Griffin's companionship was apparently not enough for Namu. Eleven months after capture, suffering from severe bacterial infections and open sores, his dorsal fin drooping badly, he rammed the enclosing steel mesh net at full speed, impaling himself and drowning. Griffin responded by retreating into himself in inexpressible grief



Orcas are extremely social marine mammals with strong family ties. Their memories are long, so the experience of captivity must be especially hard on them, a theory that the extremely premature deaths of whales in captivity — not to mention their obvious distress in isolation — seems to clearly support. Photo: Kelley Balcomb Bartok.

and abject awe at the intense emotional contact he had felt with so alien a being. As he tearfully described the experience, "You go over an edge ... and there's no way back."

Perhaps Ted Griffin did go over that edge, but in a significant way the human species' fascination with orcas began by vicariously experiencing Namu's "enormous intellect and capability." Griffin, after all, was a showman under a glaring media spotlight. National and international newspaper headlines and TV news spots of Griffin interacting with Namu were an almost daily occurrence until Namu died. Thousands of people shared Griffin's change of attitudes in person at Pier 56, but millions upon millions also learned about the mind of the orca from within the comfort of their homes.

#### The First Shamu

In October 1965, Griffin and Don Goldsberry (who subsequently captured more than a hundred more orcas over the next two decades) tried to capture a companion for Namu. In the first successful deliberate live-capture operation, they shot a harpoon attached to a marker buoy into an adult female. The female and its calf were surrounded with nets early the next day, but the adult female turned out to be the same that had been harpooned in the lower abdomen in an earlier capture attempt a few days earlier. Just as Griffin began to tow the two orcas, the mother finally died due to the first harpoon wound. Her swimming became labored, and bubbles emerged from the wound. Then, just as Griffin and Goldsberry were trying to hold her up, she thrashed free, opened her blowhole, dove, and drowned instantly.

The small female calf was towed to Namu's pen, but the calf did not want to associate with the big bull (now we know they were from different communities). In spite of their differences, Namu taught the calf to eat dead salmon by ripping the fish into chunks first. Still, the little female seemed dangerous and unpredictable, and sometimes rammed into Namu and even Griffin. So, after a few months, she was sold to Sea World in San Diego, becoming the original Shamu. She died in 1971 at about eight years of age, but with the help of saturation advertising her name continues to portray the trademarked image of the happy, healthy performing whale, drawing millions into marine parks to this day. Indeed, about \$400 million per year is estimated to pass into the coffers of North American marine parks for the privilege of seeing whales performing stunts. The enormous intellect and capability of *Orcinus orca* has been largely ignored at marine parks.

The teenaged orca named Namu was ripped from the fabric of his family and died a tragic, early death, but his short presence in our midst pierced our assumptions of superiority, yet calmed our fears of his species' wanton viciousness. Griffin and his huge audience felt an unexpected sense of

wonder and affection toward Namu. Instead of remarking on the whales' bloodthirsty ways, we are beginning to speak of their affectionate natures, their family and social bonds, their curiosity and signs of uncanny intelligence.

However unwillingly, Namu provided a window — or, more aptly, a long kaleidoscopic tunnel — into a still dimly perceived world of highly-evolved and conscious animals, many of whose attributes exemplify our own highest moral standards. Namu did act as an ambassador for his species, albeit one bound and dragged to his post. Griffin states the case for captivity clearly: "I believe killer whales in captivity have changed people's ideas, have revolutionized people's thinking about the whales. They have probably been the leading idea behind preserving the whales and saving them, transferring to taking care of the environment or being a good steward of the earth."

This educational experience, this scientific enterprise and environmental epiphany is often heard today as the clinching rationale for the continued holding of every orca in captivity. Other than corporate profits, it is the only redeemable outcome of captivity for whales and dolphins. But when the hidden costs become known, when the animals' diminished lives, the unceasing symptoms of stress and inevitable pain that accompany captivity are considered, is an advance in our education or even a leap in our moral edification enough to justify such a chain of tragedies? Are there other ways to gain new knowledge? For that matter, are there other ways to gain corporate profits?

#### Getting to Know Them

Captain Kirk may have said it best in *Star Trek IV*: "Twentieth-century humans are a primitive and

paranoid people." If we were not so obtuse and so defensive toward nature's harmonies and wonders, we might have seen by simple observation, generations ago, that orcas are not out to hurt anybody, that they enjoy each other's company, that they engage in ceremonies and sensual play, and that they might like to get to know us and let us get to know them better ... if we would just be patient. However, regaining their trust may take some time at this point.

We seem to need to *extract* to see up-close, to manipulate nature in order to investigate the parts. "We murder to dissect," an English poet once said. But must we?

Let's look at some of what we have learned by now about orcas. Probably the most amazing, inspiring, and awesome thing about orcas is that they are so very highly conscious, perhaps more keenly aware of their surroundings at all times than we are able to appreciate. An example is the act of breathing. A primary goal of human yogic disciplines is to control one's breathing, to make each breath a conscious act. For orcas (and for all cetaceans, as whales and dolphins are collectively known), exhaling and inhaling precious air were brought under fully conscious control many millions of years ago. This makes perfect sense when one considers that cetaceans must carefully time each breath to avoid gulping water and drowning, but it is still an impressive capability, and it doesn't stop there.

Since they must be awake to breathe, how do they sleep?, one might ask. Well, that question has led to some intriguing speculations that were first voiced decades ago. It seems that at least some cetaceans (including orcas, of course) are able to give one hemisphere of their brain a rest while guiding their swimming and breathing with the other side, then alternating hemispheres to even things out between the two sides of their brains. Try that sometime.

What other previously unconscious, or automatic, faculties might cetaceans have mastered? Ovulation in orcas is unpredictable (to us) and may be under conscious control as well. When baby whales nurse, the mother has to consciously extrude the mammary gland and squirt milk into the baby's mouth. Again, humans and other mammals are able to exercise a modicum of control over such actions, but with cetaceans they have been brought under their exquisitely complete mastery.

All dolphins — and orcas are simply the largest member of the dolphin family — are able to "see," using echolocation clicks, into one another's bodies, much like the recent innovation called ultrasound. Imagine the diagnostic potential in that capability.

Orcas, and cetaceans in general, are also known for engaging in obvious sexual play. Erect penises, about three feet in length and prehensile at the tip, are often seen draped over the bellies and backs of all ages and genders of podmates. The reader may

## THE SOUTHERN RESIDENT COMMUNITY

The Southern Residents are actually a large extended family, or clan, comprised of three pods: J, K, and L. Within each pod, families form subpods centered around older females, usually grandmothers or great-grandmothers. Both male and female offspring remain in close association with their mothers for life.

As of February 1996, the population totals 96. All three Southern Resident pods were reduced during 1967-73 as a result of captures for marine parks. About 58 Southern Residents, mostly immature whales, were taken or killed during captures.

The Southern Residents are often seen during the summer in the protected inshore waters of the Salish Sea, especially in Haro Strait, west of San Juan Island, in the Strait of Juan de Fuca, and in Georgia Strait near Fraser River.

Each pod uses a characteristic dialect of calls to communicate, with certain calls used in common between pods. These calls can travel at least ten miles underwater.

J pod, with 21 members, is the pod most likely to appear year-round, often spending winters in the lower Puget Sound near Seattle and in Georgia Strait at the mouth of the Fraser River. J pod tends to frequent the west side of San Juan Island in mid to late spring. The oldest member of J pod is J2, estimated to be in her early eighties. Three J-pod whales are mature males, ranging from 18 to over 44 years old. Three calves were born in J pod in 1995, and one was born in January 1996.

K pod now has 18 members, of which only one is a mature male. Its two new calves of 1994 were the only newborns in the Southern Community that year. The matriarch of K pod is K7, also estimated to be in her early eighties. L pod, with

58 members, is by far the largest resident pod. L pod has nine mature males and 11 calves under six years of age, four of which were born in 1995.

The Southern Residents' diet, range, social behavior, kinship system, and call vocabulary are distinct from other orca populations that occur in the Pacific Northwest. In addition to the Southern Resident Community, there is a Northern Resident Community (northern BC), a Transient population, and a recently-described Offshore Community. Pods from one population have never been observed traveling with those from another, although their ranges in many cases partly overlap. The call dialects of each of the four communities are distinct.

The Northern Resident Community, made up of about 209 whales in 16 pods, is found primarily in the Johnstone Strait area and off northern British Columbia.

Transients can be found in small groups from Mexico to the Bering Sea. They specialize in a diet of marine mammals, especially seals, sea lions, and porpoises. Traveling in small groups of one to five individuals, they stay close to shorelines, especially near seal rookeries and haulouts, usually traveling silently.

In 1991, another community of unknown size, called Offshores, was discovered. These whales may be the ancestral population of the Northern and Southern Residents. They are most often seen in the Pacific Ocean, 15 to 25 miles out at sea, off Vancouver Island and the Queen Charlottes, though members of this community have been seen from southern California to the Bering Sea.

— H.G.

## THE CENTER FOR WHALE RESEARCH

The Center for Whale Research was founded to promote, support, and conduct benign scientific research on marine mammals of the Order Cetacea — whales, dolphins, and porpoises. The research method is primarily long-term (multi-year) photo identification of individuals within populations, which provides baseline data for demographic and behavioral studies. The knowledge gained from these studies is provided to governments, to the public, and to conservation organizations.

The Center is funded by contributions from individuals and organizations, occasional grants, sales of whale-related items, and contracted studies. It is incorporated as a non-profit organization in the State of Washington with IRS 501(c)(3) tax-deductible status.

The principle studies underway as of 1996 are Orca Survey (a long-term photo-identification study of killer whales in the Pacific Northwest since 1976), Pacific Humpbacks (a photo-identification study of humpback whales since 1986, with other cooperating researchers, to determine migratory patterns, stock identity, and population status in the Eastern North Pacific), and Bahamas Marine Mammal Survey (a general survey of marine mammals in the northern Bahamas, with particular emphasis on photo-identification studies of bottlenose dolphins, pilot whales, and beaked whales).

Most of the Center's fieldwork is conducted in cooperation with Earthwatch, a Massachusetts-based volunteer environmental organization. For more information on how to join an Earthwatch team, call (800) 776-0188. For other information on upcoming field projects and events in the Bahamas and Puget Sound send \$5 (for copying and mailing costs) along with your request to CWR.

The Center is active with other organizations in scientifically evaluating the feasibility of rehabilitating and safely returning selected captive cetaceans to their families and communities in the natural environment. A document titled *Cetacean Releases*, containing reports of more than 90 cetacean releases, is available from CWR. Also available is *An Annotated Bibliography on Cetacean Releases*, listing over 140 books, articles, and other sources pertaining to many aspects of rehabilitating or releasing cetaceans. These two reports are available from CWR at \$10 each, including handling and shipping.

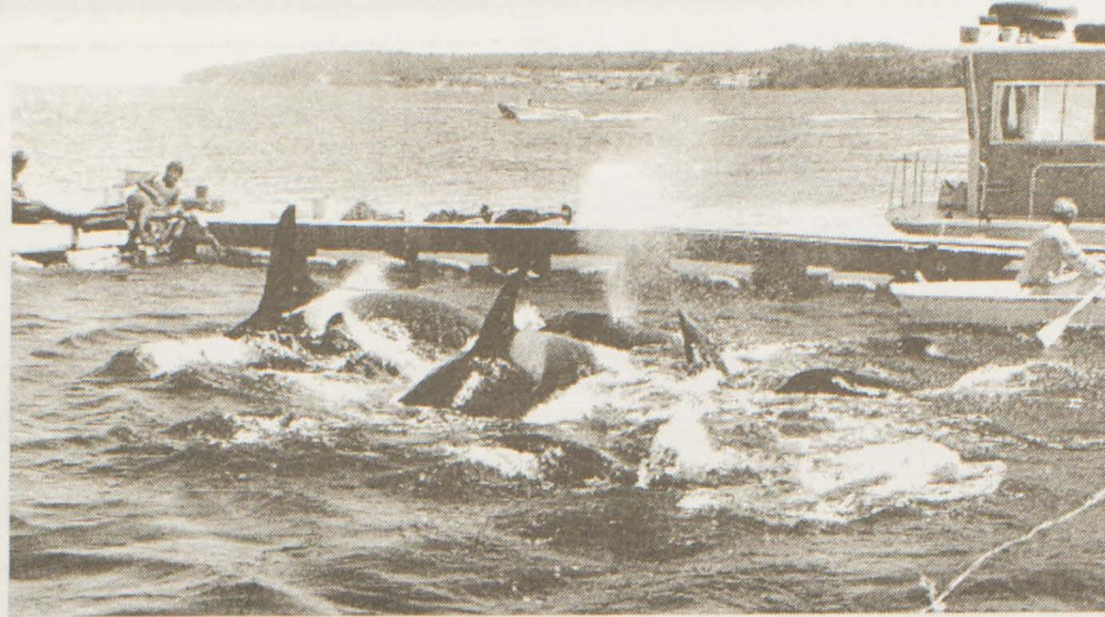
The Center also has published a middle-school curriculum booklet, called *Orcas in Our Midst*, available free of charge for school-use, or \$5 retail.

The Center is staffed by a full-time volunteer Director and several part-time volunteer staff and researchers. Over 90 percent of the Center's budget is spent on program activities.

Membership of \$20 per year in the Center for Whale Research helps to provide funding for the projects listed above, as well as other field research on cetaceans. Members receive current information about cetaceans, research projects, and events in the marine mammal scientific community. Future plans for the Center include becoming more active in researching, reporting, and advocating issues concerning cetacean conservation.

Write: CWR, 1359 Smuggler's Cove Road, Friday Harbor WA 98250.

— H.G.



The August 1970 Penn Cove round-up — the day of Lolita's capture, and the last time she saw her mother and family. Photo: Wallie Funk.

speculate on the degree of conscious control over sexual functions that orcas may possess.

Orcas have had no predators — at least not until harpoons and catcher boats began to molest them in just the past blink of an evolutionary eye. Orcas will eat almost anything in the sea, so if maximizing their number of offspring was among their evolutionary strategies, they would have depleted the fish, other marine mammals, squid and octopus throughout all the world's oceans and been fighting among themselves for scarce resources millions of years ago. Maybe they went through that once, and maybe they learned from the experience, but nowadays they seem to have a sense of their optimum population size, and they keep to it. How admirable! How conscious.

Cetaceans have at least 40 million years of evolutionary history behind them as large-brained, highly-social, and communicative mammals. We humans go back, oh, maybe 100,000 years, or maybe a little over a million years if you accept *Homo erectus* as an early form of us. Pods of orcas as we know them today have been exploring and foraging in all manner of marine habitats for the past 10 or 12 million years. They are the most cosmopolitan of all cetacean species, appearing in every region of the world's oceans. In all that time individuals and populations have no doubt made some mistakes from time to time, like when seven orcas chased some beluga whales up a river in Alaska and got caught on a mud flat by the dropping tide. Oops. One of them died.

They aren't infallible, but they have dealt for an unfathomably long time with some of the fundamental problems that arise when large-brained, highly-social, and communicative mammals, without fear of predators, populate a finite planet — like how to apportion limited resources among individuals and communities, how a community can act cohesively and wisely without internal conflict, and how diverse cultures, with completely different kinship systems, diet preferences, ceremonies, and linguistic systems, but with overlapping habitats, can get along without mortal combat. If we take our time and open our eyes and our minds, maybe we can gradually learn something from them. But not while cheering at them in concrete boxes.

So far, every cetacean population that has been systematically observed has proven to be matrilineal, meaning the family tends to gather around the older mothers and grandmothers. It's pretty hard to know who is calling the shots for any pod at any given time, but so far all indications are that these older females are the ones making the plans, such as where to go, what to do, and possibly thousands of other vital decisions, such as when to get pregnant, when juveniles may learn a particular skill or take part in a ceremony, or who shall mate with whom. We just don't know, but the questions are pretty interesting, and the answers could be useful to some of our warlike and wasteful human cultures. What would happen if the babushkas of the Balkans were in charge in that deranged land instead of the grumpy old men, for instance?

### Lolita

Lolita was born around 1964, just about when the fever to catch orcas for public display was catching on. At the time no one had systematically observed Washington's resident orcas, or even knew they *were* resident, so to piece her story together we have to use our imaginations and our present knowledge.

Her mom corkscrewed for a few seconds to thrust Lolita out into the cool water. After a few slaps she quickly learned to breathe effectively and safely. Like all newborn orcas, she was well-developed at birth and could swim strongly enough to keep up, as long as she stayed tucked in her mom's slipstream while her pod traveled an average of 75 to 100 miles every 24 hours. Lolita stayed within a few feet of her mother for the first several months of her life, often nudging her belly to nurse. By around the end of her first year she began to catch her own fish, but she continued to nuzzle in for the occasional slurp of milk until she was about three years of age. Lolita gradually explored further away from her mother to play with other young whales or to practice chasing fish, but she always returned to her mother's side for most of each day, especially when the pod slowed their swimming and went into a resting pattern.

Lolita was just two years old when a female family member was one day harpooned from a helicopter and killed and her calf taken away, never to be seen or heard again. Then just over a year later a whole family was herded and surrounded and held in nets. Five young ones were taken away, and three drowned during that capture. Just one year later another family was trapped; this time two were removed — one of them, a four-year-old male, was sent to the Miami Seaquarium. The bombs and nets and ropes and yelling men were a recurring trauma and a tragedy that the whales had now come to expect. Time after time family members were forced into slings and onto flatbed trucks and were driven away.

The whales tried and often succeeded in escaping the capture teams. They learned to recognize the engine sounds of the capture boats from miles away, causing the captors to continually change boats and boat engines. Decoy whales sometimes distracted the captors into "wild whale" chases while mothers with young offspring safely detoured away from the capture boats. But the captors increased the terror tactics, deploying more and faster boats and tossing bombs as fast as they could light them with an acetylene torch. The captures continued for eight more years.

In 1970 Lolita was six or seven years old. By then at least 16 of her extended family had been hauled away and several others killed during captures. On August 8, the entire clan was headed north past Admiralty Inlet. They were traveling to a gathering that would have taken place near Salmon Bank, just south of San Juan Island, but someone on a spotter plane saw them. Soon fast catcher boats, led by Goldsberry and Griffin, were upon the whales. Engines raced in circles, bombs exploded. The orcas were herded northeast, around the southern tip of Whidbey Island. Orcas can swim over 30

miles per hour, but the boats were faster.

The intended destination was Holmes Harbor, but the whales split into two groups, causing confusion among the captors and slowing them down. Seeing several young whales among the closest group, the men chose to concentrate on them. They managed to get ahead of the panicked orcas in time to force them into Penn Cove, then drove them into the farthest reaches of the cove, within sight of the Capt. Whidbey Inn. Soon seiners arrived to string long nets around the whales, then a floating pen was set up inside the seine net for the final separation of babies and juveniles from their mothers.

After a time the other group of whales that had escaped the initial capture came into Penn Cove. When the captors saw them, they quickly sent the seiners out to set another net around them. By now there were almost a hundred whales captured, including at least 12 between the ages of two and seven, the perfect ages for shipping and training. The captors set about pushing the adults, first the adult males and then the mothers of young ones, out beyond the outside nets.

By all accounts the whales were extremely agitated, both inside and outside the nets. They were breaching high out of the water and slapping their flukes and flippers, creating a back-ground staccato of gunshot-like explosions. They repeatedly spy-hopped as high as possible to see what was going on. Piercingly loud, screaming vocalizations were heard incessantly both above and below water.

Soon after the nets were drawn shut, four babies less than two years old charged into the net to rejoin their mothers. They got caught in loose folds created when the net dropped at low tides. For a time they were in bodily contact with their mothers and other family members through the net, but as they twisted and convulsed to get free, the net wrapped tightly around them and they drowned, one by one. One of the mothers tried to force her way into the net, only to get tangled and herself suffocate. The female's death was discovered by reporters when she drowned, but the carcasses of the babies were hidden from the public. They were weighted with rocks and wrapped in anchor chains, then taken out to sea at night for secret disposal.

Calls were made to aquariums around the world to announce that there were whales for sale. Dr. Jesse White, veterinarian for the Miami Seaquarium, came to Washington to select one to become a female companion for Hugo, the three-year-old male captured a year earlier and sold to the Seaquarium. He admired a particular little female and soon chose her for the Seaquarium. Dr. White visited a curio shop while in Seattle and saw the name Tokitae on a carving, a name he bestowed on the little whale who seemed "so courageous, and yet so gentle." In Miami she became a show business personality, however, so she needed a name that said Miami, not Seattle. Her stage name became Lolita.

Of the six other young whales, two were shipped to marine parks in Japan, and parks in Texas, the United Kingdom, France, and Australia each got one. They were all very young calves, but, except for Lolita, they survived an average of less than five years.

In mid-November the carcasses of three of the babies that had drowned rose to the surface and became news items. Six years later this discovery played a major role in a court decision that banned Sea World from ever capturing another killer whale in Washington State.

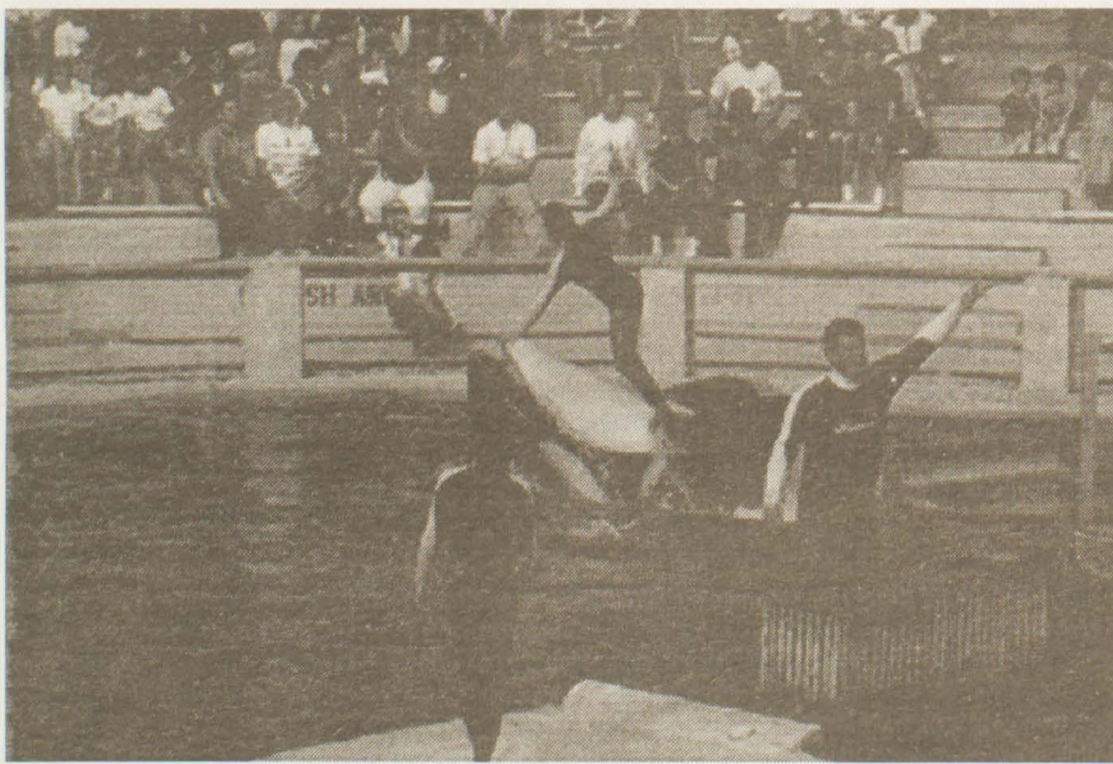
When Lolita arrived in Miami, she was reunited with Hugo, the young male that had been captured at Carr Inlet a year earlier. Hugo and Lolita were probably related, though no one knew that at the time. For almost ten years they shared their tiny, clattering tank. Then in March of 1980, just about the time Hugo's adolescent hormones began to kick in at the age of about 13, he died. The report said it was a brain aneurysm. Lolita, so courageous yet so gentle, continued to perform her shows flawlessly.

In 1987, the Society of Marine Mammalogists held its biannual conference in Miami. Ken Balcomb knew that Lolita was from the Puget Sound Southern Resident Community, because he had been studying that specific population for over ten years. In 1987, Lolita was already the only survivor of the approximately 58 orcas that had been taken from Puget Sound.

Balcomb approached the Seaquarium with a novel proposal. Why not play some tapes of Lolita's pod to her, just to see, and record what might happen? Some of the trainers thought it might be a neat idea, but the management, possibly sensing that too much sympathy for the whale might result from publicity surrounding the experiment, refused to allow it. Balcomb then proposed leasing the whale temporarily to conduct the experiment. Nope. In 1992 Balcomb proposed that the experiment be incorporated into the show as an "exciting new acoustic program." Hurricane Andrew had just blasted through the Seaquarium, electrocuting six sea lions in another tank, so Balcomb also offered to buy her, just in case the park had been put out of business. No deal. Meanwhile Lolita continued performing her shows by day, and bobbing listlessly between shows and all night long.

Like most (probably all) orcas, Lolita yearned to bond with another caring, sentient being. In the absence of any other whales, she looked toward her familiar trainers for companionship. Marcia Henton was Lolita's trainer from 1988 until the fall of 1995. Henton seemed to respond to Lolita's desire for a companion: "It was like having a best friend that you get to see every day. She likes a lot of close contact," she said. "It's a very unique experience. When she comes over to me, when we're interacting together, she looks right into my eyes. It almost feels like... my soul is open to her."

Lolita has also demonstrated her incredible memory. Henton talks about finding an old signal book at the park that hasn't been used since she took over as her trainer. Just to see what would happen, she tried out some of the signals. The results surprised even her: "I can walk up and give her a signal she hasn't seen in at least eight years, and she remembers it."



Lolita in Miami — last of the Puget Sound whales surviving in captivity. Photo: Balcomb-Bartok.

Lolita, like Namu before her, desperately tries to create a deep bond with an affectionate companion. She can perfectly remember the meaning of a hand signal that asks her to perform a silly trick, that she hasn't seen in more than eight years. Chances are, if she were allowed to be reunited with her family, even by an acoustic linkup, Lolita would remember her mother and the rest of her family, and they would remember her.

In late July of 1994, during production of the movie *Free Willy 2* on San Juan Island, Governor Mike Lowry came to participate in a town meeting and visit the movie set. Balcomb met the governor and told him about Lolita, the last survivor of

Washington State's capture era. Lowry took an interest in helping bring Lolita home and asked his policy advisor, Kathy Kelly, to act as coordinator to marshal state agencies to help prepare for Lolita's rehabilitation seapen.

Lowry then teamed up with Washington Secretary of State Ralph Munro, a dedicated opponent of the orca display industry since he and his wife witnessed a capture in the mid-seventies. On March 9, 1995, Lowry and Munro, along with Balcomb, held a press conference at the Daybreak Star Center in Seattle to announce the start of a campaign to bring Lolita home. Lowry declared his intention to help Lolita return "as a citizen of the State of Washington."

Munro and Lowry have since jointly written three letters to Art Hertz, repeatedly offering a variety of ideas to compensate for the potential loss of income that Lolita is now generating. In July, Hertz said that, "The most prestigious scientists from around the nation inform us that releasing Lolita into the wild would be immoral, inhumane, and unethical." Hertz claimed that, if released, Lolita would continue to respond to humans, that she would not be able to catch live fish, that she would not be accepted by any social group, and that she might catch or spread a disease. Lowry and Munro responded to these concerns by again proposing an acoustic experiment that might resolve some of them, and by inviting Hertz or his staff to a meeting that was held during the American Zoological Association conference in Seattle in September 1995 to discuss all the criteria that would need to be met. Hertz has not answered that letter, but Munro and Lowry wrote him another in January 1996, again inviting Hertz to visit Washington to see some wild whales for himself and offering to collaborate with Hertz to help produce a cinematic production as part of a compensation package to secure Lolita's return to her home waters. Still no deal.

In November, the Seaquarium replaced several of Lolita's caretakers, including Marcia Henton. Since then Lolita seems to have lost much of her energy. Her performances are lackluster, her breaches are half-breaches, and between shows she drops to the bottom of the tank most of the

time. Previously she hovered at the surface near the edge of the tank, as if waiting for someone to come by to keep her company. One of the three white-sided dolphins in the tank with her has been seen attacking her, to which she responded with a head butt that nearly killed the dolphin.

Lolita is the oldest whale in captivity today. Only Corky, held at the San Diego Sea World, was taken before Lolita. The latest word is that Lolita remains healthy, but orcas in tanks usually die of massive internal infections that prove lethal within a few days or hours of first detection. So courageous and yet so gentle, but how much longer can she stay alive in a concrete bowl? **U**

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Photo: Balcomb-Bartok

## HOW TO HELP

By law, Lolita is currently the private property of the Miami Seaquarium, owned by Wometco Corp., which is owned by Arthur Hertz. If you would like to comment to Mr. Hertz concerning Lolita's situation or her possible return to her home waters, he can be reached at Wometco Enterprises, 3195 Ponce de Leon, Coral Gables FL 33134.

The most likely way to reach an agreement in which Mr. Hertz will allow Lolita to come home is to offer him a business proposition in which he receives maximum monetary gain. Such an offering, involving a possible purchase of Lolita, granting him rights to a documentary film on her return to Puget Sound and help establishing a wide range of high-tech alternative exhibits for the Seaquarium (such as IMAX film features, virtual reality productions, robotic whale exhibits, real-time feeds from remote marine locations, etc.) have already been proposed to Mr. Hertz. So far he has rejected all offers.

The Seaquarium's revenues at the gate, estimated at around \$10 million per year, appear to be the determining factor in their decisions about Lolita. Increasing public awareness of the negative effects of captivity on whales and dolphins, added to the recent revelations that Lolita's tank is undersized and in disrepair, compounded with Lolita's long-term solitary confinement, would seem to eventually dissuade visitors from paying the entrance fees that sustain the park financially. Many of the people that see Lolita's shows are from Latin America and Europe, however, and to date there has been very little publicity concerning her plight outside the US.

For now, the Center for Whale Research is limited to processing permits for her rehabilitation seapen, disseminating her story and her prospects for a return home, and otherwise preparing the way for her in hopes that negotiations with Mr. Hertz will one day prove more fruitful. The apparent declines in her emotional health after the recent turnover in staff at the Seaquarium lend a note of urgency to efforts to bring her home.

The Center for Whale Research has been advised by our attorney that since she is specifically not for sale, we are unable to solicit funds with the goal of purchasing Lolita at this time, and, in fact, the Center could become subject to allegations of fraud even for publicly raising money to help

Lolita in any way.

The Center's reluctance to request contributions for Lolita is related to the fact that the Center is currently under investigation by the Bellingham office of the FBI as a result of an anonymous complaint that the Center improperly raised money for Keiko in 1993-94. In mid-February of this year the Center's attorney forwarded documents to the FBI showing that, a) money sent to the Center was a result of an impassioned *Life* magazine article (Nov. 1993) about the Center's agreement with Reino Aventura, Keiko's owner, to help the ailing orca; b) the money that was sent to the Center was spent on Keiko-related efforts, including a trip to Iceland and two trips to Mexico City, the purchase of acoustic equipment, as well as production and mailing of two issues of a publication to update contributors on Keiko's situation; and c) when it became clear in May 1994 that the Center would not be invited to take part in further efforts to help Keiko, the Center sent letters to all contributors offering to return any money sent. The Center's attorney believes the FBI will agree that the Center has committed no wrongdoing and will drop the case.

But until there is an agreement with the Miami Seaquarium to return Lolita, the Center is wary of asking for funds to help her. The most the Center can do at this time, with public support, is continue its 20-year study of the Southern Community of resident orcas, the population from which Lolita was taken and the one to which she will hopefully be returned. The Center will also obtain the necessary permits and prepare for Lolita's proposed return. Additionally, the Center will continue to advise Mr. Hertz, the scientific community, and the public concerning the feasibility of her reintroduction to Puget Sound and the methods required to accomplish the task. Tax-deductible contributions may be sent to: The Center for Whale Research, 1359 Smuggler's Cove Road, Friday Harbor WA 98250.

— H.G.

NOTE: You may purchase videotape cassette copies of the one-hour documentary titled "Lolita: Spirit in the Water" by calling KOMO TV at 1-800-659-1553.

Howard Garrett is information director for the Center for Whale Research on San Juan Island; he's been working with whales since 1980.

\* In conversation with the ISLAND INDEPENDENT, *Free Willy* producer Lauren Shuler Donner was more pessimistic about Keiko's prognosis, saying she expected it would "take years" to get the orca back to its North Atlantic home waters. She cited the need for reconstructive dental surgery (Keiko had ground down his teeth from biting on his tank), the fact that he'd need to be taught to hunt for wild food, and the need to ensure that the whale will be accepted back into his pod (recorded sound exchanges). She pointed out, however, that Keiko is responding very well to his new environment: "The papaloma [skin disorder] on his tail came off and he's much happier — a combination of cold salt water, proper vaccines, and less stress being in a bigger space." Shuler Donner ranks Phillips as "the big hero here" and says that, for her, helping to liberate Keiko from Mexico was better than getting an Academy Award. — Ed.

# Hitchin' Rides & Tips for the Thoughtful Thumber



By ELLIS BAKER

Consider me an eccentric, an oddity, if you will: A woman, a white native, 34, no rap sheet, out on the road. I'm hitchhiking to get somewhere, on a day trip, going from Point A to Point B, with casual conversation and a bit of walking in between. Cheap, convenient, and fun. I've been traveling this way on and off during the past 20 or so years with no problems. Sometimes I wait all of ten minutes, usually less, before a driver stops. Lucky, you could say.

Thumbing is an all-American invention, officially surfacing in the early 1920s as the act of traveling by means of lifts in vehicles, according to the Oxford English Dictionary. The term "hitch-hiking" has broadened over the years to describe other ways of catching a ride: air lifts, seeds on the back of a dog, radio commercials broadcast during a show sponsored by someone else, exploiting informational channels the USA couldn't personally infiltrate, and ideas carrying one's spirit farther than it would have otherwise flown.

Long-distance trips were the thing in the '20s, with hitchhiking drawing attention as an inexpensive but probably dangerous way of covering many miles. Young hitchhikers bragged of traveling 500 miles while walking less than ten. In the '40s, hitchhikers were clean-cut college boys or military men on their way home; women who thumbed risked their reputation. In the '60s, writer Lesley Hazelton recalls catching a ride outside London: "Was that really me, that teenager standing by the side of the road with her thumb out, relying on the kindness of strangers to get her wherever she wanted to go? You had to be young and rebellious to hitch rides, with a touch of the bohemian. I qualified. Many of us did. There was a fine, careless freedom to it: a touch of the hobo, a dash of romance, a tablespoon of adventure and a whole bowlful of innocence. It was a great way to travel."

Hazelton, like many others, quit thumbing as she got older. The turning point, some say, was the '70s, when hitchhiking took a turn for the worse all over North America, due to random violence. Drivers quit picking up people standing beside the road. Soon there weren't so many with their thumbs out. Downward spiral. "I still see the occasional hitchhiker here in the States: always male, always alone, and always in the middle of nowhere," Hazelton writes. "With my foot firm on the gas, I wonder where he came from. I don't even bother to wonder where he's going. I'd be crazy to even think of stopping. I drive on by: secure and alone."

Sane drivers don't stop; sensible travelers don't thumb. I'm one of the crazy ones, I guess. I'm not out there mimicking the murderers, rapists, thieves, prostitutes, or juvenile delinquents intent upon raising hell, for whom standing beside the road with an upraised thumb has another purpose. Those are the ones drivers pass in fear, not stopping, staying away because of knives, guns, diseases, or contemplated threats. Those are the ones you don't trust because you could lose your money, your car, or your life.

Except, how do you know? Ted Bundy was an attractive, charming, clean-cut kind of guy who killed a lot of women over the years. The Hell's Angel look-a-like in greasy black leather and tattoos who gave me a ride across Arizona in his battered blue van — one lacking a handle inside the passenger's door — was soft-spoken, courteous, and willing to go out of his way.

Since the '70s, the few hitchhikers I've seen standing along the freeway with an upraised thumb seemed to be crossing the country, backpacks and sleeping bags piled at their feet, with a crudely-marked cardboard sign communicating a destination. Here and there might be someone whose car had died, the town bum, or a college student desperately trying to visit a friend. These days, women benefit from the fear barrier: they catch rides quickly while men wait for hours.

Hitchhiking was once free and unencumbered, a cheap, practical form of transportation for the minimalists among us. A joy, you know? It was a trade built upon trust, an opportunity for drivers to entertain themselves with conversation while providing a valuable service to someone who needed a ride. It still is, but it's become more difficult due to the fear barrier. I consider myself informal goodwill ambassador. When the first thing a driver says is, "I don't usually do this . . .," I share my experiences with them. I've never been threatened while hitchhiking, I've never had my money stolen or feared for my life, and I've been doing this for some time.

In the islands, hitchhiking is part of a cooperation that's become so ingrained it's almost intuitive: a Tao thing. Hitchhikers think about signaling, the intent somehow changes their aura/energy level/body language, and someone asks if they need a ride before their thumb reaches the up position. The Tao thing isn't reliable off-island; signaling is needed.

If you haven't hitchhiked for awhile, or you've considered it but rejected the option, rethink facing your fears.

explore the opportunities for hitchhiking by using the following Tips for the Thoughtful Thumber.

## Thumbs Up

Planning the jaunt. For day trips, allow double the time it would take if you were driving yourself directly there. This provides space for walking and standing, an integral part of thumbing, without jeopardizing punctuality. Local trips will take you along familiar roads. Carry maps and schedules if you're heading toward unknown territory or connecting with a transit system (ferry, bus, train). Wear a watch if time schedules are important.

Moderately busy back roads are preferable for hitchhiking; freeways are faster and more direct if you're hurrying. For longer trips, track down a child of the '60s for some personal advice before leaving. Hints: Carry a sleeping bag, crash at friends' or relatives' homes whenever possible, and stay open to the possibilities (cemeteries, 24-hour restaurants, people you meet).

Catching the ride. Appearance matters. On day trips, clean, casual, "local" looks work well. Try jacket, jeans, and boots, or T-shirt, knee-length shorts, and Birks, depending upon the season. (Northwesterners know about dressing in layers due to rapidly changing weather: no lectures from me.) Dresses, skirts, slacks, or suits are guaranteed to get rides from people convinced you're heading for a job interview or had car trouble on the way to work. On longer trips, wear something comfortable and durable that you can wash in a sink.

Stand confidently beside the road with your arm raised high and a pleasant expression on your face. Sing out loud between cars for your own entertainment. Keep moving, turning as needed to signal oncoming cars, unless you're on a roadway with no shoulders or at a freeway on-ramp (stay in a pull-out or driveway in the first situation; stand beside the "no hitchhiking" sign in the second). Truck stops are good places for catching longer-distance rides.

Enjoying the experience. Thank the driver for stopping. Consider yourself a guest, with these limitations: The driver chooses the music, decides whether or not smoking/beverages/eating/pets are allowed, and selects the route. Conversation is part of the fun: find something you're both interested in, or let the driver talk about something s/he enjoys. (I've heard some great stories!) Practice acceptance and tolerance while experiencing a diverse cross-section of people. Accept on-the-way invitations for coffee or food if you're sincerely enjoying the

driver's company, or if you're starving. Thank the driver for giving you a ride. Wave good-bye as they pull away.

## Thumbs Down

Staying safe. Ask, "Where are you headed?" before climbing in; this allows you to turn down the ride without insult if anything feels uncomfortable while you're visually assessing the driver, passengers, and vehicle. Most of the people offering you rides will be strangers. Trust your intuition.

On day trips, ask to be let out a block or two away from your destination, especially if you're going to a private home rather than a public place. If the driver follows you, walk past your destination, duck around a corner, and hide until they leave. (This happened to me once. "Don't you want to party?" the guy asked. No.)

Ask to be let out anytime if the driver seems to be driving erratically for whatever reason. For other overt threats to your personal safety, cooperate until such time as you can escape and get help. Note the driver's description, the car's description, and the license plate number. Call the police if you suspect intoxication or ill health is affecting the driver, or if you have been threatened, assaulted, or robbed. (None of these situations have ever happened to me; my advice is hypothetical.)

Polite boundaries. Offer your first name, but not your last. Change the subject if the driver asks personal questions you don't wish to answer. Don't respond to overtly opinionated or provocative statements. Your goal is a comfortable, casual ride without conflict.

Personal invitations. Decline invitations for drinks, dinner, drugs, or dates, unless those opportunities appeal to you. Use your judgment when agreeing to or declining a driver's suggestion to stop by the driver's home (I have stayed in the car while a driver picked up stuff). Do not give the driver your full name, address, or phone number, unless you feel strongly this person is safe.

## Thumbs All Around

I've thumbed in all seasons, during all kinds of weather, in daylight and in dark (getting a ride at night takes longer). I've traveled with another person, with my bicycle, with a backpack, and even with a bag of full of laundry. I do not carry weapons or worry about my personal safety. Test my truth for yourself. Hitchhike. ■

If she ain't pedaling, she's thumbing. Ellis Baker lives in Bellingham and writes the ■ "Bike Rap" column.

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Modern science and the industrial age is often characterized by a distrust of unexplained phenomena that operate in the invisible realms which are popularly thought of as void or non-existent. Imagine our collective surprise now that much of what was one debunked is turning out to work. A brief look at one such area.

# The Art & Practice of Dowsing

By KELLY SWEENEY

Some years ago my wife and I made an offer on a piece of land on Whidbey Island. It was an exciting time for us. Frankly, I wasn't sure the seller would accept our offer, and when I got the news that she'd agreed to our proposal, I was ecstatic. It was a dream come true. The sale was finalized a couple of months later, and we began the process of building our home.

It was at this point that the reality became clear — no water, no house. This was a rural area, no city utilities were available. We would need to have a well drilled on our property. My ebullient mood gave way to apprehension — you pay by the foot, whether you find water or not. Growing up in Eastern Washington, I had heard many tales of dry well holes 500 feet deep, some even more. Nevertheless, the place was ours, and we had to pursue our dream. We had known it was a major undertaking when we made the offer.

Through word of mouth a well-driller was located. He was busy at the time, but agreed to do the job in a month or so. Everything was in motion; it was just a matter of waiting.

At the time, I was doing some work for a maritime company in Seattle. One day, during coffee break, I was talking to Barb, a bookkeeper in the accounting department. I told her about the property we'd bought and the upcoming well-drilling. She turned to me and said, "I can locate the water for you before he drills." I couldn't believe my ears. "What do you mean?" I asked. She told me she had a gift, passed down from her mother and grandmother, that enabled her to *douse* for water accurately.

I had heard of dowsing. A number of old-timers told of using rods to find water lines or old septic fields. Still, I wasn't too familiar with it; I certainly had never seen it done.

Barb told me she had never been wrong in her dowsing. In fact, an executive in another department had asked her help in finding water on a five-acre parcel he bought on Camano Island. She found the spot, and even told him how deep the water was. She was right on the mark, and the well was over 300 feet deep!

I asked her what she charged, if she accepted money. "No," she said. "It's a gift, and I would be abusing it if I made a profit off of it."

Coffee break was over, but I said I wanted to continue our conversation the following day. That evening, I told my wife, Frances, about Barb. "Let's go for it," she said. "We've got nothing to lose." I had to agree, and we decided to offer to pay her expenses, take her and her family to dinner, and give her a few small gifts to show our appreciation. We felt it would be wrong to take advantage of her, or of anyone connected with the building of our home. The realization of our dream would be surrounded with good feelings and love every step of the way.

The next day I talked to Barb, and it was decided that the following weekend was best. The excitement was building, and by the time the appointed day arrived, my interest had peaked. It was a beautiful fall day, and Barb arrived with her

husband and son. We chatted for a bit, and then she started out for an alder tree. Taking a Y-shaped branch, she stripped it of all its leaves. We followed her as she walked around the property. She held the branch out at a 90° angle from her body, the two smaller parts of the Y in each hand.

At one spot, the extended branch jerked forcefully downward. It was so sudden, I was sure that she had done it herself. Backing up about five feet, she walked over the location again with the same result.

Turning to us Barb said, "You've got plentiful water right there." Frances and I looked at each other, smiling. She called her son over, and he tried it. It worked for him, too. For whatever reason, her husband couldn't do it. I asked why, and Barb told me that we all had the ability, but that it came easier for some than others. She reminded me that both her grandmother and mother could dowse, and so could her son. I mentioned that maybe it was hereditary, since her husband wasn't successful at it. "Well, some choose not to develop their talents," she said, taking the branch back. "Now, let's see how far down the water is."

Standing over the spot where the branch had reacted, she began to count out loud by fives. At 120 she stopped, and told us that the water was located 120 feet below the ground. I was amazed. It was one thing to claim that there was water in a certain place, but it was quite another to state exactly how deep it was. Then she counted again, and told us our pressure would be about 20 gallons per minute. I didn't have any idea how she came up with that, but it was late afternoon and we were all tired. So, we marked the spot well, took bearings off of various trees, and paced off distances to make sure we could find the place again. That was my introduction to the art of dowsing.

As we drove off the property that evening, the thought of Barb not only *finding* water but saying that she knew the depth and pressure was almost too much for me to believe. During dinner we had an enjoyable conversation, but I must admit my mind was still absorbing the events of the day.



A few weeks later our well-driller called to say he was ready. It was time to see if Barb's abilities were indeed real; I was anxious to have the drilling begin. The day arrived, and, as we expected, the driller came up and asked us where we'd like to drill the well. We pointed to the spot, and he set up his equipment. Taking half his estimated fee up front, he made sure he told us, "Now remember, you pay whether or not I hit water. I drilled three times for a man not far from here before I found



Sweeney goes dowsing. Photos: Frances Sweeney.

water." We told him we understood, and the work began.

A while later, he was talking to Frances, and she told him of Barb and her findings. He scoffed. "You don't believe that, do you? It's a bunch of baloney." Visibly irritated, he continued, "Besides, everyone in this area has a well between

200 and 300 feet." Frances didn't want to push the issue and let it drop. That evening, when we discussed the incident, we both sincerely hoped he would be shown wrong.

After a number of days, the drill was coming close to the 120-foot depth. Throughout the process, the driller ridiculed dowsing and told us we were misled if we believed it could work. We took it in stride, but that night as I lay in bed I worried. Maybe we had been too hasty believing Barb. After all, the driller knew the island, so surely he would know the water table level as well as anyone. He had definitely managed to wedge some doubt into my mind. Nevertheless, I held onto the belief that things would work out as Barb had said they would. I must admit, however, that I slept poorly, worrying about it. The next day we'd find out for sure.

I was at work when Frances called with the news. The well-driller had found water — at 119 feet. He told her it was "just a pocket, nothing to get excited about." Amazingly, he still refused to believe that water could be found at that depth. He wanted to continue drilling. Evidently the mindset of 200-300 feet was almost too much for him to overcome. We had to tell him to *stop drilling*. As it turned out, it was not just a pocket of water, it was a well-pressured usable find. In fact, the pressure was more than his gauge would register! Barb was right on.

The next day, I ran down to accounting and told Barb the news. A look of anxiety appeared on her face. "What's the matter?" I asked. "I'm bummed out," she said with a straight face. "I was a whole foot off!"

We both laughed, and I gave her a hug. I was convinced dowsing worked, and I felt wonderful. The following day everything was finalized. We paid the balance of what we owed. As the driller drove off the property, unusually reticent, only one thought filled our minds: We had water!



I've thought about the well-drilling many times since then. A closed mind can cost you plenty, often more than an extra couple of thousand for a well. We found that Barb was right — dowsing indeed worked. Unfortunately, we have lost contact with her over the years. Her success in locating water began the building of our home,

but it did more than that.

After this first experience with dowsing, I was so impressed I decided to learn more. I found out that there are different kinds of dowsing. Some uses may include finding old septic fields, water lines, and even buried gas and electric lines. Many individuals also use a form of dowsing to enhance their health. For instance, a pendulum is used for choosing vitamin supplements, and for making food choices. Others employ dowsing for queries on intangible matters, like energy fields.

*Energy dowsing* is used to verify the placement of furniture and homes according to *feng shui*, a Chinese discipline which guides the arrangement of one's home, furniture, and surroundings to maximize positive energy flow. Many feel that dowsing the results of *feng shui* gives a "double-check," thus instilling confidence in the arrangement.

These are just a few of the myriad of possible applications for dowsing. There are a number of excellent texts on the subject if you want to find out more. Two by Tom Graves, *Pendulum Dowsing* and *The Diviner's Handbook*, are worth reading. Graves is from England, and his wit and comfortable writing style make his books easy to read. He gives a good discussion of the various tools you can use to do your dowsing. Perhaps the best parts of his books are the practical tips he offers. He believes you must "do it to learn it."

Barbara Ann Brennan's *Hands of Light* has a superb chapter on energy dowsing using a pendulum. A former NASA scientist, Brennan writes in a clear, cogent manner. It is her opinion that human energy fields may actually be dowsed with a pendulum as a means to become aware of their strength and flow. She is an intelligent writer. For a discussion on human energy dowsing, I feel her book is definitely one of the best.

A text which I consider essential for any dowser is "Letter To Robin: A Mini-Course in Pendulum Dowsing," by Walter Woods, current President of the American Society of Dowsters. It is obvious after reading Mr. Woods' pamphlet that he has a superior knowledge of the subject.

To find out more, or to purchase books on dowsing and related topics, write to: The American Society of Dowsters Bookstore 101 Railroad St. St. Johnsbury, Vermont 05819, or the Canadian Society of Questers (Dowsters), Box 30133, Vancouver, BC, Canada V4K-4V7. □

Capt. Kelly Sweeney wrote about his "other" seafaring life in "The Long Haul" in No. 72.



Wires work, too.

# KID'S PAGE

## ANT MISBEHAVIN'

By JOSH MULHOLLAND • ILLUSTRATIONS BY ADAM MYERS

I'm thinking of an animal - a very unique animal. This animal builds houses and plants gardens. It organizes armies. It's smart - it can learn, and it can communicate with other animals like it. It knows how to cooperate to get things done. Is this animal starting to sound like a human being? Well, from what we know so far, it could be.

How about if we knew this animal sometimes captures others as slaves? Or that it stores food, like we do in cupboards? If we knew that they were very good at tickling, then what would we think? They're starting to sound more like people all the time.

How about if I said this animal has six legs? Then, you'd probably go, "Oh, that's easy - it's an ant." But pretend for a minute that there weren't any ant pictures on this page. Would it be as easy to guess then?

Many people think that human beings are the dominant species on Earth right now - just like dinosaurs once were. But are we really? Sure, we build the biggest buildings. We have airplanes and video games and taffy. And there are over five billion of us.

But what about ants? Ants outnumber people by ZILLIONS! In fact, in most parts of the world, they outweigh us, too! We know of at least 10,000 different species of ant! Looks like they've got us beat there, too. And while they don't have video games - and probably never will - ant technology is pretty impressive. Some species of ant build nests that can hold half a million ants ... and they do it without power tools or dump trucks, or anything.

### THE LITTLE PEOPLE

Though there are many different kinds of ant, mon. For one thing, they're all ants. They have cycle, and the same kind of body. - some groups have only a few others have millions.

Every ant nest has the same begin- queen is just like any other female ant, ences - she can lay eggs (all other female never lay eggs), and she has wings. The nest to mate with winged males from mate in midair!). After mating, she finds after sleeping for a season, she starts

This is where the various ant species start ors. For example, ants have very different for food to bring back to the nest. If they find something good, they carry it back and leave a trail of *pheromones* (chemicals with a special scent) for other workers from their nest.

Some ants grow their own food! The leaf-cutter ant builds fungus-growing rooms in its nest. It grows the fungus on bits of leaves it brings in. The black garden ant has a special

The Farmer



arrangement for its food - it protects aphids (another kind of insect) from hostile bugs. In return, the aphid lets the ants eat its poop. Don't laugh, it's true! For these ants, poop is good food!

Ants make arrangements with other creatures, too. Ants living in acacia trees in Africa have a super deal: they get to drink sweet nectar from the base of the trees' leaves. Plus, its branches grow hollow, woody lumps that make perfect ant homes! But the ants work for their living - they chase away bugs that would eat up the trees' leaves and bark.

Ants also have some pretty interesting arrangements with each other. Fire ants will drown themselves by the millions, just to help their brood cross water. Tropical army ants, which don't live in nests, build the queen a new house every night.

The Queen



they have a lot in com- the same basic life They all live in groups dozen members. Others ning - the queen. A except for two differ- ants are sterile and can new queen leaves the old another nest (some ants a place for a new nest; then, laying eggs. Lots of eggs.

showing their different col-

diets. Most ants go out and search

The Soldier



## PROFESSOR GOOD'S Science Corner

LOUD NOISES & BAD SMELLS FOREVER!  
ANTS OF THE MOUND BUILDING VARIETY (*FORMICA SANGUINEA*) HAVE BECOME MORE NOTICEABLY NUMEROUS IN OUR REGION IN THE LAST FEW YEARS. WHEN YOU COME ACROSS A LARGE ANT MOUND NOTICE THE ANT HIGHWAYS THAT RADIATE OUT FROM IT. THOSE TRAILS ARE FOLLOWED BY ANTS WHO ARE GUIDED BY A CHEMICAL TRACER CALLED A PHEROMONE. THIS PHEROMONE TRAIL IS ESTABLISHED BY THE PREVIOUS ANT TRAVELERS.

THUS, ALL THE ANT MOUNDS ARE LINKED TO ONE ANOTHER BY THESE TRAILS AND OH NO! I JUST REALIZED THAT THAT MEANS THE ANTS COULD BE ORGANIZED! THEY'RE TAKING OVER! BEFORE IT'S TOO LATE WE MUST - - - HELP! - - - COMING UNDER THE DOOR! - - - NOTIFY THE AUTHORITIES!  
AHHHH!

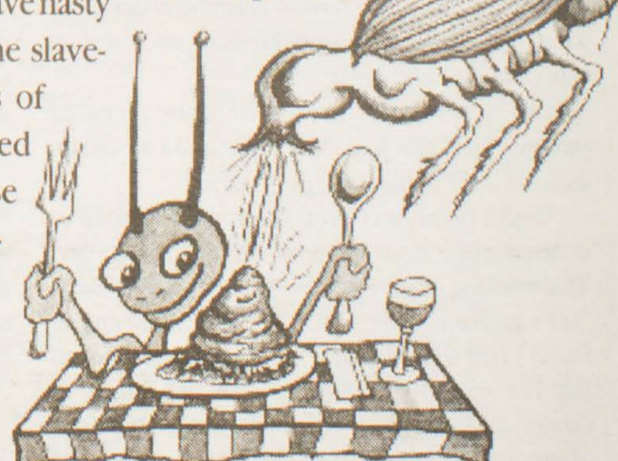
Get a whole volume of experiments from Professor Good for just \$5. Send to Prof. Good, Box 131, Langley WA 98260. Leonard Good tutors individual kids and groups in the sciences.

They build it out of themselves - thousands of them all linking arms!

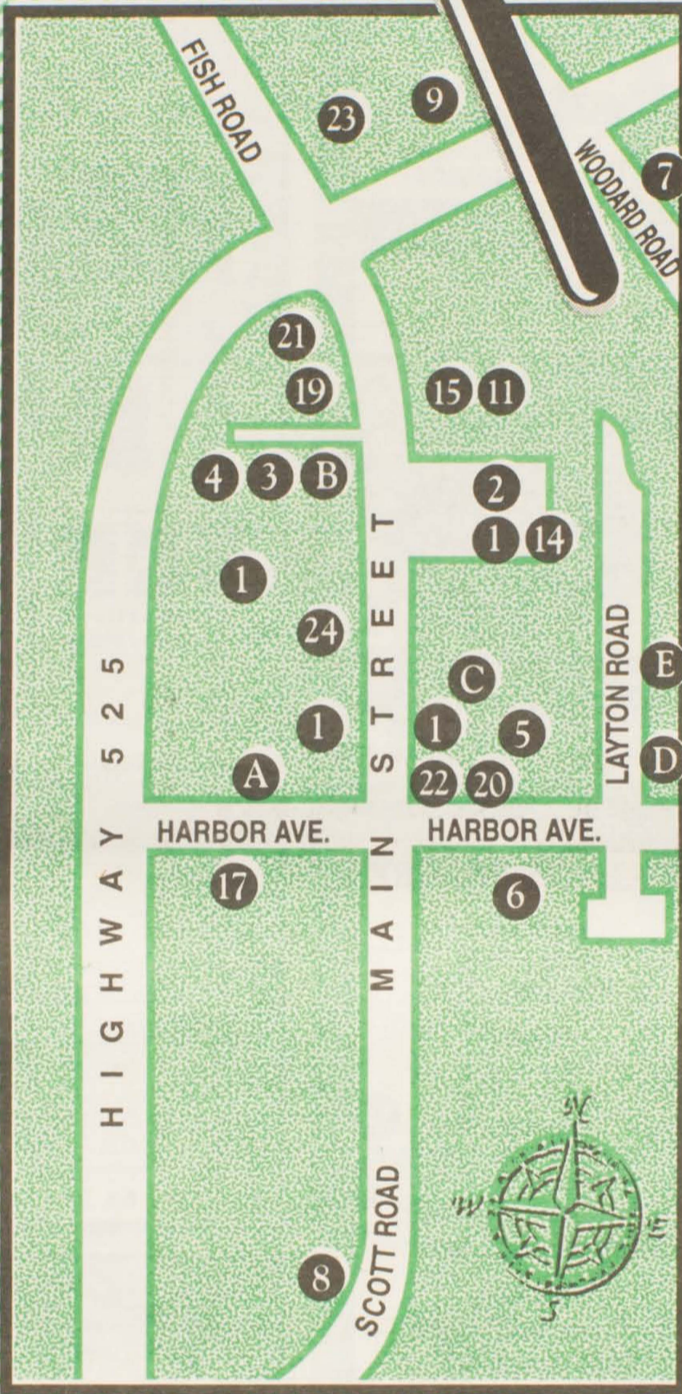
But just like humans, ants have nasty ways as well as nice ones. The slave-maker ant invades the nests of other ants and steals unhatched worker eggs. Why? Because they need them! The slave-maker's queen can only lay soldier eggs!

If you think about it, we are very similar to ants. We control our environment to make living easier. We make sacrifices for each other. We are sometimes very selfish and mean. We are smart. It's like we are the ants of the large world, and they are the humans of the little world. The big difference is the six legs. That, and when you read about humans it doesn't make you feel ... so ... tickly. ■

The Poop Eaters



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**TEDDY'S ON WHIDBEY**  
 Lunch & Dinner  
 ★ 7 Days a Week  
 ★ Banquet Room Available  
 1804 E. Scott Road  
**331-2882**

**Hair Jamers & tanning salon**  
 Harbor Village Square  
 Open Mon-Sat  
 Evenings by appointment  
**(360) 331-1098**

**Deitra's**  
 Fragrance  
 Cosmetics  
 & Island Wear  
 1679 E. Main St. Unit C  
**(360) 331-2797**

**BETTIE B'S**  
 Ladies Fashions  
 Missy, Petite, Plus Sizes  
**(360) 331-6363**

**JUST CRUISIN' & TRAVEL**  
 Accredited Cruise Counselor  
 Next to Gay 90's Pizza  
**360-321-3942**  
**1-800-323-5259**

**FREELAND TRAVEL**  
 P.O. Box 215, 1609 E. Main Street  
 Freeland, WA 98249  
 (next to Pay-Less)  
**Call: 331-5595**

**OLYMPIC INSURANCE**  
 MANAGING THE UNCERTAINTIES  
 WITH MORE CHOICES, EXPERIENCE AND GUIDANCE  
*Prove it!*  
**331-3155**  
 1592 Main St. (across from Pay-Less)

**Maggie Finn's**  
 Liquor Supplies & Mixers  
 Gourmet Items  
 LOCATED IN FREELAND LIQUOR STORE  
**331-1696**

**Thee Pet Store**  
 ★ Tropical Fish  
 ★ Hand Fed Birds  
 ★ Salt Water Fish  
 ★ Small Animals  
 Full Line of All Pet Supplies  
 Open 7 Days a Week 9am-6pm  
 Sun 12-4pm  
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**South Whidbey T.V. RadioShack Dealer**  
 Service T.V. • VCR  
 Answering Machines  
 Sales Zenith Authorized Dealer  
 RCA and Sony DSS Satellites  
 1675 E. Main • Freeland  
**331-1676**

**ISLAND BAKERY**  
 Hand Made  
 Breads & Pastries - Wholesome Lunches  
 For better health, we use canola oil.  
 Main Street, Freeland, WA 98249  
**(360) 331-6282**

**Whidbey Lodge Furniture & Art**  
 Look for Opening also  
**Colleen Maschmedt Interior Design**  
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**FLORERS BY THE BAY**  
**331-6252**  
 Next Door to Payless Foods

**LOUIE-G'S PIZZA**  
 Freeland 331-4010 FREE DELIVERY Coupeville 678-3131  
**\$1.00 OFF 12" PIZZA** **\$2.00 OFF 16" PIZZA**  
 Good through 6/96

**THE MUTINY BAY CO.**  
 WHIDBEY ISLAND  
 The Great Outdoors Store  
 Casual Wear, Shoes  
 Sporting & Outdoor Supplies  
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**1-800-490-9947**

**USELESS BAY ANIMAL CLINIC**  
**331-3100**  
 5523 Harbor Avenue

**The Merchant's of Freeland wish you a Happy St. Patrick's Day**

**SERVICES**

**A Freeland Barber, Shar-E**  
 All Hair Cuts & Some Curls  
 5570 Harbor Avenue — 331-6704

**B Jane Seymour, Attorney at Law**  
 Estate Planning  
 Elder Law, Probate, Wills, Trusts  
 1638 E. Main Street — 360-331-1015

**C Lee S. Wright, Attorney at Law**  
 Probate, Estate Planning, Wills,  
 Real Estate, Trusts, Escrow  
 1665 E. Main Street — 360-331-5232

**D Edwards & Moore P.L.L.C.**  
 Certified Accounts, Audits  
 Financial Statements, Income  
 & Estate Taxes, Personal & Business  
 Financial Planning — 331-5792.

**E Robert Jangaard, N.D.**  
 Naturopathic Physician  
 1657 E. Layton Road — 331-6470

**Spring Fashion Show at Teddy's**  
 Friday, March 8, 12:30pm  
**Upcoming Women of Sport June 1**  
 Tickets available now at Deitra's Whidbey Trader, Inc.

**Whidbey Trader**  
 Purveyor of fine Whidbey products.  
 Antique Collectibles  
 Dried Wreaths & Floral  
 Receiving Products Starting in March  
**331-5393**

LANGLEY GALLERY ASSOCIATION


**1** **ARTISTS Gallery COOPERATIVE**  
In The True Spirit Of Cooperation  
New works by 40 members representing Fine Arts and Crafts  
314 • First St. • Langley  
360-221-7675

**MUSEO Piccolo GALLERY**  
Fine Art • Glass Art • Handcrafts  
  
215 1st Street • (360) 221-7737

**3** 360-221-2978  
**CHILDERS PROCTOR GALLERY**  
Featuring Established Regional Artists

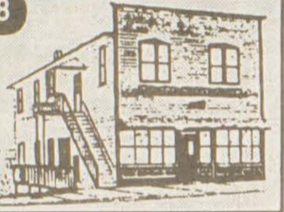
**4** **LOWRY = JAMES AUDUBON**  
FINE ANTIQUES & FURNISHINGS  
1st & Anthes • (360) 221-0477

**Hellebore GLASS STUDIO**  
Glassblowing Studio & Gallery  
Hand Blown Glass & Fine Jewelry by Regional Artists  
☎ 221-2067  
308 FIRST STREET • LANGLEY

**6**   
Thomas Kinkade  
**Wheeler Galleries**  
Limited Edition Canvas Prints  
120 2nd St • 360-221-6747

FOOD & DRINK

**STAR BISTRO**  
CAFE AND BAR  
Join Us for Fresh Northwest Cuisine  
Lunch & Dinner  
221-2627 • 201 First Street

**8** **THE DOG HOUSE**  
  
Tavern & Backdoor Restaurant  
230 First Street • 321-9996

**9** **510 BAR & GRILL**  
CASUAL WATERVIEW DINING  
Lunch & Dinner • Open Daily  
221-6959 • 510 Cascade

**10** **VILLAGE PIZZERIA**  
WHIDBEY ISLAND  
A Truly Delicious Pizza...and More!  
108 1st Street • 221-3363

From a Julie's BBQ Burger to Garden Burgers, Babaghanoush to Fresh Baked Breads, Northwest Cuisine to European Gourmet— plus a Micro Brewery, a Family Owned Winery and an awesome slice of pizza... Langley Has It All!

**LANGLEY VILLAGE BAKERY**  
Hand Made Bakery Items  
Made Fresh Daily  
Espresso  
221 2nd St. #1  
(360) 221-3525

**WHIDBEY ISLAND WINERY**  
Tasting & Sales Room Open  
Fri, Sat, Sun  
12-5PM  
5237 S. Langley Rd.  
(360) 221-2040

**15** **Whidbey Island Brewing Company**  
Tasting Open for Lunch  
Deli Sandwiches  
Cold & Beer Bread  
Rockin' Root Beer  
630 2nd Street • 221-8373

CLOTHING

**16** **SISTER**  
ACCESSORIES & CLOTHING FOR WOMEN  
221-5725  
208 1st Street

**17** **ANNIE STEFFEN'S**  
  
Wearables & other fine things  
101 First Street • (360) 221-6535

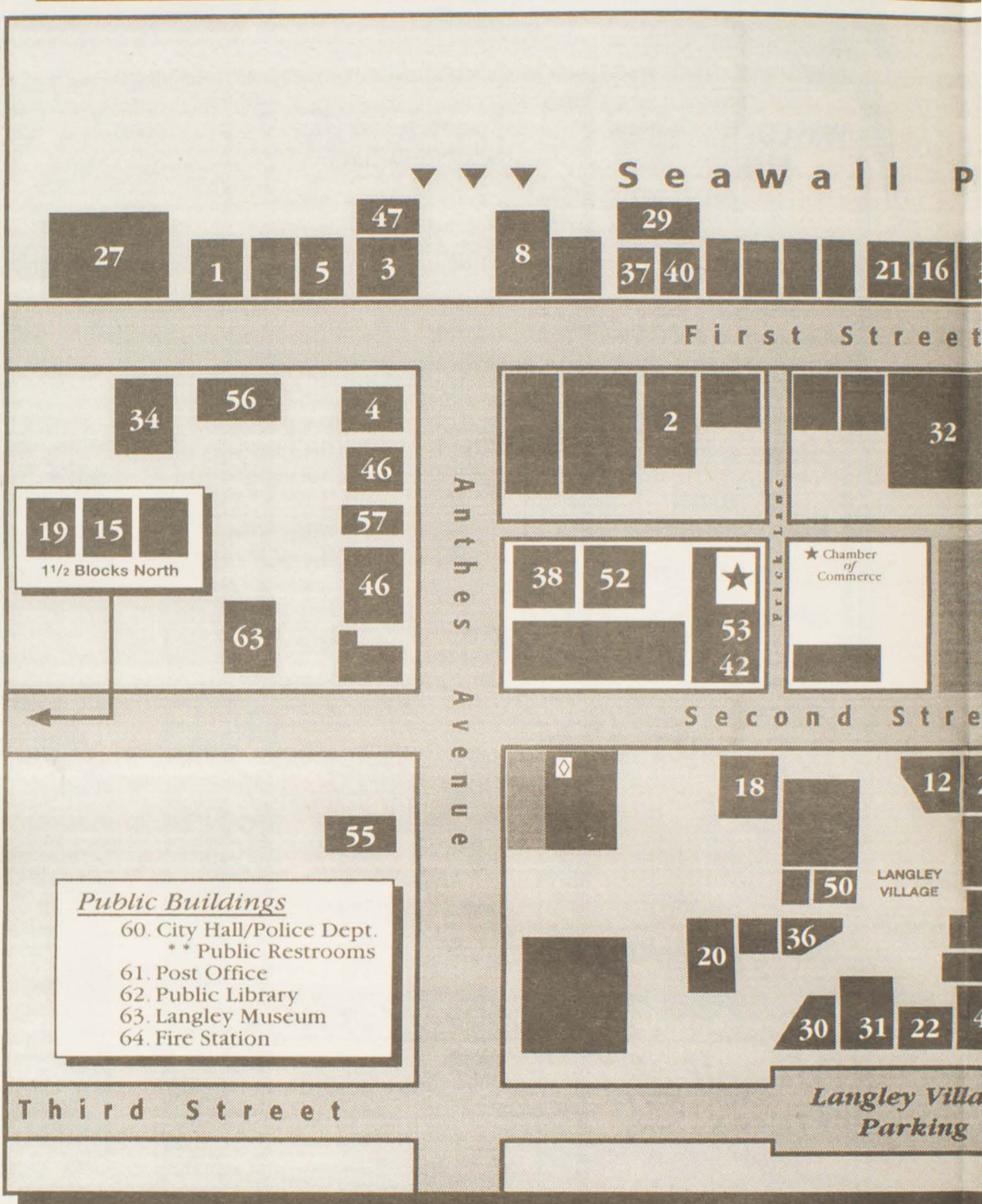
**18** **BIG SISTER**  
FULL SIZE CLOTHING FOR BIG WOMEN...FINALLY!  
OPEN DAILY 10 - 5 • 221-7056  
223 2nd Street

**19** **NORTH STAR TRADING CO.**  
WHIDBEY ISLAND - WASHINGTON  
Beautiful Sheepskin & Leather Goods  
2nd & DeBruyn (360) 221-6707

**20** **Pj's**  
DISTINCTIVE CLOTHING & GIFTS FOR INFANTS & CHILDREN  
221 - 2nd Street, Ste. 12

**21** **The COTTAGE**  
210 1st street  
p o box 484  
langley washington  
98260  
(360) 221-4747

It's Happening  
**LANGLEY**  
A Visitor

- Antiques & Uniques**  
46. Whidbey Island Antiques  
2 locations on the same block  
Anthes Ave, (360) 221-2393
- B & B's**  
47. The Gallery Suite  
Spacious • Downtown • Waterfront  
302 1st St., (360) 221-2978  
48. Drake's Landing  
On the waterfront  
203 Wharf St., (360) 221-3999
- Fitness**  
49. Studio Siena  
Pilates and Dance  
221 2nd St., Suite 7, (360) 221-6595
- Food & Drink**  
50. Langley Tea Room  
Fine Teas & More  
221 2nd St., (360) 221-6292  
51. Raven Cafe  
Natural Food  
197 2nd St., (360) 221-3211  
52. JB's Coffee  
Great coffee and much more  
112 Anthes, (360) 221-3888

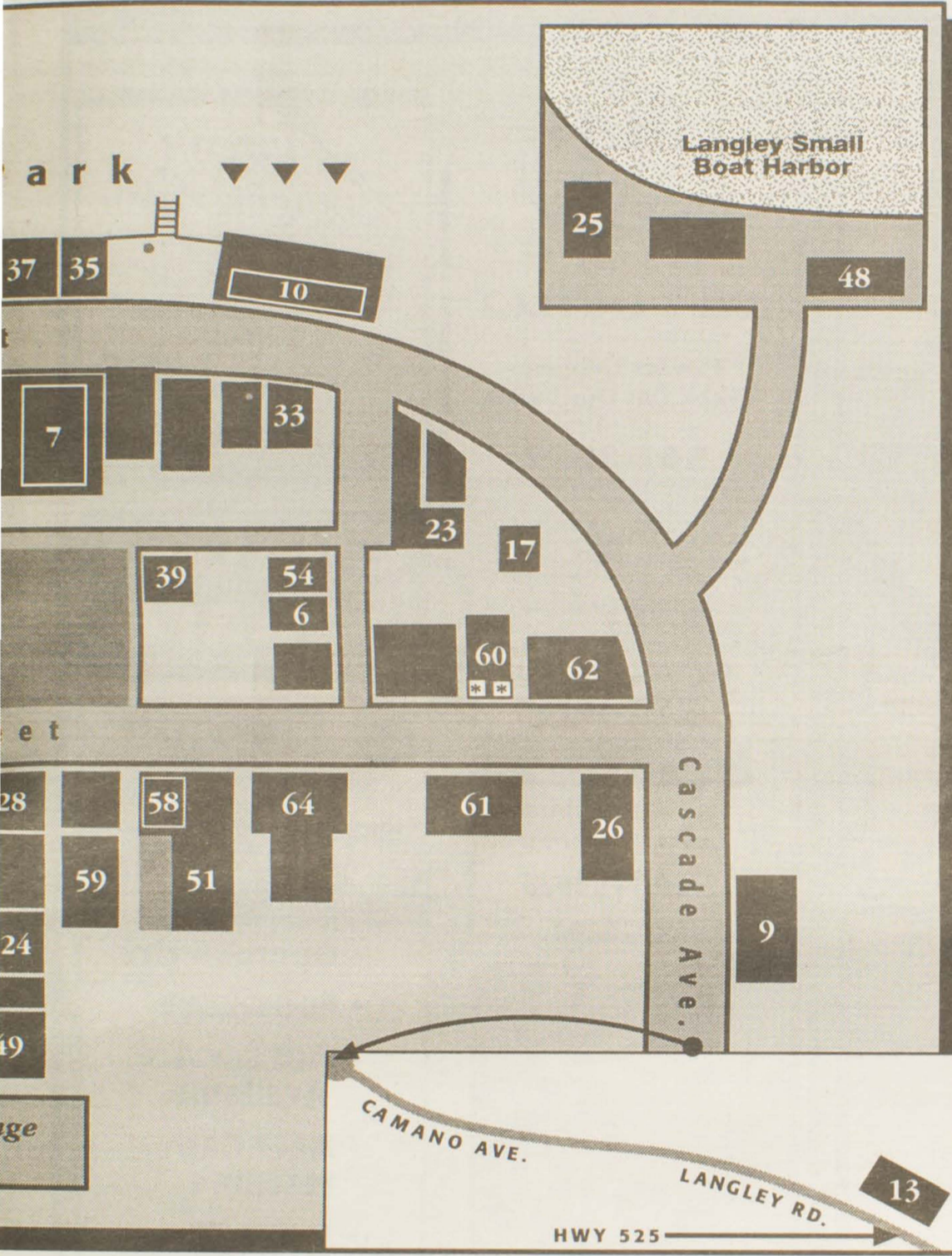
**E V E N I N G**

Whidbey Children's  
present  
**TOM SAWYER**  
at the Clyde T...  
March 2 - 5 & 8  
See Chautauqua...

Langley Gallery A  
**SPRING ART**  
Saturday, March 9 fr

**SATURDAY EV**  
at the RAVEN  
Live musi  
See ad page 30 for perfo

# ning In... LEY 's Guide



**NTS**

en's Theatre  
ts  
**WYER**  
Theatre  
& 9-12  
for times

Association  
**T WALK**  
from 6-9 pm

**VENINGS**  
**N CAFE**  
sic!  
formers and times

**Services**

53. GHL Enterprises  
U.P.S. Business Services  
220 Second Street, Suite 104  
(360) 221-0898

54. Renaissance Salon  
Hair Design for Men and Women  
122 2nd St., (360) 221-1596

**Medical & Legal**

55. Dr. Frank Ploof DDS  
221 Anthes, (360) 221-5616

56. Dr. Ric Prael DDS  
307 1st St., (360) 221-5060

57. Law Office of John Watson  
111 Anthes St., (360) 221-6977

**In Addition . . .**

58. Giraffenalia: Products & Information  
From the Giraffe Project (offices upstairs)  
197 2nd. St., (360) 221-7989

59. Island Independent  
Galactic Headquarters for the  
Premier Monthly Publication for the  
Maritime Rainshadow.  
195 2nd St., (360) 221-4737

**ESSENTIAL SERVICES**

**22**

THE TRAVEL & VACATION EXPERTS

(360) 221-6996  
P.O. BOX 795  
221 SECOND STREET

**Langley Drug**

Featuring distinctive products by **Hallmark**

105 First Street  
221-4359  
Prescriptions: 221-4369

**Whidbey Island Bank**

Member FDIC

Langley Office  
221-0203

221 2nd Street, Suite 5

**INNS**

**BOATYARD INN**

Nine Guest Rooms  
Overlooking Saratoga Passage

Fireplace • Private Dock  
Conference Room Available

200 Wharf Street  
(360) 221-5120

**HARRISON HOUSE INN**

English Hospitality and Afternoon Tea

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(360) 221-5801

**THE INN AT LANGLEY**

Twenty-four waterfront guest rooms in a quietly rich retreat setting. Five-course NW suppers.

221-3033

**SPECIALTY SHOPS**

**28**

CDs, Tapes, Guitars & More

221 Second St. • 221-2505

**CASCADIA NAUTICALS**

& Northwest Apparel

(360) 221-3747

**ISLAND GOURMET & GIFT SHOPPE, LTD.**

NW Gourmet Gifts Basket & Special Gifts

221 Second Street, #10  
(360) 221-3626

**31**

**Langley Liquor Store**

Large Selection of Wine, Liquors & Other Gift Ideas

Langley Village  
221-4520

**THE STAR STORE**

A contemporary mercantile and market featuring an eclectic collection of Fashions, Gifts, Foods, Wines & Fun for all the Family

ALWAYS EXCELLENT CUSTOMER SERVICE

201 First Street  
(360) 221-5222

**33**

Millinery  
Everlasting bouquets  
Fine Ribbon  
Potpourri and other simple pleasures

107 First Street • (360) 221-6343

**IN THE COUNTRY**

From Food to Fashion, Furniture to Fun

315 First Street • (360) 221-8202

**THE WAYWARD SON**

Estate Jewelry  
Fine Chocolate

202 First Street  
(360) 221-3911

**Comforts**

Soothing Body care products, & gifts to be cherished.

221 2nd Street, #14  
(360) 221-3424

**37**

Virginia's Antiques Famous Shop of Antique Gifts

221-7797

Virginia Too Great Decorator Items Old & New

221-5868

**Something Special**

Flowers & Gifts

Specializing in Creativity & Imagination

(360) 221-6717  
112 Anthes Street

**39**

Antiques & Collectables

124 B 2nd St  
360-221-6898

**40**

**THE HERON**

Sweatshirts  
Flannel Nightshirts  
Wild Bryde Jewelry  
Dream Sicles

220 First Street, Langley • 221-3839  
Open Daily 10:00am - 5:30pm

The businesses and merchants of Langley hope that you will come and enjoy the warmth and hospitality of their city.

**42**

**GOLDEN OTTER USED BOOKS**

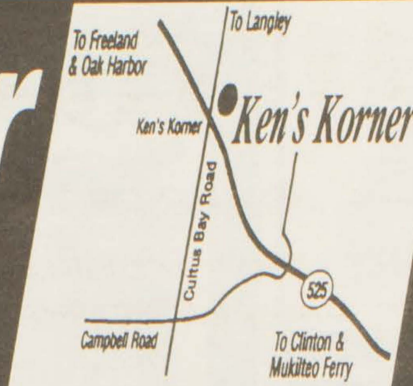
No. 105 on Frick Lane  
Between First & Second Streets

360.221.8929

# Ken's Korner

## South Whidbey's Shopping Mall

Corner of Highway 525 & Langley Road



"Your neighborhood Mom and Pop video store"

**Video South**  
341-8818  
Ken's Korner Shopping Plaza  
Clinton  
• Open 7 days • Over 4000 titles •

**Video South Too**  
331-4070  
Harbor Village Square  
Freeland  
• Open 7 days • Over 3500 titles •  
"We make staying home more fun"

**Clinton Wine & Liquor**  
Great Wine Selection & Prices

**Giuseppe's**  
Italian Restaurant  
(360) 341-3454

Choose from Wonderful Pastas, Fresh Seafood, Excellent Vegetarian Dishes & More!

Call for reservations  
Receive 15% off lunch only expires 11/30/95 - Not valid holidays  
Lunch: Monday thru Friday 11:30am-2:30pm  
Dinner: Daily from 5:00pm  
Highway 525 & Langley Road

# CLINTON

## Gateway to Whidbey Island



**PLUSH & STUFF**  
**GIFT OUTLET**

Fun for Everyone  
Check Out Our Variety

**341-3292**

*Lauren's Sunlight Salon*

341-6405 Suite A  
Clinton Shopping Center

EXPERT & CREATIVE DESIGNS  
for HAIR

Cuts • Perms • Color • Ear Piercing •

PRODUCT LINES  
• Paul Mitchell • Aveda • Sebastian •  
Graham Webb • Aroma Vera  
PLUS: Essential Oils AROMATHERAPY

**Sonya's Restaurant**  
RUSSIAN CUISINE

Serving Lunch & Dinner  
Open 11:30am til 10:00pm  
Closed Mondays

Piano 6:00 - 10:00pm (Weekends)  
Reservations: (360) 341-3211

**Jim Nye, CTP**  
Certified Tax Professional

**To Do Today:**

Call Jim Nye the Tax Guy

**341-7747**

- Individual taxes
- Partnership Taxes
- Corporation Taxes

South Whidbey Business Services  
Kens Korner Plaza

**HONG KONG GARDENS**

Top of the Island Dining with a View of Puget Sound & City Lights

- Lunch • Cocktails
- Dinner • Orders to Go

**360.341.2828**  
4643 East State Highway 525 • Clinton

**Clinton Square**

**Chevron**  
Simply Smarter™

**SUBWAY**  
The Place Where Fresh is the Taste.

*Whidbey Pacific*

**BUY OF THE MONTH**

Newer 2 BR/2 Bath Lone Lake Home  
Westside Views  
**Only \$972.25/mo.**  
P&I and M.I., 5% Down, 2-1 Buydown, A.P.R. 8.55%

Waterfront, View & Land,  
New Homes  
Commercial & Investment

we're  
**Whidbey Pacific REALTY**

**THE REALTY TEAM**  
Professional • Performance  
Courtesy • Competence

**1-800-543-5405**

OFFICES:  
LANGLEY ROAD / SR 525  
(KEN'S KORNER MALL)  
CLINTON - BOB GALBREATH / SR 525  
(BEHIND DAIRY QUEEN)

**321-4701**

**Little Faces**  
infant furniture & clothing  
Whidbey's Premier Baby Store

Premie to 4T ~ We have what you need!  
Quality • Value • Service  
**(360) 341-3585**  
Open 9:00am - 6:00pm Monday thru Saturday, Noon - 4:00pm Sunday

**Island Dance**

**New Classes**  
Mime & Juggling with Patrick Tracy  
5 weeks starting March 2  
Ages 8 & up

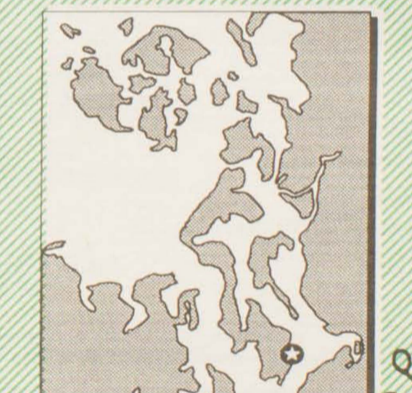
*Alisha Summers does scarf dance with her student.*

Openings still available in Winter-Spring classes

- ~ Creative Dance with Alisha Summers Children 3-6
- ~ Men's Ballet
- ~ Adult Tap
- ~ Adult Jazz Evening Classes
- ~ Adult Creative Class
- ~ Beginning Modern for Teens & Adults

Teens welcome in all adult classes. Call for information or registration.

**360.341.0599**



Since 1987 **MATT'S IMPORT HAVEN**  
"The Foreign Car Specialists"

- Computerized Engine Diagnosis
- Fuel Injection Maintenance
- Tune Ups & Oil Changes
- Interstate Battery Dealer
- Electrical Systems
- Shocks / Struts
- Clutches
- Mufflers
- Brakes

**341-3504**  
6446 Harding Avenue • Clinton (Near the Ferry)

- Open 24 Hrs.
- Foodmart
- Full Service Available
- ATM Cash Machine
- Drive Thru Espresso

**\$2.00 OFF**  
with 10 Gallon Fill-up  
(Not available with Fast Pay)

OR

Fill-up and get free  
**6" Subway Sandwich**

Locally Owned & Operated  
**341-3757 • 341-SUBS**

**Clinton**

The biggest little town on S. Whidbey! Still has the old time style & friendly people. Clinton is gaining new retail stores and services. If you haven't visited Clinton lately -- come on down and see all that is both old and new!

All phone numbers listed are for area code 360 unless otherwise noted.

Edited by Beth Sanguine

# Chautauqua

An educational, recreational & enlightening assembly.



"Cats Fighting," brushed by Jo Finley, is one example of Sumi-e Zen-inspired art featured at Museo Piccolo. See "Art & Galleries."

February rivals November for sheer Northwest despair. We've got the hideous weather, the floods, the trees crashing down around us as if grimly shouting, "Hey, jerks! What more do we have to do to get you to notice THERE'S A PROBLEM HERE!?" They may start toppling towards more houses, cars, and people if we don't shape up pretty soon. If only tall timber could target the corporate execs behind the clear-cutting carnage instead of plummeting toward frustrated home-owners forced to neighbor the obscene "harvests"...

I moved the duck's pool in front of my office window to enjoy their spring splashing, forgetting about their appallingly violent mating antics which came on abruptly last week. It's somehow more disturbing that the relationships are incestuous, even though I doubt that the ducks worry about it. But I still want to yell, "That's your MOTHER, Graykey, for gods' sake!" At least we're getting eggs again, assuming we beat the crows and our egg-sucking dog to them.

February brought Susanne's announcement that she was ready to move on after a year of volunteering for Chautauqua. I miss working with my partner in procrastinated, over-deadline, data-entry crime. Thanks for your uniquely Swedish/Suannish perspectives, Suso!

These February blues are tempered by sun breaks, valentines, and the thought of the upcoming poetry reading, along with stacks of piles of other interesting events listed below (if I can stay awake long enough). March is nearly here; perhaps the spring winds will blow away winter cobwebs. Hopefully cobwebs, and not more trees.

— B.S.

## Meetings

**Now** - Tired of strip development & clear-cuts? Join WEAN (Whidbey Environmental Action Network) for 4th Thurs. meetings each month at the Freeland Library, 7-9 pm. 579-2332. **Island County**

**Mar. 5** - Look for Democratic & Republican precinct caucuses meeting in your area. Get frequently asked questions about the Presidential Primary answered by voter hotline (800) 448-4881. **WA State**

**Mar. 5** - Democratic party presidential election year caucuses: Camano precincts meet at Terry's Corner Fire Station. Precincts north of Penn Cove (except Coveland): Hillcrest Elementary in Oak Harbor. Coveland, Coupeville 1 & 2, Central, Prairie, Admiralty, & Greenbank: United Methodist Church in Coupeville. Precincts south of Greenbank: Intermediate School on Maxwellton Rd. For info, call G. Wyse, 387-3813; D. Bund, 679-2386; B. Skubi, 678-5322; P. Fournier, 221-7761. **Island County**

**Mar. 6** - MADD meets at 7 pm at Mitzel's in Oak Harbor. Donations are requested from S. Whidbey businesses, individuals, & organizations for the MADD/Mark Engle Memorial Scholarship for 1996. Get info on MADD from Carmen Andre, 679-7916. **Island County**

**Mar. 9** - Representative Jack Metcalf holds a town meeting at the Everett Public Library (Main Branch, 2702 Hoyt Ave.), 11-12:30 pm. (206) 252-3188. **Everett**

**Mar. 12** - Celebrate St. Patrick's with the Oak Harbor Garden Club at the IOOF Hall. Business at 9:45 am, followed by Beach Watchers' "Water Conservation," then lunch.

Take your leftovers to the afternoon "Composting & Worm Bins" by the Waste Warriors. Call Doris Wasilewski (675-5716) or Lois Hansen (675-1912) for info. **N. Whidbey**

**Mar. 13** - Skagit Environmental Council (SEC) meets at the SVC Board Room, 7 pm, featuring a representative from the WA Environmental Political Action Committee. Public welcome — bring snacks to share. Call Belinda (724-6631) or Debbie (757-0610). **Mt. Vernon**

**Mar. 16** - All South-Enders ready to help launch Whidbey's first democratic school meet this day for a planning session. Call for time & place: 331-1328. **S. Whidbey**

**Mar. 19** - Friends of Skagit County meet at 7 pm, 204 Montgomery. Call Gerald (873-4300) or Barbara (293-7540). **Mt. Vernon**

**Mar. 20** - Puget Sound Water Quality Authority meets from 9:30-3 pm, Dept. of Ecology Bldg. Auditorium-R0836. 300 Desmond Dr. in Lacey. Call 407-7300. **Region**

**Mar. 22** - Friends of the San Juans appeals the decision by county commissioners to let landowner Verne Howard subdivide natural shoreline area overlooking Haro Strait near Lime Kiln State park. Call Friends at 378-2319. **San Juan I.**

**Ongoing** - The Skagit Cnty. Dept. of Planning & Community Development and the Critical Areas Ordinance Subcommittee hold public work sessions every Wed. evening, 6-9 at the EDASC Office. Call Edwyna Fong for topics at 336-9435. **Mt. Vernon**



Play with your spaghetti just like the Pughs do at the Mar. 1 Feed to benefit Hearts & Hammers. See "Community Events." Photo by Christine Shrader

## Community Service

**Now** - The Salvation Army urgently needs your help to aid NW flood victims. You've seen the pictures. Please mark checks "NW Flood Relief" & send to Box 9219, Seattle, 98109, or call between 8-4 pm with MC/Visa donations at (800) 736-7291. **Region**

**Now** - Volunteers are needed to help with the Readiness to Learn project (a family support system) & to tutor 3rd grade students. Call Andrea for RtL (675-6224) or Peggy to tutor (675-5698). **Whidbey Island**

**Now** - Volunteer to help with "The Garden Party: A Benefit for Hospice & Home Health Care" on May 4 at Meerkerk Gardens. See "Community Events." **Cnt. Whidbey**

**Now** - The PT Marine Science Center needs volunteers: Education Assistants, especially for a family event on Feb. 24, plus an historian, shell donors (local samples), & a carpenter. Volunteers get involved in all sorts of interesting workshops & events, besides performing valuable services. Don't miss out! Call PTMSC at 385-5582. **Pt. Townsend**

**Now** - Project Bosnia delivers warm bedding, clothing, personal items (soap, toothpaste, etc.) & non-perishable food directly to those in need. Money for food & medicine also welcome. Drop off donations at the Langley Methodist Church M-F, 9 am-3 pm or during Sunday services; also at the Clyde during show-times. Call Dana Kelly for info at 341-2533. **S. Whidbey**

**Now** - Senior Services Foundation of Whidbey provided 80,000 Meals on Wheels last year, served meals at 9 locations & will log over 30,000 miles this year transporting folks to medical appointments. Your donations go to an endowment fund; the interest pays for the programs that give our elders independence and dignity. Call 321-1600 or 678-3373. **S. Whidbey**

**Now** - SupPt. The Friends of Langley Library: buy entertainment books (N. Puget Sound \$30, N. Seattle \$40) at the library during regular hours. Call Nancy Lindholdt, branch manager, 221-4383. **S. Whidbey**

**Now** - Get *The WAIFarer*, Whidbey Animals' Improvement Foundation's renamed newsletter, by calling 678-5816 or 331-2818 for info. Shop their thrift store in Freeland. Check out WAIF's home page: <http://www.whidbey.com.waif> Send donations to Box 1108, Coupeville, 98239. **Island County**

**Now** - Please donate to your local food drives and to NW Harvest, a low-overhead (only 6%), state-wide program that never telemarkets or door-to-doors (except for the Girl Scouts/KIRO's "Fight Hunger Day"), never sells/lends mailing lists, & does a great job of feeding the hungry. Donate by phone or volunteer at (800) 722-6924. **Region**

**Thru Mar.** - Have fun working with delightfully eccentric performing artists — Orcas Center has enough ushers, but they'd love more volunteer ticket sellers (day & evening shifts) & a house manager. Call Sandy, 376-ACT1. **Orcas I.**

**Thru Mar.** - Wish List from the Whidbey Playhouse: Lobby wall clock, staplers, kitchen, window treatments, long folding tables, brooms, couple yds. of gravel, can opener. 679-2237. **N. Whidbey**

**Mar. 6 & 28** - An open house for potential volunteers to assist families of Hutchinson Center Patients will be held from 6-8 pm at the Center on the 6th. Bilingual volunteers are especially helpful (with Spanish, German, Hebrew, Arabic, & Italian translation needed most). Orientation is the 28th. (206) 667-6031. **Seattle**

**Mar. 6-25** - This is the window for getting absentee ballots (except for hospitalized voters) for the Presidential Primary Election. Info at the voter hotline, (800) 448-4881. **WA State**

**Mar. 9** - Be a "Light Keeper" at the Admiralty Head Lighthouse. Help keep a beautiful historic landmark open to visitors from all over the world. Go to a volunteer orientation, 10 am at Fort Casey. Call WSU Beach Watchers (679-7391) or Waste Warriors at 321-5111 (x511). **Cnt. Whidbey**

**Mar. 11** - Last day for in-person voter registration at the auditor's office for the Presidential Primary Election. State Elections Director Gary McIntosh, 753-7121, or the voter hotline (800) 448-4881. **WA State**



R. Carlos Nakai brings new heights of sophisticated sound to the cedar flute at the Everett Historical Theatre on Mar. 9. See "Music & Dance."

**Mar. 23, 30** - Boy Scouts of America will deliver bags for food donations on the 23rd, which they'll collect on the 30th for your local food bank. Call Food Lifeline for info at (206) 545-6600, or fax (206) 545-6616. **WA State**

**Mar. 26** - Presidential Primary Election, 7 am-8 pm ... call the voter hotline (800) 448-4881. **USA**

**Ongoing** - The Lincoln Theatre is offering 10 free Thursday night film passes (per month) to community service organizations (non-profits, schools, etc.) in recognition of their important contributions to our quality of life. 336-8955. **Mt. Vernon**

**Ongoing** - Adult volunteers needed (an hour or an evening) for the Neutral Zone in Oak Harbor. Call Bonnie Fortin, coord., at 679-5551 (x853). **N. Whidbey**

**Ongoing** - Meerkerk rhodies need helping hands! Work parties meet on 2nd Sats. Work with beautiful plants and people from 9-12. Coffee & hot rolls served at 8:45; share potluck lunch after work. Call Kristi, 678-1912. **Cnt. Whidbey**

**Ongoing** - Save the Woods on Saratoga is a

## How to Chautauqua!

Listing information must be received by the 15th of the month prior to publication month

Send name & type of event, date(s), brief description, contact person, phone & address. Attach other information & photos as available. Listings are free.

grassroots organization dedicated to protect the Saratoga area from development of 135 housing lots. Donations: Box 154, Langley, 98260. **S. Whidbey**

**Ongoing** - A free advocacy program for sexually-abused children & their families is available thru Catholic Community Services, thanks to cooperation from the Sheriff's Dept. & funds from the Community Health & Public Safety Network. Contact an advocate by calling Vicki at (800) 693-6287. **Island County**

**Ongoing** - S. Whidbey Youth Center (see "For Kids") 1996 costs are estimated at \$115,000; please support our community by helping fund \$15,000. SWYC, Box 331, Langley, 98260, 221-3230. **S. Whidbey**

**Ongoing** - Parenting questions get answers thanks to a handy directory available in most medical, social & government offices on Whidbey & Camano. Call 679-4036 or (800) 780-5881. **Island County**

## Community Events

**Now** - The Whale Museum invites businesses & individuals to get involved in the Third Annual Festival of Whales (May 16-19). See "Nature & Gardening." **San Juan I.**

**Thru Mar. 3** - "10th Annual Penn Cove Mussel Festival" at the Capt. Whidbey Inn, Coupeville, celebrates magnificent mollusks, beach parties, wine-tastings & cruises aboard the ketch *Vine Sark*. Recipe contest, too. Call the inn for info at 678-4097 or (800) 366-4097. **Cnt. Whidbey**

**Thru Mar. 27** - Winter Wanderlust slideshow & music series — see "Recreation & Sports." **Pt. Townsend**

**Thru Apr. 30** - The Jefferson County Historical Museum opens its spring exhibit "Quilting Our History," accompanied by lectures and workshops at the museum. 385-1003. **Pt. Townsend**

**Mar. 1** - "Spaghetti is Good for the Hearts (& the Hammers)" brings good food & saucy fun to the Fellowship Hall at the Langley United Methodist Church. \$15 for nuclear families or \$5/adult, \$2.50/child. Live music with Beverly Graham & others. Volunteer for the fundraiser: call Sandy Menashe, 579-4950. Start volunteering now for the May 4 H&H workday: call Charlene Arnold, 331-3707, or Gunning Butler, 221-0898. Sign up sheets at local lumber & hardware stores, POs, & the Clyde. **S. Whidbey**

**MMar. 2** - "Pisces Party" at the Dog House benefits Save the Woods on Saratoga. Granny's Cabinet & Divas Basement serve up a spontaneous mix of "what you like & what you need" at 9 pm; \$5 donation suggested. 221-9996. **S. Whidbey**

**Mar. 2** - "Clues in the Calico: the History of Quilts" is the story of Beverly Brice's search for knowledge about her own heirloom quilts. Part of the Jefferson County Historical Museum's exhibit "Quilting Our History" at 2 pm; 385-1003. **Pt. Townsend**

**Mar. 3** - *Europa, Europa* is the excellent, don't-miss-this film about the Holocaust, based on the real life story of a Jewish boy who survives by his wits & by chance. See it at the Anacortes Cinema at 11 am (\$6), then watch clips from *Escape From Sobibor*, the award-winning film about the death camp where speaker Thomas Blatt saw his family exterminated before he & other prisoners revolted & escaped. Discussion follows. Come early for brunch: 10-11 am, \$4. 293-8094. **Anacortes**

**Mar. 3** - Join the Collins family and Rotary

See Chautauqua, page 28.

Chautauqua cont'd from page 27

## Chautauqua

International at the Langley United Methodist Church (2 pm) to help raise funds for young Katrina's sojourn to Argentina. Good music, holly hocks, baked goods, & Argentine treasures for sale. Potluck at 5 pm. Traveler Cody Reave's slide show follows. \$5 suggested for concert; freewill donation for slide show. Call Will or Kris Collins, 221-5280. **S. Whidbey**

**Mar. 6, 13, 20, & 27** - Whatcom County Land Trust presents a series of talks illustrated with movies that explore human relationships with land on Wed. evenings, 7:15-10 at the Courthouse Annex. *The Plow That Broke the Plains, The Milagro Beanfield War, The Field, & Heartland* are featured films. 650-9470. **Bellingham**

**Mar. 7** - WSU Beach Watchers sponsor "The History of Fort Casey," presented by Terry Buchanan, 7 pm, at Fire Dist. #5 Mtg. Rm. (Race Rd.). The slide-show/lecture is open to the public. 679-7391. **Cnt. Whidbey**

**Mar. 8-10** - All islanders are invited to celebrate the tenth birthday of Orcas Center's building. Friday: Jazz reception/art show, 6-8 pm, followed by 8 pm show. Sat.: Broadway melodies at 7 & performance at 8. Sun. kicks off with the Annual Membership meeting at 4, a country music reception & down-home buffet dinner from 5:30-7, followed by performance. Tickets by donation. Call 376-ACT1. **Orcas I.**

**Mar. 8-10 & Apr. 4-7** - Camp Indralaya's popular spring work parties bring family & friends together. Bring musical instruments! Phone 376-4526 or fax 376-5977. **Orcas I.**

**Mar. 10** - "Communities & Landscapes in the Northwest" is a free lecture by William Woodward, Professor of History, at the Anacortes High School Library (1:30 pm). Sponsored by the Anacortes Museum Foundation & the WA Commission for the Humanities. Call 293-5220. **Anacortes**

**Mar. 13-14** - Charlie Sullivan & the Skagit River Brewing Co. invite the public to their first St. Pat's Celebration, complete with Celtic bands, Ceili dancers, traditional food, & the return of "Highwater Porter." Call 336-2884 for info. **Mt. Vernon**

**Mar. 16** - It's a St. Patrick's Day Parade in Oak Harbor, starting at 3 pm at Smith Park on Midway Blvd. Join the sing-along afterwards at Mi Pueblo, become "Irish for the Day." Call the Chamber of Commerce, 675-3535 for info. **N. Whidbey**

**Mar. 16** - "Rotary Ramble," an auction/special event sponsored by the P.T. Rotary Club. For tickets & info, call 385-9911. **Pt. Townsend**

**Mar. 21** - Jim Wylie speaks about the 80-year history of his family dairy farm during the 3rd Thursday "Skagit Topics" lecture at the Skagit County Historical Museum. 7 pm; \$1/\$2; coffee & tea. Galleries open before & after program. 466-3365. **La Conner**

**Mar. 22** - *Assault on the Male* is an Emmy

award-winning BBC documentary showing at 7:30 pm at Owl's Bagels & Art (Eastsound). Jason Everett, Organizational Director of the WA Toxics Coalition, presents the astounding video that correlates certain pollutants with occurrence of prostate cancer, plummeting human sperm counts, & gender-changing fish! He will also offer suggestions about how to stop the spread of this class of pollutants. \$5/\$6 partially benefits the non-profit Coalition. Call Owl's, 376-5500. **Orcas I.**

**Mar. 22** - "Bonnets, Baskets, & Bids" Benefit auction for the Everett Theatre Society & Historic Everett Theatre. Opens 6 pm; silent/auction/dinner at 7; live auction follows. \$15 for the dinner, auctions, & a vintage Easter fashion show. At the Knights of Columbus Hall. Reserve seats by March 1 at (206) 258-6766. **Everett**

**Mar. 23** - Enjoy early blooming rhododendrons, exotic magnolias, & spring flowering bulbs in full color to the tune of live folk music at Meerkerk Gardens' "Spring Opening Celebration & Annual Plant Sale." Garden tours, refreshments, & knowledgeable gardeners will be available. 9-4 pm, near Greenbank. 678-1912. **S. Whidbey**

**Mar. 23** - Friends & neighbors are invited to a potluck/music jam at the Chinook Farmhouse from 5-11 after the Wilderness Awareness School workshop (see "Nature & Gardening"). Free — bring musical gear, food, & kids for singing, sauna, & just hangin' out at the farmhouse. (206) 702-0622. **S. Whidbey**

**Mar. 28** - "From the Streets of Shakespeare to the Court of Elizabeth" is a history of fashion presented by WA St. Humanities' Tames Allan. 7:30 pm at Orcas Center by donation. Call 376-ACT1. **Orcas I.**

**Mar. 30** - WEnPAC (WA Environmental Political Action Committee) is sponsoring a continental breakfast and presenting State Lands Commissioner Jennifer Belcher at the Greenbank Progressive Club, 10 am. Donations accepted. Call (206) 527-7541 for info. **Cnt. Whidbey**

**Mar. 30-31** - Orcas Center's all-day "White Whale Sale" will stuff every available corner of the building with fantastic treasures accumulated all winter. Call 376-ACT1. **Orcas I.**

**Mar. 30-31** - "Sustainable Community Development Conference" at Fairhaven College presents regional speakers, alternative building workshop, permaculture, & more. Call Dean Fearing for details, 733-1006. **Bellingham**

**Apr. 3** - "Fledgling Freedoms: Russia & the Emerging Former Soviet Union," presented by that region's honored journalist, Melor Sturua, details the triumphs & tragedies after the creation of new democracies. Also the responsibilities & potential dangers created for the West. SVC Student Lounge, 11:30-12:30, free. 428-1147. **Mt. Vernon**

**May 4** - "The Garden Party: A Benefit for

Hospice & Home Health Care" may be months away, but mark your calendar now for the formal tea/luncheon & fashion/entertainment event at Meerkerk Gardens. May pole dancing & rhodies in high bloom. Volunteers for chamber music, modeling & hostessing, as well as donations, are appreciated. Cosponsored by the Gardens & Langley's Violet Fields; call Ray Claybourne, 221-6343. **Cnt. Whidbey**

**June 2** - "Women of Sport" register or volunteer now to contribute to a fun-packed re-

Peddlers opens. \$14/\$16; call 336-0161 to order. Info at 336-2858. **Mt. Vernon**

**Mar. 7** - Owl's Bagels & Art (Eastsound) features singer/songwriter Daniel Finn. Original folk accompanied by acoustic guitar. He'll perform material from two CD releases, music that combines American folk with ancient Celtic folklore & other themes. 7 pm show; reserve limited seats (\$5/\$6) at Owl's: 376-5500. **Orcas I.**

**Mar. 7** - Dogfish (Seattle) plays at the Skagit River Brewing Co. 8-11 pm; \$4 at the door.



It's Irish Month at the Raven Cafe in Langley. Indigo plays Mar. 16. See "Music & Dance."

treat at Camp Casey. Benefits women's & children's advocacy groups in Island County. Call Chairperson Anne Squire to offer your skills/supplies at 679-3728. For registration packet, call 321-8505. **Cnt. Whidbey**

**Ongoing** - The Anacortes Museum includes the Carnegie Gallery, W.T. Preston Sternwheel Snagboat, and Research Library. Exhibits on Fidalgo and Guemes Island residents and Fidalgo Island canneries are on display at the Gallery, Thurs.-Mon., 1-5 pm or by group appt. The snagboat is open weekends from 11-5 (only \$1-\$2). The library is open Thurs.-Fri., 1-5 pm or by appt. at 293-1915. **Anacortes**

### Music & Dance

**Now** - See "Calls & Auditions" for scholarships and residencies. See "Think, Learn & Do" for classes.

**Now** - Get ready for Centrum's June-July workshops & festivals, featuring country blues, fiddle, & jazz. See "Calls & Auditions" & future entries. **Pt. Townsend**

**Mar. 2** - Jo Miller & Laura Love perform together for the first time. Two of the hottest musicians around may melt down the stage at the Orcas Center! \$15/\$13; 8 pm. Call 376-ACT1. **Orcas I.**

**Mar. 2** - Tartas is a fine folk-duo playing at the Raven in Langley (8 pm, \$6 at door). They open "Irish Month" at the Cafe with rich & powerful vocals & contemporary acoustics. "Not really Irish but they'll throw in a couple of sea chanteys." Which should be authentic, since they lived aboard and sailed the WA/BC coasts for 5 yrs. 221-3211. **S. Whidbey**

**Mar. 2** - Patrick Ball, one of the premier Celtic harp players in the world today, visits the Everett Performing Arts Center at 8 pm, combining tales full of wit & enchantment with lively Irish melodies. \$11.95/\$9.95 with \$5 Sr./Student "Rush". Call (206) 259-8888. **Everett**

**Mar. 2** - "Pisces Party" at the Dog House — Granny's Cabinet, Divas Basement. See "Community Events." **S. Whidbey**

**Mar. 3** - Benefit concert for Katrina Collins: see "Community Events." **S. Whidbey**

**Mar. 6** - The Blind Boys of Alabama, with Clarence Fountain, plays "James Brown Does Gospel"-style live at 8 pm at the Lincoln Theatre. Reggie Garrett of The Snake-Oil

SRBC has entertainment each Thurs, with something for the whole family each month. Call 336-2884 for info. **Mt. Vernon**

**Mar. 9** - Carlos Nakai performs on his beautiful cedar flute at the Historic Everett Theatre. His background in classical music melded with later research on Native American music & traditional instruments produces a rich experience in complex sounds. 8 pm; tickets are \$12.95/\$14.95 (with \$5 student/Sr. "rushes"). 259-8888. **Everett**

**Mar. 9** - Dennis Brooks & John Culhane bring lively Irish pipe & fiddle to the Raven Cafe for "Irish Month." Wear your toe-tapping, high-stepping shoes. Take in the Gallery Walk & great music on the same night! 8 pm; \$6 at the door. 221-3211. **S. Whidbey**

**Mar. 16** - The Raven Cafe celebrates "Irish Month." with local favorites Indigo, specializing in Celtic tunes. Get your quality fiddlin' at 8 pm; \$6 at the door. 221-3211. **S. Whidbey**

**Mar. 16** - The Trenchcoats take over the SWHS Gym at 7 pm for an evening of song. \$8 advanced (Warm Winds, both Video Souths, JB's, & Casey's) & \$10 at the door to benefit SWHS Vocal Ensemble. 221-4300. **S. Whidbey**

**Mar. 16** - The Pacific NW Jazz Alliance presents two shows at Allied Arts Performing Arts space (7:30 & 9 pm). Distinctive jazz singer Nancy King is a daring vocal improviser. She joins critically acclaimed guitarist John Stowell for an evening of inspiring music. 7 pm; limited seating. Call the Alliance for (\$10/\$8) tickets or risk it at the door. 671-1998. **Bellingham**

**Mar. 22** - Nightnoise brings an exquisite concert of traditional Celtic melodies with contemporary arrangements to the Orcas Center. 8 pm; call for tickets at 376-ACT1. **Orcas I.**

**Mar. 23** - "Ireland's Greatest Accordion Player," Joe Burke, squeezes into the Raven Cafe for "Irish Month." Annie Conroy Burke joins the legendary musician with music, stories & traditions of East Galway. 8 pm; \$6 at the door. 221-3211. **S. Whidbey**

**Mar. 30** - "Irish Month" closes at the Raven with the ever-popular "Open Mike Night". Tune up and come in for fine family entertainment and a good supper. Susan Morris & Sarah Eskenazi host. Music starts at 7:30; \$3 donation. 221-3211. **S. Whidbey**

**Apr. 3** - Pacific NW Jazz Alliance wails with

the James Cotton Blues Band. Cotton's instantly identified harmonica playing is fast & loud, thanks to tips from mentor Muddy Waters. Call the Alliance (671-1998) for \$14/\$18 tickets, or get them at Mount Baker Theatre (734-6080) where the band performs.

**Bellingham**

**Apr. 11** - "Celtic Fiddle Festival II" features Martin Hayes & Natalie MacMaster at the Lincoln Theatre. Call for info at 336-2858. **Mt. Vernon**

**Ongoing** - The Raven Cafe in Langley hosts great acoustic artists every weekend. See advertisement on this section. 221-3211. **S. Whidbey**

**Ongoing** - Monday jazz at Giuseppe's Restaurant at Ken's Komer with Maureen Rorex Trio and guest artists. From 6-9 pm. **S. Whidbey**

**Ongoing** - "A Trip to the Light Fantastic" is a wild free-form dance happening every Thurs. from 7-9 at How It Works, 416B Commercial; \$5. Call Lisa at 299-9191. **Anacortes**

**Ongoing** - Open Mike Nights at the Watertown Pub each Wed., with Elen & Colonel. 293-3587. **Anacortes**

**Ongoing** - The Compass Rose next to the ferry landing features entertainment from different groups for its fund-raising Thurs. benefits, 6-8 pm. Call 293-6600 to play, or simply go and enjoy. **Anacortes**

**Ongoing** - Anacortes International Folk Dancers meet Tuesdays, 7-10 pm, at the Depot Arts Center (7th & R). Partners provided. Beginners can catch up from 7-7:45. 293-3701. **Anacortes**

**Ongoing** - Jazz pianist Bill MacDunough and Brandy Venum (from Cowheaven) come together for jazzy blues Saturday nites at Top of the Towers (15th floor of the Bellingham Towers); 676-5011. **Bellingham**

**Ongoing** - A Sunday evening "Jazz Trio" features Sudden Rhythm, Bill MacDunough, and a host of local jazz players. 7-10 pm at Fairhaven Billiards (top floor of the Marketplace). The place is smoke-free, but it's hot, hot, hot! Call 738-3413. **Bellingham**

**Ongoing** - Go and jazz with fellow jazzers at the Blue Water Bistro jazz brunch. Sundays 10:30-1:30. 733-6762. **Bellingham**

**Ongoing** - W.T. Preston Hard Aground Jazz Band plays Slocum's Restaurant on 3rd Sundays, 5:30-8:30 pm: This band plays red-hot Dixieland jazz for listening, dining, and dancing. Call 293-3865 (eves). **Anacortes**

**Ongoing** - Get your season ticket for the Skagit Symphony's '95-'96 season. Call 755-1101. **Mt. Vernon**

**Ongoing** - Get a subscription to the performances at the Mount Baker Theatre and Whatcom Symphony Orchestra. Call 734-6080. **Bellingham**

**Ongoing** - Frankly Moanin' hits the Anacortes Brewhouse on first Sundays each month. The trio is raising money for a jazz workshop scholarship fund. Call member Warren Newton, 293-0378. **Anacortes**

### Theatre & Cinema

**Now** - See "Calls & Auditions" for parts, scholarships and residencies. See "Think, Learn & Do" for classes.

**Now** - Everett Theatre Society has a web page with their newsletter: see <http://www.eskimo.com/~someone/ets.html>. **Cyberspace**

**Now** - Everett Performing Arts Center offers "Broadway Buffets" to seniors (age 60+). Get a matinee of fine Broadway plays followed by good food catered by popular area restaurants. Look in this section for upcoming productions or call (206) 259-8888. **Everett**

**Thru Mar. 3** - *Othello*, starring Laurence Fishburne, Irene Jacob, & Kenneth Branagh as Othello, Desdemona, & Iago, plays at the Lincoln Theatre. 7:20 serial, 7:45 organ music, 8 pm feature plus bargain feature mati-



Cyndia Pickering is Lily In Limbo, caught up in a disturbing dream. See Mar. 15-16, "Theatre & Cinema." Photo by Antero Alli

# Chris Crotty is... Video Junkie



## This Little Piggy Went to the Oscars

I heard good things about *Babe*. Very good things. It's a film about a talking pig who becomes a sheep dog ... er, pig ... and carries on conversations with various horses, cows, and assorted farm animals, and has a lovely little adventure. This improbable plot was not high on my "must see" list, but it made a lot of critics' top ten lists, and now it's nominated for a number of Academy Awards, including Best Picture. Is this some kind of message, or is the film really that good? Many were astonished at the announcements from the Academy and the obvious omissions. *Get Shorty* and John Travolta were nowhere to be found, *Toy Story* got only minor nods, and though *Apollo 13* was nominated for Best Picture, they ignored the fabulous direction of Ron Howard. Go figure.

So, in the tradition of film reviewers around the world, I'll jump out on that precarious limb and offer some predictions:

**Best Actor:** Though we have a sentimental posthumous nomination for Massimo Troisi (who died just hours after the filming of *Il Postino*), the heavyweights are Nicholas Cage for *Leaving Las Vegas* and Richard Dreyfuss for *Mr. Holland's Opus*. Sean Penn could be a surprise for *Dead Man Walking*, but I'll put my chips on Cage to win.

**Best Actress:** If you're an actress whose name begins with S, you have a good chance. Sarandon, Streep, Stone, and Shue are competing with Thompson for the statuette. Odds on favorites are Sarandon and Thompson, but I do believe Sarandon for *Dead Man Walking* has the edge.

**Director:** Very strange group here. Mel Gibson won the Golden Globe for *Braveheart*, but I don't think he'll pass muster here. I'd love to see Tim Robbins take it for *Dead Man Walking*, but I have a feeling Mike Figgis will strike gold with *Leaving Las Vegas*.

**Best Picture:** The nominees are an odd group, at best - *Apollo 13*, *Babe*, *Braveheart*, *Il Postino*, and *Sense and Sensibility*. Popular choice would be *Apollo 13* (sorry, *Babe*), but Emma Thompson could very well take Best Screenplay and Best Picture here. A nice surprise would be *Il Postino*, but it's a long shot.

**Supporting Roles:** I believe it's a toss up between Kevin Spacey for *The Usual Suspects* and Brad Pitt for *Twelve Monkeys*. I think the over-the-top, "I'm not just a hunk" Pitt will get the prize. Mira Sorvino seems to have the inside track for *Mighty Aphrodite* (which few people saw), but it's possible that Joan Allen, playing Pat in *Nixon* could give the movie the only award it will receive.

This year, I'd be astounded if I'm right, but I'm sure going to have fun watching. Between now and an Oscar night, it's catch-up time, so I'll be heading out to see the honorees I've missed. In the meantime, the shelves are packed with flicks for home viewing.

**Dangerous Minds (1995, R)**  
Michele Pfeiffer is rather unbelievable here as a former Marine who teaches a high-school English class filled with inner-city underachievers. Relying on spunk (I hate spunk), Bob Dylan lyrics and other poetry, Pfeiffer finds her way to their little tough hearts, and all works

out just fine. Gee, I never saw that coming. Cool soundtrack though. Directed by John N. Smith. ★★

**Truman (1995, NR)**  
The talented Gary Sinise plays the Prez, about whom I knew squat ... until I saw this film. If nothing else, it's a history lesson, and a pleasure to see Sinise in action, looking eerily like the bespectacled one, who was the guy who actually dropped the bomb on Japan. Not bad, but a bit slow and glossed over. Directed by Frank Pierson. ★★½

**The Usual Suspects (1995, R)**  
Spellbinding, cleverly woven tale of a bunch of hoods who are manipulated by an unseen mastermind crook named Keyser Soze. Kevin Spacey, Gabriel Byrne, Kevin Pollack, Stephen Baldwin, and Benicio Del Toro are the gang of thieves who are caught up in one plot twist after another, making this one of the juiciest mysteries around. Great direction by newcomer Bryan Singer. ★★½

**Jade (1995, R)**  
More mystery here, with the sensually-baritone Linda Fiorentino as a woman with a secret life involving sexual shenanigans with high-powered politicians. When her assistant DA husband investigates the murder of a wealthy acquaintance many covers are blown and the ensuing story is not as predictable as it might seem. Directed by William Friedkin. ★★★

**Something To Talk About (1995, R)**  
Some decent performances save this sometimes slow-moving vehicle about marital infidelity and family dynamics. Julia Roberts is the cheated-on wife, with Dennis Quaid as the philandering husband. For the most part the humor is subtle, but there's some true comic moments from Kyra Sedgwick who plays Roberts' sister, and Robert Duvall and Gena Rowlands add some real credibility to the outing. It had potential, but had a genre identity crisis. Directed by Lesse Hallstrom. ★★½

**Waterworld (1995, R)**  
Hey, this one was just plain fun. Great

effects, lots of action, predictable plot, but all in all a great Disneyland ride. Kevin Costner (good guy), Dennis Hopper (bad guy), and a cute little girl named Tina Majorino are just fine, but the gadgetry, costumes, and "water world" are pure eye candy. It costs zillions to make and it shows. Hop aboard. Directed by Kevin Reynolds. ★★★

**Kids (1995, R)**  
This is a film that is both powerful and revolting. It'll make you think and make you sick at the same time. It chronicles a day in the life of kids in the city whose dialogue is foul, who engage in a lot of sex, drugs, and booze, and who appear to be perverse in their actions, yet childlike in their intellects. As one horny guy is passing around the AIDS virus, unbeknownst to him, his buddies are passing on a careless legacy to their younger siblings. Some potent scenes involving pretty young kids will make you squirm, but might also open a few eyes. Directed by Larry Clark. ★★★

**Priest (1995, R)**  
This film caused some controversy, especially among paranoid Catholics, who would rather shield their eyes than deal with the dilemma of priesthood, humanity, and archaic doctrine. Linus Roache plays the young clergyman, who is bound by his vows to not disclose a confession of an incest victim, and to suppress his own homosexual desires. While his faith in God is powerful and true, he is in turmoil over what it all means, and his ultimate indiscretion involving a gay lover gets him banished, ostracized, and overwhelmed with self-doubt. The story is beautifully played out, showing the lie that is lived by many men and women of God, and the need for some Christian compassion to take the place of hypocrisy. Directed by Antonia Bird. ★★★

Ratings:	
★	If you must ...
★★	Snack food required.
★★★	Hey! Not bad!
★★★★	Knox yer sox off!

## EROTIC ART SHOW

GRETCHEN CALLINICOS, RON CHILDERS, LINDA CLEMENTS, ANN CRIBBS, JAY DAVENNY, JEFF DAY, ARNOLD FUKUMOTO, GEORGIA GERBER, DAVE GIGNAC, JOANIE GOVEDARE, PATTI GULLEDGE-WHITE, BETTY GWINN, KEN HASSRICK, TOM HEMBA, JULIE HOUSLEY, RANDY HUDSON, CLAUDIA JACOB, VIRGINIA KECK, VAL KELLER, BENO KENNEDY, MICHELE LARUE, WILLIE MASCHMEIER, BRUCE MORROW, BUFFY CRIBBS-MORROW, ED NORDIN, MICHAEL O'NEILL, MARK PERRIN, CHRISTINE SHRADER, DAN SOWARD, SANDY WAINWRIGHT, HENRY WESSEL, WARREN WOOD, PETE WOOD.

Gala Opening  
Friday March 22

7:00 - 10:00 P.M.

SHOW RUNS THROUGH  
SATURDAY, MARCH 30TH.

## BAYVIEW CORNER GALLERY



5603 BAYVIEW ROAD  
LANGLEY, WA 98260  
360-321-8586

BY McDUGALL © 1996

### HOW TO WRITE ABSURD RIGHT WING LEGISLATION! ...A HANDY FIELD GUIDE

HEY KIDS! LET'S CUT SOCIAL SPENDING! ...ANY SAVINGS WILL BE PASSED DIRECTLY TO THE RICH IN THE FORM OF A TAX BREAK!

BUZZWORDS  
① VALUES  
② FAMILY  
③ COUNTRY  
④ SPAM

I MEAN, HAVEN'T THE RICH SUFFERED ENOUGH ALREADY??

(SCENES FROM A CONSERVATIVE THINK TANK)

IF WE REDEFINE CHILD ABUSE...SO THAT IT'S OK TO WHACK, FLAIL, BURN, FLOG, HANG, FLUSH, DOINK AND EAT YER CHILDREN...

OVERNIGHT, WE'LL CUT C.P.S. REFERRALS BY 90%! WE'LL BE ABLE TO SHUT DOWN THE AGENCY!!

CRUNCH CRUNCH (THE POOR)

APPEAL TO THE LOWEST COMMON DENOMINATOR... WE CALL IT "THE SPANKING BILL!"

YEAH! THE STATE WON'T LET YOU SPANK YER KIDS!\*

\*IF YOU BELIEVE THIS... YOU MIGHT BE A REDNECK

LIBERALS HAVE A HIDDEN AGENDA... WE OPPOSE ANY LEGISLATION THAT INVOLVES "SPANKING BILL"

TRANKS HILLARY

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... BUT IF THE MAJORITY OF VOTERS ARE STUPID THEN...

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HEH HEH HEH HEH

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Cont'd from page 28.

**Chautauqua**

nee on Sunday beginning at 2:20 pm. 336-2858. **Thru Mar. 10** - *The Tempest* stirs up plenty of Shakespearean magic on an enchanted isle. Sign-interpreted performance Feb. 17. Call the Village Theatre for times and tickets: (206) 392-2202. **Issaquah**  
**Thru Mar.** - *Leaving Las Vegas, Shanghai Triad, & Dead Man Walking* are some of the features coming to the Rose Theatre this month. Call for times & tickets at 385-1089.  
**Pt. Townsend**  
**Mar. 1** - Two aging vaudevillians who drive each other nuts attempt to reunite for a TV "Tribute to the Great Comedians" in one of Neil Simon's most popular plays, *The Sunshine Boys*. At the Everett Performing Arts Center, 8 pm, \$17.95-\$19.95 (\$5 student/Sr. rush). (206) 259-8888. **Everett**  
**Mar. 1** - *Same Time, Next Year* is a comedy hit about the love affairs of 2 happily married people — each happily married to someone else! Presented by the SVC Alpha Omega Players, 6 pm, Campus Cafeteria (\$20 dinner show/\$150 table of 8). 428-1147. **Mt. Vernon**  
**Mar. 1-3** - The Alternative Film Series at the Everett Historical Theatre presents *A Month by the Lake* (Vanessa Redgrave, Uma Thurman). 7:30 pm plus Sat/Sun 2 pm shows. \$3.50. (206) 258-6766. **Everett**  
**Mar. 2** - Neil Simon's *The Sunshine Boys*, produced by the Montana Repertory Theatre with sets by WWU's Theatre Arts Dept. At the Mount Baker Theatre, 8 pm, \$13/\$17; call 734-6080. **Bellingham**  
**Mar. 2-12** - *The Adventures of Tom Sawyer*, by Whidbey Children's Theatre — see "For Kids." **S. Whidbey**  
**Mar. 5** - Travel & Adventure Film Series at the Everett Historical Theatre presents speaker Jim McDonald & "California's Magic Mountain, the Sierra Nevada." Gold, Yosemite, & Sequoia Big Trees! \$3-\$7.50; 7:30 pm. (206) 258-6766. **Everett**  
**Mar. 8** - You don't have to be a senior citizen to join the Oak Harbor Sr. Center Variety Show — just bring your vaudeville act & have

Vic Theatre of London. Special school performance Thurs. at 10:30 am. Fri. showtime at 8 pm, \$17.95-\$19.95 (\$5 student/Sr. rush). (206) 259-8888. **Everett**  
**Mar. 15** - Helen Reddy in *Shirley Valentine*, a story about an unhappily married woman who finds happiness on a Greek island, at the Mount Baker Theatre, 8 pm. Ask about the "Salute to Business" reception & call for ticket info at 734-6080. **Bellingham**  
**Mar. 15-16** - Concerts on the Cove presents the Seattle Shakespeare Festival *Twelfth Night*. At the Coupeville HS Performing Arts Center; call 678-4684 for tickets, or get them at Kitchen Shoppe Etc. & the Book Bay. **Cnt. Whidbey**  
**Mar. 15-16** - It's worth the trip south to see ParaTheatrical ReSearch's latest "sensory cocktail with a stinging aftertaste" now playing with sci-fi, *The Drivetime*. *Lily in Limbo* is a short piece about a woman startled awake by the disturbing dream that stays with her & changes her life. *Drivetime* takes a time-travelling librarian from 2023 to 1999 (highly bureaucratic) Seattle, and a place where "dreamtime & daytime intersect." 8 pm, \$5, at 911 Media Arts Center. Check <http://www.wolfe.net/~majamaki/ptrs.html> for info; e-mail <anteros@speakeasy.org>, or call (206) 781-5691. **Seattle**  
**Mar. 16** - The New Vic Theatre of London also storms the stage of the Everett Performing Arts Center with *The Hunchback of Notre Dame (or Bats in the Belfry)*. You'll have to try and follow this adaptation of the Hugo novel through tears of laughter. 8 pm, \$17.95-\$19.95 (\$5 st./sr. rush). (206) 259-8888. **Everett**  
**Mar. 21** - *Easter Parade* is the delightful Irving Berlin musical featuring Judy Garland, Fred Astair, & other golden singer/dancers. 7:30 pm; 2 pm matinee is free to Srs. By donation at the Historical Theatre. (206) 258-6766. **Everett**  
**Mar. 21-Apr. 28** - *Blythe Spirit* is seances, spirits, & improbable hilarity. Sign-interpreted performance Apr. 6. Call the Village Theatre for times and tickets: (206) 392-2202. **Issaquah**  
**Mar. 24 & 25-27** - *Pippi Longstocking* — see "For Kids." **Everett**  
**Mar. 29-30, Apr. 5-6** - *The Holiday Affair* at the Historical Theatre is an audience participation murder mystery set in 1929 Hollywood following the Oscars. Everyone is a suspect! 8 pm; \$7/\$9; make reservations at (206) 258-6766. **Everett**  
**Apr. 5-27** - Opening night coming soon for the Whidbey Playhouse production of *Lost in Yonkers*. See next Chautauqua or call the Playhouse for details: 679-2237. **N. Whidbey**  
**Apr. 6-27** - *On Golden Pond* opens at the Anacortes Community Theater. Stay tuned for more info, or call 293-6829. **Anacortes**  
**Ongoing** - Free bus service for seniors to the monthly Lincoln Theatre Classic Film Matinees! Call your local Senior Center to make reservations. The theatre's new info center is open weekdays, noon-5, for tickets, gifts, & tours of the historic theatre. (See "Community Service," too.) 336-2858. **Mt. Vernon**

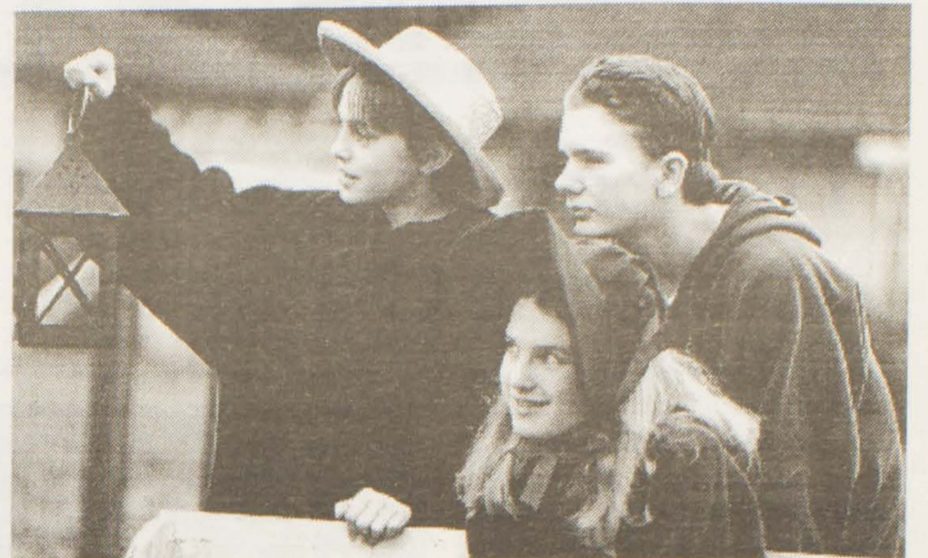


Helen Reddy is *Shirley Valentine* on Mar. 12 & 14 at the Everett Performing Arts Theatre (also in Bellingham on Mar. 15) — see "Theatre & Cinema."

fun.. Call Helen or Ken Bates for info at 675-4201. **N. Whidbey**  
**Mar. 9** - *All in the Timing* is an Island Arts Council production of six 1-act plays, courtesy of the Whitman College Spring Tour. Wacky & occasionally absurd, it's a playful look at human nature & deceptive use of language. At the LMS Auditorium, 8 pm, \$7/\$6 at JB's, Warm Winds, 7 the Book Bay. Come early to Langley & take in the Gallery Walk, too! Call IAC at 221-6IAC. **S. Whidbey**  
**Mar. 12 & 14** - Singing star Helen Reddy brings her one-woman show, *Shirley Valentine*, a story about an unhappily married woman who finds happiness on a Greek island, to the Everett Performing Arts Center at 8 pm. (206) 259-8888. **Everett**  
**Mar. 15** - This is not your everyday *Canterbury Tales*; instead, see a "Monty Python meets the classics" version brought to the Everett Performing Arts Center by The New

**Literary**

**Thru Mar.** - *Prune Alley* is the literary journal of the islands that invites artists & writers to submit works for selection in the 1996 (summer) edition. Send all (duplicated) entries to the Orcas I. Public Library, Box 165, Eastsound, 98245. Limit: 2 prose works, 8 poems; write for other rules. 376-4985. **Orcas I.**  
**Mar. 10, 17, 24 & 31** - Enjoy English tea with "Emily Dickinson" at Cooney Mansion in Cosmopolis (near Aberdeen). Selected readings & anecdotes. \$16; 1 & 3 pm seatings. Reservations: 533-0602. **SW o' Here**  
**Mar. 20** - "Poetry Slam" at the back of the Dog House in Langley. Sharpen your pencils, bring paper & a couple of bucks to write, read, or listen. Enjoy MC antics & weird words sculpted di-versely. Sponsored by



Patrick Moote, Sara Kelly, & Paul Benz star as Huck, Becky, & Tom in Whidbey Children's Theatre's "The Adventures of Tom Sawyer," at the Clyde in Langley, Mar. 2-12. See "Theatre & Cinema."

Island Arts Council. 8 pm; \$2. 221-9996. **S. Whidbey**  
**Mar. 25** - Biographer Doris Kearns Goodwin (Pulitzer for *No Ordinary Time: Franklin and Eleanor Roosevelt*) appears at the Seattle Arts & Lectures series, 7:30 pm, 5th Avenue Theatre. Coming up in Apr./May: John Fowles, Edward O. Wilson. (206) 621-2230. **Seattle**  
**Mar. 31** - Deadline to apply for a place at the 7th annual Environmental Writing Institute. U of M's Environmental Studies Program & the Teller Wildlife Refuge, Inc. are sponsoring 15 essayists, journalists, scientists, outdoor writers, & natural historians direct workshops on participants' manuscripts. At the remote Refuge. E-mail or call Hank Harrinton at <hrh@selway.umt.edu>, (406) 243-2904. **Missoula, MT**  
**Ongoing** - Everyone is welcome at the Open Mike Poetry Readings on Tuesdays, 9-1 am, at the Back Alley (no cover charge). Sid Fink emcees; call 385-2914 for info. **Pt. Townsend**

**Art & Galleries**

**Now** - See "Calls & Auditions" for art scholarships and residencies. See "Think, Learn and Do" for art classes.  
**Thru Mar. 2** - An exhibit of photographs by Arthur Grossman at The 1004 Gallery — black-and-whites of Europe in the '50s, color of people and street scenes, and color abstracts from the area. Opening reception Feb. 3, 5-8 pm. Ring 385-7302. **Pt. Townsend**  
**Thru Mar. 5** - See "The Body Beautiful," various perspectives on the human figure, draped and undraped, in a group exhibition at Childers/Proctor Gallery in Langley. 221-2978. **S. Whidbey**  
**Thru Mar. 6** - "Love Letters" at Museo Piccolo in Langley, is a show by gallery artists presenting a variety of media on the theme of relationships. 221-7737. **S. Whidbey**  
**Thru Mar. 8** - View the abstract expressionist oils of Jacqueline Barnett at SVC's Foundation Gallery, Mon.-Thurs., 9:30-1:30 pm. Call the Art Dept. for info at 428-1213. **Mt. Vernon**  
**Thru Mar. 10** - "The Contemporary Quilt" brings works from the Contemporary Quilt Art Assoc. to the P.A. Fine Arts Center. Call 457-3532 for info. **Port Angeles**  
**Thru Mar. 31** - "Northwest Glass, Part I" features outstanding blown glass pieces by several Northwest masters. Benaroya Glass Gallery at the Museum of Northwest Art, La Conner. Tues.-Sun. 10 am-5 pm. 466-4446. **La Conner**  
**Thru Mar.** - Elements Gallery (304 W. Champion) shows Don Pickard's pastels & Barbara Rutherford's abstract watercolors, 11-4 pm, Tues.-Sat. 734-0308. **Bellingham**  
**Thru Mar.** - "Hungry for Art" at the Artists' Cooperative of Whidbey Island. 221-7675. **S. Whidbey**  
**Thru Apr. 7** - The exhibition "on paper ... in wood" features contemporary work by four Northwest artists: Louise Kikuchi/sumi paint-

ings; Anne Martin McCool/monotypes; Veme Mittelstadt/drawings; and Peter Millett/sculpture. Museum of Northwest Art. 466-4446. **La Conner**  
**Mar. 1-2** - "Green Art" is an environmental art exhibit at Meloy & Co. Gallery, 3rd Floor, Rm 12 in Old Fairhaven. 734-7186. **Bellingham**  
**Mar. 8-31** - Orcas Center opens the "Calendar Artists" show, featuring local, established artists who contributed images for a 1997 fund-raising calendar. Original works unveiled at the opening, 6-8 pm. Call 376-ACT1. **Orcas I.**  
**Mar. 9** - "Spring Gallery Walk" in Langley from 6-9 pm. Check out the music & theatre to take in while in town, too! Call the Chamber of Commerce for info at 221-6765. **S. Whidbey**  
**Mar. 9-Apr. 23** - Francy Blumhagen has a solo exhibition of new mixed media paintings at Childers/Proctor Gallery in Langley. Come to the opening during the evening "Spring Gallery Walk," 6-9 pm. 221-2978. **S. Whidbey**  
**Mar. 9-Apr. 23** - Museo Piccolo opens their "Spring Sonata Show" with the Zen-inspired art form of Sumi-e. Sumi-e depicts the world in terms of its simplest, most essential elements. Works by Eva Sher, Jo Finley, & Barbara Nickerson. Slides presented & narrated by the artists from 6-9 pm on opening night (also Langley's Gallery Walk). Open daily, 11-5 (Sat. at 10:30 am). 221-7737. **S. Whidbey**  
**Mar. 17-Apr. 28** - "Paper & Glue" shows off two contemporary expressions of an enduring modernist theme. See the collage of Deborah Lawrence & Scott Fife at P.A. Fine Arts Center. Call 457-3532 for info. **Port Angeles**  
**Mar. 25-Apr. 26** - "Indonesian Textiles" are exhibited at SVC's Foundation Gallery. 428-1261. **Mt. Vernon**  
**Ongoing** - Deon Matzen displays watercolor and egg tempura paintings of still lifes and local Northwest scenes at Frame/Art, 3692 E State Hwy. 525 in Clinton. 341-1418. **S. Whidbey**  
**Ongoing** - "Island Voices: Decades of Memories of Fidalgo and Guemes Island Residents" features photographs, artifacts, and recollections from the 1900s to the 1990s. At the Carnegie Gallery, 293-1915. **Anacortes**  
**Ongoing** - The Howe Gallery displays imaginative, other-worldly wind sculptures of metal & fiberglass. Near Eastsound, open 10-5, Tues.-Sun. Call 376-2945 for directions. **Orcas I.**

**Calls & Auditions**

**Now** - The Island County Fair Association warns vendors that booths are now first-come, first-serve for the Aug. 15-18 event. They go fast! Other county fairs are probably on a similar deadline, so check with your local association soon! **Island & Other Fair Counties**

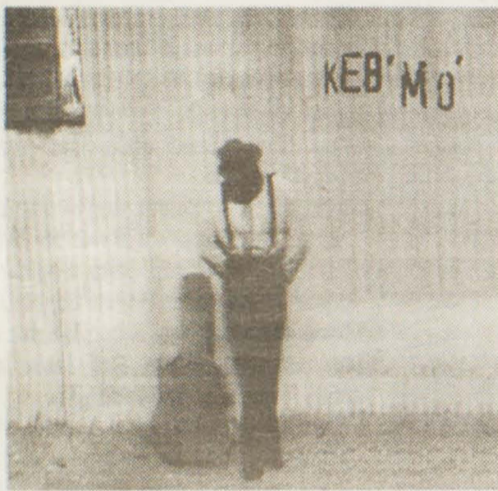
# SOUND BITTEN

By Jason S. Squire, Esq.

## 1/2 MTVs or 1/2 Fools

So much sleep to have, so little time to have it. Lately I seem to spend at least a tenth of my days in a daze. How's that for a song? "Tenth of a Day Daze" — "I got the daydream boogie blues/spacin' out at the drop of a hat/I can zone with the best of 'em/ but that's neither here nor/ that."

Staring at a 1/2 cup of coffee, trying to figure out if it's half full or half empty. I was working my other job over at Village Pizzeria last week when Paul and I came to the realization that Greg, the pizza-slinging ax man (a la Joe Perry via le Aerosmith) is a glass-is-1/2-empty kind of guy. You know the type — you say, "Good morning," and they say, "Feta sucks!" You say, "How was your weekend?" and they say, "I gotta get off this rock." And that's okay because I have come to the realization that the world has its 1/2 empties, and it has its 1/2 fools, and in between are the folks who just want some water. Me? I'm just a water-drinking fool.



### Keb' Mo' • Keb' Mo' (Okeh, 1994)

Keb' Mo' is the kind of guy who's always gonna have his water and drink it, too. I was resistant to this guy at first — this Taj Mahal wannabe — like a duck feather to a H tank of water, but, like any feather under the steady slosh of the long stream from a H tank of H<sub>2</sub>O, I lost resistance and succumbed to the flow, sent downstream with a cool blues tunage springing up from the banks of the muddy creek. But not quite so muddy. That is to say, no Muddy Waters here. That is to say, this is the "my life is a groovy thing" kind of blues, the up-tempo feelin' mighty fine kind of blues, with just a bit of the lowdown. Yes, a lot like the good and groovy sounds of the legendary Taj Mahal. And so my initial reaction was the same as my friend Rick's, "If I want to hear Taj Mahal, I'll listen to Taj Mahal!" So I put Mr. Mo' on a shelf, and whipped out Taj's *Giant Step/De Ole Folks At Home*, and grooved to the original. But what would happen, see, is that every time I'd go into Joe's Island Music, Becky would have some veddy cool tuneage weaving through my head, and me, being the sucker that I am, would inquire, "Who dat?"

"Dat," Becky would say, "Is Keb' Mo', the guy you call a schmo."

"Oh, how 'bout that. Gotta go," and off with my tail between my legs. So a few weeks back I found it in the used bin and, when no one was looking, I bought it. So, of course, as sort of a rub my face in it sort of thing, there's a sticker on the case that reads: WINNER Country/Acoustic Blues Album of the Year — W.C. Handy Blues Award. So I've been listening and casually pushing the repeat button over and over and ... I'm liking it.

He does strike a Mahal chord, but he definitely strikes his

**65 mph:** Classic! Put your saucy buns in the saddle and ride, ride, ride.

**55 mph:** Great album! Pick it up next time you're in town.

**45 mph:** Good album. Take the scenic route.

**35 mph:** So-so. Wait for the movie.

**25 mph:** Turn back! You are going the wrong way!

**0 mph:** Sucks big time!

own chord, too, and his own chord is sweet, groovin', finger pickin', shoe tappin', slide guitar slidin', love my baby night and day blues. The first three songs are my favorites along with the two Robert Johnson covers, "Come On In My Kitchen" and "Kindhearted Woman Blues." Oh yeah, dig the tune "She Just Wants To Dance" and the jive guitar sounding "Am I Wrong." I'm a just eating some crow, groovin' to Keb' Mo'. 60 mph



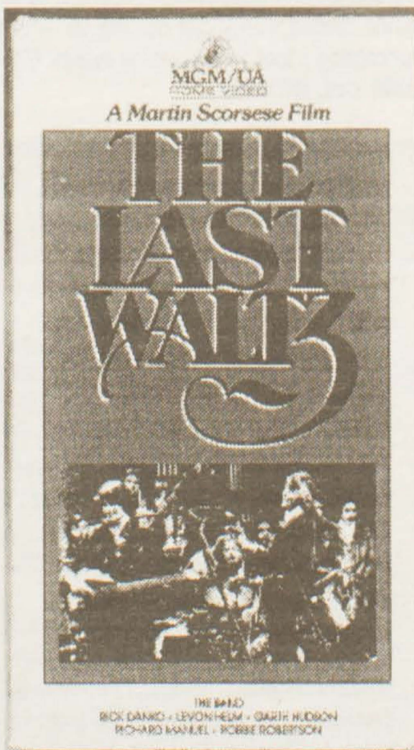
### T.J. Kirk • t.j. kirk (Warner Brothers, 1995)

The *T.* stands for Thelonious Monk, the *J.* is for James Brown, and the *Kirk* is for Rahsaan Roland Kirk, and, as the outside of the case explains, T.J. Kirk plays the music of, and only the music of, those three legends. And why not? This is some damn funky, groove yo' booty cuz ya gots ta scooty, cuz it's de sounds that abounds and makes the rump bump and jump and scoobidy boobidy til the innards are jellified and snarfelfunktified and ya say "Huh?"

Will Bernard and John Schott trade licks on electric guitars, while Scott Amendola plays the hammerhead shark on the drums with wunderbaugh precision. And in between it all, like the padding in a quilt, is the bass and 8-string workings of Charlie Hunter. Hunter's resume includes work with the Charlie Hunter Trio, whose album *Bing, Bing, Bing!* rated a 65 mph here at *Sound Bitten* last year. *Bing!* is jazz with attitude, while T.J. Kirk is funk-inflected jazz with attitude. Got it? 55 mph

### Liner Notes

I had the opportunity to be involved with an incredible community theatre event last month called *Wings of the Termite* (see **74**), written and directed by Richard Evans with music by Michael Licastro and choreographed by Shannon Licastro. It was great to be involved in it because the cast and crew rocked! I got to be a biker. It was cool. Long live Benny Guttman! ... Fred Dente tells me that radio is going the way of the robot, and I agree. Find a community radio station on that dial of yours and support it! Music for humans, spun by humans. ... After nine years, Paul Williams has played his last gig with the Tiny Giants! He and wife, Tarja, are expecting a baby. Congrats! ... Rent *The Last Waltz* while the weather is still crappy. This was the Band's last concert, featuring performances by Bob Dylan, Eric Clapton, Dr. John, Joni Mitchell, Emmy Lou Harris, Van Morrison, Neil Young, and more! Directed by Martin Scorsese, it's my favorite live music movie! ... Good night. **11**



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Jo Finley • Eva Sher • Barbara Nickerson

Opening with Langley's Spring Art Walk  
Saturday, March 9th from 6:00 to 9:00 pm  
Runs through April 23rd

Hours: 11:00am - 5:00pm daily • Saturday 10:30am until 6:00pm  
215 First Street, Langley • Whidbey Island, WA  
Call: (360) 221-7737

## March Happenings

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(360) 321-8414  
5603 S. Bayview Road, Bayview Corner, S. Whidbey

Chautauqua cont'd from page 30

# Chautauqua

**Now** - Artists are invited to submit 2 small works in media such as painting, drawing, sculpture, photography, jewelry, etc. to the "Art As Competition" group exhibit, part of the "Ski to Sea" show in May at Fairhaven. Send SASE for prospectus to Meloy & Company, Box 572, 98227. **Bellingham**

**Now** - The Artists' Co-operative of Whidbey Island has limited openings for new members (residents of Island County willing to make a 1-year commitment) or associates (need not reside in Island County; may join for a 3-month period) who work in three dimensions. Submit 3 similar works 3 days prior to jurying (first Tuesdays during regular gallery hours). Call Wendy, 221-5262. **S. Whidbey**

**Now** - The Artery, the museum store located at the Port Angeles Fine Art Center, seeks high-quality gift and crafts items to offer on consignment in the new year. Call Jenno Schuler at 385-4008 or PAFAC at 457-3532. **Port Angeles**

**Thru Mar. 4** - "Strait Art '96" showcases work from around the Strait at P.A. Fine Arts Center (May 5-June 16). This year: Artists of Quimper Peninsula (living within Pt. Townsend to Discovery Bay) are invited to send slides, resumés, etc. in SASE to: 1203 E. Lauridsen Blvd, 98362. Call 457-3532 for info. **Port Angeles**

**Thru Mar. 8** - Audition for the Funny Farm Kazoo Band, then perform in the "Flip Side of Langley" event (May 10-11, LMS Auditorium). Requirements: be unique and downright different than the rest of us. Call 221-3676. **S. Whidbey**

**Thru Mar. 15** - Applications for 1996 Island Arts Council Music Scholarships (3 \$250 awards) are available at the IAC office in Langley or from Linda Good. Open to Whidbey students showing financial need, musical commitment; audition tape required. Call Linda at 221-6439 or IAC at 221-8262. **Whidbey Island**

**Thru Mar.** - Penn Cove Gallery celebrates the addition of member artist William

favorite play (bring script). Members select the 1997 productions from the top-ten list. 293-6829. **Anacortes**

**May 28-June 7** - Students: Get ready for SVC's Foundation Gallery 9th annual juried exhibition. 428-1261. **Mt. Vernon**

**June 17-23** - Centrum brings the 4th "Pt. Townsend Country Blues Workshop & Festival" to Fort Worden. Daily classes with premier masters of all the medium. The faculty play at 3 performances, June 21-22. See Centrum's page, <http://www.olympus.net/centrum>, or call 385-3102 for info. **Pt. Townsend**

**June 23-July 7** - Centrum sponsors 2 week-long "Fiddle Tune Workshops" this year during the "Festival of American Fiddle Tunes." Diverse regional & ethnic styles create a unique gathering of fiddlers. The public gets to sample tastes during six public performances at McCurdy Pavilion. See Centrum's page, <http://www.olympus.net/centrum>, or call 385-3102 for info. **Pt. Townsend**

**July 21-28** - Musicians of all ages: get ready for Centrum's 13th annual "Bud Shank Jazz Workshop" at Fort Worden. Workshop is in conjunction with Centrum/US WEST Cellular "Jazz Pt. Townsend," touted as "the musicians' festival." Headliners include: JJ Johnson Quintet, Marlena Shaw, the Eliane Elias Trio, Harry "Sweets" Edison, & the Bud Shank Sextet, beginning July 25. Call 385-3102 for info. **Pt. Townsend**

**May 25** - Dust off "The Good, The Bad, & The Ugly" art for the "Spring for Art Studio Sweep & Artists Garage Sale" at the Coupeville Arts Center, 10-4 pm. Register for a table or get info at 678-3396. **Cnt. Whidbey**

**Ongoing** - Join S. Whidbey's marching percussion ensemble! Meet twice monthly. 331-1813 or 221-7972. **S. Whidbey**

**Ongoing** - The Orcas Center has play readings performed by members on 3rd Wednesdays. Also, Anna Wilson coordinates reader's theatre groups at private homes. Finally, Marguerite Olson's Once-a-Month Bunch produces dinner theatre evenings at area restaurants. Call the Center for info at 376-2787. **Orcas I.**

## Think, Learn & Do

**Now** - Spring classes at SVC branches start Mar. 25 — register soon, or risk cancelled classes due to low enrollment. Note: those fun "Sr. Citizen Classes" are named by government mandate. ANY adult can take them. Get catalog & info by dialing 428-1261, 378-3220, 679-5330, & 341-2324 for branches at: **Mt. Vernon, San Juan I., N. & S. Whidbey**

**Now** - Coupeville Arts Center has a new catalog out with lots of new art classes for 1996, for all levels of artists. Also, "Let's Begin," beginning level week-end classes, including knitting, calligraphy, soapstone, drawing, etc. Call 678-3396 for a catalog. **Cnt. Whidbey**

**Now** - S. Whidbey Adult & Family Classes are beginning — get your brochure listing arts & crafts, computer classes, gardening workshops, etc. at 221-6979. **S. Whidbey**

**Now** - The State of Washington Dept. of Labor and Industries is offering no-fee classes on work-related issues such as Accident Prevention and Office Ergonomics. 902-5590. **Mt. Vernon, Everett & Port Angeles**

**Now** - Whidbey Island Art Supply hosts a number of great art classes such as children's drawing, pottery, calligraphy, figure drawing, oil painting, block printing & more. Island artists Christine Schrader, Betty Gwinn & Anne Belov are a few of the teachers in Bayview. Call 321-8414. **S. Whidbey**

**Now** - The State of Washington Dept. of Labor and Industries is offering no-fee classes on work-related issues such as Accident



Guitarist John Stowell joins song-stylist Nancy King on stage in Bellingham, Mar. 16, during the second concert of the Pacific NW Jazz Alliance's series.

Prevention and Office Ergonomics. 902-5590.

**Mt. Vernon, Everett & Port Angeles**

**Thru Mar. 15** - 20 lucky people take free sewing classes, then share skills as adult volunteers courtesy of the WSU Extension Center, Snohomish County. 30 hours of classes begin Apr. 9-May 21, 9:30-1:30 pm (call for dates). \$10 supply fee & basic sewing techniques required. Call Lisa, (206) 338-2400. **Everett**

**Mar. 2** - "Connecting with Water" is a teachers' workshop using water as a way to integrate environmental education into science, social studies, history, & language arts. 8:30-3:30 pm at Padilla Bay Reserve; call to register at 428-1558. **Mt. Vernon**

**Mar. 3, 10, 17, 24** - Olympic Park Institute's "Elderhostel Programs in Olympic National Park" — see "Nature & Gardening." **Olympic Peninsula**

**Mar. 6-Apr. 10** - "Ragtime Movement Classes" teach One Step, Two Step, Foxtrot, Waltz & Tango each Wed. at the Bayview Sr. Center. All ages welcome — register at 321-1600. **S. Whidbey**

**Mar. 14-17** - "Needleworks" features workshops in quilting, surface design, doll-making and more at Coupeville Arts Center. Other fabric-related workshops coming up — call for catalog & look for upcoming events. 678-3396. **Cnt. Whidbey**

## Back Alley Poetry

Yvette Leon (translates to lion) is one in a group of aspiring poets & musicians who perform regularly on "Open Mike Evenings" at the Back Alley Tavern in Port Townsend. The tawny skinned temptress from southern climes reads her poetry with an accent that places an effective spin on issues of life, romance, & disillusionment.

Most Open Mike sessions feature young artists with no academic degrees in writing nor music, who don't carry large portfolios, yet who are highly creative. Many are part of the Bohemian avant garde who flourish in Port Townsend. "I would see my opportunity very limited without formal education credentials," says Leon. "It would not exist without the Open Mike. We are all growing as artists & could not find an audience or acceptance otherwise. I speak through my experience, culture, & background in a traditional voice. I read it as I write it & don't know how to label it; I don't know if you can. It's the happening of the 90's."

**Mar. 16** - Hear Joyce J. Scott talk about "The Scott/Caldwell Tradition: Three generations of African-American Artists" as part of the Coupeville Arts Center "Needleworks" workshops. Keynote address, instructor & student show, & sale will be held at 7 pm at the Camp Casey Conference Center, Auditorium A. Call 678-3396. **Cnt. Whidbey**

**Mar. 17** - "Underwater Geology in the NE Pacific Ocean" — see "Nature & Gardening." **Pt. Townsend**

**Mar. 30-31** - "Introduction to Theatre for Adults" workshop at the Historical Theatre: how to get involved with community theatre, courtesy of the Everett Theatre Society & Gene Nastro School for the Arts. \$75; 10-5 pm & 1-5 pm. (206) 290-9500. **Everett**

**Apr. 1** - It's time to register for WSU's Social Science distance-learning summer semester, which starts May 12. Get your bachelor's at home via video, satellite, cable, & correspondence. \$151/credit; financial aid available. <eap@wsu.edu> or (800) 222-4WSU.

**Region**

**Apr. 1-3** - "Interior Wood Finishing" symposium looks at environmental issues & technological answers. All day, Double Tree Suites Hotel. Get Registration info at (608) 231-1361 (x201). **Seattle**

**Ongoing** - North Cascades Institute offers several natural history seminars to feed your creative and nature-loving spirit. 856-5700 (x209). **Sedro Woolley**

## Body & Soul

**Now** - "Developing Capable People" courses are guaranteed to give useful skills to anyone in a position of influencing youth development. Call about spring courses near you: 221-3230, 678-6043, 675-1260, 679-4036, 652-6527. **Island County**

**Now** - Get Camp Indralaya's catalog now! This low-profile sanctuary is a wonderful place to take friends & family for unwinding, getting in touch with yourself, others, & nature, meeting interesting people, & learning. For a catalog of events, phone 376-4526 or fax 376-5977. **Orcas I.**

**Now** - Hollyhock is a gateway to inner & outer adventure. From March to October, choose from over 70 workshops at the retreat located on the southern tip of Corte's Island. Handcrafted wooden buildings, organic gar-



Daniel Finn: original folk at Owl's in Eastsound on Mar. 7. See "Music & Dance."

Schumm, an extraordinary black & white photographer whose works are featured this quarter. The Gallery seeks Whidbey Island artists who work in three-dimensional media — glass, sculpture, fabric, etc. — in addition to oils & pastels. Call 678-1176. **Whidbey Island**

**Thru Apr. 1** - Artists: The Port Angeles Fine Arts Center seeks visionary work for the exhibition "Utopia" (June 23-Aug. 4). Commemorate PA's Utopian origins by revisiting images of the ideal in a modern context. Send slides, videos, vitae, etc. with SASE to 1204 E. Lauridsen Blvd. 98362, or call Jake Seniuk at 457-3532. **Port Angeles**

**Thru Apr. 26** - "Holland Happenings" is gearing up for the Apr. 26-28 "Celebrating Our Traditions" theme festival in Oak Harbor. Parades, carnival, arts, crafts, and the "Bite of Whidbey Island" are some of the events. Call the Chamber of Commerce for info: 675-3535. **N. Whidbey**

**May 5** - The Anacortes Community Theatre "Playday" allots 5 minutes per pitch for your



Yvette Leon

Everyone is welcome at the Open Mike on Tuesdays, 9-1 am (no cover charge). Sid Fink emcees; other "regulars" are Lisa Jackson, Labuyo, Greg Vinson, Rebecca Westlake, Drew Dintzner, Rick the Stick, Andrew Shelvon, Lou Montana & more. Call 385-2914 for info.

—Eleanor Nelson

dens, & forest trails offer a variety of ways to rejuvenate. Get your catalog soon: e-mail <hollyhock@oberon.ark.com>, see <http://www.go-interface.com/hollyhock>, or call (800) 933-6339. **British Columbia**

**Now** - ARISE Charitable Trust is funding a 10-week series focusing on the needs of women in transition: effective communications, skills assessment, gifts & values, career options, goal setting. Starts spring qtr. at SVC's S. Whidbey Branch. 341-2324. **S. Whidbey**

**Now** - Transformation Global Retreat Ctr. offers a number of workshops at Transformation House at Ken's Corner. March includes "For Women Who Love Too Much," based on the book, "Self Advocacy," & others. Call them for a list, dates, & fees at 341-1642. **S. Whidbey**

**Now** - "Artists Dreaming," a dream group for artists in a small group format. No fee. Mondays 7-9 pm. Call Robert Smith-Johnson, 341-1951 for info. **S. Whidbey**

**Thru Apr. 11** - Chi Kung-Chuan Tai Chi beginning classes are relaxing, even though one is alert during the exercises. Teacher Cedar Kelly, LMT, welcomes all ages for the ongoing classes. \$75 for 10 wks. of Thurs. (7-8 pm) classes. 579-6398. **S. Whidbey**

**Feb. 29-Mar. 2** - "Parents Through Adoption: Planting Seeds of Change" — see "Field Trips." **Seattle**

**Mar. 16-17** - "Shamanism of the European North" is an experiential workshop led by a Sami & Shaman Ailo Gaup. Beginners welcome. At the Marsh House. Stay 1-3 nights, bring drums, rattles, & comfortable clothes for dance/movement. Call Janine at 341-1586 for details. **S. Whidbey**

**Mar. 22** - "International Astrology Day" is celebrated at the Pt. Hudson Pavilion, 6:30-9:30 pm. The Quimper Astrology Guild joins astrology groups around the country in presenting an evening of lectures. "Uranus in Aquarius & Pluto in Sagittarius" and "The Roswell Crash — Does Astrology Hold the Answer?" are presented. 385-0368; 385-2236 for info. **Pt. Townsend**

**Mar. 22-26** - "Reconnecting with Nature: How to Let Earth Teach Wellness, Spirit, & Self Esteem" is a 2 to 4-day workshop & professional training course at the Madrona Center. Discover how & why our separation from nature stresses our sentient inner nature & creates our many problems. \$75/four days includes materials; pre-register with Will Ganschow, 733-8753, or Sea Franklin, 378-4189. Academic/professional credit; see web page at <http://www.pacificrim.net/~nature/> or call Mike Cohen at 378-6313. **San Juan I.**

**Mar. 23** - "Awakening to Spring" is an experiential ceremonial retreat for women on sacred Chinook land. 9-9 pm; sliding scale \$60-\$90; optional lodging. Call Janine at 341-1586 for details. **S. Whidbey**

**Mar. 29-31** - "Mandalas & the Origins of Spontaneity" is a great excuse to go visit Camp Indralaya (near Eastsound) for a relaxing, fulfilling weekend. Mandalas are symbols of human wholeness, associated with harmony & order, found in cultures the world over. Create your own mandala using narration, drawing, & movement. \$20 fee; call for accommodation info at 376-4526 or fax 376-5977. **Orcas I.**

**Mar. 15, Apr. 15** - Advance or regular registration is due for the May 3-5 "Body & Soul West" conference sponsored by Hollyhock & New Age Journal. Explore the frontiers of mind/body healing, spiritual development, & social transformation with an extraordinary group of thinkers, writers, artists, & healers. At the Westin; brochure at <http://www.go-interface.com/body&soul/>. Call (800) 937-8728 to register. **Seattle**

**Apr. 10-11** - "Talking to Kids About Life" is a free workshop for parents & teachers of 4-8 yr. olds. How to talk about feelings, body systems, personal space, self esteem, & per-

See Chautauqua, page 34.

# 'TWEEN COVERS

By Marjann Moss

## Willa Cather: Timeless Voice, Timeless Stories

Some writers may aspire to not only be published, and perhaps appreciated and acknowledged during their lifetimes as a voice that rings out clearly enough to be heard over the relentless din of the business of everyday existence. But to be remembered, or actually to be read, and, particularly remarkable, to continue to be considered relevant and appreciated as gifted beyond their lifetimes is a consequence befalling on few masters of letters. To leave one's footprint in the ever shifting sands of literature is a clearly a nature-defiant act, swept over by waves and tides of generations of writers, so many of them the best of each of their respective eras, and so many of them memorable, if to an ever-diminishing circle of followers.

Some people journey to central France to witness prehistoric footprints in clay and hand prints painted in brilliant stencil relief on the walls of caves, evidence of personal expression defying death and surviving the tests of time and the elements. Others read Willa Cather.

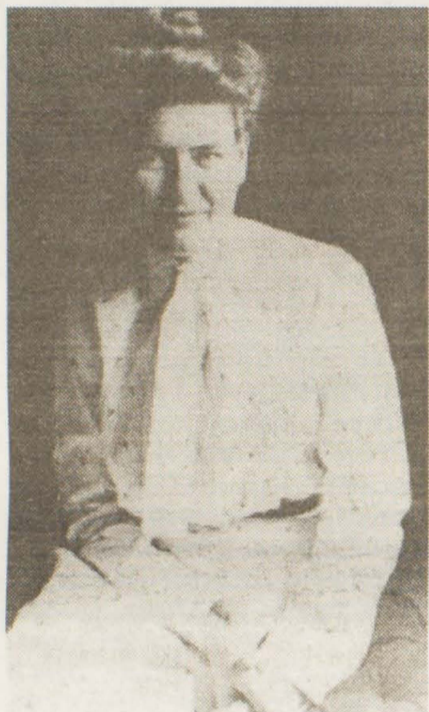
Born in 1873, Willa Cather lived her formative pre- and adolescent years in Nebraska. Being unusually well-educated for a young woman of her era, she taught high school, worked as a journalist, traveled, began writing short stories, and then worked as an associate editor on a magazine. Finally, at the age of 39, Cather took herself seriously. She recognized that to continue working for others would prevent her from producing the body of written work she seems to have realized was within her, waiting to be expressed. From that time forward, she committed herself unwaveringly to her pen. That her last book, *The Old Beauty and Others*, was published in 1948, a year after her death, forebodes immortality for Willa Cather and her remarkable manuscripts.

Now, nearly 50 years after her death, and more than 80 years after the original publication of some of her works, the purity of Cather's prose is as fresh and clear as an October morning. As eloquently as she paints the landscape of the Nebraska prairies, its seasons, its harsh and beautiful realities, she tells the stories of her characters with an omniscient objectivity and clarity. Seemingly to withhold judgment in her depiction of people and their human characteristics, Cather demonstrates wisdom and compassion in the simple documentation of events and behavior. This constraint and compassion was possibly influenced by the fact that she based nearly all her characters on real people in her world.

One of the many remarkable elements of Willa Cather's writing is the timelessness of her stories. She was not only an attentive observer and chronicler of the details and people and experiences of her world and time, but the actual stories she told were about classic human issues: about choices, or seeming lack thereof, about commitment and struggle and defeat, about achievement and compromise and "set-

ting." These themes were not unique to the late nineteenth century or the early twentieth century. If her characters speak to me out of my own memories and my own hopes, for how many more generations might Cather's voice be heard?

In talking to other readers, I am persuaded of the magnitude of impact this writer has had and continues to have on so many minds. To find out why, pick up any Willa Cather book and read it. Here I will speak of two, *The Song of the Lark* and *My Ántonia*.



A portrait of the writer as a young woman: Willa Cather during her teaching years in Pittsburg, on the eve of beginning her first trilogy of novels — "O Pioneers!" "The Song of the Lark," and "My Ántonia."

In *The Song of the Lark*, Cather describes the escape of gifted Thea Kronborg from the stifling limitations of a small midwestern town in the late nineteenth century, and her discovery of her path into the greater world beyond it. The journey is not a gentle one, nor is it romanticized by Cather; each step is honestly and almost baldly documented.

In *Thea* we witness the ignorant vulnerability of her naiveté, then the gradual education of experience that replaces it with sophistication... or the adaptive mannerisms of sophistication, because even at the apparently glamorous apex of her career, we are privy to the genuine person that is Thea.

Cather conducts the reader through the struggle of the emerging artist, from the metaphorical yoke of Thea's early piano training, through the fortuitous influence of a supportive and gifted mentor who not only recognized her as a truly talented individual but also "discovered" her voice and literally forced her to choose it as her instrument, to the dangerous influence of negative teachers, and so on to her ultimate ascent to world-class opera singer. In parallel, it could be compared to a biography of an Everest climber.

Ironically, *The Song of the Lark* was

published in 1915, the same year as James Joyce's *A Portrait of the Artist as a Young Man*. Except that they both employed the blending of poetry and prose (I refer here to Cather's sumptuous descriptions of the cliff-dweller ruins of Panther Canyon and the Southwest environs), a juxtaposition of these two books is a literary manifestation of the principles presented in the currently popular *Men Are From Mars, Women Are From Venus* (John Gray, HarperCollins, 1995).

*My Ántonia*, published in 1918, seems to look back with love on the land that Cather (and Thea Kronborg) left behind to live in the larger world. The rural, simple, repetitive existence that Thea Kronborg found suffocating, *Ántonia* Shimerda found to be full of possibilities. For *Ántonia*, as for Thea, life's possibilities could only be realized through unceasing discipline and grueling labor.

Through the voice of childhood neighbor and friend Jim Burdon (Cather's retrospective), we remember the life of *Ántonia*, beginning with her arrival from Bohemia as a young teenager. Supplanted from a world where her father was an admired musician and a man of letters, to the uncultivated, raw Midwest, *Ántonia's* family was forced to change its relationship to life as a cultural experience to that of a fundamental struggle to survive.

Following *Ántonia's* story from the taming of their own land, to hiring out to do a man's share of farm work, to becoming a "hired girl" in town, and her brief flirtation with the "modern world," along with the stories of her fellow "hired girls," we're there. We feel the burning sun, the ache from the pulling plow, hear the piano in the dance hall. We believe. And the land that held possibilities for *Ántonia* in her youth becomes the land of promise, and fulfillment.

Most remarkable about Cather's fourth novel is the stunning description of the Midwestern landscape. The waving red expanse of untamed prairie grasses, the joyful gift of sun-flowers marking the border of the dirt road, even the pungent fragrance of the wheat stems returning to earth, borne on the mist of the rising dew of an October morning, are not only palpable, they are unforgettable.

Credit where credit is due... for their generous contributions and support in preparing this article, special thanks to Nancy Lindholdt, Librarian, and her able staff at the Langley Library, Sno-Isle Regional Library System, Carol Huber, Skagit Valley College Instructor, and my cherished companions of the Read and Feed. ☐

Read a great book lately? Send your recommendations to Marjann Moss c/o ISLAND INDEPENDENT, Box 853, Langley WA 98260.

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Chautauqua cont'd from page 32.

# Chautauqua



Biographer Doris Kearns Goodwin speaks at the Seattle Arts & Lectures series — see "Literary." Photo by Richard Goodwin.

birds tell stories, & what they've told at Chinook; development of the 6th sense thru the 5 senses. 9-5 pm at the Chinook Farmhouse in Wilderness Awareness School. Children's program, too. Call for fees & pre-register at (800) 340-6068. **S. Whidbey**

**Mar. 23-24** - N. Cascades Institute's field seminar: "The Creative Journal." Hike, explore, learn writing & drawing techniques to enhance your nature studies. \$95 includes accommodations at Birch Bay Hostel; 12 teacher clock hrs. available. 856-5700 (x209). **Birch Bay**

**Mar. 24** - "Tracking Chinook & Beyond": Join Fritz Hull & Jon Young for basic tracking & field explorations over favorite S. Whidbey haunts. 10-3 pm at the Chinook Farmhouse in Wilderness Awareness School. Children's program, too. Call for fees & pre-register at (800) 340-6068. **S. Whidbey**

**Mar. 30** - Register now for "Close Encounters of the Bird Kind," a family science adventure. Accompany Burke Museum scientist, Dr. Chris Thompson, as he traps & releases birds using mist nets & demos bird-banding. 9-11:30 am, \$5-\$12. (206) 543-5591. **Seattle**

**Mar. 30-31** - "Sustainable Community Development Conference" — see "Community Events." **Bellingham**

**Mar. 30-Sept. 7** - Hollyhock offers Saturday afternoon gardening workshops at their organic gardens on Cortés Island. Seed selection, composting, edible flowers, etc. \$35 fee. Call (800) 933-6339. **British Columbia**

**Apr. 13-21** - Sign up now for the Burke Museum's "Southwest Geology Expedition — Dinosaurs, The Grand Canyon, & More" with geologists Dr. Liz Nesbitt & Dr. Tony Irving. See Bryce, Zion, the North Rim & many other scenic areas. Hands-on training in fossil/rock/mineral ID & geological history. \$700/\$720; (206) 543-5591. **Seattle**

**Ongoing** - Oak Harbor Garden Club meets 2nd Tuesdays — see "Meetings." **N. Whidbey**

**Ongoing** - Non-profit Meerkerk Gardens offers 10 acres of beautiful garden tucked into 43 acres of woodland preserve, and peaceful walks to enjoy it all. 678-1912. **Cnt. Whidbey**

**Ongoing** - Send SASE to the S. Whidbey Tilth to get your free list of soil amendment resources, or pick one up at any Tilth meeting. Donations welcome. Soil List, S. Whidbey Tilth, Box 252, Langley WA 98260. **S. Whidbey**

**Recreation & Sports**

**Now** - Hey, sailor — time to start thinking about the 1996 "Crow's Nest Whidbey Island Race Week," coming July 7-12. The chandlery picked Luke Tormatzky's pastel of spectacular spinnakers as the winner for the poster contest. Contact NW Marine Productions for info on registering, etc. at (206) 284-8796. **N. Whidbey**

**Now** - Wash. Water Trails Assn. has a slide show & speakers to answer your questions and tell tales for all ages. It's an opportunity to inform people who may not be kayakers but do support conservation. Call for details at (206) 545-9161. **Region**

**Now** - 48° North, still "free like the wind" at

See Chautauqua, page 44.

## For Kids

**Now** - The Parkwood (Oak Harbor) Camp Fire Club (boys & girls) spent a busy month in Feb. collecting supplies for the Inter-Island Pregnancy Carecenter for their National Youth Project. They're also fund-raising with candy sales. If you're interested in starting a club, please call Denise Ducken, 679-4237. **Region**

**Now** - "DO-IT" is an award winning mentoring program for soph/jrs. with disabilities. See "Calls & Auditions." **Region**

**Now** - Get your brochure for the highly popular Marine Science Summer Camps. Designed for ages 8-13, the camps are scheduled for Jul. 14-19th (overnights) & Jul. 29-Aug. 2nd (days). P.T. Marine Science Center, 385-5582, or e-mail <ptmsc@olympus.net>. **Pt. Townsend**

**Now** - Have great fun volunteering; even bring your own children during your 2-hour, once a week shift. The Children's Museum in Snohomish County needs docents and Jr. Docents (min. 11 years) to help. Teens with construction skills are especially appreciated. (206) 258-1006. **Everett**

**Thru Mar. 17** - *Strega Nona* visits the Northwest Puppet Theatre with buckets of pasta problems from a mishandled magic pot. Recommended for ages 3 to adult. \$5.50-\$9.50 & school specials. For tickets/times, call (206) 523-2579. **Seattle**

**Thru May 5** - Pacific Science Center presents 2 exhibits: "Big Big Bugs" & "Seeing the Unseen." See giant robotic insects & a live bug zoo. Capture your image on a wall with a strobe, view hi-speed, stop-action photos, see an Academy award-winner short. Call (206) 443-2001 for hours & ticket info. **Seattle**

**Mar. 2-12** - *The Adventures of Tom Sawyer*, by Whidbey Children's Theatre, is a two-act play with a cast of thirty adults & children under the co-direction of Martha Murphy & Martha Furey. Recommended for kids age 5 and up — great family entertainment. At the Clyde; \$3-\$5, with advance tickets at Wheeler Galleries. Mar. 2 & 3 (3 pm); Mar. 4 & 5 (7 pm); Mar 9 & 10 (3 pm); Mar. 11 & 12 (7 pm). 221-6747. **S. Whidbey**

**Mar. 4-10** - Pacific Science Center presents "Little Folks & Animal Friends" especially for those 8 years & under. Pot-bellied pigs, miniature horses, Border Collies, Llamas & Owls, plus stories & crafts. Call (206) 443-2001. **Seattle**

**Mar. 23** - "Up for Grabs" with Rhys Thomas, juggling genius at the Pacific Science Center, 11-2 pm. (206) 443-2001. **Seattle**

**Mar. 24 & 25-27** - *Pippi Longstocking* is the strongest kid in Sweden & a very independent sort. She & friends Annika & Tommy confront an obstacle course of inept thieves, clumsy policemen, & twisted circus performers. Based on the popular kids' book by Astrid Lingren. \$6.95/\$4.95; 2 & 4 pm on Sunday; school performances at 9:30 & 11 am. Everett Performing Arts, (206) 259-8888. **Everett**

**Mar. 30** - Sign up now for "Close Encounters of the Bird Kind," a family science adventure — see "Nature & Gardening." **Seattle**

**Ongoing** - The Neutral Zone is for 12-18 year olds on Fridays, 9 pm-1 am. Games, sports, art, music, dancing, food, & friends at the Oak Harbor Middle School. Ages 12-18; 679-551 (x853). **N. Whidbey**

**Ongoing** - Late Nite Central is open Saturday nights (7:30-10:30 at the Coupeville H. S. Gym) for youth in grades 6-9, organized by Cnt. Whidbey Youth Coalition. Call Christy to help out some Saturday night: 678-1927. **Cnt. Whidbey**

**Ongoing** - The S. Whidbey Youth Center is open Mon., Wed., & Fri. from 2:30-5:30 pm at the Langley United Methodist Church, a drop-

in, healthy place for recreation, food, prevention-based programs, & much more. 221-3230. **S. Whidbey**

**Ongoing** - Attention teachers & kids: work with the Whale Museum by adopting a whale. Adopters get a certificate, a photo of the adoptee, and an education in scientific observation, math, & language arts. The basic kit is \$25; for \$40, get that & a museum membership & video on Orcas; \$60 earns up to 30 students per classroom a personalized certificate. Call the Museum at (800) 946-7227 (x24). **San Juan I.**

**Ongoing** - "Park Walks" in various Island parks happen every second Saturday. Call Andrea Le Bosquet for info, 675-6224. **Whidbey I.**

## Nature & Gardening

**Now** - Get the quarterly *Washington Tilth* & join the Tilth Producers, which promotes sustainable, ecologically sound agriculture "in the interest of human & environmental health & social equity." (800) 731-1143. **Country**

**Now** - Get *Octopress*, published quarterly, & support non-profit PT Marine Science Center. \$15 student & up memberships; call 385-5582 for info. **Pt. Townsend**

**Now** - The Whale Museum invites interested businesses & individuals to call about getting involved in the "Third Annual Festival of Whales" (May 16-19). Already slated are lots of children's activities, seminars, field trips, a dance, & a marathon.. Call Rose Degnan, 378-4710 (x12). **San Juan I.**

**Now** - Support People for Puget Sound & learn more about protecting our waters in *Sound & Straits*: call 754-9177, (206) 382-7007, or surf to <http://hal9000.futureinfo.com>. **Around**

**Now** - Call the (non-profit) N. Cascades Institute for their catalog of field seminars. Teacher clock hrs. and/or academic credit usually available. Ring 856-5700 (x209). **Sedro Woolley**

**Now** - Get \$5 off Mosquito Fleet Orca-watch tours with gift certificates. Cruises are May thru October. \$44-\$64. Westport Grey watches, too, \$14-\$30, March thru May. (800) 325-ORCA. **San Juan I.s & Westport**

**Now** - Send stamped, self-addressed business envelope for "Wandering Whidbey," a guide to 15 special spots for birding on the island. Whidbey Audubon Society, Box 296, Langley, 98260. **Country**

**Mar. 2** - "Connecting with Water" is a teachers' workshop — see "Think, Learn, & Do." **Mt. Vernon**

**Mar. 2** - "Wildcrafting & Growing Medicinal Herbs" is a workshop about herbal use, cul-



Save the Woods on Saratoga and have a blast at the "Pisces Party" with Granny's Cabinet & others (Mar. 2 at the Dog) — see "Community Events." Photo by Shannon McKinnon

tivation, propagation, harvesting, etc. 9-5:30 pm, \$35; contact presenters Michael Pilarski (738-4972) or Linda Quintana (733-0517) for details. **Bellingham**

**Mar. 2** - The WSU Master Gardeners sponsor the annual "Whidbey Gardening Workshop," held at Coupeville Middle/High School. Doors open at 8 am; general session at 8:30

with "Whidbey Weather: Yard & Garden Impacts." Other classes on growing local flora follow. Advance reg. closes Feb. 29; \$7 at the door if classes are still open. Call WSU Coop. Ext. education, 321-5111 (x327). **Cnt. Whidbey**

**Mar. 2-3** - N. Cascades Institute's field seminar: "Owls: Silent Hunters of the Night." Vocalization, behavior, habitat, adaptation & mystique of NW species. \$95 includes accommodations at Comet Bay ELC; 12 teacher clock hrs. available. 856-5700 (x209). **N. Whidbey**

**Mar. 2-3** - N. Cascades Institute's field seminar: "Earth's Heartbeat: A Drum Making Workshop." Master craftsman Scott Jensen starts you cleaning, stretching & framing hide. \$145 includes accommodations at Comet Bay ELC & \$30 materials; 12 teacher clock hrs. available. 856-5700 (x209). **N. Whidbey**

**Mar. 2, 16, & 30; Apr. 13 & 27** - Join an educational cruise for all ages to Protection Island aboard the comfortable motor yacht, *Glacier Spirit*. Cruises depart Pt. Hudson at 1 pm for approximately 3 hours; \$30-\$35 helps benefit education programs. Sponsored by PT Marine Science Center, 385-5582. **Pt. Townsend**

**Mar. 3, 10, 17, 24** - Olympic Park Institute's "Elderhostel Programs in Olympic National Park" offers seniors the chance to learn about the rich cultural history and the ecology of forest, mountain, marine, & freshwater habitats on the Peninsula. All programs are Sun.-Fri. Fees include meals & stay at Lake Crescent's Rosemary Inn, Lake Quinalt or Kalaloch Lodges (\$340-\$360). Contact Sally Rowland, 928-3720. **Olympic Peninsula**

**Mar. 6-20** - Pre-register for Burke Museum's "NW Earthquakes, Past & Future." Geologist Dr. Tony Irving presents the latest in scientific evidence/thought in lectures, slides & field trips: Weds., 6-10 pm; trips on the 9th & 16th. \$110/\$125. (206) 543-5591. **Seattle**

**Mar. 6, 13, 20, & 27** - Public forum on land ethics (with movies!) — see "Community Events." **Bellingham**

**Mar. 9-10** - N. Cascades Institute's field seminar: "Ethnobotany of the Winter Landscape." Hikes & lectures celebrate spring's emergence. \$95 includes room at Comet Bay ELC; 12 teacher clock hrs. or 1 credit available. 856-5700 (x209). **N. Whidbey**

**Mar. 9-10** - N. Cascades Institute's field seminar: "Lummi Basketry." ID & prepare natural fibers for traditional weaving. \$145 includes accommodations at Comet Bay ELC & \$30 materials; 12 teacher clock hrs. available. 856-5700 (x209). **N. Whidbey**

**Mar. 12** - "Water Conservation," courtesy of Beach Watchers, & "Composting & Worm Bins" by the Waste Warriors — see "Meetings." **N. Whidbey**

**Mar. 17** - Veronique Robigo, professor of Oceanography at UW, speaks on "Underwater Geology in the NE Pacific Ocean," 2 pm at the Public Library. Sponsored by PT Marine Science Center, 385-5582. **Pt. Townsend**

**Mar. 22** - *Assault on the Male* video presented by WA Toxics Coalition — check out "Community Events." **Orcas I.**

**Mar. 22** - "Scout Awareness & Invisibility Weekend" explores native awareness; the routine of invisibility, moving with grace & ease using birds & animals as teachers. Wilderness Awareness School, 7-9 pm at the Chinook Farmhouse. \$15; child-care available. Pre-register at (800) 340-

6068. **S. Whidbey**

**Mar. 22-26** - "Reconnecting with Nature: How to Let Earth Teach Wellness, Spirit, & Self Esteem." See "Body & Soul." **San Juan**

**Mar. 23** - Meerkerk Gardens' "Spring Opening Celebration & Annual Plant Sale." See "Community Events." **S. Whidbey**

**Mar. 23** - "The Five Voices of Birds": how

sonal safety, plus an intro to a new curriculum for teachers, & a premier performance of CADA's "All about Life" Puppet Theater. 4:30-6 pm at Langley, then Oak Harbor. Register at 675-2232 or 321-8524. **Whidbey Island**

**Apr. 11** - "Smart & Healthy Eating for Kids," a free workshop on how to prepare quick, nutritional meal on a low budget. 10-1 pm at CADA's S. Whidbey office. Free child care. Register at 675-2232 or 321-8524. **Whidbey Island**

**Apr. 20** - Register soon for the next Family Ropes Course (near Coupeville) to reconnect while addressing physical challenges that require creative thinking, teamwork, & trust. Must be at least age 11. \$10/\$5 (scholarships available). Call to register: 221-3230, 678-



Joyce J Scott, beading & fiber artist, comes to Camp Casey courtesy of Coupeville Arts Center on Mar. 16. See "Think, Learn, & Do."

6043, 679-4036, 652-6527. **Whidbey Island**

**Ongoing** - Osho's Kundalini meditation is a four-step process including shaking, movement, stillness and dead man's pose. 15 minutes of each pose at the Clinton Union Building, Weds 5:30-6:30 pm. Cost \$3. 579-6398. **S. Whidbey**

**Ongoing** - Free Blood Pressure Check on the Clinton-Mukilteo ferry, fourth Tuesday of every month from 6 am-1 pm. **S. Whidbey & Mukilteo**

**Ongoing** - The Creative Space Community Arts Studio hosts classes in yoga, t'ai chi, karate, and free writing. 293-0232. **Anacortes**

**Ongoing** - Integral Yoga TC offers daily classes in hatha yoga for beginners, intermediate, pre-natal, senior yoga, and gentle yoga for those with injury or illness. 579-3735. **S. Whidbey**

**Ongoing** - Gay Men's Outreach Project provides safe access to HIV testing & counseling, workshops & community resources. Tuesdays, 5:30-8:30 pm in the Snohomish Health District Lynnwood Office: Call Michael McKee, (206) 339-5251 or (800) 344-2437. **Lynnwood**

**Ongoing** - A support group is forming to offer info and coping skills for living with depression. Tia Reese, MSW, a state-certified therapist, facilitates. Women-only group available on request. Call (confidentially) Harbor Counseling Assoc. at 331-3515. **S. Whidbey**

**Ongoing** - Fetal Alcohol Syndrome support group for parents & care-givers of affected children: call Judy, 221-5514, or Laura, 221-5007. **S. Whidbey**

**Ongoing** - A drumming/journeyming circle, open to men & women, meets once a month on Whidbey. Call Janine, Shamanic Practitioner, for info: 341-1586. **S. Whidbey**

**Ongoing** - Yang-style Tai Chi classes meet every Mon., Wed. & Thurs. New students accepted at the beginning of each month. No age limit; slowness & sensitivity are more important than speed while one increases a sense of serenity. \$35/month; call 678-2092 for time/location. **S. Whidbey**



## To Your Health!

By Bradford S. Weeks, MD

# Eicosanoids

Dr. F. was a well-respected, prominent psychiatrist who had a serious medical problem which almost ended his medical career. I'm guessing that you, my dear reader, also are threatened by this disease and, therefore, I encourage you to read on with great care to understand the information that follows.

Dr. F. would start his day with two cups of coffee – cream and sugar (three spoonfuls) – with a sweet bun or two, after which he would appear the picture of confidence and robust good health as he headed off to the University to practice his craft. Colleagues who had studied with him and observed his practice over the years held him in the highest regard and his medical students also appreciated the wisdom and insights, which he shared with them during clinical rotations and Grand Rounds. In short, Dr. F. was a great psychiatrist.

Except that a certain small subset of his patients had grown increasingly angry with him and quit requesting his care over the past few months. Some, to the horror of the Department Chairman and the hospital administration, had even talked of suing Dr. F. and the University with which he was associated. What had happened to offend these patients? Sexual impropriety, perhaps, behind closed doors? No. That was not the alleged offense. Had there been repeated violation of doctor patient confidentiality? Not that either. What had so stirred the ire and indignation of this small subset of patients?

The answer has to do with timing. On closer examination, the offended patients all shared one characteristic. They were scheduled to see Dr. F. between 2 and 4 p.m. – the very time the good doctor could not stay awake. His offense? It seems Dr. F. would fall asleep repeatedly sometime around 2:00 p.m. and rather than offering brilliant insights and compassion to his suffering patients, his only utterances were gentle snores. In shock, his rightfully insulted patients simply walked out (leaving the good doctor sleeping at his desk) and refused to schedule again. This disease, which mayhap has tugged at your eyelids too in afternoons past, is called *hypoglycemia* or low blood sugar.

What causes hypoglycemia? The answer is *hyperinsulinemia* (too much insulin for too long) and *hypoglucagonemia* (too little glucagon). A definition of terms is perhaps in order here: Insulin is the hormone that pulls glucose (blood sugar) out of the blood in order to store it for future energy needs. Glucagon is the antagonistic hormone that mobilizes glycogen (tissue sugar) out of tissues and converts it to the immediate energy source: glucose. So insulin saves up for a rainy day and glucagon spends the stored reserves.

Why does hypoglycemia cause us to sleep? Is the old wisdom true that after a big meal our blood rushes to the stomach to help digestion thereby leaving the brain deprived? Yes, partly true; but, since so much more is known now, let's look at the events in more detail.

It won't surprise you to know that the brain, like all other tissues in the body, needs glucose (a sugar derived from all edible carbohydrates) to survive. What may surprise you is that, whereas other body organs and tissues can store glucose for their own emergency use, the brain cannot.

The heart, for example, can release glucose into its local blood supply to meet sudden changes in metabolic needs. Nifty feature. The brain, though, the crowning feature of our evolution (and our organ for staying awake at appropriate times), lacks this critical ability. It depends upon an appropriate dance of the hormones insulin and glucagon to stay awake. In summary: hyperinsulinemia (high insulin) from a big meal which causes hypoglycemia (low blood sugar) whose resultant hypoxemia (lack of oxygen) puts the brain to sleep.

How does one "catch" hyperinsulinemia and hypoglucagonemia? What has gone amok that, like Dr. F., so many people are pulled under the wings of the Greek god of sleep (Hypnos) after a big meal? What causes the dreaded hyperinsulinemia? Well, the amount of insulin in the blood depends upon three critical variables: the glycemic index of the carbohydrates we eat, the amount of protein/fat we eat, and the degree to which we have worn out our endocrinological system through past dietary indiscretions.

So hypoglycemia puts you to sleep. Is that such a big deal? Is that itself worthy of an entire column? The answers are: "Yes" and "yes" because *hypoglycemia, itself seemingly benign, presages a calamity of serious illnesses resulting from hyperinsulinemia*. These include America's top killers: diabetes, heart disease, cancer, and other severe illnesses now known to be the result of excessive insulin disrupting the mysterious "eicosanoid" metabolism.

### Eicosanoid Trouble Again?

So, while Dr. F. sleeps at his desk, let's see who else is in "eicosanoid trouble." What other clinical manifestations of hypoglycemia caused by hyperinsulinemia can we spotlight?

Let's take "kids nowadays." How would you feel if you were one of the following school-age kids who, because of hyperinsulinemia causing hypoglycemia, were trying to make it through the day with a brain that was suffocating and starved for glucose? If you were a preschooler, would you patiently play and share with other kids? Or would you act out, thrashing in a hyperactive way, preoccupied with the feeling of biological threat in your brain? If the latter is the case, get in line for Ritalin because most people mistake symptoms of hyperinsulinemia's hypoglycemia for *attention deficit disorder* (ADD) or *attention deficit hyperactivity disorder* (ADHD). Whereas Ritalin suppresses the symptoms, *reducing insulin levels* treats the source of the problem.

Now imagine yourself as a junior high scholar whose brain was starving and suffocating. Would you behave well in class, let alone be able to concentrate?

Not likely. How about your hypoglycemic hyperinsulinemic high school brain? Would you have infinite patience to face life's challenges or would you seek out stimulants and recreational drugs in a misguided effort to jump start your brain metabolism? How about Mr. H.'s morning cup of coffee, which he needs to start his day? (His wife confided in me that she drinks the rest of the pot after he leaves for work!) How are we to understand the classic American institution of the coffee break and Ms. K.'s three mid-morning doughnuts, without which she can't make it 'til lunch. Again, think hyperinsulinemia causing hypoglycemia.

How to control insulin levels while reducing problems with hypoglycemia? *Modify your food intake and alter therefore your body's myriad hormonal responses to food.*

Everyone knows that actions have reactions but we are as oblivious to the consequences of our food intake as we are to the fate of the tons of plastic and other waste we fail to recycle each day. Research now shows that the hormonal consequence of our meals are more critical than the medications and supplements we take every day.

Granted, we eat for two primary reasons: pleasure and health. Now, while I won't belittle the former, let's look at the latter. What is a meal? It is probably the most significant health-modifying behavior you engage in each day. Probably more important than your vitamins and mineral pills and more important than your medicines. Why is a meal so important? Come with me to Tibet.

### Balancing Hormones

Part of the answer came to me years ago when I was living with the Tibetans in exile in Dharamsala, Northern India. There I was told something intriguing regarding food by the Chant Master at my host monastery. It has long been the Tibetan tradition that the wisest and most promising student in monastic training earns, as recognition for his superior accomplishments and spiritual development, the right to cook for the rest of the students. That's right! Their chief cook and bottle washer, so to speak, is the equivalent to our spiritual valedictorian. In response to my inquiring why the most spiritually evolved of the students spends time cooking rather than studying, the Chant Master told me that all spiritual health has, as its foundation, good nutrition and the attitude with which the food is prepared qualifies its power to transform those who eat it.

Since spiritual appreciation of a meal is beyond the scope of my writing, let's look, in good old American style, at the mechanics of a meal. What happens to the food we eat? Well, the food is consumed in order to provide nutrients in the form of proteins (for tissue repair and enzyme production), carbohydrates (for energy), and fats (for energy and for physical protection – padding). In the stomach, assuming good digestion (no antacids or dairy and sparse fluids), the food is churned up and digested to the point where nutrients are primed for ab-

sorption as they travel through the 22 feet of the small intestine.

As Barry Sears, PhD, points out in his new book, *Enter the Zone*, the secret of maximal health and longevity is to orchestrate the dance of the eicosanoids. (Hmmm. There's that strange word again – *eicosanoids*. Well, don't bother asking your doctor about it because even though the research on these superhormones began in 1937 and earned the Nobel Prize for Medicine in 1982, most doctors can't define an eicosanoid. If you don't believe me, ask yours ... And, yes, 1982 was 16 years ago!)

Eicosanoids are a form of super hormone that, when wisely regulated, can offer long life and health, but, if disregulated, can contribute literally to all forms of serious illness. They are, if you will, the *sine qua non* of health. They might equate to the Chinese concept of *chi* or vital energy.

How to optimize our eicosanoid ratio? By controlling insulin levels. How to control insulin levels? We modulate insulin levels through altering the amount and rate of glucose entering our blood stream (blood sugar). The only reliable way to achieve this physiologic goal is to mediate between the two antagonistic endocrine hormones – insulin and glucagon – and the only way to reliably achieve this balance is through the food we eat. Bingo.

Rather than attempt to elucidate the biochemistry of eicosanoids and related paracrine, autocrine, and endocrine hormones here, let me share the principles of eating a balanced meal, which will control your blood sugar levels and facilitate health and weight loss as well as maximizing your brain function. (Imagine staying awake after lunch!). Once you understand these principles, you will appreciate Hippocrates' oft-quoted dictum: "Let food be your medicine and let medicine be your food." Indeed, a wise use of food will have more powerful ramifications than any drug for health, fitness, and longevity.

All carbohydrates enter the bloodstream as glucose at different rates, which is termed that particular food's glycemic index. The physiologic goal is a slow and steady combustion or metabolism of food into glucose, thereby allowing an even level of this critical sugar for bodily functions. Now, *if the glycemic index of a consumed carbohydrate is high (meaning rapidly absorbed into the blood) or if too much carbohydrate is eaten, an excessive amount of insulin is secreted by the pancreas and the result is depletion of glucose or low-blood sugar.*

This is how the brain starves, and this is why so many kids are hyperactive. What happens to them when they grow up? As adults, they complain of mental fatigue. Making a habit of high-carbohydrate meals without adequate protein and fat will create excess insulin and get you in trouble.

How to mute the response of insulin to carbohydrates? Eat carbohydrates rich in fiber (i.e., the whole carrot, not the juice alone) but, more importantly, *eat other foods that lower the rate of absorption of glucose into the bloodstream*. These include most proteins (which stimulate glucagon) and mono-unsaturated oils (which lower insulin levels).

To illustrate this problem and a rea-

sonable solution, let's look at a horrible illness – adult-onset diabetes. With this illness, the patient needs to take insulin shots in order to avoid small-vessel damage, necrosis, gangrene, and amputations. How did this terrible illness occur? Can we assume that since the patient needs to take extra insulin that he is low in insulin? Well, you could, but that would be incorrect. Paradoxically, the opposite is true. The patient has had too much insulin (hyperinsulinemia) for too long. Consequently, the receptor cells for insulin have been overwhelmed and have shut down becoming "insulin resistant."

At this point of insulin resistant/dependent diabetes mellitus, we have a particularly lethal state of hyperinsulinemia, which disregulates eicosanoids and accelerates our risk of suffering from many degenerative diseases including cardiovascular and auto-immune problems to say nothing of obesity and the embarrassment of falling asleep after meals.

### The Long Haul

How to live long and prosper? Learn to maximize your eicosanoid balance by blunting your insulin activity and enhancing your glucagon performance. Insulin and glucagon are your keys to health. If you plan on living a healthy and long life, you had better learn how to manage these antagonistic hormones. "But how?" you ask. My answer is to avoid the current fad in dieting: *high carbohydrate and low protein meals*. Seen in the light of *hyperinsulinemia* (from high carbs) and *hypoglucagonemia* (from low protein) you now understand how this diet imparts a double whammy since the excess carbohydrates release excess insulin, but the low protein amount is inadequate to stimulate glucagon release.

Who among us mismanages the dance of the hormones? Those who crave sweets and suffer the roller coaster of high glycemic carbohydrate craving (bread, pasta, rice, chips). You know who you are ...

In summary, if you fall asleep after meals, feel groggy, or crave carbohydrates, if you have a compelling sweet tooth or have trouble losing weight, then you are suffering to some degree from hyperinsulinemia induced hypoglycemia. If so, the worst of your problems is not falling asleep on the job. Fear more the ravages of myriad prematurely debilitating illnesses and accelerated aging.

Time to despair? No! The control is in your hands. To be precise, the control is in what your hands put into your mouth every day. *Your food is your medicine*. It is the only means you have to effect your eicosanoid performance, which is your key to health. So what's for lunch? Shun starches in the form of grains (pasta, breads), eat lots of fresh veggies and fruits, and take lean protein and unsaturated oils in amounts adequate to lower the glycemic index of the foods you eat. Try it. You'll like it!

Bon Appetit!

*Bradford S. Weeks, MD, is a physician practicing in Clinton. In addition to psychiatric problems, he treats chronic illnesses such as allergies, PMS, chronic pain, arthritis, auto-immune illnesses, and neurological problems. For more information about his practice, please call 341-2303.*

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March 16	St. Patrick's Day Parade
March 29 - April 20	Lost in Yonkers (Whidbey Playhouse)
April 20	March of Dimes Walk-A-Thon
April 26 - 28	27th Annual Holland Happening Presents: Culture Fest '96 "Celebrating Our Traditions"
April 27	27th Annual Holland Happening Parade
June 6 - 9	24th Annual North Whidbey Art Show
June 7 - 29	Once Upon A Mattress (Whidbey Playhouse)

These events for the greater Oak Harbor area are scheduled and reported to the Chamber of Commerce for printing. If an event you are interested in is not listed, please call the Chamber Office at (360) 675-3535 for additional information.

Dates for events scheduled in advance occasionally change.

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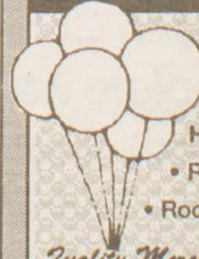
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FRAN ABEL, EDITOR



## Seed Savers

It's the time of year when seed catalogs are filling our mailboxes. Enthusiastically, we browse through page after page of enticing gardening options. Seed racks are popping up in all the stores, too — groceries, garden centers, and hardware stores. All have seed packages with tempting choices. The large mainstream seed companies, with their glossy pictures of hybrid flowers and vegetables, are experts at catching our fancy, despite relative the homogeneity of their seeds.

But before you buy your seeds, think about whether there's a better choice. Rather than hybrid seeds, what about "open-pollinated seeds?" According to the Seed Savers Exchange, two-thirds of the nearly 5,000 non-hybrid vegetable varieties offered ten years ago are not available today. As a result, one of nature's cardinal principles — genetic diversity — is threatened. Happily, there are alternatives for the home gardener, and for the commercial grower as well.

One alternative is Abundant Life Seed Foundation, a nonprofit business located in Port Townsend. Abundant Life does not offer glossy photographs in their catalog or on their seed packages; instead, they're printed with soy-based ink on recycled paper and contain great tidbits of information. For example, you discover Low's Champion Snap Bush Beans, Coco Snap Pole Beans, and Turkish Orange Eggplant are all endangered; or that Hopi Blue Flour Corn was raised for 800 years on the mesas of norther Arizona.

Abundant Life's purpose is to "preserve genetic diversity and support sustainable agriculture through acquiring, propagating, and preserving native and naturalized seed ... including rare and endangered species ..." This month, Eric Wennstrom, an enthusiastic Abundant Life supporter, writes on how to think globally and act locally.

Abundant Life Seed Foundation was started 20 years ago in response to a long-standing trend in agriculture — the replacement of open-pollinated seed with hybrid seed. At first the trend toward hybrid seed seemed logical and desirable, then some people began to notice the downside of hybrid seeds. In achieving certain "desirable" results and higher yields, we had given up nutritional value, genetic strength, and, most importantly for any long-term sustainability, the ability for growers to save seeds and replant the next season. Our answer at Abundant Life was to locate and grow out as many endangered varieties as possible.

One of the goals of our foundation is to help establish sustainable growing systems. There are already a large number of home growers and a few commercial growers who are shifting back to more sustainable and local agriculture. Growers are identifying the value of plant varieties that are adapted to local conditions. The strength of plants having grown for generations in one place and one microclimate is a value that no amount of hybridizing or bioengineering can equal. Adaptability and diversity take time to evolve in organic systems. Many quick fixes have been attempted, but none of the high-tech tricks have worked thus far. Each one brings problems that must be dealt with by more expensive, complex, and petrochemical-dependent technology.

History has provided us with some very elegant examples of the value of diversity. In the early Americas, potatoes had been cultivated for thousands of years and adapted to each farmer's area. A study once found several hundred genetically different kinds of pota-

atoes in an area around one Peruvian village. In Europe, a few decades later, the descendants of these specimens were feeding thousands, then millions, yet, as potato production increased, the diversity that the original farmers had maintained disappeared. With this lack of diversity, when disease started, it wasn't limited to one farmer, or even one village, but swept through all the genetically similar potatoes. Millions of people starved.

We have all heard the story of the Irish potato famine, but many do not realize that our food supply today is in a similarly precarious condition. Trends in agribusiness lean toward finding "better" strains of vegetables. That they are better is questionable. That varieties are fewer, there is no doubt. The majority of food eaten in this country is grown from less than a dozen genetically similar varieties. Stop for a minute ... does this sound at all familiar?

The loss of genetic diversity, and its inescapable impact, is frightening. Although there is much to be concerned about in our world ecology today, Abundant Life is about hope. That hope and the progress we have seen are what motivate us. Yet positive solutions are difficult to come by when the problems are so big and widespread. Our solution is simple and grassroots: We keep open-pollinated seeds available. You, the home gardener, can plant old, endangered species helping to maintain agricultural diversity and, at the same time, enjoy lavish gardens and tastier vegetables.

However, just keeping varieties available and distributing them is not enough without outreach and education. One way we try to educate people

(and help them feed themselves at the same time) is through our World Seed Fund, introducing our "new old" ideas into regions where the only contact local people have had with American agriculture has been with chemically-dependent, hybrid monoculture. Both our seeds and growing advice assist farmers worldwide in avoiding the dangerous pitfalls of the short-term agriculture that American "developers" have blindly advised.

The World Seed Fund was established in 1985 by Abundant Life to provide seeds to impoverished communities worldwide; 11,000 packets of seeds were distributed in 1995 to community garden projects, inner city gardens, schools and prisons worldwide.

NOTE: A seed catalog is available for \$2. Membership in Abundant Life, a non-profit foundation, is \$30 (though no one will be denied membership because of lack of funds). Members receive a packet of wildflowers, a newsletter three times a year, and the annual catalog. A \$25 contribution to the World Seed Fund will supply the seeds for a family of six to plant a garden and eat for a year. Contact Abundant Life, Box 772, Port Townsend WA 98368. ☐

Fran Abel is a landscape and garden designer. If you'd like to contribute to this forum, or if you have questions of the garden, write Fran c/o the ☐, Box 853, Langley WA 98260; fax: (360) 221-4737.



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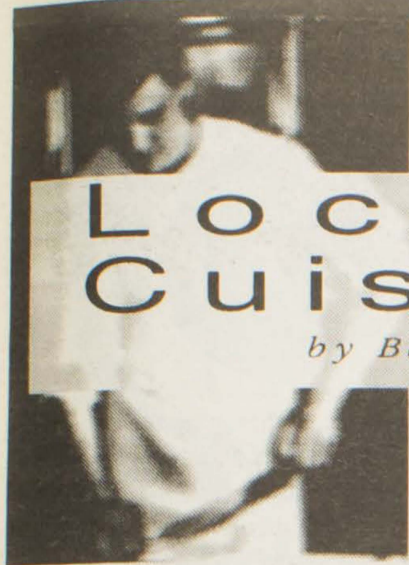
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# Locale Cuisine

by Barton Cole

## Dandelions

"What is a weed? A plant whose virtues have not yet been discovered."  
— Ralph Waldo Emerson

By the above definition, Dandelions (*Taraxacum officinale*) are certainly more than a weed. Not only have their virtues been discovered, Dandelions have been rightly celebrated by many, even earning the distinction of enabling drought-blighted groups to survive (you all know how deep those taproots can go — way down to water when there's none available on the surface). Dandelions have a long history as a healthful plant; indeed, they are among the most ancient of pharmaceuticals. High in vitamins A and B, rich in calcium, potassium, and iron, Dandelions were once considered the cure for nearly every disease. How low have ye fallen! Now, millions are spent each year in futile attempts to eradicate this herbal ally. I can't explain it.



Many of us have experienced Dandelion greens, and many have not enjoyed the experience — *because many did not know what they were doing!* You eat fruits and vegetables when they're in their proper state of development. As noted forager Euell Gibbons puts it, "Would you decide that you disliked asparagus because the old stalks and foliage of midsummer are inedible?"

Plants are just as interested in reproduction as we are, although it seems that their purpose is nobler. It's important that they protect themselves during the process, or there'd be no offspring. Have you ever tried to eat lettuce from your garden after it's begun to flower? Bitter, isn't it? The plant puts energy into the production of bitter alkaloids to keep browsing grazers from disrupting its purpose, and Dandelions are no exception. Once the blooming process is underway, the leaves are off limits. But if you get out there and pick the leaves early in the season, you'll have a tender, delightful green for salads and cooking. You can still attempt to use the leaves in the summertime, as long as you restrict your harvest to the youngest, smallest leaves.

A few years back, I was collecting colloquialisms for the condition of being buried. Here's a sample:

American (*à la* John Wayne): "pushin' up daisies"

German: "looking at the grass from underneath"

French: "eating Dandelions by the roots"

*Quelle gastronomie!* Fortunately, you can still eat Dandelion roots while conducting your normal lifestyle. Early in the spring (or rather, late in the winter), the roots are at their most tender and sweet. Dig them up with an asparagus knife or long, sturdy screwdriver (if the ground is rain-soaked, and it probably is, they come up much easier). Peel, slice thickly, and simmer in salted water for a minute or two. Drain, then sauté in butter until tender. Season with salt and pepper, and perhaps a pinch of herbs.

### Wilted Dandelion Greens

A wild riff on a classic theme, this recipe will work with any edible green (and even inedible ones, but with those, you may only get to try the recipe *once*), although you might reconsider using the beet with other greens; it serves as a perfect foil for the slightly bitter Dandelion, and other bitter greens, but could get in the way of some of the milder ones. The Southern original relies on collards or spinach, but I think those are rather *tame* and *dull* compared to this Dandelion version. Besides, the main ingredient is growing right outside. Go take a look.

- 1 tennis-ball-sized beet
- 5 strips bacon
- ¼ C. cider (substitute red or white) vinegar
- ¼ C. minced onion
- 1 T. honey
- 6 C. Dandelion greens, rinsed and coarsely chopped (or torn)

Peel the beet and simmer in lightly salted water until barely tender. Drain, let cool, and slice or julienne. Cook the bacon until crisp in a heavy skillet. Remove from the pan, drain on a towel, and crumble into small pieces. Pour off the bacon fat, reserving about 2 T. (if you're concerned about saturated fat, and you might as well be, replace the bacon fat with 2 T. of vegetable oil). Add the vinegar, onion and honey; stir in the bacon, then pour the hot dressing over the greens. Garnish with the prepared beets.

### Dandelion "Coffee"

Chicory, a close relative of Dandelion, is an historic coffee substitute. Dandelion roots produce a rich, bittersweet beverage with a flavor, in my opinion, much deeper and more complex than coffee (*or* chicory) — without the caffeine, and with essential minerals to boot. For Dandelion "Coffee" (we call it "Dandelion" at my house), the roots can be harvested at any time of the year, but they're best in early spring or late summer (sweeter, you know, since the roots are an energy-storage device — catch them before they've used the

energy, or after they've made a fresh supply).

Harvest the roots, rinse, and soak them in a bucket of water for a day. Rub the soaked roots together to remove the dirt and loosen what bark will come off. Lay the roots on a rack (½-inch mesh "hardware cloth" is ideal) and dry them in a shady spot with adequate air circulation. This may take a few days, or more than a week (if you like, you can roast them without drying them first, but the roasting will take longer, and the roots will cook as the moisture is evaporated in the oven, resulting in a less-flavorful beverage). Sort the roots roughly by size, to even the cooking. Spread the fattest roots on a sheet pan and place in a 450°F oven. When they begin to brown, add the thinner roots; roast them all until they're chocolate brown inside. They may still be a trifle limp at this point, but they'll become brittle after they cool. Grind and prepare as coffee (try a Dandelion Latté — incredible!).

### Dandelion Blossom Fritters

A primary ingredient in Dandelion wine, the year-round cordial of summer, Dandelion blossoms have a beguiling, bittersweet flavor, and make an ideal deep-fried fritter. Collect the blossoms in the morning, while still a bit dewy, picking them off just at the top of the stem. Lay them on a towel in a cool place, covering them with a slightly damp towel to keep them from wilting.

- 1-1/3 C. all-purpose flour
- 1 t. salt
- a few turns of the peppermill
- ½ t. each, or in combination: dried thyme, rosemary, and oregano
- 1 T. olive oil
- 2 eggs, beaten until light
- 6 oz. stale beer

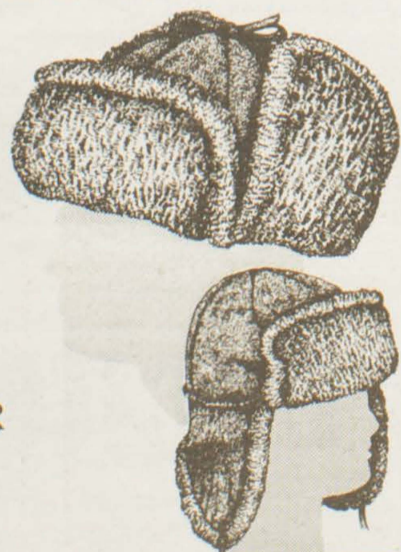
To make the batter, mix together the dry ingredients, then blend in the eggs and oil as well as you can. Stirring constantly, slowly add the beer, mixing it in thoroughly. Cover and refrigerate for 3 hours. Heat a sufficient amount of light vegetable oil to 375°. Shake any excess moisture from the blossoms, then dip them in the batter, coating them thoroughly (skill with chopsticks helps with this). Carefully drop them in the oil and fry 2 or 3 minutes, until golden brown. Drain them on a towel and serve immediately.

If I were a plant, I might like to be a Dandelion: ubiquitous, cosmopolitan, nourishing, and admirably tenacious. ■



Barton Cole, poet, master gardener, and chef at Cafe Langley, is a seasonal forager, who "sups off the land," as it were. Dandelions, mushrooms, shellfish, and a thousand other forms of organic life provide him and his family with an endless and delectable bounty available to us all, or so he says.

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# BIKE RAP

By Ellis Baker

## Sex & Cycling

Sex, sex, and more sex. (Got your attention?) A highly-visible few out of the nearly 400 companies making mountain bikes or accessories have resorted to the age-old ploy of bare bodies in an attempt to sell more stuff. There's Kona Mountain Bike's "Sex" series, "Demon Semen" chain lube, and a Macaw tire ad emphasizing the backside of several women wearing string bikinis in the same primary colors as Macaw tires. (In Brazil, that type of bikini is nicknamed "dental floss" because of the single string in back of the bottoms.)

There's a glossy color "Wheels of Dreams" wall calendar featuring a Playmate in a bikini top and cut-off jeans, *Playboy* magazine posing a Playmate in bare skin and a Softride bike, and the real capper: nine shots of a slightly pudgy, middle-aged guy dressed only in hiphugger briefs, helmet, and shades — with "Swobo" drawn on his bare belly — as he points and postures.

Pretty obvious, huh? Only Swobo made the bare body funny. The more cynical among us might say staff at the rest of these companies just aren't getting enough. They'd ruin it for the rest of us with their mindless preoccupation, except we've all headed for the woods. We're trying to ignore this inappropriate attention to s-e-x and forget about mass merchandising. We want fun. We want mountain biking untainted by the tacky tactics of a highly visible few.

Except some couldn't ignore it, last year. Letters and phone calls complained or commented on sexual ads. *Mountain Biking* magazine managed to look silly by running the Macaw tire ad in the same issue in which it published an apology for previously

running the ad. *Dirt Rag* also looked silly when it published two letters commenting on the "Wheels of Dreams" calendar ad under the heading, "Chick Speak."

Reader Kathie [no last name] of St. Paul, Minnesota, wrote, "Rarely do I take proactive stances on such matters, but mountain biking happens to be a sport I love. As a woman, do I have to trade my Lycra shorts and T-shirt for some little denim shorts and a bikini top to be involved in mountain biking? The publishers of these wall calendars think that I do." The editor's response? "Kathie, *Dirt Rag's* policy in both editorial and advertising departments is one of openness. People must be offended from time to time, or *Dirt Rag* would not be the same. Live and let live, we say. Sorry, we don't mean to offend."

Well, I'm sick of this senseless sexuality. Let's talk about the truth of bare bodies on bikes: It's painful. In case you're not already acquainted with the comfortable clothes worn by a best-dressed biker, here's a (potentially offensive) list:

**Padded Lycra shorts** — Not just for road cyclists. The truth is, everyone I know wears snug Lycra shorts when they're riding. So retro-grouches and other grumps can mumble about denim cut-offs and avoiding the Euro look (an opinion expressed in this very column), but reality is a smoothly fitting second skin with plenty of protection for private parts.

**Jerseys** — Cotton T-shirts or sweats are too hot or too cold, and hold sweat. It's easy to overheat while riding or to become chilled while resting. Certain synthetic fabrics wick moisture away while regulating body temperature. Most jerseys offer a front zipper, back

pockets, and a choice of sleeve length. Those who don't already have a jersey usually feel deprived until they get one.

**Sports bras** — Okay, guys, you can wear these if you really want to, but the gals probably envy your bare chests. (I do. I've ridden out in the boonies without a shirt, and it's much more comfortable than sweaty fabric clinging to my skin. Fabric with a 95% Lycra and 5% cotton blend works well for wicking moisture, and washes easily.)

**Gel-filled gloves** — Padded palms, open fingers, and terry-cloth backing makes for practical protection. The terry-cloth is great for wiping snot, sweat, and dirt from your face while you ride. Sometimes the tag on cycling gloves says "no laundering." Gloves reek after regular use, and most people resort to cleaning them out of self-defense. I wash mine in a lingerie bag on delicate, then line dry. After 18 months, the gel pads are fine, but the leather is starting to crack.

**Anatomical saddles** — You may kiss whoever thought up these seats. Guys who don't have them on long rides experience "numb nuts" after a few hours of excruciating pain. Gals never get numb — it's steadily increasing agony until they get off their bikes. Gel-filled anatomical saddles head off the hurt.

For those who don't ride bikes because their butts hang over the edge of the seat (embarrassing and damn uncomfortable), rest assured that wide, spring-cushioned saddles have made a comeback, and you can tootle around town without those cheeks flapping! ☐

*Ellis Baker occasionally feels the need to act rude and cynical; then she goes back to being nice. She lives in B-ham.*



## Harken, Cyclists!

Send us your calendar of open events (rides, tours d' islands, races, etc.) and we'll list them here in the neighborhood of Ms. Bike Rap.

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**Watching the Watchers**

During 1995, 72 Whidbey Island WWSU Beach Watcher volunteers put in 8,030 hours on beach monitoring (1,500 hours), Admiralty Head Lighthouse (800 hours), office assistance (780 hours), Maxwelton Salmon Adventure (730 hours), planning/meetings (640 hours), presentations/walks/Ship's Naturalist talks (620 hours), displays/events (580 hours), Penn Cove Water Festival (540 hours), training (540 hours), State Parks (450 hours), schools (410 hours), and Miscellaneous projects.

The individual volunteers are those who make such programs work. In February, the organization held an awards ceremony to recognize some of them. Outstanding volunteers included "Top Gunnel" Beach Watcher of the Year, Susan King of Greenbank, who put in 680 hours. An "Amazing Grace" Award went to Grace Hilliard, Greenbank, for 620 hours. Bill White, Clinton, and Robert Barnes, Langley, both claimed a "Neptune Award" for volunteering over 1,000 accumulative hours. Many others have put in hours toward making the Beach Watcher program a core environmental program. Interested in joining? Call Susan Berta at 679-7391.

**A Sound Idea**

The Puget Sound Stewardship Initiative, based on the idea that each of us has a stake in the health of the Sound, offers individuals a chance to make a difference. A project of the Puget Sound Water Quality Authority, potential activities include citizen monitoring, salmon and beach enhancement efforts, and refurbishing a mobile education van. For more information about these projects, contact Betsy Peabody at (206) 842-7997.

Authority staff will also meet with your civic, business, or citizen group to offer options and actions for protecting water quality. Talks will range from how to properly use products and equipment in and around the home (such as engine oil and septic tanks) to how to volunteer for local cleanup and restoration activities, prevent pollution in the workplace, and get involved in local issues. For more information about the presentations, contact Tim Ransom at 407-7323 or 800-54-SOUND.

**Cold Storage**

How many places have refrigerators, washers, and other appliances buried in the blackberry vines simply because it costs too much to get rid of

them? Yet the steel in appliances is easily recyclable; each ton of steel recycled saves one and a quarter tons of iron ore and half a ton of coal. Because of the value of the metal, some recyclers currently take old appliances for free (they take care of the cost of capturing and recycling the gases in the cooling systems). For information on how to drag old appliances out of the blackberries and into the recycling circle, call RE Sources at 676-5723 or 384-8040.

**National Agriculture Day**

Governor Mike Lowry has proclaimed March 20 as Washington Agriculture Day to coincide with National Agriculture Day. The celebration is to honor the fact that agriculture provides more jobs than any other single industry in the state. We have 36,000 farms producing more than \$5.1 billion worth of agriculture products and contributing more than \$1 billion to state export.

However, little is being said about the quality of agriculture and nothing to specifically honor those who are producing organic crops or using pollution and erosion control methods on their farms. Call Kreiere Boone, Communications Director, at 902-1815 to suggest that this be a part of the exhibits displayed in the Capitol Rotunda from 8 a.m.-2:30 p.m. on March 20.

**Spring Green**

The Whatcom County "Clean Green" compost site in Bellingham is open again, every Saturday and Sunday through November, from 8:30 a.m. to 4 p.m. Yard debris from households is accepted for free (no commercial loads). The site is located at the corner of Lakeway and Woburn streets in Bellingham. Also, brochures and advice are available from the WSU Whatcom County Cooperative Extension Master Composter program. Whatcom County residents can also sign up for the next Master Composter training program, beginning on March 13. For more information on any of the above, call 676-6736.

**Grants**

The Washington State Department of Natural Resources has announced the availability of financial assistance for local community forestry programs. About \$75,000 will be granted on a competitive, matching basis. Communities can receive a three-year total of \$6,000 to \$20,000 in grants. Funding will also be allocated for one-year projects with a maximum funding for one-year projects of \$3,000 per grant. Community and urban forestry is the planning, establishment, protection, and management of trees and associated plants, individually, in small groups, or under forest conditions within cities, their suburbs, and towns. Deadline for grant applications: March 15, 1996. To receive a 1996 Community Forestry Grants application, send a self-addressed mailing label to Tish Carr, P.F., Community Forestry Pro-

gram, Department of Natural Resource, Box 47037, Olympia WA 98504-7037. Questions? Call Tish at 902-1703.

Metro Community Action grants are available for community groups, organizations and schools interested in working on a water quality project. Up to \$4,000 can be awarded. Deadlines: April 15, 1996 and August 15, 1996. Apply via e-mail to <http://waterquality.metrokc.gov/> Contact: Ken Pritchard (206) 689-3556.

Applications are now being accepted for the 1997 round of federal Coastal Zone Management Grants, which are administered by the Dept. of Ecology. Ports and businesses can apply for the grants, which can be used for planning shorelines and urban waterfronts, innovative wetlands programs, and acquisition and redevelopment of small inaccessible shoreline areas. Contact: Bev Huether, 407-7254.

**Earth Notes**

1st Tues. each month — Clallam Conservation District meeting, 7 p.m., Port Angeles, 452-1912.

3rd Thurs. each month — Regional Water Quality Committee meeting, Metro/King County, 3 p.m., Seattle. Contact: 296-1672.

Mar. 14-15 — 2nd National Urban Rivers Symposium, Washington, DC. Contact (202) 547-6900.

Mar. 20 — Puget Sound Water Quality Authority meeting, 9:30 a.m.-3 p.m., Dept. of Ecology building Auditorium, R0836, 300 Desmond Drive, Lacey. Contact: 407-7300 or TDD (800) 833-6388.

Mar. 30 — Living By a Wetland: Country Living Workshop, WSU Cooperative Extension, 9:30 a.m.-1 p.m., Belfair. Contact: 786-5445.

Mar. 30-Apr. 2 — 1996 Western Regional Conference, National Audubon Society, Asilomar, CA. Field trips and discussions on Audubon's commitment to birds, wildlife and habitat and building a culture of conservation necessary to provide for their long-term protection. Special youth programs, for ages 3-12 and ages 13-17, are planned. Registration is \$60 for adults and \$20 for youth. Field trips are \$30-\$40 extra. Housing starts at \$212 (\$133 for children) with 9 meals. For registration form or information, call California Field office (916) 481-5332.

Apr. 13 — The Rhododendron Species Foundation 1996 Annual Spring Plant Sale (Botanical Garden). Weyerhaeuser Corporate Headquarters, 9 a.m.-3 p.m. Free. Thousands of plants perfect for Northwest gardens and homes. (206) 838-4646.

Apr. 25 — Septic Systems, Your Hidden Investment, WSU Cooperative Extension, 7-9 p.m., Olympia. Contact: 786-5445.

Apr. 1 20-May 3 — Riparian Restoration and Monitoring Workshop, Oregon State Univ., LaGrande, Oregon. Contact: (503) 737-3341.

May 16-19 — 1996 Festival of the Whales, The Whale Museum, Friday Harbor. Contact: 378-4710. □

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# Magic ...

BY DANE COLBY

**M**agic? Magic is the art of creating and using symbols to give our subconscious messages it will respond to. When we listen to Mozart we don't have to tell our body to relax and our mind to become peaceful, our bodies respond spontaneously. We can choose to remain tense if we keep our minds focused on problems, but if we let them drift with the music our natural tendency is to become more relaxed. Gardens can work a similar magic if we allow their natural influence to work upon us. We can even encourage this process by focusing our thoughts on things we find beautiful.

Here are some practical suggestions to incorporate in the design and planting of a magical space in your garden that will weave a spell of relaxation, peace and inspiration that is irresistible:

1) Create a space in which you feel very comfortable. Curves are generally more comfortable than angles. A visual barrier all around but not high enough to be claustrophobic will add a sense of privacy, so important if you want to lose yourself there (this means from windows in the house, too).

2) Create clues that indicate but do not fully reveal a space or object in order to give your imagination room to fill in the gaps. Use shadow, partitions, and multi-tiered plantings to hide portions of the garden from view. If your area is large enough, use winding paths to get from one section to another. A room effect, with each section having its own identity, is really very fun to design and play in.

3) Weave your favorite colors into your garden with care. Don't create anything gaudy or it will encourage self-consciousness, which is the last thing you want when trying to forget your problems.

4) Use plants with beautiful scents to stir your memory of pleasant times. I like butterfly bushes and wild roses for their sweet fragrance and soft colored blossoms.

## Sweet Song in Spring

*Between the rustle of bamboo  
And the red stems of Viburnum;  
In the shade beneath a Maple's leaves  
On a sunny morning.*

*With bulbs arrayed in Springtime gowns,  
Their fragrance laughing in the breeze;  
I sit alone in stillness,  
My many friends around me.*

*We sit alone and heal our wounds,  
This glorious spring morning.*



# ... in the Garden

5) Add a gentle rhythmical or steady sound. It will bring a hypnotic element that will draw you into a relaxed place. A quiet flow of recirculating water in a pool. Bamboo rustling in the breeze. Chimes hung a comfortable distance away.

6) Give your quiet relaxation place a face or name that symbolizes for you its essence. Make it something you can easily visualize or, better yet, carry around with you. A special stone or piece of wood perhaps. Let it represent your garden so that your mind, through the process of free association, will take you there instantly when you want to experience a quick moment of relaxation and renewal. Just imagine or hold this symbol in your hands as a focus point to give your brain the message that you want to experience the peace of your garden in your mind until you can return to it more literally. Try this at your desk when tense.

7) It's important to make this space small enough that you can comfortably care for it and it doesn't become one more obligatory chore. Pay attention to each detail. Even the shapes of shadows and where they will fall. You have to work the spell by making it a place you associate with pleasure and peace.

As you spend time in your garden getting to know each aspect intimately, it will give you the greatest gift a garden can give: it will lead you to discover the creative, magical gardener within you. Have fun and do tell me how it works for you! **■**

*Dane Colby provides a full range of low-maintenance landscape services and do-it-yourself packages. Contact: Magical Landscapes, 5791 S. Double Bluff Rd., Freeland WA 98249; 321-8049.*

**Blueprint** continued from page 12.

Looking at the big picture is part of John's training. His BA in geology and environmental studies from Bowdoin College in Maine helped qualify him for work with the Peace Corps in the Philippines. Serving in 1989 and '90, John taught sustainable agriculture and agro-forestry. The first, he says, is a system in which "you produce what you need in the land and continue without outside input (of materials)."

John offers the example of applying manure exclusively from home-grown animals. The animals, in turn, are fed exclusively on home-grown crops. Families on less than 40 acres can work out exchanges to produce sustainability, he says.

Agro-forestry adds fruit and nut trees to the mix. In the Philippines, terraced hillsides are protected from erosion by hedges of papaya and mango trees. Pineapples can be grown within the hedges. The terrace itself can be planted with a combination of sweet potatoes, corn, and upland rice.

Roxanne's work in the Philippines focused on education for the deaf. But she found the time to attend seminars on animal husbandry, vermiculture (cultivation of worms as soil conditioners — see **■** No. 39), and other agricultural topics. (The couple met in the Philippines and married on their return to the United States.)

More recently John became a Certified Permaculture Designer. The permaculture concept — an approach to using the resources of the earth — has applications beyond agriculture. One permaculture

principle is that of making whatever you have serve at least two purposes. John offered country-living examples:

- Adapt the wood stove to heat water.
- Place the chicken coop next to the greenhouse for extra heat and easy transfer of manure.
- Allow the ducks to eat slugs, as well as supply eggs.

Applying the concepts of permaculture and sustainable agriculture to SpringRain Farm has caused John to combine last-century and state-of-the-art techniques. "My day isn't spent riding on a tractor," he says. Instead, he has refurbished antique equipment and invented some of his own. A "Planet Junior" wheel hoe has undergone rust removal and a fresh paint job. A device that stamps out 18-inch triangles for planting broccoli has yet to be named.

Typically 20th Century, however, are the plastic arches that cover the rows and mitigate the need for pesticides and extend the growing season. So are the layers of Reemay, a polyester covering that admits water and sunlight but excludes even the smallest insects.

The results are visible, as well as edible. A single head of broccoli at SpringRain Farm is as large as three average supermarket heads, John says.

Community support of these labor-intensive processes is now in its second year. Those buying a full share in the farm for \$385 (or a half share for \$265) will receive a box of vegetables and herbs each

week from mid-May throughout the growing season. Some negotiating is possible. Those outside the pick-up area may receive a discount for providing a distribution center. John will deliver to outlying areas where there are at least five shareholders.

A full share in SpringRain Farm meets the needs of a family of four — or two on a vegetarian diet. Since John is not investing in food warehouses, a bumper crop results in an extra-large share. Losses are minimized by the great variety of crops in SpringRain's gardens.

A share also includes gatherings at the farm and a monthly newsletter featuring reports on farm progress, recipes, storage tips, and other offerings. This year, it is possible to buy a share in SpringRain's flower garden. The shareholder will receive a bouquet a week for 12 weeks beginning in July. More than 20 varieties of flowers are being grown. Those interested in becoming a part of Community Supported Agriculture on the Northwest are welcome to call John and Roxanne at 422-5406. Other CSA projects in the region include Fresh Harvest Community Farms in Stanwood (Ruth LeBrun at 629-4541), Molly's Island Garden on South Whidbey (Molly Petersons at 321-5547), and Salt Creek Farm in Port Angeles (Douglas Hendrickson at 928-3583). **■**

*Claudia Reed is a regular writer for the Stanwood-Camano News.*



# THE CROW'S NEST

Astrologikal Navigations by Antero Alli

MARCH 1996

This month's astrological climate gets underway with a bang as the Pisces Full Moon gets kick-started by an opposition from Mars on March 5th. For all you Pisces out there, that means a kick in the pants of your procrastinations. For everybody else, expect a jump-start to those dusty, rusty habit patterns now opening wide to new ways of doing things.

The next cosmic turning point comes as a two-punch with the Pisces New Moon on March 19th and, then, the Vernal Equinox the next day, on March 20th. The new moon day — March 19 — shows five heavenly bodies in Pisces: Mercury, Mars, Saturn, Moon, and Sun. This is a great day for practicing any of the many Arts of Falling Apart, including

**ARIES:** The virtues of sleeping late and other hybrids of hibernation are many, but the one that matters most to you now is the restorative powers of sleep. Residing deep in the hindbrain of your medulla oblongata is your one and only "genetic entity," a sleeping genius whose dreamlife is so realistic it makes your daily life seem ghost-like. This month, your waketime ego is downloading dense data from this genetic entity, who is using me to tell you to get some more sleep and take a few more naps.

**TAURUS:** People who need people are the loneliest people when their friends are gone. If you're entering what feels like a social void, there's a good chance you are crossing a threshold towards another shore of welcome, and you have only to persist with your faith in humanity. If your social life is overwhelming you, please check your list of friends. Who amongst them raises questions in your heart about where you belong? Who amongst them are fellow thresholders awaiting departure?

**GEMINI:** After what may have seemed like an eternity of meaningless suspense and arbitrary anxiety attacks, this month feels like a tropical ocean breeze: warm, lusty winds lift you upwards to new heights of exhilaration and passion. Picture yourself as a flapping sail. The more you open up and surrender to the cosmic winds right now, the higher you'll fly and the more ground you'll cover. Contrary to many previous ideas and beliefs, a wide-open heart is now your most secure asset.

**CANCER:** A generosity of spirit engulfs you this month. To fully feel this internal expansion and its positive influence on those around you, you need only make a small personal adjustment in your self-image. That shift involves your willingness to experiment — if only for a day or an hour or even five minutes — with living without one — that's right, without a self-image. Without that psychic detour, you enable a more direct flow and expression for the abundance of life force now reaching you.

**LEO:** Transformation is in the air this month so there's no need to rush into the forest fires of drastically intense change; keep an open breath and drop that spine. This transformation is triggered by the loss or the sacrifice of something that used to be important to you but has, as a result of recent decisions and commitments, lost ground. The results of this change make for a truer version of yourself regardless of what you hear as commentary from others. The hotter the fire, the brighter the light.

**VIRGO:** As you approach your Anti-Birthday (the exact opposite day each year as your birthday), you may become aware of who you are not and what you don't have as ways of knowing yourself better. You are reminded of what it takes to maintain balance in your life when you find yourself in direct relationship with anything or anybody else. Avoidance of relationship compounds suffering, just as yielding to it alleviates yours. Give somebody you love an anti-birthday gift without explaining anything.

following those directions promoting boundless unity with life ... and your next-door neighbor. Limitless love may not be enough, however. To be swayed this way and that with magnanimous compassion for the universe or humanity while overlooking those closest to you somehow misses the mark. We must include the personal, too.

The next day, March 20th, both Sun and Moon charge into Aries, heralding the first day of Spring to a cacophony of spritely devic spirits sprouting good news from the green below. And, while all this is happening, each and every Sun sign gets its just reward for surviving another winter. These prizes come in 12 different styles, shapes, and sizes. Here, now, are yours; if you know your Moon sign, read that for a bonus.

**LIBRA:** This month is a good time to coincide the work you do with more of what makes that work worth doing. If you become startled by the meaningless routines someone is paying you minimum wage to perform, it's high time to change your attitude or change your job. If you are not in the position to do either this month, it may become more difficult come April (when Saturn moves into Aries) yet not impossible. If you're happy with your work, skip this section and read ARIES.

**SCORPIO:** You are poised for being slammed into infinity only to emerge with an entirely novel approach to the creative spirits now clamoring for your attention. It seems like rivers of the stuff are oozing out of you these days; the stuff of creation. Bask in it; let it act on you before taking action with it. This phase of creation can be very healing. You have only to discover how good you really are at surrender, of giving in to your utterly charismatic, gorgeously monstrous piece of this universe.

**SAGITTARIUS:** Down deep a restless, drifting spirit stirs within you. This month that skittish soul of yours prepares to take root. Whether that means buying a new car to sleep in or moving down from the attic into a real bedroom, I don't know. I just sense this strange process of settling in your corner of the universe. I call it "strange" only in that it defies categorization. The image, however, is quite clear: a gypsy sits down to a feast with friends where stories are told around a very large fire ... or was that a computer?

**CAPRICORN:** For those of you who believe in the powers of intuition, yours are riding an all-time high this month. Proceed with more faith in unknowns, knowing that your antennas are clean and active. For the more rationally-identified Capricorns, these powers are still there but may be masked as periodic episodes of absent-mindedness where little things are forgotten, like car keys or anniversaries. To alleviate any confusion, simply repeat after me: I don't know, I don't know ...

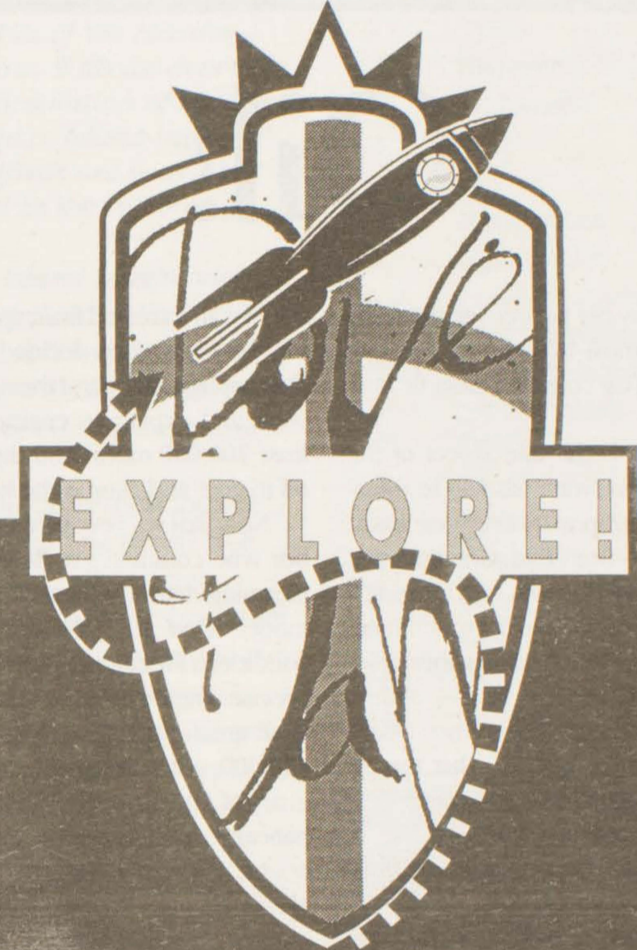
**AQUARIUS:** Laying the groundwork is what this month looks like. I see cornerstones or four key players or a quaternity of elements that need to be placed in just the right way before the foundation is secured. I wish I could be more specific. After these four parts are in place, I see a fifth component ... a capstone of sorts, perhaps an additional person or incentive setting the whole thing in motion. If only I could provide more details. I see a dream coming true. Quick! Set your house in order!

**PISCES:** Happy Earthday, Pisces! This is your time to float across this planet like so many figure-skating ballerinas on a lake frozen with Crysto champagne. It's a time of celebrating a recognition for arriving at a very different place after just one trip around the sun. Take a look back, if only for an instant, and laugh out loud at just how far you've come. There is nobody quite like you, which is perhaps part of the mystery — allowing you to relate with everyone as equal members of the same human race. ■

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Antero Alli is an astrologer, author and filmmaker. For information about his books and services, write him at Box 45758, Seattle WA 98145, or e-mail Antero at: anteros@speakeasy.org

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# CAR CONSCIOUSNESS

By George Rusch

## Oil!

Some of my pet peeves are about oil. It is the most frequent and blatant indication of car consciousness. Be forewarned!

Motor oil is the one aspect of the automobile everyone has had to establish a relationship with. Everyone has at least heard — from Dad, Grandpa, or a grease monkey — about cars needing a quart of oil. From there the misconceptions fan out, like a crack in a windshield.

First there is the club — almost solely female in my experience (sorry ladies) — which believes that the oil light "will tell me when the motor needs oil." Whenever I hear this, I cringe, trying to be calm but knowing their engine is halfway to the grave. The oil light indicates low oil pressure. Generally it is a last-ditch warning, usually too late, that the pressure/presence of oil in the engine is dramatically less than the optimum. It means: SHUT THE THING OFF!

The conditions accompanying the oil light are the beginning of heat and friction, conditions that permanently scar metal parts. Like sleeping around in the age of AIDS, the effects are never apparent. The safety zone is deceptive. When an engine has lost any hint of smoothness or efficiency at 70 or 80,000 miles, the results are in. When the camshaft wears out at 50,000, you're paying for the convenience of oil-light auto care. So open the hood, check the oil. Every month at least.

And when you're low, what do you add? Thirty-something, right? Regularly, invariably, the Island Beater is fed a diet of 10w30. It's what Dad always got. I think. Sorry, but your Dad and mine usually got 30-wt. or HD30. Please try to follow this: 10W30 is to 30-weight as water is to pancake syrup. One is wet and runs off, the other is sticky and coats your cakes.

Commonly, oil weights (viscosity) range from 5 to 50. The higher the number, the thicker. New cars generally take 10w30. This is a thin, variable weight (from 10 to 30), dependent on temperature. New car engines are very tight, with clearances where thin oil is adequate for good oil pressure, and lower in frictional resistance than heavier oils. So thinner oils save gas, to some extent. General Motors (GM), with typical hubris, pioneered 5w30 oils a decade ago. Why? To raise their EPA mileage numbers slightly over a huge fleet. My opinion anyway.

Check every major Japanese make;

they've all retreated from recommending 5w30; they've decided 10w30 is thin enough. They and their customers want and expect an engine to last at least 200,000 miles. And the ability of oil to coat and cling is the key.

Now that we've covered your neighbor who commutes to Bellevue in his gleaming chariot, what about your 1978 model? First, in 1978 manufacturing conditions for engine parts were not as precise. Engine clearances were somewhat greater to begin with. Add to this 140,000 miles or more. Now add a quart of 10w30 — like water on your pancake, it's the wrong move. Most people do it because the oil-change places all use 10w30 — unless you request something else.

Well, get serious; their long-term customers have cars that are one, two, or four years old. They're dealing with the prevailing mass market. You're using car consciousness. Older cars and worn engines mean choosing thicker, higher-viscosity oil. In many cases, 10w40 is fine, though I prefer the 20w50 in summer conditions. Many import specialists prefer 20w50 because of the nature of the typical 4-cylinder import engine. It works hard because it's small and has critical engine parts (camshaft) high up on top and thus is dependent on good coating and oil pressure.

So what, you may wonder, happened to good old HD30? "Thirty-weight is the ubiquitous motor oil for most any engine with more than 70 or 80 thousand miles on it. It is somewhat heavier and less prone to breakdown than 10w30. Many old-timers swear by it for engine longevity. The major mistake in being a 30-wt. aficionado is in trying to be too "pure." Once upon a time you may have heard someone hyping "non-detergent 30-weight" as the only good oil. Well, forget about it. In making non-detergent oil, refiners leave out a whole package of heat and friction additives that any engine from the 1970s on needs to last. You're not saving the planet here. Sorry. You're just ruining your car.

Next month we'll talk about the \$350 dealer service, and why newer cars need it so often — one of the great paradoxes of our time. Right here. ☐

Address your questions and automotive conundrums to mobile mechanic George Rusch and Car Consciousness, c/o the Island Independent, Box 853, Langley WA 98260; fax: 221-4737.

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## Chautauqua

your nearest marina or chandlery, has pages on *The Sailing Site* at <http://www.gosailing.com>. ☐ **Region**

**Thru May 27** - Get your annual trail permit for \$14/person from WA Water Trails Association (\$5/person/night). After Memorial Day the price goes up to \$20/person annually (\$7/person/night) for happy camping on the kayak trail. Send SASE & check made to WWTa to: WWTa, Good Shepherd Center, 4649 Sunnyside Ave. N, Rm 305. Call for details & guidebook info at (206) 545-9161. ☐ **Region**

**Mar. 6, 13, 20, & 27** - Meet at the PT Community Center (7:30 pm) to alleviate some of that Winter Wanderlust during the slide series of the same name. First, "Earth's Paradise" (photography & live music). Next, go kayaking on the northern Pacific coast of Vancouver Island. Then "In a Confluence of Waterworlds," slides by Lowell Jons with live music; plus "Blown Knees & Busted Buns," a pedaler's dream with Nick Dallet. Finally, take "A Woman's Journey to the Maya" with Judith Pasco. You can't beat the \$3 travel-fare! Call Michael Liss, 385-4085 for info. **Pt. Townsend**

**Mar. 16-17** - WA Water Trails Rendezvous celebrates the new trail sites at Fort Worden, Fort Flagler, & Oak Bay. The PT Chapter is organizing the event, including day-paddles & a dinner at Kala Point, where WWT will be working with owners to eradicate spartina

grass this summer. Call (206) 545-9161. **Pt. Townsend**

**Thru May** - Seattle Sonic Shawn Kemp will donate \$3 per successful rebound to Fred Hutchinson Sickle Cell Anemia Research; supporters can join him by matching him 3¢ or more. Pledges are due at the end of the season. Join the Rebounders Club by calling (206) 667-5896. ☐ **Region**

**Mar. 1-3** - "Kite Maker's Conference" at Fort Worden. Call (206) 948-4560 for info. **Pt. Townsend**

**May 5, 12, & June 9** - "Padden Mountain Pedal State Championship series" brings top-flight mountain bikers to a tough course — perhaps the best in the state. Stay tuned for more info, or call Kulshan Cycles, 733-6440. **Bellingham**

**Ongoing** - The Fishin' Club meets the first Thursday each month, 7:30 pm at the Bayview Senior Center. Bring a friend! Contact President Jim Sullivan at 221-3074. **S. Whidbey Ongoing** - Great bicycling map shows different loops you can ride on S. Whidbey to avoid the busy highway. Pick up your free map at the Pedaler in Bayview. **S. Whidbey**

### Field Trips

**Mar. 7-Sept. 8** - The (UW Campus) Burke Museum's "Hmong in America: Refugees from a Secret War" opens in collaboration

with the local Hmong community. History, arts, & culture of the Hmong, including a traditional house & furnishings. Open 10-5 daily, \$3 & under. (206) 543-5591. **Seattle**

**Mar. 10** - "Chocolate Fantasy" in wine country. Call Barbara Glover, (800) 221-0751, for info. **Yakima & Valley Wineries**

**Mar. 22-23** - Pre-register for the Burke Museum's "Hmong in America Conference," which complements the museum's exhibit, "Hmong in America: Refugees from a Secret War." Includes admission to a lecture by Roger Warner, author of *Back Fire* (about America's war in Laos); Fri., 7:30-9:30 pm (\$3/\$5); Sat., 8:30-5:30 pm (\$30/\$35). (206) 543-5591. **Seattle**

**Apr. 12** - Businesses note: the National Nutritional Foods Assoc. Northwest hits the Convention & Trade Center Apr. 26-28, but you must register by the 12th. "Natural Products NW" offers over 200 exhibits & lots of business/health educational opportunities to help you buy new products & plan new directions. Not open to the general public. Call 385-1186 or fax 385-3200 (NNFA/NW, Pt. Townsend). **Seattle**

**Ongoing** - Coming soon to the Museum of Flight: an air traffic control tower exhibit, slated to open next fall. For Museum programs, call (206) 764-5700. **Seattle** ☐

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**Charming Farm House.** With new carpets, vinyls, counter tops, and more. Just minutes from Oak Harbor, 1.5 story with 3/4 bedrooms, 2 baths on a shy 2 acres. \$129,500

**Adult living.** Extra nice double wide in nicer park in town location. Close to club house. Separate work studio. This is a must see for \$39,500

**Country Living.** 2500 + 1 story with water and mountain views 3 bedrooms and room to roam. Many upgrades. \$220,000

**1993 Double Wide.** In family park on corner lot 4 bedrooms, 2 baths and much more. Asking \$59,900

**City Lots.** Starting at \$63,000 with view and natural gas too. Plus builder lots for you to choose from, starting at \$55,000.

## Help Wanted

### Paralegal/Legal Secretary

Estate planning, probate, elder law, real estate, business. Experience and computer skills required. Send cover letter with resume to PO Box 1240, Freeland, 98249.

## Reach the entire Maritime Rainshadow!

The Island Independent serves Whidbey, Camano, Fidalgo, and the San Juan Islands, as well as Port Townsend, La Conner, Mount Vernon, Mukilteo, and other communities of the Maritime Rainshadow. With an average issue net circulation of over 15,000 copies, Island Independent classifieds are your best selling tool in the region!

NOTE: The Island Independent will gladly publish "Help Wanted" and "Need Work" advertising without charge for the first four lines as a community service.

Orders: Your order must include address and daytime phone (for office use only). All one time classifieds must be pre-paid. Call for information on extended run discounts. No anonymous advertisements accepted. We will not print street addresses or phone numbers on any Island Connection ads; however, you may use your own post office box number. There is a \$5 charge for ad numbers and mailing of responses. The Island Independent reserves the right to reject or edit any ad deemed objectionable. We assume no responsibility for content of classified advertising.

### General Conditions

The Island Independent reserves the right to correct spelling, and to spell out abbreviated words in the interest of clarity. Certain categories may be regionally indexed where appropriate.

Advertising deadline is 5pm the Friday prior to publication.

### Abbreviations for personal ads:

- S Single
- D Divorced
- W Widowed
- M Male
- F Female
- NS Non-smoker
- LD Light drinker
- ND No drink, no drugs
- DP Disabled person
- HWP Height & weight proportionate
- W White
- B Black
- J Jewish
- H Hispanic
- A Asian
- G Gay
- YO Years old
- LIQ Limited Intelligence

Call  
1-800-569-6229  
For Indie Classifieds

## Island Independent Classified Ad Order Form

Name: \_\_\_\_\_ Ad category: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_  
Evening Phone: \_\_\_\_\_  
Master Card  Visa   
Card No.: \_\_\_\_\_  
Expiration Date: \_\_\_\_\_

Bold opening lines @ \$3.00 per line = \$ \_\_\_\_\_  
Standard lines @ \$3.00 per line = \$ \_\_\_\_\_  
Bold closing lines @ \$3.00 per line = \$ \_\_\_\_\_  
Ad number (if desired) ad \$5.00 per listing = \$ \_\_\_\_\_  
Total = \$ \_\_\_\_\_

Call us for information on our great multiple issue rates

10										20										30									
Bold centered opening lines 25 characters per line																													
Standard Classified listings 35 characters per line																													
Bold centered closing lines 25 characters per line																													

Gray area denotes first four lines Free for help wanted and work wanted advertising



Standard Classified listings 35 characters per line

Please feel free to place your classified ads by phone 1-800-569-6229



# 1-800-569-6229

Backwash cont'd from page 5.

Now let's bring it on home. What do you suppose happened to the original inhabitants of North America? It was rape and pillage time from sea to shining sea. How the hell can the US be a peace-keeping force when the hands of so-called liberty are sticky and spattered with the blood of innocents?

I envy Mr. Worsnip's bright-eyed idealism in what the Statue of Liberty means to him, but I find the stench of hypocrisy to be nauseatingly overwhelming in regards to discrepancies between the ideal and the reality that's acted upon in regards to US policy.

Robin McMillen
Port Hadlock

Meanwhile, Out on the Oasis

Your paper is very satisfying for us. The Valentine pages are especially classy, and we just finished reading the cover articles about and by Richard Evans [No. 74]. Fantastic stuff! Last night, we were at the opening night of Richard's amazing new, all-original musical comedy, Wings of the Termite, at the Clyde Theater in Langley. It made us feel like we never left New York! We've always loved Richard and Jo, and now we know a lot more of the reasons why.

On our recent trip to the East Coast, we read the New York Times every day at my Pop's house. I grew up on it. I always miss it terribly when I get back here and see the sorry state of the local and regional papers. That's why the II is so important to our mental health. It's an oasis of taste and wit. Stay on the high road!

Fred & Marj Dente
Langley

Okay, How Gullible Are We?

I wanted to let you know how much I enjoy the II. I think it is a good forum for meaningful issues concerning our home. I have lent many a copy to a friend so that they could read a particular article. The Chautauqua is a wonderful and appreciated service. And beat all — please believe me when I tell you that I really do check out most of the ads. I've learned about some hip businesses, and have even left cash with some of them!

Chris Allegri
Brinnon

Letter from the Desert

The first night on the desert was just fantastic — woke up and all those heavy aromas from the volatile oils exuding from creosote, elephant tree, lavender bush, mesquite — it's as if the air speaks a whole new language! And the sounds — wow, the predawn chirruping, chortling, trilling, resonating, sliding, spiraling crescendos are loud & exuberant in the desert spring — much louder & more distinct than the muffled buffered damp sounds of the forest. 2 nights ago, I slept at Galicho Beach right on the Pacific — pounding freight trains overhead all night long, then at 5:37 a.m. got up & drove 122 miles through L.A. during rush hour with a big grin on my face. Going to the Desert gives my spirit wings to even transcend Interstates! Californians are really weird, tho, as is Hollywood. Really weird that such weirdness can shape a whole nation's psyche through cinema. Anima mundi.

Susan Zwinger
The Desert

Filler

One of the real challenges an editor faces in the line of duty is what to do when you have a small amount of space — say, about this much — to fill.

The Editor
Not in the Desert II

Island Independent Retail Locations

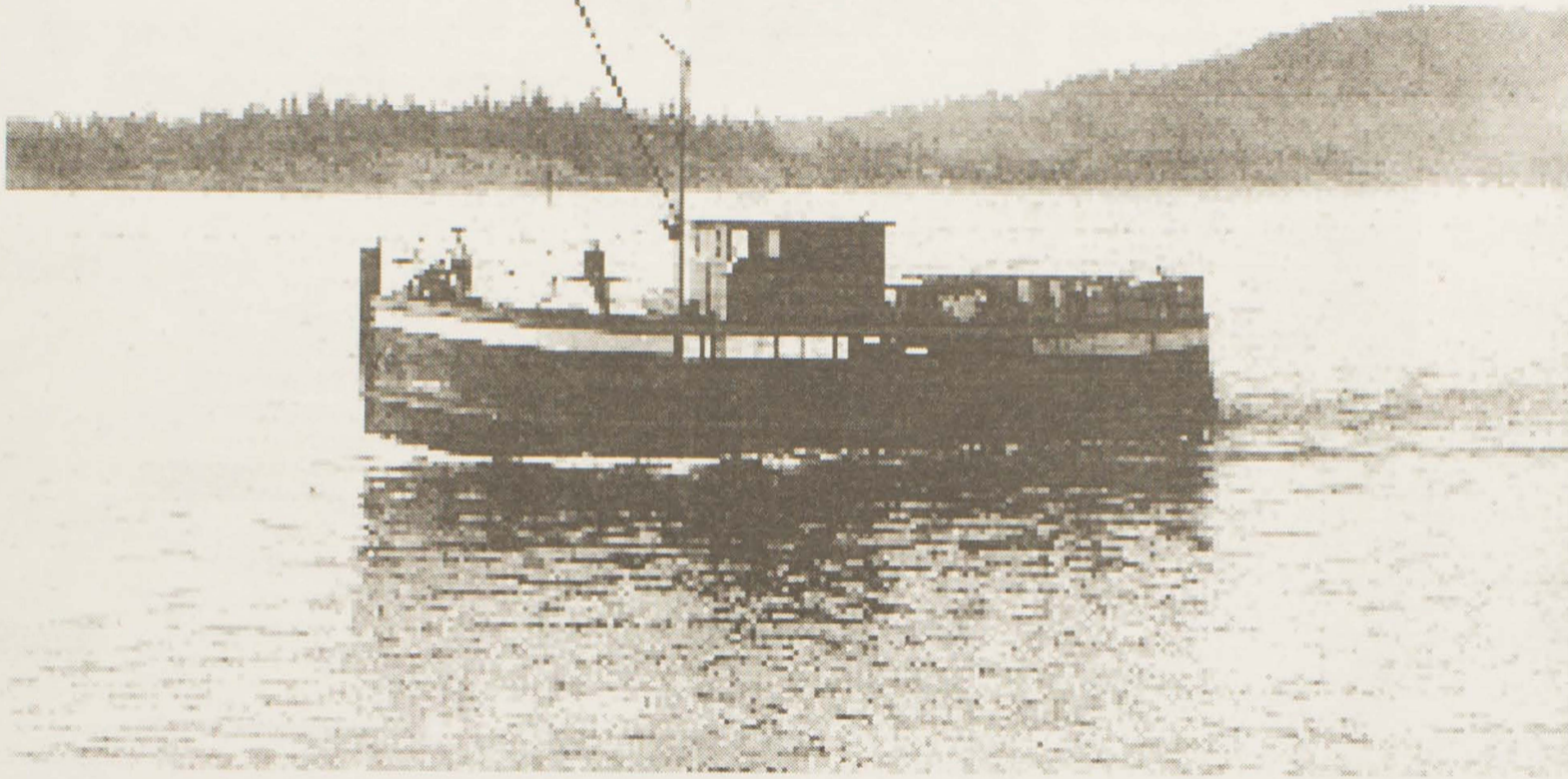
Grid of retail locations including Mukilteo, Clinton, Langley, Freeland, Greenbank, Coupeville, Oak Harbor, Bellingham, Orcas Island, San Juan Island, Port Townsend, Bayview, Seattle, Tacoma, and Olympia.

Independent Crossword Puzzle

Crossword puzzle grid with clues and answers. Clues include 'FAMOUS 3's', 'WILSON', 'HARRISON', 'EGG', 'DODD', 'TURNER', 'AUDE', 'YODKA', 'DEGAULLE', 'ONER', 'ADES'.

Whale Watch advertisement featuring a map of the Pacific Northwest, a photo of a whale, and text about interspecies communication and whale sightings. Includes contact info for The Whale Hotline: 1-800-562-8832.

# THE JUDY BROTHERS



The "MV Rene," owned and operated by Capt. J.F. Judy.

By JUDY VAN THOMAS DEEN

Walking on the beach at Rosario, in Deception Pass State Park, always brings a happy and contented feeling to me, almost like coming home. It reminds me that this is a place that is important to me, a place where family roots were planted. It is here that my grandparents first met on a Sunday-school picnic sometime in the late 1890s. This happy occasion resulted in the marriage of Elsie Florence Dean and Jacob Franklin Judy in November 1898 and, the following year, the Christmas birth of my mother in the old Wilson Hotel, in Anacortes, on Commercial Avenue.

The Judy brothers were part of a pioneer family that came west in 1863, traveling by covered wagon. They settled in Oregon, in Wasco County, near the Dalles. In 1890, when Frank study was barely 15 years old, he came with his older brother, George, to the raw, untamed, virgin Puget Sound area. Logging was one of the primary industries, and they had no trouble securing employment in logging camps on the Stillaguamish River.

With the knowledge and skills they learned, Frank and George decided to start their own operation. Exploration of the area brought them to Waldron Island, where they established the first commercial logging operation on this San Juan island. The mill was located on land known as College Camp, in the northeast corner.

A glance at the location map of "Old Timers" in *A Brief History of Waldron Island* by Charles Ludwig, shows the Judy brothers directly across from the Thomas brothers, one of whom was to become my paternal grandfather. The Thomas' had established a herring smokery at Fishery Point, on the northwest side of Waldron.

Here the Judy boys found an area covered with a thick stand of sturdy cedar trees. Enough to keep their little saw mill humming for a long time and when they had logged all the trees from their land, they cut good timber from surrounding properties, clearing the land. Misfortune struck their little operation when a fire destroyed the barn, horses, and logging equipment.

Discouraged and seeking new opportunity, the brothers moved to Anacortes in 1894, where they both entered the steamboat business. Frank quickly worked his way up and soon qualified for his papers as Master. Boats became his life. Soon he was operating boats between Anacortes and Bellingham, carrying freight and passengers. In 1904 he chartered the *Yankee Doodle*, which he operated for a year on that route; it was owned by the N & S Co. The *Yankee Doodle* was brand new and soon became well known as was one of the "niftiest" gasoline passenger vessels on the Sound.

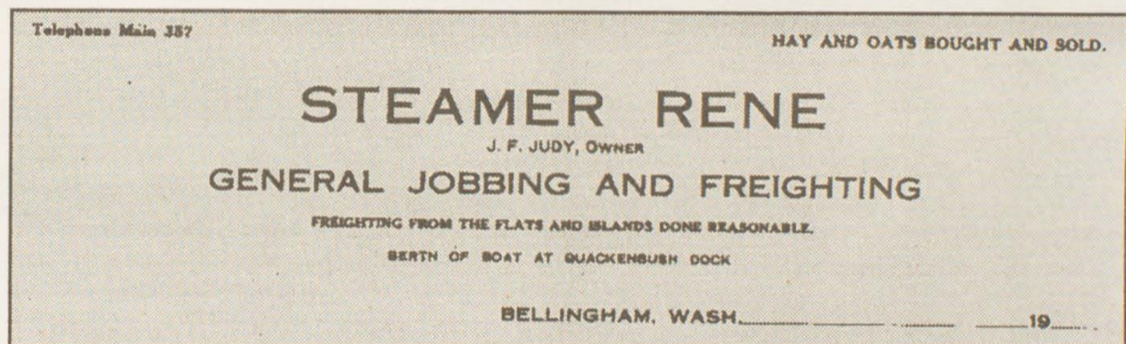
Capt. Judy continued his operation between Anacortes and Bellingham with his own vessel, the *S. D. C.*, which was followed by the *Island Flyer*. He became a half owner in the halibut schooner *Edra*. His business was expanding. Around 1910 he acquired and operated the steamer *Rene*, an oil carrier engaged in the distribution of case and drum oil for the Union Oil Company of Puget Sound.

Deliveries were made all over the Puget Sound area — Bellingham, Anacortes, Port Townsend, Port Angeles, Bremerton, Tacoma,

and Seattle with many stops in between. As business grew, the *Florence J.* (named for his wife) was added to the run. She was under contract to the Union Oil Company for five years and then sold to the Standard Oil Company.

In a letter to his wife from Bremerton, on Feb. 6, 1911, Frank wrote: "I don't know how long it is going to take us on this trip. We are going to Olympia, and we have about 40 other stops to make, but we should be back (to Bellingham) by Thursday."

The letter is written on letterhead which reads:



His letters often expressed the loneliness he felt due to the lengthy separations from his family. For example, from Port Townsend he wrote: "We are here wind bound, we did not get to go down the straits today and I am lonesome." In 1911 he moved his family to Seattle, becoming the owner of the well-known steamboat *Washington* and eventually became a Puget Sound pilot for the Union Oil Company.

Meanwhile George had returned to Waldron Island and reestablished his logging operation. He had a donkey engine, a portable power source used for logging operations on Cypress Island. After his death I remember visiting this site with my parents, and, as a small girl, eating my first green onions. We pulled a large platter full and found them wonderfully good and sweet. We had cruised there on his logging tug, the *Ailsa*.

Living on Waldron Island, George came to be known as the much-loved, jolly bachelor logger of the San Juans, a kindred spirit of children. In Mary March Leach's book, *A History of Sinclair Island*, (Sinclair was an early name for Waldron), she states that every boat had a distinctive sound — put-put, or cachunk-cachunk — and could easily be identified by those on land. The joyous sound of the fast put-put of the *Ailsa* was eagerly awaited by the children of Waldron. This meant that George Judy was coming, and the children knew there would be treats. These varied from a sack of candy to a ride to a picnic spot or a trip to Bellingham to the circus.

The Judy brothers were only two of the many who carved out their careers and contributed to the history and development of our corner of Washington State. They lived and worked in a world so different from ours, leaving a great heritage. We owe them much for their faith and courage. ■

Judy's period letterhead.



Captain J. Frank Judy

Judy Van Deen has deep roots in the Northwest. She wrote about the Thomas Brothers in the San Juan Islands in No. 61. She lives in Coupeville.

**PUBLIC NOTICE**

Thanks to all our great customers, we're able to look back on 48 years of incredible loyalty and support. You're the reason for our success and we're saying thanks with our biggest birthday sale ever!!

\*FRIENDLY SERVICE \*FULL WRITTEN WARRANTY  
\*FREE DELIVERY \*EASY TERMS

Whidbey Furniture's

# 48th BIRTHDAY SELLABRATION

... we're saying "THANK YOU FRIENDS" for all your support for the last 48 years

### RECLINERS & LOUNGERS

- Beautiful Real Leather Match Recliner. You'll be a hero for years to come if you give this gift. Built to last with heavy-duty frame & springs. (Reg. 749.95) a BEST BUY AT JUST \$549.95.
- You'd have a hard time finding a rocker/recliner that sits & looks nicer than this one!
- Supreme comfort provided by its chaise lounge design, in your choice of long wear covers. (Reg. \$439.95) Pick up a winner JUST \$349.95.
- Share the ride in this double recliner by Franklin. Give somebody this two seated beauty & you'll probably enjoy it as much as they will. Heavy duty construction promises years of service. And you'll love the savings. (Reg. 1099) NOW A SUPER BUY AT JUST \$888.

### CURIOS & COLLECTOR CABINETS

- Broyhill makes it - She'll love to fill it with her treasures. Lighted & mirrored for the QUALITY look - This Curio will make her day without breaking the bank. (Reg. \$359.95) SALE PRICED \$269.95.
- Slant side Curio in rich cherry finish - mirrored back for added elegance! (Reg. \$509.95) JUST \$399.95.
- Buy her that gift she really wants! We've got over 50 curios & collector cabinets in stock! ALL ON SALE!

### SOFAS AND SLEEPERS

- The Best Sleeper Deal on the Rock - Great sit, great looks and great sleep! Broyhill Queen-size sleeper in long wearing olefin cover. PLUS a thick innerspring mattress. (Reg. 899) STEAL IT FOR \$799.00.
- Super Comfortable Hunter Green-Stripe Sofa & Loveseat - A SPECIAL DEAL FOR THE SEASON. (Reg. \$1399.95) YOUR CHOICE \$988 SOFA & LS Also available in Navy Blue! Save on the TOO Comfortable Lane Sleeper - Your guests may never leave if you put them up on this beauty. Extra plush innerspring plus the closest thing to a premium sofa's sit make this a super winner. (Reg. 1299) NOW JUST \$888
- Plus over 30 more Sleeper/Sofas & Tons of Great Sitting Sofas, Loveseats & Chairs All on SALE NOW!

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**EVERY NAME BRAND IN INVENTORY WILL BE REDUCED!**

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- Plus Many, Many More!

## BIRTHDAY SELLABRATION BEST DEALS!

#### GET A WHOLE ROOMFUL!

That's right! We've put together a complete living room set with sofa & loveseat, end tables & coffee table AND matching lamps! Get the whole shebang for just \$999.95 and save \$320!!!

Check out Our Clearance Center for the best prices of the new year. ALL items reduced to 1/2 price or less!

**Special Credit OFFER: No Interest til' June '96! 90 days same as cash! O.A.C.**

## YOU'LL LOVE THE SAVINGS!

**Broyhill Sofa from \$599.95 Area Rugs beginning at \$79.95**

### ENTERTAINMENT CENTERS!

- Country oak video cabinet - large enough to hold the BIG SCREEN monitors plus tons of storage space too! (Reg. 899) CLOSEOUT PRICED AT \$399. In Our 'As Is' center
- Big As A House Video Center - Large enough to house a HUGE monitor & still have room to house a family of three . . . Appalachian whitewash pine by Broyhill. (Reg. 1579) CLEARANCE PRICED AT \$789.95 Plus over 50 others in various sizes and finishes - All on Sale!

### MATTRESSES & SLEEP SETS

- Give the gift of a GOOD NIGHT'S SLEEP! you'll find the great new year buys on SEALY, SIMMONS, & SERTA mattresses. And ANYONE will enjoy the rest they offer!
- Last remaining stock of Closeout beds from SMITH'S Furniture - Simmons & Serta beds at less than 1/2 of their regular price! Premium Queen Sets on sale from just \$488! Other sizes in stock & on sale too!
- Time to put the guest room bed to "rest"? Whidbey's has your super buy on leftover 1995 beds - Some sets match, some don't. Some have minor scuffs 7 rubs - all beat sleeping on the floor by as MILE. Full size from just \$139 ea. piece. Twin size from \$99 ea. And Queen sets from just \$299/set. Beds fit for a King! KING SIZE IT - for the ULTIMATE in sleeping comfort. Simmons factory select & overstock king sets start at just \$488! You'll enjoy this gift for years & years!!!!

### GREAT BUYS!

- SAVE, SAVE, SAVE - Every Accessory, Every piece of Wall Decor, Every Floral Arrangement - ALL ON SALE 25% OFF!!
- LOTS OF GREAT ITEMS AT \$25.00 OR LESS!
- HARDWOOD PLANT STANDS - Lots of uses and a great price. (Reg. 99.95) \$49.95 WHILE THEY LAST!
- Hope Chests - A favorite for generations! Young and not so young can ALWAYS find a use for these . . . ALL ON SALE FROM JUST \$249.95

### DESKS AND COMPUTER CENTERS

- Oiled Oak Computer Center - There's NO PARTICLE BOARD in these units - a top choice for that future Bill Gates in your family who has his equipment spread all over the room. (Reg. 479.95) A GREAT BUY AT \$439.95
- Broyhill has long been known for its sturdy student's desks and these live up to their reputation. Choose from Oak or Honey Pine - You'll be AMAZED at the dramatic improvement in your student's grades with these desks. . . Well, that might be stretching it. (Reg. 329) SALE PRICED AT \$249.95. YOU'LL LOVE THE SAVINGS!



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# Whidbey furniture

Across From JCPenney in Downtown Oak Harbor