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No. 72 ♦ December 21st thru January 3rd, 1996



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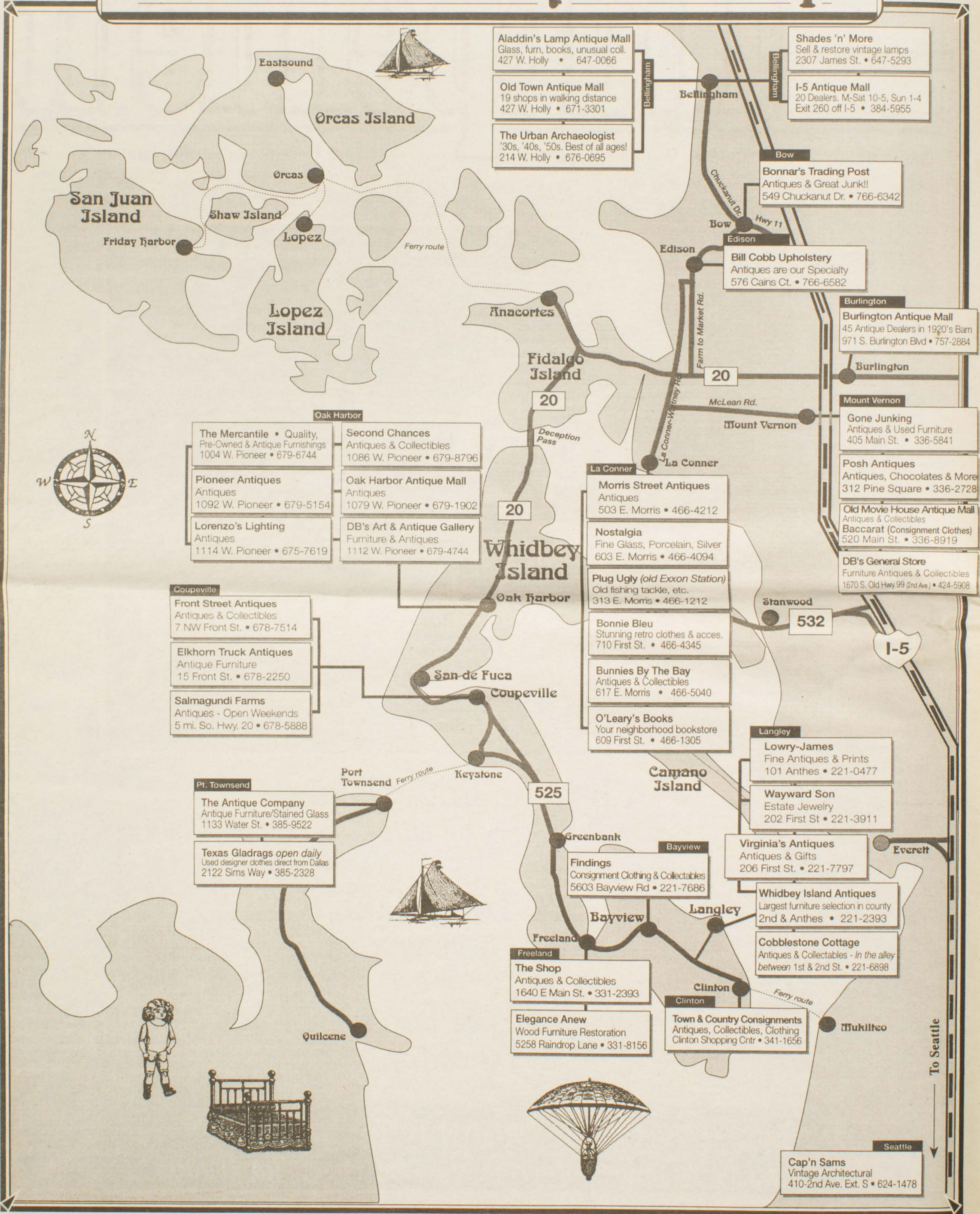
A Beacon in the Night
A SAD Story by *Ellis Baker*

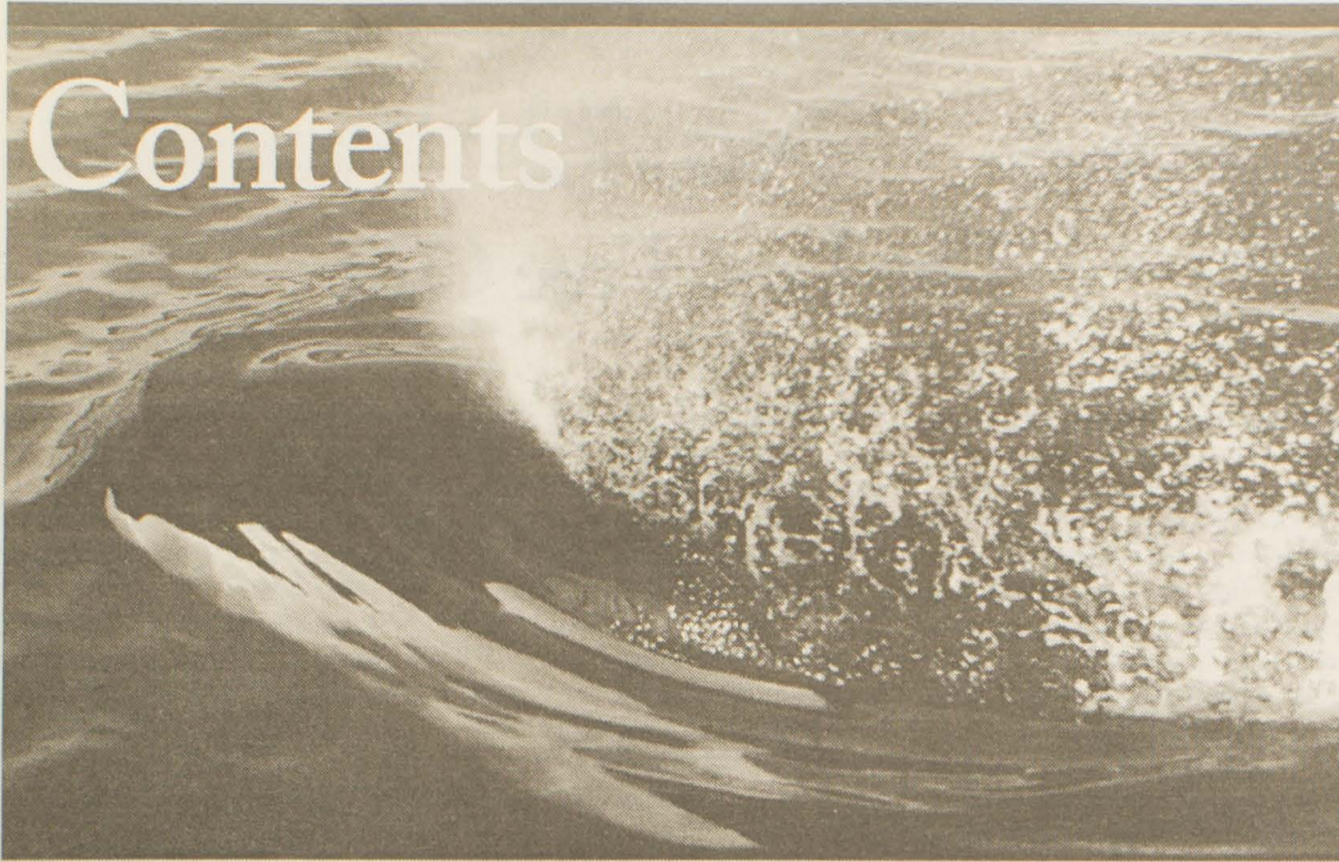
The Long Haul
By *Capt. Kelly Sweeney*

Whales, Tales & Peter Fromm
By *David Loyd*

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ON THE COVER: Recent wind storms clearly revealed another downside of clearcuts — not only are they ugly, they cause a lot of trees to blow down — on roads, houses, and (sometimes) people. Doug Leboulanger goes after firewood on Campbell Road in Clinton after the last storm. See story on page 8. Photo: Bill Ruth.

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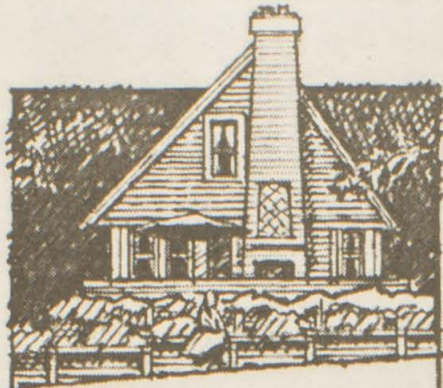
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When we published the first issue of the *Island Independent* on April 1, 1993, I never completely believed we'd survive for six months or a year—certainly not, as we have, for 72 fortnightly issues. But here we are, two-and-a-half years later, and now we've come to a crossroads—our first really significant transformation since issue No. 1.

The next edition of the *Independent* will commence a new monthly publishing schedule. The January issue (No. 73) will appear on our normal fortnightly distribution date—Thursday, January 4, 1996. Thereafter, however, issues will be distributed some three to five days prior to the beginning of each month. So, you can expect to see the February issue on or about January 26th.

The other big change: As you may know, the *Island Independent Monthly* will cost a buck. This is a change we aren't making lightly, but it is our feeling that after delivering 72 free issues (courtesy of our advertisers), it's time for our readers to contribute—just a little. I mean, a buck a month isn't a huge expenditure, is it?

We feel it's important to our communities that we keep the *Independent* an affordable advertising me-

di-um for small businesses. By charging a dollar for the paper we will be able to maintain our current advertising rates—even though paper costs have almost doubled since issue No. 1... and even though the shelf life of each ad will now be more than doubled—from 14 days to an average of 30. An added benefit: For the same expenditure, advertisers who were only able to afford alternating issues in the *Independent* will be with us each issue.

Your dollar will help ensure that the *Independent* continues to serve as the Maritime Rainshadow's only regional news, information, and cultural medium—and it will ensure that we can continue to deliver a first-class product. ("The best alternative newspaper I've ever read," Patagonia Clothing founder Yvon Chouinard recently told us on a postcard.)

So, while we regret that we have to start charging for the paper, given the realities of our local island economies, it seems the best way to ensure that the many writers, photographers, and artists who create this paper will be paid for their efforts.

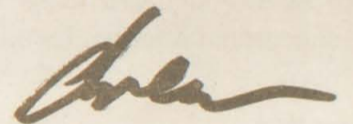
I hope you'll consider supporting them (and us here at Galatic Headquarters) by subscribing—or

by purchasing the *Independent* at one of the locations listed on page 30. We're adding locations daily, so this list is just a beginning; there will be many more. We'll update the list each issue for awhile.

Fortunately (if you have the time), the reduced frequency will not mean less to read in our pages. The *Island Independent Monthly* will be thicker than the fortnightly; there will be more great articles and columns to read (all of your favorites will continue!), plus a little more elbow room for photos. In short, the *Independent* will be even more of what it's been from the onset—a magazine in newsprint (while we're at it, we're going to improve our paper quality, too, so it'll be brighter to look at).

At this milestone in the year (and in our publishing history), I'd like to thank you for supporting of the *Island Independent*. Your enthusiasm and good wishes have kept our eyes on the prize. Happy New Year!

May you walk on water!

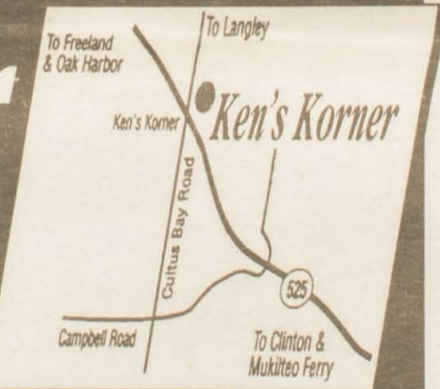


Drew Kampion
 Editor & Publisher

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Associate Publisher & Advertising Director: Chris Adams
Art Director: Vince Wray
Associate News Editor: Bill Skubi
Editorial Assistant: DeDe Lombardo
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Photo Lab: Leonard Good • Digital Photo Support: Moyzschya Belle
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The ISLAND INDEPENDENT welcomes submissions of stories & photos; please enclose a stamped, self-addressed envelope if you want material returned. The ISLAND INDEPENDENT is printed on recycled paper by the Little Nickel Press in Lynnwood. Please recycle this publication by passing it on, or recycle as newsprint.

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Backwash

Catastrophes & Scientific Intolerance

I found Richard Bennett's treatment of Washington's volcanoes an enjoyable read [see "On the Volcanoes" in No. 71]. I've also enjoyed his writing in other venues, such as *Backpacker Magazine*. (He wrote an article on trailhead theft in the June '95 issue.) I must take issue, however, with his offhand dismissal of catastrophism as a geologic theory. While it is true that uniformitarian theory is more broadly accepted, catastrophists are hardly a group of flat-earthers.

Bennett holds that catastrophic events are mere punctuation marks in a uniformitarian text, and though he admits that catastrophism may have an emotional appeal, he treats it as hardly a logical one. Yet, while giving an example of catastrophic punctuation — the cataclysmic formation of the Eastern Washington coulees — he offers as proof of constancy a *proposal* that 40 or more floods of this nature may have occurred. hardly a precept on which to base a "logical" move.

In quickly dismissing a model of geologic formation, Bennett becomes guilty of that of which the church has long been accused: scientific intolerance. Maybe he needs to accept the idea that others may hold contrary belief systems without sacrificing adherence to scientific or logical thought, and that science and logic themselves are belief systems, complete with inherent inadequacies.

From another lover of the mountains ...

John Case
Oak Harbor

Slam Dunk!

Wow. I can't believe the high quality of poems out of a SLAM. [See "28 Poems in 25 Minutes" in No. 70.] Didn't anybody mention that SLAM poems were normally stupid, funny & slightly obscene? Instead you guys wrote poems of serious standing — which deeply touched me in many ways. Beth's poem ["State of Grace and Less"], which started on a dangerously light-weight note, ended profoundly — and with rhyme, no less. "Brautigan Remembers" [by Barton Cole] is such a fine, imaginative, leaping poem — I am in awe. And Lesley [Coe] — you said you weren't a poet. HA! [See "Oh, Where the Hell Are the Cattle Grates."] Good creative spirit there in the rain.

Your Poet Desert Rat ...

Susan Zwinger
In the field, Baker, California

Chaos Is Death

On page 9 of your Nov. 9th issue [No. 69], I read an article entitled, "Anarchy Is Order." This is a contradiction of terms. The article claims anarchy can bring order and harmony to society.

As readers of my letters have gathered, harmony and domestic tranquillity are my favorite subjects. I speak strongly against bad noises for jet skis, float planes, generators, equi-tempered musical instruments, and more, seeking to raise the subject of noise pollution and harmony's solution. I don't necessarily believe in the solving powers of man's laws, but they do — since they are accepted realms of discussion — get the subject into conversation.

Anarchy means *without a leader*. Harmony is a tonal system defined as a system where one tone *predominates* over all others. A similar definition is found under Kingdom. Tonal anarchy is chaos. Harmony is nature's only way of correcting chaos. Without a tonal center — a leader — there is no harmony.

Anarchists may not like the current leaders of our world, but behind the illusion of human leaders we find the true leader is nature's fundamental tone and its manifested harmonics. Let's see some human leader argue with the natural harmony of an earthquake. Let's see someone convince God that order is possible without harmony. Anarchy discludes harmony. Anarchy is chaos. Chaos is death.

Peace.

Mark C. Billington
Friday Harbor

For more on the a-word, see *News & Comment*, page 7. — Ed.

From the Light Industrial Zone

This will be a holiday season to remember. My daughter, Madeleine, will celebrate her first birthday next week. All parents know the joy and fond memories our children bring to us. I will also remember this season as the time the Island County Planning Commission proposed rezoning our home, and the homes of our good neighbors, as part of the 272-acre "Bayview Rural Light Industrial/Business Park Area." It has been a season of countless hours battling our county government. They can't tell us what they mean by "light industry," but I can tell you what it looks like. It tends to be large, rectangular, metal, prefabricated buildings with associated raw materials, scraps, spare parts, and waste piled outside, all encircled by chain-link fences. To propose this for the beautiful, pastoral, historic, and highly visible valley of Bayview is an outrage. It is time we get to know the Planning Commission: Ann Pringle (chair), Rufus Rose, Bill Applegate, Peter Borden, Sheila Crider, Doug Francis, Richard Hart, Betty Metz, and Albert Olson. They are currently designing the future Whidbey

See *Backwash*, page 30.

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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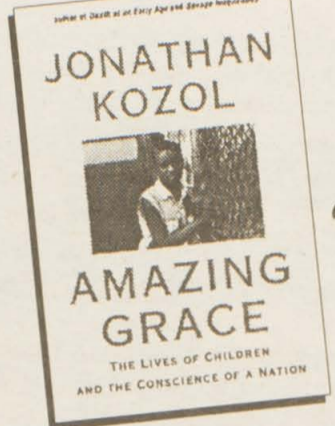


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News & Comment

"In the juvenescence of the year came Christ the tiger." — T.S. Eliot

NAS Whidbey in Transition The Skipper at Home

By BILL SKUBI

Oak Harbor — It's an international airport, a big hotel/convention center, factory, hospital, school, and network of human services. In terms of persons employed, it is the biggest thing north of Boeing and its CEO is the CO (commanding officer) of NAS Whidbey Island.

Commanding Officer Captain John Schork will be moving on to a new assignment in San Diego next month to be replaced by Captain Munns. Schork's typical two-year stint as base commander has come at a time of intense change and transition at Whidbey. An A-6 aviator himself, he has presided over the standing down of A-6 squadrons (including the training squadron) that have been the mainstay of Whidbey's mission for 26 years. The last two A-6 attack squadrons are scheduled to be decommissioned over the next year and a half.

As the attack mission declines, Whidbey is seeing a resurgence of its original deepwater patrol mission with four-engine, prop-jet P-3 aircraft and crews transferred from San Francisco, Guam, and Hawai'i. Meanwhile, Whidbey's other jet, the four-seater EA-6B radar jammer, has emerged from successful service in the Persian Gulf conflict as something of a Cinderella story.

Schork, who grew up in Oak Harbor, spoke with the *Independent* in his office overlooking the main runway on 54th anniversary of the surprise attack on Pearl Harbor.

"The thing that Pearl Harbor is never going to quit doing is reminding the American people that you have to be prepared," Schork said. The challenge facing the American military today, according to Schork, is knowing just what kind of threat to prepare for. "With the demise of the Soviet Union, literally every war college in this country has been trying to grapple with that question. The average person, working hard for a living, says we won the Cold War, now it's time to reap the peace dividend. In some ways victory made our job a lot tougher. Tell me where I'm going to fight. I don't know any more."

The last place Schork fought was as an executive officer aboard the carrier *Midway* in the Gulf War, and that experience may hold clues to the uncertain military future. Closer coordination between branches of the US armed forces and allied nations made for exceptionally lean and effective use of resources. "You'd sit there in the Gulf and there would be an Air Force tanker refueling Navy airplanes on their way to land at a Marine Corps base while the carrier is protected by Canadian fighters," recalled the captain, contrasting this to a time in his early career when the Navy, Army, and Air Force "didn't even talk to each other, didn't know their radio frequencies — flying alone and unafraid."

"Jointness," as the armed forces call their new closer working relations, has resulted in Whidbey's newest military mission, which is training Air Force pilots and crews to use the EA-6B. An interesting offshoot of this cooperation is that Air Force crews are training for proficiency in carrier landing, and Navy EA-6B squadrons are operating off of land bases. Whidbey-based electronic warfare squadron VAQ-131 is currently operating out of a NATO Air Force base in Aviano, Italy, jamming radar over Bosnia. Schork says the four new Air Force EA-6B squadrons that will train at Whidbey will all be capable of taking off and landing from Navy carriers because that makes



Leaving his two-year tour as NAS Whidbey commander, Captain John Schork reflects on his accomplishments as CEO of an outfit with a \$100,000,000 annual budget. Photo: Skubi.

"their flexibility to respond go up exponentially."

The downside of the Gulf War experience (and Vietnam), as Schork sees it, is that the American public expects, and in some ways demands, its military to fight and win with no casualties in the shortest possible time with continuous television coverage as least as interesting as the prime-time shows it replaces. "People forget that we didn't know what we were getting into in Desert Storm," Schork says. "We made a lot of preparations for pretty severe casualties. We came away with less than 200 killed, and now Americans are really on board with the idea that you can fight wars and not lose anybody. All the high-tech weapons in the world can never change the fact that when you have conflict people are going to get hurt. If you look at Desert Storm look how many Iraqis were killed. We just happened to be on the right end of that. We are not keeping the peace in Bosnia with high-tech, super secret, whiz-bang stuff. We've got 20,000 young men and women with uniforms and rifles putting their feet on the soil of Bosnia. That hasn't changed in 3,000 years."

Closer to home Schork looks back on his recent two years at Whidbey as a task not unlike other command positions, only bigger. "My budget to run the base every year, in round figures, is \$100,000,000." He says the secret to running such a big operation is letting the people who know their jobs, do their jobs.

"We have people here who are so well recognized in their areas of expertise that they have had job offers to come back to Washington, DC, to move up in the organization, and they choose to stay at Whidbey."

One area in particular where NAS Whidbey Island has been recognized is environmental cleanup and waste recycling. In recent years the base has reduced its production of toxic waste by more than 80%. The base is not only recognized as having the best recycling program in the Navy, but the only curbside recycling program in Island County. Schork credits people like his civilian recycling manager, Paul Brewer, recently elected to the Oak Harbor city council, with these successes.

Although cleanup and recycling efforts were underway before Schork became base commander, he has left his mark in some important areas. Some of the most contaminated soil on the entire base was found in the runway ditches of Ault Field. The Environmental Protection Agency

(EPA) and community members monitoring cleanup efforts were disappointed when the Navy told them the contaminated soil would have to remain in place because its removal across the runway would pose a safety hazard and disrupt operations. Schork personally reviewed the matter and ordered the necessary changes in routine operations to close the runway so that the toxic soil could be removed. Although the cleanup of the toxic waste sites around Ault Field will continue for a number of years, Schork does have the satisfaction of knowing the Seaplane Base (Whidbey's other Superfund site) was cleaned up and removed from the Superfund national priority list on his watch.

By his own admission the hardest part of Schork's job is trying to make training of military jet aircraft crews compatible with civilian residential, recreational, and commercial uses of the area. "I'm painfully aware of the conflicts, there," he said, "because I get all the complaints." He noted that not only the civilian population of the area was growing, but also civilian air traffic. "We control hundreds of thousands of flights every year, and only a third of them are military."

Last year Schork took a professional interest in the complaints of Lopez Islanders. He met with citizens and observed scheduled and unscheduled military overflights with them. He has kept communication open, informing citizens in advance when planned operations are likely to temporarily increase air traffic.

In his remaining weeks at NAS Whidbey Island, Schork vowed to initiate similar direct communications with civilian organizations in Island County, hoping that any future decrease in jet operations at Whidbey would translate into fewer complaints. "In some cases there is no common ground. I went to hearings in Seattle concerning low-level training that goes through wilderness areas. There were people there for whom the only acceptable thing was that military aircraft would never fly there."

Captain John Schork came home to Oak Harbor to skipper NAS Whidbey Island into a period of increasing change. To his successor, he leaves a legacy of direct action based on careful thought.

Bill Skubi is a founding member of Whidbey Islanders for a Sound Environment and was recently elected President by its board of directors.

Off the Wire Remembering Rabin

By PATRICK WORSNIP

Washington, DC — I last saw Israeli Prime Minister Yitzhak Rabin six days before he was assassinated. I had traveled with Secretary of State Warren Christopher to an economic conference in Amman, Jordan, which Israeli leaders were also attending. With two other reporters, I was "staking out" King Hussein's palace after hearing that he and Christopher would hold talks there. Word came through that neither man would show up for at least an hour, and with that hospitality which is the agreeable side of the Arab character, palace officials invited us inside for a drink. (Imagine that happening at the White House or Buckingham Palace.) But just as the waiter hove into view bearing glasses of freshly-squeezed juice, the plan changed again and we had to go outside.

It turned out that Hussein was meeting Rabin. When the Israeli leader emerged afterwards, we crowded round and asked him about one Fathi Shqaqi, leader of the Palestinian guerrilla group Islamic Jihad, who had recently been shot dead in Malta. His killers had disappeared but were widely thought to be agents of the Israeli secret service, Mossad. "Oh, leave it aside," Rabin rumbled in his gravelly voice. "We are concentrating on the main task of making peace in the Middle East." Less than a week later, Rabin had himself been gunned down — not by Islamic Jihad but by a Jewish extremist.

A violent place, the Middle East, as though anyone needed reminding. It's typical, too, that the justification put forward by Rabin's confessed killer, Vigal Amir, was very similar to that advanced by the man who killed Egyptian President Anwar Sadat in 1981. For Amir, Rabin was giving away sacred Jewish land and deserved to die. For Khaled el-Islambouli, who shot Sadat, the Egyptian leader, by making peace with Israel, was betraying the sacred Muslim duty to drive the Jews out of Palestine. Both these justifications are based on very dubious readings of the Hebrew and Islamic scriptures respectively.

It's a truism that people bent on committing acts of violence can find religious texts to back up what they were going to do anyway. But in the Middle East there's a more complicated moral problem, and it has to do with the renunciation of violence. Fathi Shqaqi lived by the sword and died by the sword, which makes his passing somewhat less tragic. Yitzhak Rabin died by the sword after a life largely spent in the military acquiring by force of arms the Arab territory that he was bargaining away at the time of his death. His two predecessors as prime minister, Yitzhak Shamir and Menachem Begin, were members of guerrilla groups that committed acts of violence before Israeli independence in 1948. Rabin's Palestinian negotiating partner, Yasser Arafat, leads a group whose bloody actions in the past are too numerous to mention. The point is that Rabin and Arafat forswore the use of force and opted for peace. It's no good saying (of Arafat, for instance): once a terrorist, always a terrorist. In an area where gun law has ruled hitherto, lots of people have got blood on their hands. This is not to condone war crimes — it's a hard one to call in some cases — but there comes a point, when people turn from war to peace, where the slate has to be wiped clean.

Continued next page.

Cont'd.

It's Your Choice Winds of Change

BY ELLIOTT MENASHE

The wooded and pastoral nature of Western Washington's landscape is rapidly changing due to complex social, economic, and demographic factors. In part, these changes are the result of the long-term ill effects of forest practices in the state. High-quality, mature timber is becoming scarce, and foreign markets get a large percentage of it. Large tracts of private forest land are being over-cut, sold, and converted to other uses. Many forest landowners now find it more lucrative to develop land that was previously in timber production. The timber industry and the people who depend on the forests for their livelihood are experiencing a serious crisis as forest land diminishes and jobs flee the region. At the same time, demand for forest products is growing substantially. This situation increases demands for more lumber and products from state and federal lands, which creates conflicts between various groups. Region-wide debates are in progress to determine what our finite public forest lands should be used for: timber production, wildlife and fisheries habitat, recreation, watershed protection, etc. Other debates are concerned with log exports and open spaces. The list goes on; the lines are drawn.

With the timber crisis as a backdrop, we are also experiencing an enormous influx of people from other parts of the country. In addition to these new residents to the region, there is an exodus of people from our urban centers to the rural areas. The very peace and beauty that have attracted more people here are in danger of disappearing as a result of the needs and demands of this increasing population. There is a profound change occurring: from rural to urban, from forests to suburban housing developments,



One sign of encroaching civilization is clear-cuts. In the spirit of property rights, most people can do what they damn well please with their land. But recent windstorms reveal the simple wisdom of sustainability. When winds swept through a clearcut across the street from Leonard and Debbie Geer of Clinton, a dozen of their roadside trees were leveled; one hit the deck, almost the house itself. Simple observation should suffice. Photos: Bill Ruth.

shopping malls, and commercial/industrial parks. Many of the people moving to Western Washington come here from areas that have become overdeveloped, where air and water pollution and crowding have reduced the quality of life to unacceptable levels. In moving here, they become part of the problem... or, just possibly, they become part of the solution.

They can become part of the solution by the choices they [WE??] make on and with the land. Five or ten acres may seem inconsequential in comparison to the enormous acreage controlled by large private companies and public agencies, but it is important to realize the values and resources that may be present on even small acreage. Five



acres can furnish fish and wildlife habitat, can host a wide variety of native vegetation, can provide clean air and water, can be a critical watershed element, and can help to *maintain* the rural character of an area. Five acres can make a difference. Five hundred five-acre parcels, managed and developed intelligently can have a tremendous impact on our quality of life. It is in our best interests to become aware of natural processes and to work with the land, not against it.

Through knowledge of the native vegetation, soils, wetland complexes and their functions, stream systems and the watersheds they drain, resident wildlife and fisheries resources, climate and wind patterns, and how all this interrelates, landowners and developers can make better decisions. They can help minimize the degradation inherent in land clearing, road grading, and construction of homes and other structures. By thinking about goals, needs, processes, and consequences, we landowners can save ourselves great amounts of time, trouble, and money. Make no mistake, ill-considered development must be paid for in the long run, and the costs of mitigation and restoration are always greater than prevention.

Before buying or building on rural land, use common sense. Define your goals. Decide what you want and need and what type of land will be most suitable. If your dream is a 6,000-square-foot house, a shop, orchard, garden, and pasture, don't buy densely-wooded land. Consider costs, both environmental and economic. Think about long-term maintenance. The less you alter the natural elements of the land, the less it will cost.

Look at the land and the surrounding area. Not features such as slope, soil type and consistency, signs of erosion, vegetation type and health, the presence of wetlands, streams, and natural drainage patterns, water table, wind patterns, unstable bluffs, and the local land use. Don't needlessly clear or remove trees or other vegetation; incorporate them into your landscaping plan. Consider conservation easements as a means to reduce your property taxes and help maintain open space.

Make an effort! Make a difference!

Transformed

BY SUE MAXEY

When I was a kid, I believed there were two events in life after which one would never be the same: Christmas and sex. Think about it: Both are heralded by tidings of great joy; both involve some kind of mystic union; and, in both instances, auxiliary events distract us from a key consideration, the birth of a baby.

Back in grade school, on the last day before Christmas vacation, I'd be thinking: Next time I see you, Rexanne Cotton, your buck teeth won't matter; you'll be transformed! And you, Billy Bynum, will never again punch me in the biceps and give me a "frog." The high and holy tides of Christmas will wash your dirty old soul right out. You'll be pure. Polite. You'll forget how to tease.

Over time it ceased to matter how many post-holiday Billys disappointed me. I advanced to theory #2.

When I was attending business college in Dallas, I sat behind a new bride. LaVerne and her husband went home every day at noon. For lunch. In a pig's eye! I bet they left their BLTs cooling on their placemats, steamed into the bedroom and didn't bother to shut the door! I expected LaVerne to float back to class. She would glow. Or hum. Her hair would be curly; her skin transparent like a saint. These were the signs I looked for.

At the end of one particular lunch hour, she returned with cheeks aflame... and breathing hard. "What'chall been doing?" I tried to casually inquire.

"Had to go back to let out the cat," she panted.

"Joe Bob has a fit if I leave the silly thing inside. She always takes a dump in the bathtub."

Disappointed as I was, I continued to watch LaVerne's returns from lunch. One day they stopped.

"Joe Bob says we got to go on a budget," she groaned, licking peanut butter off her lips. "So now we're taking our lunches."

I never did find out what went on during their noon hours. But for years after the honeymoon

gave way to more cost-effective pastimes, I clung to my illusions.

This Christmas I finally figured it out. We are not destined to be transformed by Grand Passion or Hosannahs. Buying up the Girl Scout cookies your daughter didn't sell, going out to the woodpile in the rain because everybody else has their shoes off, getting your wife her own personal bathmat because she hates to step on one that's damp...

Such non-events crackle with magic. ■

Sue Maxey writes from Freeland. Her NPR commentary for Morning Edition, "Teen Talk," appeared in No. 71.



Letter from Mexico Cities with Hearts

BY DIANNE IVERSON

"The forces of the past still live on and exert their influence on us, though we may not be consciously aware of this. It is frightening to realize in full depth what it means to be a human being: that is, to realize that we are all imbedded in the flux of generations, whose legacy of thought and feeling we irrevocably carry along with us."

— Kurt W. Marek (C.W. Ceram)
Gods, Graves, and Scholars

Mexico City — Did you know that here, in the largest city of the world, it takes four hours in busy traffic to drive from one side to the other, and 5,000,000 people ride the subway every day?

Did you know that in the center of this amazing city there stands an immense and beautiful cathedral, built on top of an ancient pyramid and metropolis that was one of the largest thriving cultures of its times, long before Christ? The pyramid and walls of this civilization are *still* there today.

Integral to this Aztec city and its architecture were four great causeways, which extended from the center of the metropolis outward in the four directions, as far as the edge of their land. Mexico City, then called Tenochtitlán, was an island at the time. The four causeways, too, still exist today, now as the four main thoroughfares of Mexico City, radiating out from the city center.

The reason I share this bit of history with you is to create a picture in your mind of the center and origin of this immense city. It was designed with intent. It has a heart. The pulse and throb of the life of the city *all* happens here — at the heart — *in the center*.

Near the cathedral is a *zocola*, a social gathering place and town square, with benches and fountains and trees. It is alive, throbbing with activity.

Oaxaca, to the south, is the same. At the center of that city stands a great cathedral surrounded by a thriving *zocola*. When you go there, you step into the heartbeat. It is so tangible your whole body pulses with it.

In town after town I saw and felt this — the town radiating out from the heart, and the heart always a beautiful place of worship and an inviting gathering place for its people — for all people, not just the middle and upper classes or tourist traffic. All ages come. They "set up shop" or sit on the ground or roam the crowds selling things they've carved or woven or painted. Children are there, playing or helping or sleeping on the ground. People sit around watching, teenagers hang out doing the things they do, right there amidst it all. Poor old women beg for pesos or for food (and they get it — they are cared for *because* they are there), men watch women. People aren't shooed away because they're poor, and children aren't sent to child-care centers where their rambunctious spirits can be contained or where they won't interfere with the adult world. Old folks aren't separated off into "senior centers," and teens aren't cast out of the streets for "loitering." Life — all of it — in *all* its shades is there in the center of town for all eyes to see.

I was so blind as to believe that America, "the land of the free," had no caste system. I never noticed because we do such a good job here of keeping everything "looking" so neat and tidy. We keep the ugly, messy, or "inappropriate" stuff that we don't want to acknowledge off the main public streets, in the background or at the edges of the city.

We want it to look so good... but we do it at the cost of our hearts and souls. So much goes on that we are blind to — that I was blind to — because we cover it over so well.

So I ask, what do we want here in our town — our lovely Langley or Friday Harbor or Port

Environmental consultant Elliott Menashe (Greenbelt Consulting) specializes in environmental education, land assessment, and management.



“At the center of that city stands a great cathedral surrounded by a thriving zocola. When you go there, you step into the heartbeat.”



At the heart of Mexico City and other large cities of Mexico is the zocola, commonly situated around a central church, which attracts the full spectrum of its society, creating a relationship of energies far removed from the modern urban scenario. Photos: Dianne Iverson.

Townsend? Ask the questions: Where is the heart? Do we have one? Are we just quaint places for visitors to admire and spend money? Where we chase our teens and children from our streets and stores? Is this a place of its people, where we welcome and see and feel the throb of the life of all the people who live here?

I believe the heart and soul of a city is its people — all ages, all shades, all walks of life. I think Langlely, where I live, is on the edge right now. It could

go one way or the other.

If we care, we can tip the scales in each of our towns, honoring the people who live here — at the forefront, before tourism and profit, Dairy Queens and Subway sandwiches. We can create a heart, a beautiful place to gather, where we can witness and welcome our youth and our elderly as we all grow together, adding depth and color and soul to our small towns here on these islands. **□**

Dianne Iverson lives & works on Whidbey.

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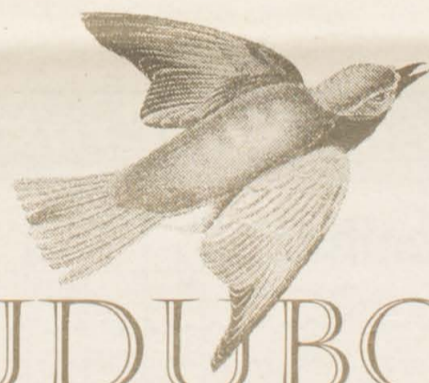
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MeteorMan

"2 Weeks of Weather & Then Some."

The Nostril Bombers of Sequim

Unfortunately (and I say "unfortunately" because weather — meteorology — is a science, a very complex cause-and-effect system that, above all else, *makes sense*), a lot of people have started to connect recent extreme weather phenomenon on planet Earth and such observable phenomenon as ozone holes, acid rain, and earthquakes with the predictions of any number of long-dead (and I hope they stay that way) occult mystic types, the most notably *up* at present being this highly overrated sixteenth century astrologer and physician, Nostradamus, who — in his rhymed *Centuries* (published in 1555) — predicted severe drought on San Juan Island in 1994-95 and severe wind damage on South Whidbey in December 1995. How he knew such things has baffled islanders for millennia since 1956, but one thing I can tell you, this has nothing to do with science.

Necromancy & Nostril Bombers

In 1988, at my behest (and supported by grant moneys from AT&T and Turner Broadcasting), our good friend over on the peninsula, Olympic "Bob" Eddie, volunteered to infiltrate a coven of Sequim necromancers who operated under cover of a frozen dairy establishment on Highway 101 just down from our good friend's "hooch." This group, rather transparently calling itself the

Nostril Bombers, had a penchant for meeting at the local bowling alley on the pretext of preparing themselves for the Pisz Lite Gutterball 500. In actuality, Ted Turner had it on good authority from the phone company (the scoring projector lamp was bugged) that conversations at the bowling alley actually centered on alleged communications with the dead prognosticator himself, Michel de Nostredame, known to us as the famous Nostradamus, who had been dead at the time (and presumably is still) since 1566.

According to "overheard" conversations, Nostradamus had been feeding meteorological data to an entire network of Northwest weather kingpins, not the least of whom was Harry Whopper of "News at 11" fame. Too bad for Harry, Nostradamus couldn't predict weather if it was right there in front of him. Low pressure, high pressure. Warm front, cold front. Jet stream, schmet stream. It was all the same to him. His fascination, it turns out, was with human gullibility.

How do we know all this today? Olympic "Bob," that's how.

The "Eddie" Ear to the Aether

Ironically, during his infiltration of the Nostril Bombers — in fact, at the same time he was able to observe members' complete lack of understanding of Nostradamus, right there at the bowling

alley — Olympic "Bob" had the extraordinary experience of "mind-melding" (his words, not mine; actually they're Leonard Nemo's words, which "Bob" overheard when he and Mr. Spock took a course in "Romantic Writing for Shepherds" at Evergreen State College) with the ancient French iconoclast.

In this mind-meld, Olympic "Bob" came face to face with Nostradamus. At first "Bob" took him for the redneck guy that runs that big market near Sequim, but he soon realized he had hooked up with the Big Seer himself. Never one to think on his feet, "Bob" sat down next to Nostradamus (who was bowling right next door on lane 4) and happened to comment that his strikes ... Well, what he said was:

"If y'don't mind me sayin' it, yer strikes are like lightnin' thunderin', if y'know what I mean."

"Huh?" asked Nostradamus, caught off-guard. "What weather?"

"Not weather," said "Bob," "I said thunder."

"Which is *weather*," insisted Nostradamus.

"Which is *weather*," acquiesced Olympic "Bob," "yep."

"I suppose you're one of *them*," Nostradamus jerked his head towards the Nostril Bombers, who were pretending to be bowling but actually were trying to get in touch with Mr. N, who was right there next to them all the time — ironic as all get out.

"Actually," "Bob" said, "I'm undercover here for Ma Bell and Jane Fonda's husband, neither of which I've never met."

"Under cover?" asked Nostradamus, whose visionary powers did not apparently extend to current colloquial

speech formations.

"Tryin' to find out what they're up to — the Nostril Bombers there."

"Oh," nodded Mr. N, looking over at them. "What *are* they up to?"

"Tryin' t'find out what *you're* up to." And then "Bob" had to ask: "What *are* you up to? You've been dead 440 years. What're you doin' in a bowlin' alley in Sequim?"

And that's when the "mind meld" occurred. To this day Olympic "Bob" won't touch a frozen dairy product or go bowling. Science? No. Superstition? You be the judge: Olympic "Bob" successfully predicted the Seahawks' drubbing of the Raiders on Dec. 17.

The Fortnightly Weather

Continued seasonably dark and wet. Look for colder temperatures. There is even a good possibility that the Saratoga Passage will freeze between Camano and Whidbey islands and that 2,000 Camanoites will descend on Coupeville and eat the Island County commissioners — "Only to find," says Olympic "Bob" Eddie, "that the folks from Greenbank ate them first." Nostradamus says, "No way." Let's see who's right. □

Although he is paid an enormous salary, like other so-called meteorologists and weather gurus, MeteorMan is not responsible for the accuracy of his forecasts. Under no conditions should you use MeteorMan's (or anyone else's) forecasts to plan picnics, vacations, balloon flights or weddings. Better to brush up on Chaos Theory, fractal geometry, and blindfold darts. MeteorMan happily answers questions on sex, weather, and sex.

Independent Crossword Puzzle

(Solution on page 30.)

Busy December

By Amy Summo & J. Bock

ACROSS

1. Winged
5. Leg bone
10. Crested duck
14. Mexican currency
15. Dander
16. Maori ancestor figure
17. December festival
19. Garden
20. Speaks formally
21. Sci. course adjunct
22. Tallies
23. Malayan measure
25. Monogram of a Shakespeare comedy
26. Ready money
30. One of human pair surviving Ragnarok
31. Creche regular
34. Star in Leporis
36. Foolish talk
38. Shoe width
39. Trapped by Dec.'s flower
42. Wind in Dec., sometimes
43. Parts of ears
44. Rope fiber
45. Resources
47. _____ Pinafore
49. Highest degrees
50. Sleigh ride cushion sometimes
51. Condition

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17			18						19				
20						21			22				
				23		24			25				
26	27	28	29		30			31			32	33	
34				35		36		37			38		
39					40					41			
42				43					44				
45			46			47		48		49			
		50				51			52				
53	54				55			56		57	58	59	60
61					62			63					
64					65					66			
67					68					69			

53. Pollution
55. Interjections
56. Stocking stuffer
61. Carol
62. Henry's latest ... Dec. 1927
64. About
65. Sultan's decree
66. Iris
67. Go by
68. To see if it fits
69. Assistant

DOWN

1. Lhaso _____
2. Known for his limericks
3. Movie dog
4. Overwhelming defeat
5. Seasonal tree phenomena
6. George's brother
7. Historic December day
8. O.T. prophet (var.)
9. A king of Israel
10. Pilfers

11. Where Maulis al-Nabi is celebrated
12. Made do with effort
13. Bests
18. Seasonal nose color
24. Child in Browning drama
25. Wind blown dust deposit
26. Directed "It Happened One Night"
27. Tapestry
28. Seasonal commuters
29. Men
31. Am. historian (monogram)
32. _____ Tigwa. Israeli town
33. Lists
35. "Pin-up" girl b. 12-18-1916
37. Inner self
40. Train cos.
41. Vane
46. Raptors
48. p.p. of 10-D
51. Toots _____
52. Important period
53. Short cut
54. _____ Lisa
55. Skip
57. Off (dial.)
58. _____ me tangere
59. Alum
60. Rim
63. Tokyo, once

Peter Fromm & The Whales



KATE MONOHAN

BY DAVID LOYD

Peter Fromm's book of human experiences with whales arrived in local stores this past month. *Whale Tales* collects a variety of first person narratives describing some catalytic interactions between sea mammals and some additional mammals on the sea: ourselves.

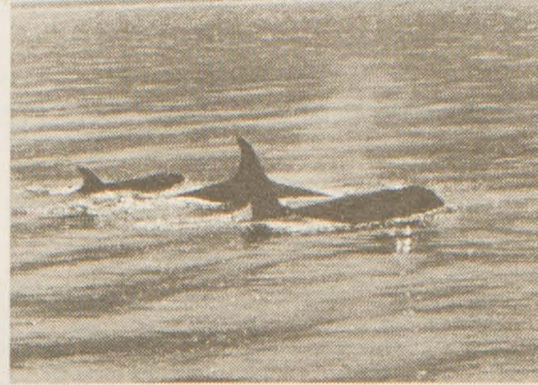
It's the first book for Peter, a medium high guy roaming through his mid-forties. His reddish hair circles a freckled head whose most obvious propensities are a happy grin and a listening ear. Fromm, who has an MS in Outdoor Recreation-Education and a BFA in Photography, has been presenting educational programs to the public since the mid-1960s. He shares his joy of the world by narrating multi-image slide shows to musical accompaniment. He lives on his custom (1961) 30' double-ended yawl, *Uwila* (his home since 1979), at Friday Harbor, where he has been a captain and naturalist on whale-watching boats.

Last Tuesday night in Friday Harbor I sat across from Peter in a waterfront cafe. Outside, wind and rain raked through the empty streets of town. We enjoyed the warmth and clatter and brightness with the appetite of boat hands ashore. We shared fish and chips and a slender glass of stout, looked at his photographs, and talked about the water.

□

ISLAND INDEPENDENT: Your life almost parallels your subject. For so many years you've been on the boat, moving along. In a way, it's a whale's life. What put you on a boat? You could be working for Boeing.

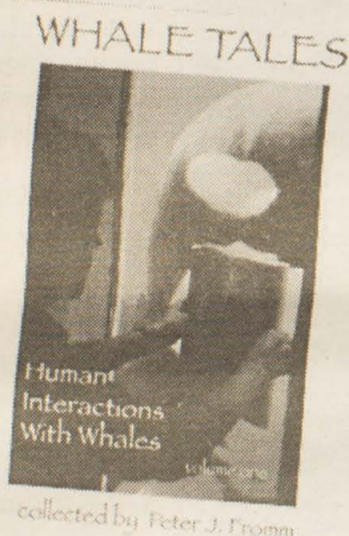
PETER FROMM: Well, I grew up doing all these outdoor adventures in my teenage years, and all through college and graduate school and in between and afterwards. I've climbed mountains and run rivers, and I've had a house, and I've built cabins, and I built a big treehouse. Six places that I've lived in have since been overrun by people. **Sounds like you are a beleaguered species!** Peter: You know how there are people who are legends in their own time? I always thought that I could be a rumor ... My graduate studies were in outdoor recreation and education, combined with audio-visual communication. I'm still doing slide shows. Slide shows go with *Whale Tales* — it's part of it, as well as all the other visual presentations that I offer. That's just part of my thing, the whales. For years I thought I had an *earning* disorder. At any rate, after graduate



Rumors in Their Own Time

Peter Fromm (left) lives aboard the *Uwila* (right) and takes photographs of orcas (above) and other things, like horses (above right). His unique new book, *Whale Tales* contributes to our understanding of the place of whales — and humans — in the community of Earth's creatures.

school in '75, I moved to Bellingham to learn to sail. Then, after a couple of years of the competitive race-boat world, I started cruising and I loved it. This is the life! A boat can be like a small mountain cabin. You've got a library, you've got a musical instrument, you've got your little galley, everything's kind of compact, and it's your own little world. What I'd like to do is travel around to different parts of the world in my boat and have *Whale Tales* pay for it by having this real low-income lifestyle that living on a boat affords; by having these skills as a photographer and now as an author with this subject that people want to hear about. But in the meantime, it's this terrific amount of work ... which I'm digging. It's great. **I admire both your photographs and narratives for letting people speak for themselves.**



It seemed as if this project would be a tremendous amount of fun. Virtually everybody that's had a close encounter with a whale is eager to share it. Virtually everyone that starts hearing about such an encounter wants to hear all the details. The books about whales are increasing.

Whales have become an industry.

They have. One of the things I've heard is that the whale-watching industry today generates as much money as the whale-killing industry did at its height. The International Whaling Commission considers whale watching as a viable use of the resource. If the outdoor-recreation industry generates more jobs, more income, than the clearcutting industry or the mining industry, they'd stop destroying and start showing.

Are the whales being "mined"?

Sure the whales are being mined; they are a resource that is being used. Not so much being extracted as being observed.

Mining might be taking them to be put into aquariums.

Taking them to be put into aquariums? They've been violently kidnapped from their families. I mean, let's use words accurately. Let's do that. One of the programs I continue to work on is the changing relationship between whales and humans. Painful as it is to look at what was done to capture these whales, it's not done here anymore. It is being done in Iceland and Japan. There is a growing awareness of the wrongness on the part of human behavior, and that's what I'm looking to address. If there's this great concern for whales — I mean everybody wants to love the whales and cherish the whales and nurture the whales — then it can't stop only with the whales ...

Right! What does this mean about ourselves, and what changes have come to us? How is it that in the '60s, they were some kind of terror of the deep, and now they're the lovable denizens? Although to me they're not "orcas" — I call them killer whales.

So do the people who study the transients. Robin Baird, who studies them, always calls them killer whales. Look at what humans have done in the

past. We no longer, in America, keep Black people as slaves. We haven't for some length of time. The history of change ... It needs to be expanded to population, to food consumption, to transportation, to housing. If you were to look at this planet as nothing more and nothing less than a terrarium, what would you think of what the different species are doing? This whole train of thought can go to the point of asking the value of the human species on this planet — the purpose; the reason we're here. To destroy the planet? Whales have family groupings, they spend their lives in cooperation with their species ... I could anger some people with my thoughts; I don't want to do that.

Say it. You're probably years ahead of any pursuit.

Can three things of value be listed that the human race has done for this planet? Somebody suggested recycling.

We reached a pinnacle of recycling before technology rode in on the white horse.

The planet's our home. We get our food, our air ... everything we get comes from this planet. We're worse than spoiled teenagers. My floating home has less space than the average-sized bathroom, and it's been home for almost 17 years. I was doing really good this year ... up until November — 132 days under way ... and then *the books came*. Now I'm driving a van.

One person has said this consumption orientation is a present-day "holocaust," that we know we are doing wrong, but we continue our unlimited destruction of resources without a thought for future generations. We don't want to think about this. Whales, like boats and life on small islands, encourage you to examine these guilts. So are the whales a kind of hood ornament on our efforts towards being better people?

Gotta ask them. From what I've heard, the evolution and development of the human brain is relatively recent compared to the whale brain, in that 250,000 years ago the human brain reached its present size, but that 25,000,000 years ago, that's a hundred times as long, the whale brain reached its present size. And during that time, the whales have lived in the ocean, in societies, in families, communicating and feeding and reproducing in societies that are totally cooperative. And in our quarter-million years, we've lived in societies that are totally competitive. Whales could be there to show us to love each other, and to play, and to ... I mean, I could be wrong, but we're one of [a few], if not the only, species that accumulates things, and therefore we can be greedy, and all the other animals are not greedy ... whales have the premier intelligence on the planet.

I've heard of being on a boat as a return to the womb, but you're saying almost the opposite. As an adult, you're taking full responsibility for what you do, and dealing with what happens to you.

Another thing about living on the water is the sharing. I've never been any place where I've seen karma so instant as on the water. It's this opportunity to help people. You can help people, or you'll be needing help. That's coming around to my goal.



What's the quality of water — life on water — that causes that? And to what extent do we share it with whales?

Last night I had a bad night's sleep. Something was wrong. I don't know what. It's not the full moon, not the new moon. Today, I find out that the *Primo* (a Friday Harbor purse seiner) had run up on a reef a mile away and sank the next morning. I mean the chaos theory — that I know very little of — holds that it's all related.

Water as a medium ...

One wants to be hopeful.

To what extent are you a nomad?

To a good extent. I've got communities. I'm a part of the Northwest boaters' world. I've got friends, family so to speak, from Olympia to north of Vancouver. Communities: Friday Harbor, Lopez, Orcas, Bellingham, Anacortes, Port Townsend, Eagle Harbor ...

Victoria?

I spent a bunch of time in Victoria before they stopped letting you anchor out. There's good boat people in Canada ... as good as any.

They still have a large trolling community, which to me are the magicians of the fishing industry. Maybe trollers are our nearest approach to the pelagic life of a marine predator ... When I think of sea mammals, I think about the night. We know what they do during the day. What about the midnight hours? You pick up porpoises alongside the boat at night, and they're doing the same things as in the day ...

One of the thoughts I've had for a research project, and it's never been done, is staying with a whale in a research boat, day and night, day and night. It's been tried, but people get too excited to rest, and then they're all exhausted. There have been nighttime encounters between people in small boats and whales, nighttime phosphorescence. That'd be some interesting research project, especially in a time when whales head out in a group to the Strait. They've never really been followed. Out on the west side of Vancouver Island, there's this whole group of orcas that nobody knows anything about called "the offshores" — 70 or 80 whales showed up out by Port Angeles one day a couple years ago. Humans photographed them and their best ID guys looked at them, and they didn't recognize a one of them. Who are they; what do they do?

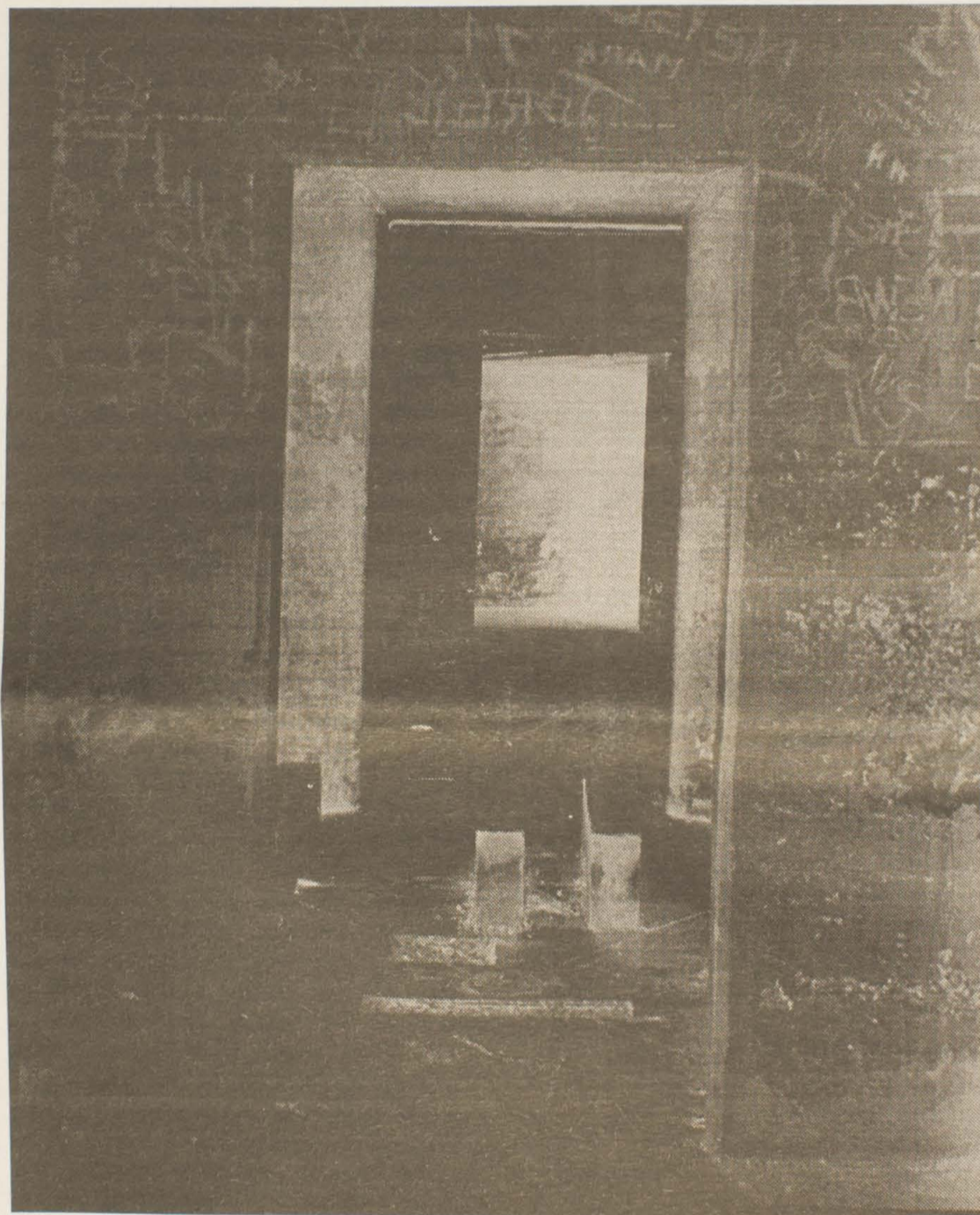
Rumors in their own time ... Good luck to you, Peter Fromm. □

David Loyd lives on an outer San Juan Island. He wrote about toolmaker Jim Wester in No. 45 and about Peter Fromm and wooden boats in No. 39.

Grokking Seasonal Affective Disorder

A Beacon in
the Darkness

—
 "Lay here, uncaring,
 in unchanged
 sheets. The body
 belongs to ...
 someone else,
 floating in a place
 where senses sink
 into oblivion. This
 body is ... cast
 aside, forgotten.
 A mind, barely
 aware, drowsy,
 dulled. A lethargy
 as deep as the
 widest clouds.
 —



BY ELLIS BAKER

Dear Kate,

There's this place on State Street in Bellingham sharing space with Old Town Cycles. Daylight Caffè, it's called. Serves coffee, espresso, tea, and tea lattés (the latest Northwest fad). It's an artificial energy kind of place, you know? Frosted donuts, glazed cinnamon rolls, blueberry-studded scones, and oversize muffins heavy with sugar.

Patrons wearing pullovers, shorts, and boots sit at teeny tables with their hairy legs stretched across wooded planks. Huge plate-glass windows overlook three lanes of graying asphalt, a one-way arterial heading south to my next-favorite neighborhood, Fairhaven.

It's heavy traffic outside, slight traffic inside. Upstairs are empty apartments and a sometimes-leaky roof. Next door is vintage clothing and then a comics place.

You can sit a long time without feeling guilty about not vacating your chair, read a book. Chat with a stranger. Scrawl notes for a novel. For now, it's quiet and subdued. Could be the kind of place becoming popular next, sitting as it

does, one block up from the scene on Railroad Avenue. Could be the kind of place retrofitting with full-spectrum fluorescents so light-deprived zombies, wandering woefully down dim streets, are attracted by a beacon blazing in the darkness. Light, caffeine, carbs. What more would a SAD sufferer want? Come in bleak, become energized, and leave smiling.

You don't go through this in Sedona. Even in winter, when clouds come, it's only for a few days at a time. Here we go for weeks without seeing sun. The grayness deepens to an oppressive gloom under a thick ceiling of low-hanging clouds. Muted incandescents puddle yellow-tinted light in murky interiors. Incandescents aren't enough. No one else seems to notice there's not enough lux in those lights. Sundown comes early, sunrise comes late. I dream of sunshine, Kate. I dream of warmth.

Lay here, uncaring, in unchanged sheets. The body belongs to ... someone else, floating in a place where senses sink into oblivion. This body is ... cast aside, forgotten. A mind, barely aware, drowsy, dulled. A lethargy as deep as the widest clouds.

Clouds. Dark, gray, hazy, indifferent drizzling dampens any hope. Stare out the window, unmoving, as rain trickles across steamy panes. Let liquid saturate skies until light disappears undefined. Quiet, this limbo. Don't die, don't live.

Focus on four fluorescent tubes burning twelve inches from a face held horizontal in a boxy white-walled room. Hope for enough electrically-generated energy entering one's eyes to compensate for all those clouds. Keep warm with blankets. Turn up the heat. Recite in rhythm: Arizona, California, New Mexico, Costa Rica, Barbados, Bermuda, Bahamas, the Virgin Islands. Think summer. Think of sweat trickling down skin turned pink by too much sun. Remember the smell of sunscreen. Feel thigh muscles burning on a long bike ride ...

But thoughts of anything else escape, somehow. There's dark outside when it could be bright. Even greens beyond glass seem faded without light bringing them life.

Life, limbo, death.

Limbo is winter, this cloud-cover time, this stormy space where memory dissolves, sleep is something in overabundance or short supply, and carbohydrate cravings become legendary.

Explaining isn't easy. What is limbo? Some people call it winter depression, light deprivation, or "the blues." Historical literature and oral traditions from northern climates refer to melancholia and midwinter madness.

Seasonal Pattern Specifier is described in DSM-IV, the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association in 1994.

(Onset and remission at characteristic times of year with or without manic episodes, intones page 389 of DSM-IV. Prevalence varies with latitude, age and sex, with increased prevalence at higher latitudes. Women comprise 60 percent to

90 percent of persons with seasonal pattern.)

Norman Rosenthal named it Seasonal Affective Disorder after clinically identifying the phenomenon in the early '80s.

So pick a name, any name, to go with the symptoms.

The symptoms. Abnormal inactivity, lack of energy, uncontrollable drowsiness to the point of pathologically excessive sleep ...

Has your creek gone up much this winter, Kate? We had flooding our way. I slept through most of the excitement. neighbors across the alley had about two feet of water in their yard by noon. Kids entertained themselves with rowboat rides, while grown-ups tended the barbecue and swapped jokes. Volunteer crews delivered filled sandbags, which were dutifully stacked around the elementary school and at weak points along homeowners' foundations.

Our little neck of the woods nearly became an island. The fire department blockaded the one road still open, turning back anyone who wasn't a resident, in case we had to evacuate. Water reached our garage but stopped before entering the house where I floated in dreamland. Good thing I didn't have to go anywhere. Wouldn't have been able to keep my eyes open. Afterward, Craig built a fort in our backyard with some sandbags.

"In 1984 Rosenthal described for the first time the syndrome 'Seasonal Affective Disorder,' SAD, characterized by annual recurrent depressive episodes in the autumn and winter months possibly followed by mania/hypomania in the summer months. The depressive phases showed atypical symptoms such as hypersomnia, carbohydrate-craving, and weight gain ..."

It's strange, this sleeping. Doze all day, wake up long enough to feed my face and pee, then doze all night. The flip side is insomnia, when I lay staring at the walls for hours in a sort of wired tiredness, unable to nod off even though I want desperately to sleep and not really coherent enough to accomplish anything. Don't know which is worse: too much sleep or not enough.

I'm into my annual eating binges these days. Bread and more bread. Two helpings of lasagna. Lots of pasta, potatoes, and stew. Forget salads and vegetables. I've resorted to huge bowls of popcorn, which gives me something to stuff in my mouth without gaining additional unwanted pounds. Managing to miss most of the chocolates and holiday sweets, but my clothes are getting tight anyway. Lack of energy leads to lack of exercise, and we both know what happens when you add overeating. I avoid looking in the mirror whenever possible.

"SAD differs from classical manic-depressive disorders by frequency, severity, symptomatology, and the typical seasonal variations, and is probably not a subgroup of the classical affective disorders, but an extreme variation of the normal seasonal affective variations seen in the general population."

Turning into an oversize slug. Haven't been riding regularly. Can't bring myself to send holiday cards. Letters piling up unanswered with three-month-old postmarks. Not calling anyone to say hello. My friends probably think I hate them. Committed myself to attending a party next weekend, and I could just kick myself. It'll be cloudy again. I won't want to go.

Have resorted to sucking down too much coffee. I go off that love-hate beverage every summer and get addicted again every winter. It's an effective stimulant for getting me out of a stupor, if only temporarily, when I'm on deadline or otherwise trying to get something done.

My mind is mush these days, even with copious caffeine. Can't remember phone numbers halfway through dialing. Forget names in the middle of conversations. Got partway through a frosting recipe the other day and then realized I'd lost track of which one I was following. Jen had to point it out to me. One afternoon I found myself standing in the hall-

way without recollection of walking there or what I intended to do. Disconcerting, you know?

It's sort of like I've fragmented into multiple personalities or have reached the blackout stage of alcoholism, even though I know perfectly well I'm not crazy and haven't been drinking. It's just a temporary miscommunication among my synapses. Still, it bugs me when my mind won't work.

Advantages of SAD

1. Sleeping through most of an otherwise cold, wet, dreary season.
2. Having a legitimate excuse for missing functions you don't want to attend.
3. Avoiding rude relatives ("I'm sorry, Uncle Theodore. I started to dial your number a couple of times and just couldn't remember the last three digits. Then I couldn't find my datebook to look it up. So, um, how's your knee?")
4. Thoroughly enjoying guilt-free consumption of carbohydrates in truly massive quantities.



5. Contributing toward the economic success of electric companies, lighting manufacturers, and the entire coffee industry.

Cloud cover cleared today for a few hours of undiluted light. I sat in my robe, in the south-facing dining room, slurping Breakfast Blend and blinking in sunshine. Then I went into this frenzy. Scrubbed the bathroom, washed the kitchen floor, cleaned my bedroom, did some laundry, washed dishes, cooked dinner, and swept the hallway. Also cleared my desk and balanced my checkbook. Now I'm writing this letter to you.

Tomorrow's supposed to be sunny, too. I can't wait.

Even when it's clear like this, I know the clouds will be back soon. The worst is when it's semi-clear, so I end up beside my light box even though it's deceptively bright out there. Well, that's not true. The worst is day after endless day of darkness, when diligent use of my light box can't keep depression away and I sink into survival mode.

I spend so much of winter promising myself the sun will come out again if I hang on long enough. My light box keeps me at a manageable

energy level. I'd be a basket case without it. And my stress level has been lower lately, which is good, because I always seem to need more light when I'm stressed.

Disadvantages of SAD

1. Turning into a whimpering wad of (yawn) somnolent ... uh (ya-a-a-w-w-n), mind-fogged ... uh (hmmm?), forgetful, wha ... ? (zzzzz).
2. Waking up in the midst of semi-hibernation long enough to realize the horror of becoming a zombie.
3. Losing touch, despite your best intentions, with family, friends, and lovers, with who you want to associate, due to lack of energy, weird sleeping habits, and chronic crankiness.
4. Gaining 15 or 20 pounds every fall and winter, which you will then sweat off every spring and summer.
5. Spending money on maintaining health without feeling good during cloud-cover times.

"METHOD: A modified version of the Seasonal Pattern Assessment Questionnaire was distributed to 2,267 students at a middle school and a high school in a suburb of Washington, D.C. A case diagnosis was made if the respondent scored over 18 and also indicated the change of seasons was at least a 'pretty bad' problem.

"RESULTS: A total of 1,871 questionnaires (82.5%) were returned. Sixty probable cases of seasonal affective disorder (3.3%) were identified among the 1,835 surveys analyzed. Age was directly correlated with the frequency of seasonal affective disorder, and the rate was higher in postpubertal girls ...

"CONCLUSIONS: These pilot data suggest that between 1.7% and 5.5% of 9- to 19-year-old children may have seasonal affective disorder. Further research is warranted ..."

My naturopath put me on melatonin this week just before the sun came out. The true test is effectiveness during cloud cover, so I guess I'd better finish the bottle before spouting any opinions. The ingredient list is enough to send any self-respecting vegetarian running for the toilet. I'm not puking and I am taking the awful things (he twisted my arm), but that doesn't mean you can write snide comments in your next missive. Just look what's in those capsules: pineal tissue, melatonin, riboflavin (B2), pyridoxine (B6), duodenum tissue, and brain tissue. That'll teach me to read labels.

"Most patients with winter depression are suggested to have a phase delay in their circadian rhythms. The efficacy of light in treatment of winter depression is thought to be associated with the phase-shifting effect of light. In addition to light, melatonin and serotonin can cause phase shifts of the rhythms.

"The concerted action of these indoleamines may underly [sic] the finding that light has an antidepressant effect, independently of time of day or circadian phase of an individual."

My sister's been hounding me to get new tubes for my light box. She says she heard full-spectrum fluorescents lose effectiveness after extended use, and I've had these tubes for three years. I don't know. Couldn't find anything about it when I looked up some of the latest SAD-related research a while ago. Wish she wouldn't give me new worries without causes.

Here's something. Would you believe medical people are testing various hormones? Guess they got tired of playing with frequency, duration, color, and intensity of light. Now they're reporting on "plasma cortisol and prolactin responses to the serotonergic agonist m-CPP ...". Incomprehensible to me.

Is this a refreshing change from all the political bureaucratise you deal with daily, Kate? (See, I can taunt you from a few states away without fear of immediate reprisal.) Well, I've had enough of writing this, I think. Need to put it down in favor of some sleep. Write and tell me how you're doing, with extraneous description of sunny days and dry sand. I'll accept snide comments. Fair's fair.

Hugs, Ellis

Notes:

1. Christensen E.M., Gjerris A., "Seasonal affective disorders," *Ugeskrift For Laeger*, 1995 Feb. 27, 157(9), pp 1185-8.
2. *Ibid*.
3. Swedo S.E., Pleeter J.D., Richter D.M., Hoffman C.L., Allen A.J., Hamburger S.D., Turner E.H., Vamada E.M., Rosenthal N.E., "Rates of seasonal affective disorder in children and adolescents," *American Journal of Psychiatry*, 1995 Jul, 152(7), pp 1016-9.
4. Partonen T., "Involvement of melatonin and serotonin in winter depression," *Medical Hypotheses*, 1994 Sep, 43(3), pp 165-6.
5. Garcia-Borreguero D., Jacobsen F.M., Murphy D.L., Joseph-Vanderpool J.R., Chiara A., Rosenthal N.E., "Hormonal responses to the administration of m-chlorophenylpiperazine in patients with seasonal affective disorder and controls," *Biological Psychiatry*, 1995 May 15, 37(10), pp 740-9.

The rainy season in Japan has begun. A gentle mist envelops the ship; the bay is calm tonight. On the bridge, the coffee I brought from home tastes a little better than usual (I always bring a couple of pounds of beans along because the ship's coffee's so bad). Everyone is asleep, enjoying the respite a night at anchor affords. I take a few bearings, check our position, and, as I sip more coffee, my thoughts drift back in time ... and slip 5,000 miles away from here ...

The



BY CAPT. KELLY SWEENEY

A cold, conifer-scented wind blows over the ferry dock at Clinton. Awaiting the 4:40 a.m. ferry are sleepy-eyed commuters, longing for that hot cup of Starbucks to start their day. I've taken a job as Second Mate on an American-registered car carrier, one of the few in the US fleet. All my seagoing life I've been a tug and tanker man, but this time it will be running Toyotas from Japan to the West Coast. Four hours after the ferry docks in Mukilteo I'm on a plane making its approach into Long Beach, California airport. A couple of quick phone calls while I wait for my bags, then I'm in the cab heading for the berth. Time to go to work.

The ride to the ship offers a last chance for a few pensive moments before joining the vessel. Typically, you wonder who the captain is, what the crew's like, and if you're forgetting anything. We drive up to berth 83 in Long Beach, and slowly pull up near the ship.

I step out and get a look at my home for the next few weeks. Nearly two football fields long and 13 stories high, I'm taken aback by the massive box-like configuration before me. In 30-foot letters on the side is the word "Toyota." She's called the *Overseas Joyce*. Two large ramps have been lowered down from the ship onto the dock to enable the cars to be driven off. One opens out 90° from the side of the ship, the other comes off 45° from the stern. Cars and people are everywhere, and the frenzied level of activity is almost overwhelming. I grab my gear and start out for the gangway. My first thought is, "Man, I hope there's an elevator on board."

A half an hour later I've signed onto the ship, suited up in a clean pair of coveralls and white gloves, grabbed a radio, and I'm heading down to go to work. During the discharge about a hundred longshore men and women work on the ship. The noise is terrific as cars drive over the metal decks. Large fans on the top deck blow air down into all the holds; still, the lower decks are thick with exhaust while automobiles are "discharged." I have three sailors working under me, each in a different area checking for damage and ensuring that things flow smoothly. I constantly rotate between three different areas, keeping track of the cargo operations, reporting to the First Officer as the discharge progresses.

Everything happens extremely fast, and by 4:30 p.m. the 4,000 Toyota and Lexus automobiles onboard when the ship tied up at 7 a.m. are on the dock. When the last car rolls off the stern ramp, I'm 13 stories above at the controls, ready to take it up. Large, heavy cables run from drums on the ship down to the ramp. The controls are hydraulically driven, and it takes almost five minutes to bring the ramp securely against the huge, empty ship. A set of locks, operated from the control station, holds the ramp tight; a sailor hand-secures four manual locks as an added precaution. The bottom of the ramp is manually pinned from inside the vessel, too. The 100-foot-high by 12-foot-wide hole in the stern is now sealed tightly. The Third Officer does the same for the ramp on the side

of the ship, and by 5:00 p.m. the lines have been let go and we're underway and bound for Japan.

When the phone in my room rings at 11:20 p.m., I'm asleep and dreaming of home. I awake with a start, and I'm soon on the bridge to begin my first sea watch. As Second Mate, I'm responsible for everything pertaining to the navigation of the ship. All the electronic equipment used in determining our position is under my care. Setting out the proper charts, laying out our route, and everything that deals with navigating the vessel is the Second Officer's responsibility at sea. The *Overseas Joyce* was built in the late 1980s, so most of the equipment is in still good shape. A few days out at sea and I begin to feel comfortable with the different systems, and the daily routine begins to take form.

There is an old saying at sea "different ships — different long splices." It means each ship's informal rules vary. This is one thing they never taught me at the Academy. Over the 12 years since I graduated, I've learned that knowing these rules is almost as important as knowing the truly professional aspects of the job. Where to sit at meals, what radar the Captain likes to use, even how many scoops of coffee to put in the coffee pot become important out at sea. Unlike most shoreside jobs, where everyone goes home after work, at sea you live with a small group of people day after day. What seems to be unimportant on land may actually make the difference be-

tween a pleasant voyage and an unhappy one. These informal rules help shape your daily routine and create your "work" environment. The greatest factor, however, has been and always will be the weather.

As Second Officer, I have a keen interest in how the weather may affect the navigation of the vessel. More importantly, however, the weather may mean the difference between life and death. While some landlubbers may consider this statement a bit melodramatic, I recall the sinking of the *Edmund Fitzgerald* only a few hours from shore. It's a much different feeling knowing the nearest land is over a thousand miles away. Four times daily we make a series of weather observations, and we regularly pass on the information to the National Weather Service.

At one point during this trip to Japan we register winds gusting to 65 knots and estimate the seas at 50 feet. One wave slams us so hard, one of the interior cars decks buckles, creating a four-foot crease in the deck. No one sleeps well, if at all, with the recurring thought any sailor has in bad weather — "Hope we make it through this OK." Finally, the weather subsides, and off of Kamchatka, Russia, I start to feel like Japan is just around the corner — only a thousand miles to our destination, Irago.

Irago Suido, the entrance to Ise Wan (bay) on the island of Honshu, is about half a day's steaming south of Tokyo. All the ocean traffic to Nagoya, Gamagori, and our loadport, Toyohashi, transits this area. We arrive on a blus-

Images from the long haul:

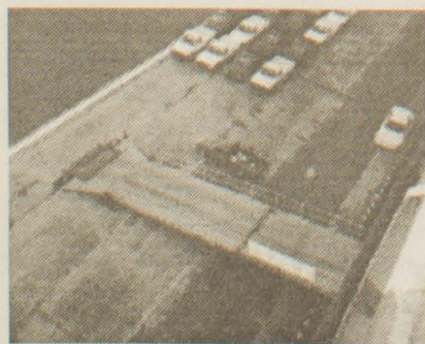
Above: Winter storm, looking at Unimak Island, one of the Aleutians, Alaska.

Top right: The export lot at Toyohashi, the loadport with 20,000 Toyotas and Lexi bound for the USA.

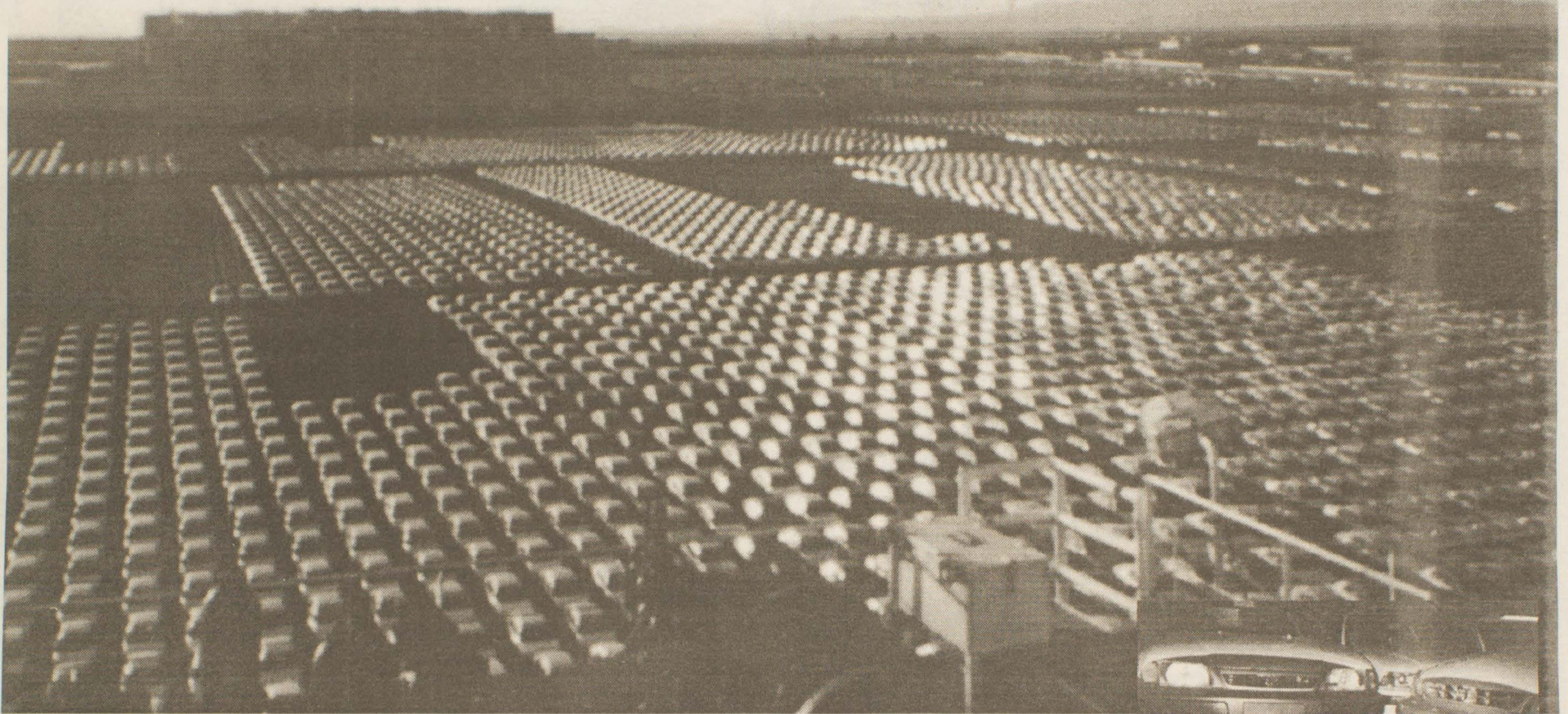
Middle right: The "Overseas Joyce" berthed at Toyohashi, Japan. Inset: Cars lashed down for the crossing.

Below: The ramp into the side of the ship — 2,500 cars load in just eight hours.

Photos: Capt. Kelly Sweeney.



Long Haul



tery clear day. You can feel the cold mountain air flowing in from the northeast. On the bow for docking, I get my first glimpse of the terminal and manufacturing plant. Toyota and Lexus cars are lined up in perfect rows; there must be 20,000 of them on the dock. I've never seen anything like it.

After we finish docking an old Japanese fellow comes aboard and hooks up a phone on the ship. We are not allowed to walk through the terminal, and there are no phone booths on the dock, so some of the crew scramble to get to this phone and call home. The night is quiet except for the hourly chimes that sound outside the plant. The yard is almost deserted; aside from the security guards on the ship and down on the dock, almost no one is around. The air feels clean and cool.

After watch I drift off to the best sleep I've had in a week.

The next day at 8 a.m., we prepare for loading. The side and stern ramps are lowered down onto the dock. The exhaust fans are started up, and by 8:30 the first Japanese longshoremen walk aboard. There will be four gangs of 18 men simultaneously loading different areas of the ship. The first to walk aboard are the lashers, those who secure the cars after they've been loaded. A few minutes later four station wagons drive on, each carrying the drivers for the gang. They drive the route that will be followed over and over again to their loading area.

By 8:45 the cars are coming aboard. The scene is overwhelming at first. Cars seem to be going everywhere. I learn very quickly that you

don't want to get in their way. The drivers follow each other to their loading area; the station wagon follows behind. After they park the cars, they run back to the wagon and head back to the yard for more cars. While the drivers are heading back the lashers secure each automobile with at least four lashings. These amount to straps with a hook on each end. The lashing is made tight by hand, then secured with a buckle that's locked by hand, not by using a ratchet.

By the time the drivers return with the next load of cars, the previous load is already secured. The shipboard crew checks the lashings for tightness and checks carefully that no damaged cars are loaded. By 4:45 p.m., half the 5,000 or so cars have been loaded, and we secure the ship for the evening.

I noticed some interesting differences while loading in Toyohashi. Unlike back home, there were no women longshore workers. The lashers appeared to be very young for the most part. Also, these longshoremen did nothing but work automobiles. As a rule, they didn't have the well-rounded experience of the dockworkers in the US. Still, it was an efficient loading operation, and I was amazed to see that some of the cars were parked only four inches or so away from each other.

The next day the last car rolled on at about 4 p.m.; 45 minutes later the ramps were resecured, the ventilation closed off, and the mooring lines let go. By the time I awoke for my midnight

watch, we were already a hundred miles out to sea.

It's 12 days later, and we're passing under the Astoria Bridge, heading up to Portland. It has been four weeks since I caught the ship in Long Beach; it seems much longer. It feels good to be back in the Northwest again. On deck before watch I savor the sunshine, the evergreens, the beauty. In port there will be phone calls, mail, and, if I'm lucky, a double-tall brevé with a thick head of foam. Yes, it's good to be back. ■

Capt. Kelly Sweeney is a merchant marine officer who's worked on tugs, tankers, passenger boats, and freighters. He lives in Greenbank.

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Join Us for Fresh Northwest Cuisine
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Fresh Torrefazione Italia & Caravali Coffee, Ground to Order
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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!

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Classic Mediterranean Cuisine
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Tasting & Sales Room Open Fri, Sat, Sun 12~5PM
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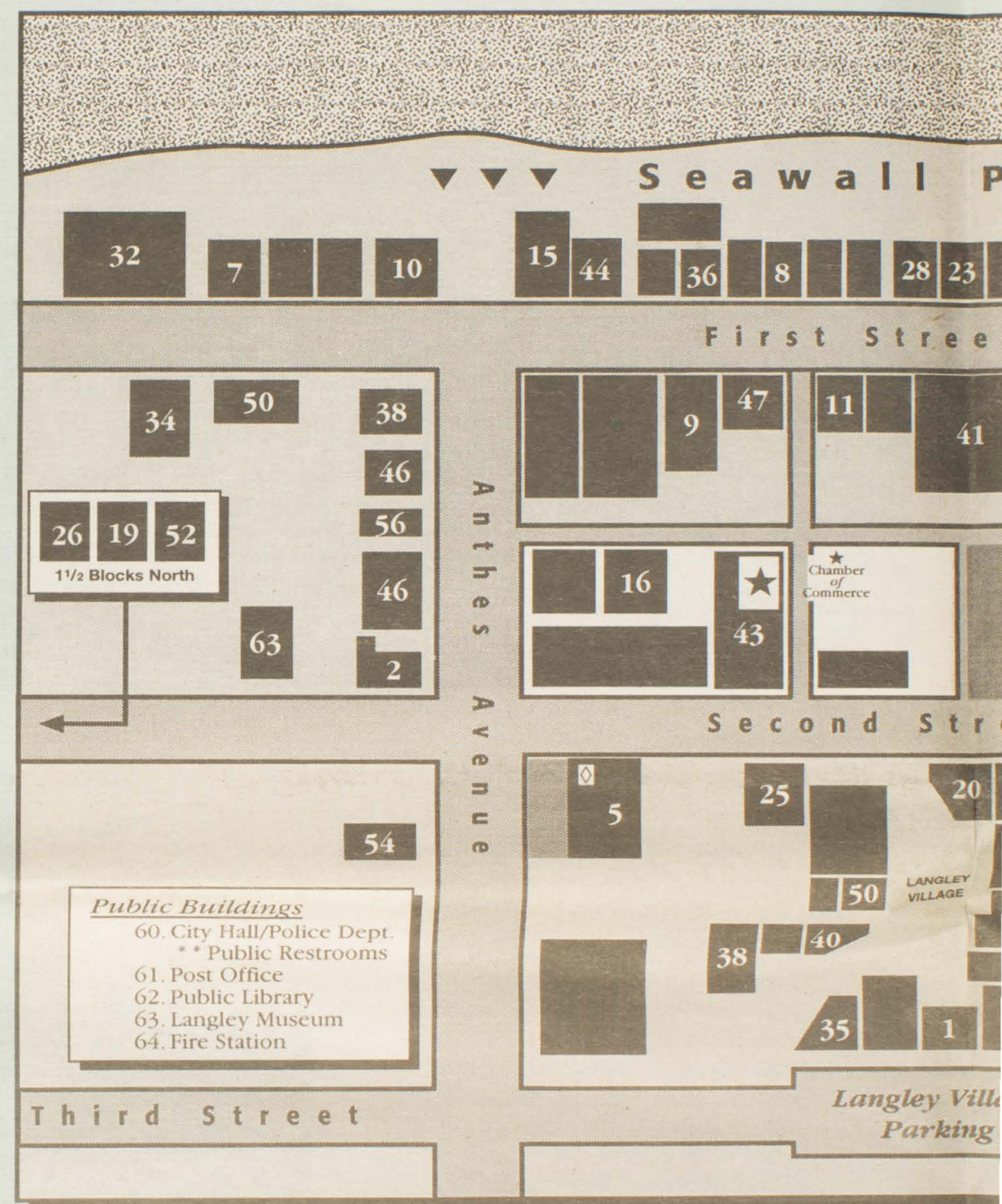
Whidbey Island Brewing Company
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Anthes Ave, (360) 221-239
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221 1st St., (360) 221-1838
- B & B's**
48. Drake's Landing
On the waterfront
203 Wharf St., (360) 221-3999
- Food & Drink**
49. Whidbey Coffee
Local brew
224 1st St., (360) 221-8676
50. Langley Tea Room
Fine Teas & More
221 2nd St., (360) 221-6292
- Services**
51. Renaissance Salon
Hair design for men and women
122 2nd St., (360) 221-1596

The people of
Langley
like to walk
and all are
Happy
and a Proud
New Year

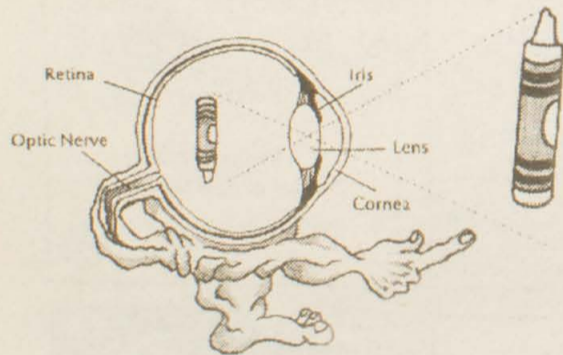
KID'S PAGE

I AM EYE

BY JOSH MULHOLLAND • ILLUSTRATIONS BY ADAM MYERS

Have you ever wondered why the sky is blue? Ordinarily, you'd have to wait until about ninth grade to find out the answer to that one. But I'll tell you right now: **the sky isn't blue! It's clear!** When sunlight hits it, the sunlight gets bent and absorbed and all mushed around, and only the blue light makes it through to your eyes. (Sunlight contains light in all colors -- including blue, and some that we can't even see, like X-rays.) If that sounds funny, just go take a look at one of those crystals that makes rainbows. Look through it. It's clear, right? But when you shine a light through it, the crystal bends and separates the light, just like the sky does.

But here's another question: Does everybody see the same color in the sky? Sure, we all say -- it's blue. But do we all see *blue*? Maybe some of us see green and just call it blue because we have always called that color blue. The only way to tell for sure is to look with somebody else's eyes and brain.



Well, we *can't* look with someone else's eyes. But we can look at *them*. All human eyes have the same parts and work the same way. The **cornea** is a clear, protective coating that lets in light but keeps out bugs and dust. The **lens** focuses light so it falls the right way on your retina, just like a magnifying glass focuses sunlight into a point. The **iris** controls how much light gets in, and the **optic nerve** turns the light into signals that it sends to your brain.

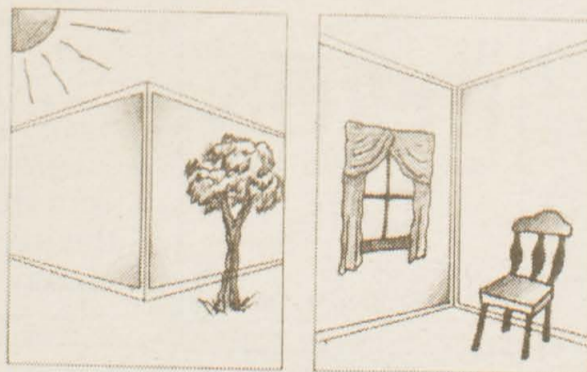
As you've probably noticed, brains do some weird things. For example, they turn everything your eyes give them upside down! It sounds funny, but take a look at the picture: Your eye turned your vision upside down first! That's how eyes work. And sometime back when you were a baby, your brain figured out that if you were going to see right, it would have to flip everything back over again.

BLAME YOUR BRAIN

For the most part, brains are good things, and we are lucky to have them. But they still play tricks! For example, take a look at these two lines. Which one do you think is longer? Now, take a ruler and measure them. Were you right? Chances are, you thought line A-B was longer. That's because your brain is used to seeing things in **perspective**. Perspective is an optical illusion -- a trick of the brain to make you see something differently from how it really is. In this illusion, your brain thinks that small things are far away, and big things are closer. Think of drawings, movie screens, or TV: Their pictures are on a flat surface, but the things they show look like they are at different distances -- Things look closer when they're big, and further away when they're smaller.

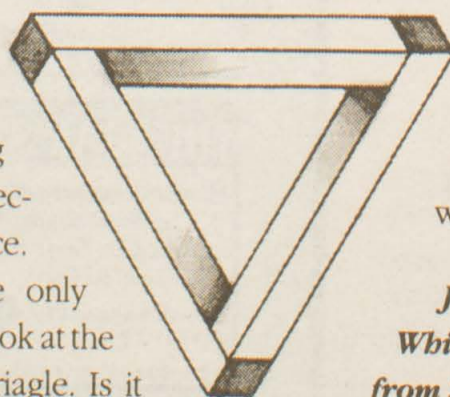


Here's another perspective illusion. Which line is longer, the corner of the room, or the corner of the house? Measure them. Were you fooled? If you were, blame your brain.



Not everybody is tricked by these illusions. Some scientists did a study on illusions with an African tribe. Those people knew right away when the lines were the same size. Why? Because they had never seen movies, TV, or anything else that uses perspective to show distance.

These aren't the only kinds of illusions. Look at the three-dimensional triagle. Is it



LOUD NOISES & BAD SMELLS FOREVER!

PROFESSOR GOOD'S Science Corner

THIS STRANGE THING IS AN EXAMPLE OF

ANAMORPHIC ART!

IF YOU VIEW IT FROM A SHALLOW ANGLE BY TIPPING THE PAGE YOU WILL SEE THAT IT IS A HUMAN SKULL.

THE ORIGINAL WAS DRAWN LABORIOUSLY BY HAND BY ONE LUCAS BRUNN IN THE YEAR 1615. DAVINCI ALSO PRACTICED ANAMORPHIC DRAWING AT TIMES.

NOWADAYS COMPUTERS CAN BE MADE TO DISTORT ANY IMAGE AT THE TOUCH OF A "MOUSE" BUT AS MARK TWAIN SAID,

"THERE IS NOTHING A MAN CAN DO THAT A MACHINE CANNOT DO QUICKER, CHEAPER, & WORSE!"

PHOOEY ON SKULLS. HAVE A MERRY CHRISTMAS!

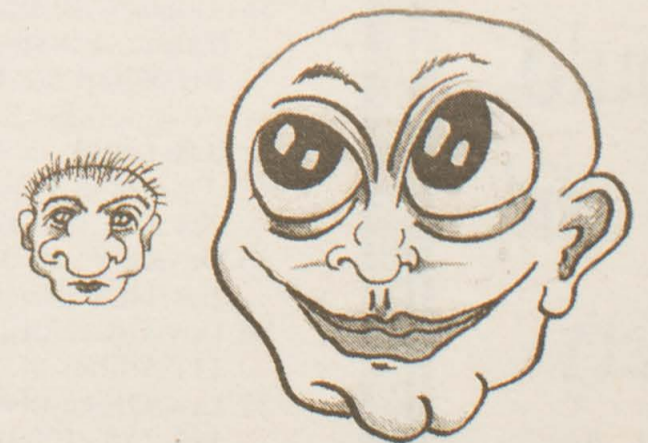


Get the second volume of experiments from Professor Good. Just \$5. Send to Prof. Good, Box 131, Langley WA 98260. Note: Volume I is also still available (\$5). Leonard Good tutors individual kids and groups in the sciences; he's available.

real? Can you draw one? (It took me 5 tries!) Or how about the two faces? Which one has the bigger nose? Are you sure?

As you can see, your brain can play tricks on you. It can make things

look bigger than they really are, or farther away. It makes you think things that aren't true! And more -- if you believe enough funny things, your brain can make you act weird. Just one look at a grown-up can tell you that! **I**



Josh Mulholland started writing this column when he lived on Whidbey Island. Since then he's written it from Greece, and now from San Francisco. You can write him c/o the Island Independent.

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

Edited by Susanne Öhrvik & Beth Sanguine

Chautauqua

An educational, recreational & enlightening assembly.

How to Chautauqua!

Listing information must be received by 12:00 noon on the Wednesday 8 days prior to publication date.

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

The rabbit screamed before I had time to register the "thump" of the pick-up tires, before I started screaming, too. I didn't stop Dad's old Ford, though — the animal was dead. I slowed to a snail's pace, a 17-year-old craven idiot peering through drunken tears at the past-midnight, back-country road.

"Stupid, stupid, stupid..." The refrain beat over the radio's blare. Years before the growing popularity of anti-drinking/driving slogans, before MADD began to educate the masses on the consequences of asinine misbehavior, I knew this "accident" was unforgivable. I could have just as easily nodded off along the highway before the last turn-off, maybe taken out a car instead of contributing to animal road-kill statistics. Even so, it took a good decade for me to learn my lesson. I lucked out on many occasions while "under the influence," somehow managing to steer home without killing anyone. The unlucky ones, the ones who could have been me, are in the news every day.

Now it's the holiday season and parties tempt kids age 12 to 120 years to over-imbibe. Many of the inebriated will tempt fate trying to get home. To all of us who enjoy a cup or more of cheer: please be responsible and designate a sober driver ahead of time. Get militant with drunken-wannabe-drivers. Parents, consider how much harder it is to work out family/social problems with a jailed or dead daughter. Try using logic with your son instead of (often futilely) forbidding him to drink: "Never drive under the influence — more than one of anything is too many. Never get in a car with a drinking (or other recreational drug-using) driver. Call me any time, day or night, or wait for a trustworthy, sober driver to pick you up. I love you, and I don't want to lose you. Period." Hey, kids-of-all-ages, don't wreck the holiday for yourself, a fuzzy bunny, or anyone else.

Me? I'm off to Montana again for the holidays, where the wintery Big Sky's the limit for speeders; where the taverns and parties are often 30 miles out of town. I'll be fiercely hoping that karma finds a kind way to deal with my past; that we all meet the New Year with good health and happiness.

— B.S.

Meetings

Jan. 10 - The recently formed Library 2020 Committee holds a focus group discussion at City Hall (7-9 pm) to chart the future of the city's library. The committee is "trying to make the library represent the visions of the public it serves." They invite others to add voices at the meeting. Call 293-1910 to participate. **Anacortes**

Jan. 10 - The Friends of the Fine Arts Center holds their Annual Meeting at 7 pm at the Center. The business portion will be followed by a slide show reviewing the 1995 exhibition year, then by featured speaker, John Olbrantz, deputy director of the Whatcom Museum of History & Art. 457-3532. **Port Angeles**

Jan. 26 - The annual meeting of United Way features astronaut Pinky Nelson; noon, call for details: 675-1778. **Island County**

Feb. 14-17 - Info on the Society of Hispanic Professional Engineers annual technical & career conference; (800) 763-1166 or see <http://www.ntcc96.org/>. **Seattle**

Mar. 22 - Friends of the San Juans appeals the decision by county commissioners to let land owner Veme Howard subdivide natural shoreline area overlooking Haro Strait near Lime Kiln State park. If County Hearings Examiner Wick Dufford rules in favor of Howard, & the commissioners uphold the decision, the Friends must go on to Superior Court. Call Friends at 378-2319. **San Juan I. Ongoing** - The Skagit Cnty. Dept. of Planning & Community Dev. and the Critical Areas Ordinance Subcommittee hold public work sessions every Wed. eve., 6-9, at the EDASC Office (204 W. Montgomery). Call Edwyna Fong for topics at 336-9435. **Mount Vernon Ongoing** - Everett Women's Leads Club invites any business women to Tuesday meetings, 7 am, at the Holiday Inn (128th St. & I-5). Call Wendy Grace or Linda McCoy, (206) 513-2957/337-8541. **Everett**

Community Service

Now - Poison! Keep the young'uns away from holly berries and narcissus bulbs this holiday season. Put the Poison Control Center's number ON the phone: (800) 732-6985. **Country**

Now - MADD Island County requests donations in memory of an innocent DUI accident victim — he would have graduated from high school this year: Address Box 2819, Oak Harbor, 98277, Attn: Mark Engle Scholarship. Call MADD at 679-7916. **Island County Now** - Bob Effertz is looking for residents, developers, environmentalists, business owners, & others who want to fight citizen apathy over the issue of Clinton strip-development and become active voices in the community; call him at 341-1739. **S. Whidbey Now** - Lynda Imburgia challenges teens: 1) If you could make 3 changes/improvements in your school, what would they be? 2) If your community could create a special place for you, what would it be like? 3) What do you feel needs to be done to improve your social life on the island? Send to: 2416 E. Sanctuary Lane, Langley WA 98260. **South Whidbey Now** - A quarterly journal called *Turning the Tide* recently landed on our desk. It's low-budget but chock-full of national issues about racism: it advocates for alleged political prisoners like Mumia Abu-Jamal (still out-waiting death-row), watch-dogs hate organizations, offers info on upcoming events. If you look past the exclamation points there's a lot of info. Send \$15 check to PART (People Against Racist Terror), Box 1990, Burbank CA 91507, or e-mail <mnovickttt@igc.ap.org>. **Country Now** - Project Bosnia delivers warm bedding, clothing, personal items (soap, tooth-



Eric Tingstad & Nancy Rumbel play a unique blend of jazz, ethnic folk, progressive rock, & classical featuring a variety of instruments. If you miss the internationally-known duo perform holiday fare on the 21st in Everett, catch them Jan. 5th and 6th at concerts on Whidbey Island. See "Holiday Events" & "Music & Dance." Photo by Ron Rabin.

paste, 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. **South Whidbey Now** - Give wisely during the holiday season: the Better Business Bureau can help you find out if a charity is really making a difference for those who need the help. Get their brochure or inquire about an organization by calling (800) 488-3222, or e-mail <judy2@wvbbb.org>. **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. **South Whidbey Now** - Support the Friends of Langley Library: buy entertainment books (N. Puget Sound, \$30 or N. Seattle, \$40) at the library during regular hours. Call Nancy Lindholdt, branch manager, 221-4383. **South Whidbey Now** - Get *The WAIFarer*, Whidbey Animals' Improvement Foundation's renamed newsletter, by calling 678-5816 or 331-2818 for info. WAIF's address changes Jan. 1 to Box 1108, Coupeville, 98239. Shop their thrift store in Freeland, where our famous **WAIF**

sweatshirt design in time for the holidays. Check out WAIF's home page: <http://www.whidbey.com.waif/>. **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. Bring non-perishables to the Intiman's run of *Three Tall Women* (thru 12/23). Donate by phone or volunteer at (800) 722-6924. **Region Now** - United Way reminds that 99¢ of every dollar contributed to the county's drive stays on Whidbey & Camano, helping 20 agencies. Get the newsletter at Box 798, Oak Harbor, 98277-0798. Help with the 1995-96 campaign by writing letters to friends: call 675-1778. **Island County**

Thru Dec. 31 - Community Transit offers free rides on any local service route between 10 am and 2 pm all week long. (206) 778-2185. **Snohomish County Dec. 25, Jan. 1** - Jefferson Transit won't have holiday service these days. Call 385-4777 for info. **Port Townsend Region Dec. 28** - Please give the gift of blood — the need for it won't go on holiday with the rest of us. Elks Lodge (1007 Seventh St.), noon-6. Puget Sound Blood Program, (206) 252-5132. **Anacortes**

Ongoing - The Lincoln Theatre is offering 10 free Thursday night film passes (per month)

Wings of the Termite!

Mark your calendar now for the February world premiere of the brain-bending dramatic production of *Wings of the Termite*, complete with an all-star local line-up. This valentine from the performing arts features a huge cast that brings producer/director Richard Evans' play and lyrics and Michael Licastro's music to life.

Produced & directed by Evans for Island Theatre, *Wings of the Termite* stars David Licastro, David Ossman, Michael Licastro, Michele LaRue, Bif Dangerfield, Daniel Rosenberg, Les Dunner, Jason S. Squire, Esq., and features Shelley Hartle, Luke Chavez, Dave Draper, Tom Churchill,



Evans (l.) in rehearsal with Shelley Hartle, David Ossman, Les Dunner & David Licastro. Photo: Dunner.

Don Zontine, Shannon Licastro, Deanna Landers, Marta Hugel, Bonnie Bryner, Kate Licastro, Orson Ossman, and the amazing voice of Janie Cribbs of Blue Nectar fame. Choreography is by Shannon Licastro.

Termite will be a lavish and timely satirical look at international espionage and terrorism, featuring singing spies, dancing Arabs, sinister ministers, and bald-boys in jackboots. It's guaranteed to be the hoot of the season.

Wings of the Termite opens on February 15 at the Clyde Theatre in Langley and continues till the 25th. You really don't want to miss it! — B.S.

to community service organizations (non-profits, schools, etc.) in recognition of their important contributions to our quality of life. 336-8955. **Mount Vernon**

Ongoing - Adult volunteers needed (an hour or an evening) for youths' Neutral Zone in Oak Harbor. Call Bonnie Fortin, coord., at 679-5551 (x853). **North Whidbey Ongoing** - Be a "Light Keeper" at the Admiralty Head Lighthouse. Help keep a beautiful historic landmark open to the public. Call WSU Beach Watchers (679-7391) or Waste Warriors at 321-5111 (x511). **Central 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. **Central Whidbey**

Ongoing - Save the Woods on Saratoga is a grassroots organization to protect the Saratoga area from development of 135 housing lots. "We are paying close attention to compliance with the Growth Management Act and our zoning laws. We encourage community involvement in determining S. Whidbey's future." Donations: Box 154, Langley, 98260. **South 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, (800) 693-6287. **Island County Ongoing** - South Whidbey Youth Center (see "For Kids") 1996 costs are estimated at \$115,000; please support our community by helping fund \$15,000. Box 331, Langley, 98260, 221-3230. **South 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**

Body & Soul

Now - *The Core of the Matter* is a newsletter about the issues facing families & youth today, published in October, February, & May by the Island County/Stamwood Community Public Health & Safety Network. Lots of helpful resources: get your copy at Box 726, Langley WA 98260. **Island County**

Now - The American Lung Association encourages those most at risk (over 65 years, chronic lung/heart disease patients, those with weak immune systems, those on aspirin therapy, and those in contact with people at risk) to get flu vaccinations for the 3 latest strains making the rounds. Call the ALA's hotline: (800) LUNG USA. **Planet Earth Dec. 24-Jan. 1** - Extra 12-step programs are offered thru Skagit Recovery Center's office during the stressful holiday season. Mini-marathon days and evening meetings. Call for times. All groups (AA, NA, ACA, etc.) welcome. 293-3021. **Anacortes**

Dec. 31 - "World Peace & Healing Meditation" is for people of all faiths around the world, joining in an early (4 am) hour of meditation at 1013 5th St., Ste. 1, Anacortes Church of Religious Science, 293-4029. **Anacortes**

Jan. 4-6 - "Life on Earth" is a workshop on deepening meaning & purpose thru our co-creative connection with nature, at Granny's (Chinook Center). Co-sponsored by Whidbey

See Chautauqua, page 20.

Chautauqua cont'd from page 19.

Institute. Call Scott Gladden, (206) 746-1755. **South Whidbey**

Jan. 20-21 - "The Way of the Shaman: The Shamanic Journey, Power, & Healing" is a basic workshop offered thru the Foundation for Shamanic Studies. Learn the basic techniques from Leslie Conton, PhD. Marsh House, 9:30-5:30 pm; \$140 (by Jan. 6). Call Janine for details, 341-1586. **S. Whidbey Ongoing** - 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 (Dodge) building in Clinton, Weds 5:30 - 6:30 pm. Cost \$3. 579-6398. **South Whidbey**

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. **South Whidbey**

Ongoing - "Dances of Universal Peace" are simple circle dances celebrating community and interconnectedness. All are welcome at the Dodge Building in Clinton, 7:30-9:30 pm, first Saturdays. 579-5568 or 341-1824. **South Whidbey**

Ongoing - Get a free subscription to the informative CHAB (Community Health Advisory Board) Newsletter by writing to: Box 5000, Coupeville, 98239. **Island County 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, 6101 200th St. SW, Ste. 100 (a block east of 99): walk-in testing, free. Third Tuesdays, 6:30 pm: ed. forums. Fourth Tuesdays, 6:30 pm: open forums, drop-in group discussions. Call Michael McKee, (206) 339-5251 or (800) 344-2437. **Lynnwood**

Ongoing - The Seattle International Assoc. for Near-Death Studies meets first Saturdays from 1-3:30 pm at the Catholic Comm. Services Center, 23rd & Yesler. Researcher Kimberly Clark Sharp hosts. Hear & talk about near-death. Free, with refreshments. (206) 525-5489. **Seattle**

Ongoing - "The Movable Feast" is a multimedia learning environment: commune with the world via the Internet and WWW to explore ways of creating a sustainable global culture thru community building & creative self-expression. Led by Rick Ingrassi, with the Whidbey Institute. Call 221-5713. **South Whidbey**

Ongoing - Crone is the nifty, informative newsletter of greater Skagit Valley that exhorts, "Bloom early, bloom late, but bloom!" Crones are women "who choose to age consciously with passion, purpose, & pride." Join by mailing \$10, \$15, or \$25 (scholarships, too) to: Box 171, Mount Vernon, 98273. Branch discussion groups are forming all over the #S#S#LOGO II#S#S# region. 299-0859 **South Whidbey**

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. **South Whidbey**

Ongoing - A Fetal Alcohol Syndrome support group for parents & care-givers of affected children is forming. Call Judy, 221-5514, or Laura, 221-5007. **South Whidbey**

Ongoing - A drumming/journeyming circle, open to men & women, meets once a month on Whidbey. Call Janine, Shamanic Practitioner, for info: 341-1586. **South 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. **South Whidbey**

Holiday Events

Now - What's your limit? Everyone overestimates theirs when it comes to drinking, so try designating a 100% sober driver this holiday season. If death & dismemberment of yourself or innocent bystanders doesn't faze you, think about all those extra cops out looking for DULers. See "Community Services" about getting MADD. **Country**

Now - Gifts from the heart can save resources. Make your own gift certificates (or get them from the Hotline) for fixing a breakfast in bed, repairing broken furniture, teaching a skill, etc. Hand-decorate your certificate & envelope and voilà! — it's a gift to remember. Recycling Hotline: 676-5723 or 384-8040. **Bellingham**

Now - Live trees prevent holiday waste & add beauty when replanted. Tips from Whatcom Cnty. Recycling: Grand & Fraser Firs make the best live specimens. No more than 10 days indoors (cool temperatures), with a couple days before and after in a sheltered outdoor location. Give 'em a quart of water each day they're not in the ground. Water frequently after replanting. Get brochure at the Extension Hotline, 676-5723 or 384-8040. **Bellingham**

Now - Give a holiday gift of a minimum \$25 gift membership donation and support People for Puget Sound. Choose a T-shirt, hat, or mug to enclose with the certificate. Order info: 754-9177 or (206) 382-7007; e-mail <sound@eskimo.com>. **Around the Sound Thru Dec. 27** - The Group Theatre celebrates the season with *Voices of Christmas*, created anew from the personal stories & favorite holiday memories of the multicultural cast. Seattle Center; call for tickets & times, (206) 441-1299. **Seattle**

Thru Dec. 27 - Charles Dickens' *A Christmas Carol* will get you into Christmas mood. At ACT, 100 West Roy. (206) 285-5110. **Seattle**

Thru Dec. 29 - 4th Annual Washington Potter's Show Assoc. "Holiday Show" by the



Magical Strings gives their annual Celtic Yuletide Concert on Dec. 22 at the Lincoln Theatre. See "Holiday Events."

Arts Council of Snohomish County, Everett Center for the Arts (1507 Wall St.) (206) 259-0380. **Everett**

Thru Dec. 31 - "Victorian Holidays": the Jefferson County Historical Museum shows off period ornaments & garlands, vintage toys, photos, & stories from Christmas Past. Open house starts at 6:30 pm on the 2nd, in tandem with the downtown tree-lighting, caroling, food fair & gallery walk. (Closed the 25th.) 385-1003. **Port Townsend**

Thru Jan. 1 - "Laser Nutcracker & Holiday Magic" at Seattle Center's Pacific Science Center. Call for times & prices. (206) 443-2850. **Seattle**

Thru Jan. 3 - Hearts & Hammers, the highly successful non-profit group that provides free home-repairs to local people who can't physically or financially go-it alone, is getting a boost from Museo Piccolo in Langley. The Gallery owners & artists have donated a tree and hand-made ornaments, with proceeds to benefit H&H. Buy a holiday heirloom & benefit a great cause. Call 221-7737. **South Whidbey**

Chautauqua



Tracy Lloyd-Oniya sends flying glass pigs off to play with dragons and Disneyesque fish in her fanciful blown-glass menageries. Her show opens Jan. 4 at Owl's Gallery, Eastsound. See "Art & Galleries." Photo by Ron Glassett.

Dec. 21 - "Walk in the Spirit of Christmas" celebrating the birth of light within our hearts by bringing together music, stories, meditation, & candle-lighting, starts at 7:30 pm, 1019 Eight St. 293-4029. **Anacortes**

Dec 21 - Eric Tingstad and Nancy Rumbel give an acoustic holiday celebration concert at the Everett Performing Arts Center at 8 pm. Tickets \$14.95-\$12.95. Rush tickets \$5, (206) 259-8888. **Everett**

Dec. 21 - Bring your voice to the annual Langley Christmas Caroling. Meet at the Raven Cafe 6:30 pm. Call Sarah 221-3211 or Susan 221-2347 for info. **South Whidbey**

Dec. 22 - Christmas dance: Everett Mountaineers invites the public to enjoy Allspice and Folkvoice playing folk favorites, 7:30 pm at Forest Park's Floral Hall. Singles welcome. \$5 donation. **Everett**

Dec. 22 - Meet at the lighted Christmas tree in Freeland to sing carols and share refreshments & friendship. Bring your voice & portable musical instruments. The Open Door, 331-2969. **South Whidbey**

Dec. 22 - "Celtic Yuletide" features Magical Strings as well as story-telling, juggling, Irish step-dancers, Celtic singers & pipers and a special holiday processional. At the Lincoln Theatre (336-2858), 8 pm. Order tickets (\$10 - \$4) at 336-0161. **Mount Vernon**

Dec. 22-23 - It's *The Best Christmas Pageant* at the Orcas Center, with 7 pm show times. Call for tickets at 376-ACT1. **Orcas Island**

Dec. 23 - "David Lanz: The Christmas Concert" comes to the Mt. Baker Theatre (8 pm, \$18.50). Lanz, familiar to many as the instrumentalist on Derek Parott's *My Back Yard* CD, performs solo piano selections from his latest release on Narada Records, *Beloved*, as well as the upcoming album, *Sacred Road*. Reserve your tickets at 734-6080. **Bellingham**

Dec. 24-Jan. 1 - Extra 12-step programs during the stressful holiday season. See "Body & Soul." **Anacortes**

Dec. 28 - Please give the gift of blood — see "Community Service." **Anacortes**

Dec. 30 - La Bella Cora, the professional-quality girls' choir, presents "Concert of Carols: John Rutter's Dancing Day" at the Christian Missionary Alliance Youth Center, 7:30 pm (donation at the door). For info, call director Noël Curtis: 579-4830. **South Whidbey**

Dec. 31 - Wayne Hatton plays at 9 pm at Teddy's in Freeland. 331-2882. **South Whidbey**

Dec. 31 - The Steve Trembley & the Code

Blue Band bring hot R & B, Blues, & dancing to New Year's Eve festivities at the Dog House in Langle starting at 9 pm; \$7; 221-9996. **South Whidbey**

Dec. 31 - Swamp Mama Johnson Soiree and New Year's Eve party at Bogey's Bar & Grill. Party starts at 7 pm. Advance tickets \$15 at Bogey's or any SMJ show. 676-5766. **Bellingham**

Community Events

Thru the Holidays - Check out holiday happenings "Holiday 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 Island**

Jan. 5-6 - "Second Annual Winter Microbrewery Festival" at the Everett performing Arts Center, 6-10 pm & 2-10 pm; \$9 admission includes 5 tastings; 75 cents/additional taste. The first 1000 visitors get a commemorative "Brew Fest" Glass. Enjoy 30 brewers' fares: Red Hook, Everett's Glacier Peak, Mukilteo's Diamond Knot, Bellingham's Orchard St., & others, plus great foods. Tickets for 21 and over (ID at the door) at 259-8888. **Everett**

Jan. 19 - "The Knowledge Bowl" pits 3 teams of Friday Harbor students against adult teams in a Jeopardy format of several rounds. Questions supplied by teachers cover a wide range of categories. \$5 tickets raise funds for the SJ Public Schools Foundation. SJ Community Theatre, 378-3210. **San Juan Island**

Jan. 27-28 - Free "43rd Annual Gem & Jewelry Show" comes to the WA National Guard Armory, 2730 Oakes, with door prizes, activities, games for children, & location maps for collectors. Refreshments available. Sponsored by the Everett Rock & Gem Club, a non-profit, recreational & educational organization. Contact Bill Dozier, Chairman, (206) 334-0269. **Everett**

Feb. 2-4 - "9th Annual Upper Skagit Bald Eagle Festival" features events like art shows, crafts, educational displays, entertainments, children's activities & Native American ceremonies. The Skagit is one of the largest wintering homes for eagles in the lower 48. One goal of the fest is to view the birds without disturbing their habitat. For info, call 853-7009. **Concrete, Rockport & Marblemount**

Feb. 4 - "The Flying Karamazov Brothers & the New Old-Time Chautauqua" comes to the Lincoln Theatre. 3 pm; \$10. 336-2858. **Mount Vernon**

Feb. 8-9 - Kevin Locke shares stories & music of his Lakota heritage with schools (9:30 & 11 am on the 8th; 9:30 am on the 9th; \$5) and the public (8 pm on the 8th, \$9.95-\$11.95). A master of the Hoop Dance and Native American flute, he uses 28 hoops to tell stories about images such as butterflies, starts, sun & eagle. Everett Performing Arts, (206) 259-8888. **Everett**

Ongoing - The Anacortes Museum includes the Camegie Gallery, W.T. Preston Sternwheel Snagboat & Research Library. Exhibits on Fidalgo & Guemes island residents & 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 and Do" for classes.

Thru the Holidays - Check out holiday happenings "Holiday Events." **Now**

Dec. 21 - See Swamp Mama Johnson at Draft Pies at 9:30 pm for \$5. 336-3326. **Mt.**



The Burke Museum (at UW in Seattle) won a \$100,000 grant from the Seoul-based Korea Foundation to support the installation of the Korean portion of the exhibit "Pacific Voices," which debuts in the spring of 1997. Western Washington's Korean community has joined with 23 local representatives from other Asian, Pacific Islander, & Northwest Native American peoples to design the exhibit. "Pacific Voices" will spotlight ceremonies, traditional stories, language, and teachings of elders that keep cultures alive amidst dramatic change. Karl Hutterer, director of the Burke Museum, emphasized that "Pacific Voices" is an historic effort to educate and further mutual understanding among the diverse cultures of the Asia-Pacific region, so richly represented in the Pacific Northwest. Stay tuned for further updates on this exciting event, or call the Burke at (206) 543-5590.

Vernon

Dec. 22-23 - Beverly Graham plays at 8:30 pm at Teddy's in Freeland. 331-2882. **S. Whidbey**

Dec. 28 - Swamp Mama Johnson's "all ages" show: see "For Kids." **Mount Vernon**

Dec. 29-30 - Wayne Hatton plays at 8 pm at Teddy's in Freeland. 331-2882. **S. Whidbey**

Jan. 4 & 5 - Eric Tingstad and Nancy Rumbel give two acoustical performances, the first ("A Twelfth Night Concert") at Langley United Methodist Church & the second at Coupeville High Performing Arts Center. Tingstad & Rumbel have 8 international recordings with the Narada label. Their unique blend of styles from different cultures & countries on guitar, double reeds, ocarinas, keyboards, bass, & percussion are sensitive & compelling. Get your \$8 (\$10-at-door) tickets for the 8 pm performances soon at JB's Ice Creamery, Whidbey Stationers & Warm Wind Books; Wind & Tide Bookshop & Coupeville Pharmacy. 331-1950 or 678-5120. **Whidbey I.**

Jan. 7 - Ranch Romance — how could they? This great bluegrass band is calling it quits. Don't add to your misery by missing out on their farewell performance at Orcas Center, 8 pm. Call M-F, 10-4, at 376-ACT1 for info. **Orcas Island**

Jan. 10 - Ragtime Tango & other dance lessons; see "Think, Learn, & Do." **S. Whidbey**

Jan. 12 - Lil Brown brings her powerful voice & gospel to the Orcas Center. Call M-F, 10-4, at 376-ACT1 for info. **Orcas Island**

Jan. 20 - Get a waltz lesson at 8 pm, then sashay into the fray of U.S. Amateur Ballroom Dancers Association's "general dancing" at 9 pm (Elks Lodge on Samish Way). Dress casual-office to dressy; come alone or bring a friend. \$5/\$7 includes the lesson. The USABDA promotes social ballroom dancing for the joy of it, meeting monthly with the lesson/dance format. 647-0762. **Bellingham**

Jan. 26-27 - Centrum presents "Chamber Music Port Townsend," a popular midwinter festival that brings internationally acclaimed artists to Fort Worden Theatre. Fri. 8 pm, Sat. 2 pm and 8 pm. Tickets \$15-17, series tickets \$39-45. 385-3102. **Port Townsend**

Feb. 7 - The Jefferson Dancers grace the stage of the SJ Community Theatre, 7:30 pm (\$6/\$10). They bring an eclectic sampling of

See Chautauqua, page 22.

Chris Crotty is...

Video Junkie



Naughty, Nice, or Nicely Naughty?

It's time to count those blessings, as another tree prepares to fall on the power lines and pitch us all into darkness. This year the Christmas trees are rockin' around us, instead of us around them, and Mother Nature is telling us to stay out of those malls and park ourselves near home and hearth. Get out the Yahtzee game and kerosene lamp, put on the woolies, and sip a little nog. It's time for a long winter's lesson in resourcefulness. It's also a good time to reflect on the state of things, and whether lumps of coal are lurking in certain stockings.

We ran the gamut of tacky and tasteless in societal trends this year, and though we watched the deterioration through jaded eyes, it still hurts. When did we get so mannerless? We end up laughing in the face of rudeness and throwing dignity out the window. But that's what works and, by god, you better get with the program. I figure by Christmas of 2005 we'll all be hooked up on one big talk show, spouting off insults to one another via satellite. As anyone with a modem knows, we're already there in some ways, and it might have something to do with the insensitivity factor. We've all become "dot coms!"

Despite the foreboding, Orwellian nature of our times, I'd be a hypocrite to complain too much. I, who type at a terminal, activate remote controls, fax nonsensical correspondence, zap tortillas, alphabetize CDs, and, yes, keep that VCR smokin', could never say it doesn't have its place in the world. The trick is to use 'em, not have 'em use you. For this piece of wisdom, I am thankful.

I'm also thankful for some good times through film, and say bah! humbug! to those who sent us clunkers. High and low lights from this crazy year:

In A Class by Themselves

Pulp Fiction — This tale of likable, murdering thugs, inexplicable crime, fabulous dancing, and surf music was just too good to be revolting. It was more like ... *Travolting*.

The Shawshank Redemption — A prison movie with heart and soul, and a nifty story that kept on surprising. Not your average "guys in the slammer" flick, with Tim Robbins and Morgan Freeman being anything but stereotypes.

The Adventures of Priscilla Queen of the Desert — Costumes, disco music, drag queens, and the Australian outback, too! What more could you want in a film? Terence Stamp? Okay. Maybe a bus with a big high heel shoe on top? You got it.

Quintessentially Quirky

Clerks — Low budget, and high spirits, this one was about how to make life interesting when you're just a coupla workin' dudes. Funny stuff about regular guys.

Ed Wood — It was not only a bad film, it was a pretty damn horrible film. *Buuuuuutt*, that's how Ed would have liked it. So, check out the angora sweater on Johnny Depp and shut up.

HBO Does It Again

In Pursuit of Honor — Don Johnson and his cavalry men save a whole lot of horses from equine doom, resulting in

a wonderfully rich film. Warning: Your eyes may start leaking.

Indictment: The McMartin Pre-School Trial — James Woods is the lawyer who defends the alleged child molesters here, and what a mess it was. (The trial, not the film). This unbelievable witch hunt was almost as strange as that other high-profile trial in L.A., which shall remain nameless. (I didn't say it.)

Citizen X — The creepy tale of a Russian serial killer was intense, with Donald Sutherland helping the cause and Stephen Rea getting more than he bargained for. Not for the squeamish, but most riveting.

Shrimp Boats Are a'Comin'

Forrest Gump — Need I say more?

Flatulence Can Be Funny

The Road to Wellville — Though it's full of poop jokes and a preoccupation with bodily functions, this odd film was a sight to behold, with Anthony Hopkins in buck teeth, a goofy, turn-of-the-century health spa, and a variety of guests. It's just fun to look at.

Weird Little Films

Heavenly Creatures — This New Zealand film was bizarre, beautiful, and disturbing, all at the same time. A friendship that turns into a fantasy world and a demented bond that becomes fodder for murder. You've never seen the likes of this one.

Shallow Grave — My vote for the best flat ever seen on film. Oh yes, there's roommates hiding a body and greed and psychological nuances ... but that apartment steals the show. Very cool film.

Sleep with Me — This one had a love triangle and a bunch of messages, I'm sure, but the buddies who sit around and play poker are the highlight of the movie. Now, this is some good dialogue.

Sweetness and Light and ... France

Bye Bye Love — Paul Reiser and Randy Quaid are the divorced guys trying to keep their sanity here, and the whole thing is really quite a hoot. But the funniest of them all is Janeane Garofalo as the nutball psycho date. Hilarious!

French Kiss — Physical comedy from

Meg Ryan and Kevin Kline (playing a French petty thief) takes this one a cut above the usual light romantic comedy. She's cute, he's cute. Together ... it's cuteness in stereo.

Forget Paris — An ensemble cast and Billy Crystal show you what it's like when an NBA referee falls in love, gets married, and his friends describe the events around a dinner table. Fresh and funny and makes you wonder how *your* tale would be told.

Lumps of Coal All Around

Exit to Eden — Rosie O'Donnell in black leather? I don't think so. Dana Delaney and Dan Aykroyd will never recover from this debacle focusing on S&M, bad sex humor, and general tastelessness. Ick.

Natural Born Killers — Oliver Stone goes a little nuts every now and then, and this overly violent free-for-all is an example of one of his little episodes. Robert Downey, Jr. is the only praiseworthy factor, but I think even he's embarrassed.

Jefferson in Paris — Thomas Jefferson might have rolled over in his grave watching this one. A miscast Nick Nolte and a long dreary tale make this one a big yawn. I think the real story might be intriguing.

Even Cowgirls Get the Blues — This wonderful book took a beating when they tried to put it on celluloid. Like many wonderful books before it, *Cowgirls* was too much of a literary piece to make a show out of. The spirit was willing, but the players were weak, so you'd best high-tail it to the nearest library ... before you have to watch another one get trashed.

Cool Flicks in '96!

This videophile will be getting off the couch and checking out the **first-run films** for review in this column, as well as the stuff from the shelves of our neighborhood video store. Till then ... Happy Holidays! ☐

Ratings:

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

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THE PURPOSE OF LIFE
COMPLIMENT: THE TWILIGHT OF '95
By McDougall

WHY ARE YOU GLUING THOSE PARCELS TOGETHER??
UH... I HEARD IT WAS IMPORTANT TO HAVE THESE MAIL BONDING EXPERIENCES...

AND NOW, FOR SOMETHING COMPLETELY DIFFERENT...

RUDOLPH THE RIGHTWING REINDEER HAD A VERY BASIC APPEAL DOING THE RICH'S BIDDING DISGUISED AS RELIGIOUS ZEAL ...
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WE PROVIDE ROOM 'N BOARD 'YA KNOW

... THEN ONE DREARY ELECTION NIGHT, PAT ROBERTSON CAME AND SAID... "RUDOLPH YOU LEAN TOWARD THE RIGHT IMPLEMENT MY AGENDA TONIGHT"
CONTRACT WITH THE AMERICAN FAMILY TO SCREW

... AND HOW THE DITTOHEADS LOVED HIM 'N WALLSTREET SHOUTED OUT WITH GLEE "RUDOLPH THE RIGHTWING REINDEER WE WILL PROFIT HANDSOMELY"

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Chautauqua cont'd from page 21.

Chautauqua

world-reknown choreographers in all styles of dance. 378-3210. **San Juan Island**

Feb. 8-9 - Kevin Locke shares stories & music of his Lakota heritage: see "Community Events." **Everett**

Feb. 16 - The ever-popular Queen Ida & the Bon Temps Zydeco Band comes to the Lincoln Theatre. 8 pm; \$16 (\$18 at the door). 336-2858. **Mount Vernon**

Feb. 17 - Don't miss incredible *The Parade of Dynasties*: Chinese acrobats perform with musicians & dancers of the Beijing Song & Dance Ensemble. It's a 2,000-year panorama of Oriental splendor, with each scene authentically costumed, choreographed & scored according to historical setting. \$14.95/\$11.95; \$5 rush tickets for 2 pm & 8 pm shows at the Everett Performing Arts Center; (206) 259-8888. **Everett**

Ongoing - Monday jazz at Guiseppi's Restaurant at Ken's Korner with Maureen Rorex Trio and guest artists. From 6-9 pm. **South 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 (5320 Ferry Terminal Rd.) 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 Vennum (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 Market-place). 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. **Mount 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 and Do" for classes.

Thru Dec. 27 - The Group Theatre's *Voices of Christmas* - see "Holiday Events." **Seattle**

Thru Dec. 27 - A *Christmas Carol* at ACT: see "Holiday Events." **Seattle**

Thru Dec. 30 - Water Street Theatre presents a full operatic production of *The Golden Cockerel*, the fanciful Russian folk tale set to music by Rimsky-Korsakov (libretto in English). (See sidebar.) Fri-Sat, 6:30 dinner/8 pm show; Sunday, 4:15 pm show. Also Wed. the 13th, 20th & 27th dinner shows. (No show the 24th.) 385-2422. **Port Townsend**

Dec. 21 - *A Walk in the Clouds* is another richly romantic movie by the director of *Like Water for Chocolate*. At the Clyde in Langley. 221-5525. **South Whidbey**

Jan. 8 - Weekly classes for actors & directors - see "Think, Learn, & Do." **Orcas Island**

Jan. 26-28, Feb. 2-4 - *You Can't Take It With You* is Friday Harbor HS Drama Group's zany comedy at the SJ Community Theatre. The Sycamore House hosts snakes in the living room, fireworks in the basement, & craziness that can't match the madness of the rest of the world. Fri. & Sat. shows at 8 pm;

Sun. matinees at 2. \$6/\$9. 378-3210. **San Juan Island**

Feb. 10 - *A Visit With Will* gives the audience a chance to hobnob with Mr. Shakespeare as he tells stories & invites questions about his plays & the curious pageantry, politics, religion, & daily life of Elizabethan times. Rod Molzahn stars. SJ Community Theatre, 7:30 pm, \$6/\$10. 378-3210. **San Juan Island**

Ongoing - Free bus service for seniors to the monthly Lincoln Theatre Classic Film Matinees! Call your local Senior Center to make reservations. Films at 2 pm; organ music at 1:45 pm. Films are free to seniors, \$1 others. Evening shows (7:45 organ music, 8 pm show) are only \$2. 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. **Mount Vernon**

Calls & Auditions

Now - Elizabeth Burton, director of the San Juan Singers, will look for new singers to join the Spring Concert group after Jan. 1. It's not an audition so much as a method of determining how the person's voice range & quality would fit into the group. Call 378-3210. **San Juan Island**

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. **South Whidbey**

Now - Lopez & Orcas student musicians interested in traveling to England & Scotland in early April as part of the Friday Harbor's school band should contact Director Dan Hammond, 378-5215. **San Juan Island**

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 during the holiday season and in the new year. Call Jenno Schuler at 385-4008 or PAFAC at 457-3532. **Port Angeles**

Now - Get on the mailing list for Centrum's Festival of American Fiddle Tunes that takes place June 23 - July 7. They received a grant from the NEA (one of the last?) and will have two weeks of workshops next year. Call 385-3102. **Port Townsend**

Now - 3-D artists wanted! Penn Cove Gallery is seeking Whidbey Island artists who work in three-dimensional media - glass, sculpture, fabric, etc. Call Teresa Saia at 678-4912, Anita Johnston at 679-4217, or Harry Rich at 331-3616. **Whidbey Island**

Thru Jan. 5 - Artists: The San Juan Island Goodtime Classic Jazz Association wants T-shirt/poster designs for the 1996 Jazz Festival. \$500 prize; get guidelines by calling Peter LaPonte, 378-5509/4424. **San Juan I.**

Thru Jan. 6 - Artists: Design Crow's Nest's "Whidbey Island Race Week 1996" poster. For rules, contact NW Marine Productions, (206) 284-8796. **Seattle**

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. **North Whidbey**

Jan. 7-8 - Audition for the SJ Community Theatre's April production of *Cheatin'*, a comedy/farce by Del Shores. 4 men & 3 women. Sun. at 4; Mon. at 7 pm. 378-3211. **San Juan Island**

Jan. 21-22 - Audition for the SJ Community Theatre's March production of the one-act winning plays for the Dan Weber Memorial Playwrights Festival. Prior experience not necessary. Sun. at 4; Mon. at 6 pm. 378-3211.



Tim O'Brien writes fine, atypical Vietnam war stories full of startling, mind-altering plots and imagery. It's the next worst thing to being there. He gives a reading on Jan. 9. See "Literary." Photo by Jerry Bauer.

San Juan Island

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

Ongoing - Non-profit Fidalgo Youth Symphony: talented musicians from Skagit & San Juan counties working with Anacortes-based professionals. Musicians 14 or older (younger by audition) are eligible. Write c/o Anacortes Music Co., 516 Commercial Ave., 98221 for applications/donations. **Anacortes**

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 Island**

Literary

Thru Jan. 2 - Playwrights! Get your entry rules for the "1995/96 Dan Weber Memorial Playwrights Festival of the San Juans" from the S.J. Community Theatre box office. Submit original, unpublished scripts, 30 min. max. Winners' plays produced in March. 378-3210. **San Juan Island**

Thru March - *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 Island Public Library, Box 165, Eastsound, 98245. Limit: 2 prose works, 8 poems; write for other rules. 376-4985. **The San Juans**

Thru May 14 - The 1995-96 Seattle Arts & Lectures: hear novelists Tim O'Brien & John Fowles, biographer Doris Keams Goodwin & scientist/environmentalist Edward O. Wilson. Tickets are at most city independent bookstores. (206) 621-2230. **Seattle**

Dec. 27 - Another "Open Poetry Reading" at the Raven in Langley! Read any poem you like, or just listen. 7 pm; arrive early, buy dinner & sign up. Info: 221-5746. **S. Whidbey**

Jan. 9 - Tim O'Brien writes gripping fiction about the Vietnam war, including his recent *In the Lake of the Woods*. See him at the Seattle Arts & Lectures series, 7:30 pm, 5th Avenue Theatre. (206) 621-2230. **Seattle**

Feb. 8-9 - Kevin Locke shares stories & music of his Lakota heritage: see "Community Events." **Everett**

Feb. 9-11 - N. Cascades Institute's field seminar: "Thinking Like An Ecosystem: A Poetry Workshop." \$115 includes accommodations at Birch Bay Hostel; 12 teacher clock hrs. or 1 credit available. 856-5700

(x209). **Birch Bay**

Ongoing - Crone advertises writing courses (4-wk. sessions) in small, supportive groups thru simple yet powerful techniques. All levels of experience. Call Suzanne Murray, 466-7260. **Mount Vernon**

Art & Galleries

Now - Orcas Everlasting is the newest place in Eastsound for local artists to display their work. Antiques, custom furniture, pottery, etc. For information about this new space, call Ruby at 376-5991. **Orcas Island**

Thru Dec. - *Symbols of Peace* is the theme at the Artist's Cooperative of Whidbey Island in Langley during the holiday season. 221-7675. **South Whidbey**

Thru Dec. - Attention collectors - see wildlife artist Nancy Glazier's "Hunter's Moon" canvas lithograph (#1 of 550) at newly-opened Wheeler Galleries in Langley. Also: works by Thomas Kinkade ("foremost living painter of light") & the time-limited edition "Lockhaven Cottage," and works by G. Harvey, Jack Terry, & others that stand out from the standard Northwest motif. 221-6747 or (800) 250-7522. **South Whidbey**

Thru Dec. - Cheryl Brandt is the featured artist at Elements Gallery. She presents precious porcelain figurines, Santas, vases and more. 734-0308. **Bellingham**

Thru Dec. - Rare 1st edition prints of J.J. Audubon's *Birds of America* on display at the Lowry James Fine Antiques in Langley; learn all about the works from experts. 221-0477. **South Whidbey**

Thru Jan. 2 - The Ancestral Spirits Gallery hosts the First American show for Kwagiuith artist Francis Dick. The show includes mixed media paintings and three dimensional work. 385-0078. **Port Townsend**

Thru Jan. 3 - Museo Piccolo in Langley hosts a show of oil paintings by Susan O'Brien (Malony). 221-7737. **South Whidbey**

Thru Jan. 14 - Trimpin, a composer and artist who goes by a single name shows his work at Port Angeles Fine Arts Center. The exhibition marks the Northwest premier of *Liquid Percussion*, a sound sculpture/installation for the rainy season, that has been previously shown in New York and Switzerland. 457-3532. **Port Angeles**

Thru Jan. - Elements Gallery (304 W. Champion St.) features pastel paintings by Dick Van de Mark, who specializes in NW themes. Tues-Sat., 11-4 pm. 734-0308. **Bellingham**

Thru Feb. - Lowry James Fine Antiques in Langley collaborates with SAM in Seattle for an exhibition of Audubon's watercolors, "Birds of America," the only west coast appearance of the collection on loan by the NY Historical Society. 221-0477. **South Whidbey**

Jan. 4-Feb. 27 - Flying Pigs vie with dragons and fish in a colorful glass menagerie at Owl's Gallery in Eastsound. The gallery features the whimsical blown-glass works of Tracy Lloyd-Oniya, as well as some of her forays into other media. For info about the show, 25 kinds of bagels, or performance events, call 376-5500. **Orcas Island**

Jan. 6-Feb. 6 - Lowry-James exhibits "The Haven Engravings," double elephant folio prints by John James Audubon, in conjunction with Kenyon Oppenheimer, Inc. (America's leading Audubon dealer). 221-0477. **South Whidbey**

Ongoing - Deon Matzen displays watercolor and egg tempura paintings of still lifes and NW scenes at Frame/Art, 3692 E State Hwy. 525 in Clinton. 341-1418. **South Whidbey**

Ongoing - "Island Voices: Decades of Memories of Fidalgo and Guemes Island Residents" features photographs, artifacts, and

Jonathan Hogan (King Dodon) & Malya Resnik (Queen of Shemeka) in *The Golden Cockerel*.



Go for Pure Gold

Except for the notable *Sweeney Todd*, a musical drama produced by Water Street Theatre last fall, few operatic productions have been attempted in the Key City. Now, once again, we have the opportunity to experience professional drama set to music as the Water Street Theatre stages *The Golden Cockerel*, a comic opera written by the Russian composer, Nicolai Rimsky Korsakov. Hillary Spector directs the English version of thrilling voices backed by Kate McDermott's piano. The audience's visual senses absorb the elegant rainments of old Russia even as bursts of laughter fill the room.

Baritone Jonathan Hogan plays the comical "King Dodon" opposite the playfully seductive "Queen of Shemeka," played by lyric coloratura Malya Resnik. High tenor Robert Schmidt, "The Astrologer," is also a specialist in ornamental trills, a rare treat for the ear. Paul Linnes (bass baritone), Leslie Lewis (Mezzo soprano), Larry Crist (high baritone), and David Swingle (tenor) round out a cast graced by gifted soprano Kathleen Ann Bradbury, who is *the* Golden Cockerel. It is truly a stunning blend of performance and artistry. (See "Theatre & Cinema" for times and other info.)

— Eleanor Nelson

SOUND BITTEN By Jason S. Squire, Esq.

New Year Inspirations

It is the time of the New Year, the changing of the guard, the changing of the diaper. A time to contemplate, debate, analyze, chew over, and regurgitate. If you take in the year in terms of politics, well, I'd say 1995 came in wearing Pampers (definitely not Huggies) and is going out wearing an odiferous pair of Depends. But at least Newt Gingrich is our *Man Of The Year*. Why don't they call it *Great Gastro-Intestinal Man Of The Year*? Or the *Great Men Named After Salamanders* award? Or the ever popular *If It Was A Snake It Would A ... Aww Crap, It Is A Snake* award?

Is everybody happy that the wind storms blew down the State-mandated "buffer" zones along our lovely and numerous clearcuts? I am. It's time to call a spade a spade. We the people, by way of our elected officials, want the land butchered. No way around it, clear-cutting is good. Buffer zones should be banned.

Did any of y'all catch the debut of Grannie's Cabinet at the Dog? They rule!

The Music Never Stopped • Roots Of The Grateful Dead (Shanachie, 1995)

Driving into town today, I had the radio tuned to KISM-92.9FM, and was cruising to the Grateful Dead Hour that comes on every Sunday, 8-10 a.m. Sometimes you can catch some very cool live "bootleg" stuff. Not *true* bootleg, since the Grateful Dead actually endorsed and encouraged taping of their shows. Tape-Heads would hang behind the sound guy, and there were always dozens of microphones on tri-pods extended well above the heads of the Heads, ready to suck in and sponge up every note the boys could throw. There are bootlegs dating back to the Sixties, making the Grateful Dead the most recorded band in the history of the known universe; what a legacy! So, before I got to work I got to hear groovy live tracks of "I Need A Miracle," "Standing On The Moon," and "Sugar Magnolia." And then I remembered the news that came down last Friday. The Dead officially broke up. The following day would mark the 30th anniversary of the first concert the Boys ever played as the Grateful Dead.



The Music Never Stopped is a collection of 17 classic Folk, Blues, Gospel, Country, and Rock & Roll tunes that were extensively covered by the Dead over the past 30 years. These are the original artists recordings. Woody Guthrie's "Goin' Down The Road Feelin' Bad," Buddy Holly's "Not Fade Away," Jimmy Reed's "Big Boss Man," Howlin' Wolf's "The Red Rooster," and Reverend Gary Davis' "Samson &

Delilah." Other artists include Cannon's Jug Stompers, Chuck Berry, Bob Dylan, Charlie Patton, and more. Besides some great tunes, you get extensive liner notes, a little book chock-full of info about each song, the artist, and the Dead's history with the song. Did you know that the Dixie Cups famous recording of "Iko Iko" was never intended for a record? During a break in the recording sessions for *The Chapel Of Love*, the Dixie's sang an *a cappella* version of a song they grew up with in New Orleans. The engineer hit record, and *voila!* The one song on this platter I have trouble stomaching is Bonnie Dobson's "Morning Dew." 55 mph

Joan Osborne • Relish (Mercury, 1995)

Best album/artist of 1995? Definitely one of 'em. We need a whole lotta artists like Joan Osborne hitting the airwaves, playing to the masses. If you listen to the radio, then you've probably heard the tune "One Of Us." It's the one original tune on *Relish* that Joan did not write or co-write — her music partner, Eric Bazilian, wrote the whole damn wonderful tune himself. "What if God was one of us/Just a slob like one of us/Just a stranger on the bus/Trying to make his way home."

This is a solid album — start to finish — with every song like a new painting to grace the halls of your sound hole ... ear that is. There have already been about four radio hits plucked from the branches of *Relish* and chances are, there'll be more.



I can almost guarantee Joan will sweep the Grammy's this year. (Every couple of years the Grammy's break down and award someone who has talent, not just a name — remember Natalie Cole?).

Bluesy pop with a conscience. Remarkable song writing! A rare album, indeed, that has you memorizing every song. And two kick-ass covers to boot! Dylan's "Man In The Long Black Coat" and Sonny Boy Williamson's "Help Me." Plus a great album cover by R. Crumb. A winner. 65 mph

Israel Vibration • The Same Song (Pressure Sounds, 1978/1995)

Israel Vibration is actually a core group of three singers, Cecil Spence, Albert Craig, and Lascelle Bulgin (a.k.a. "Skeleton," "Apple," and "Wiss"). All three were the victims of a polio epidemic that swept through Jamaica in the 1950s. If you ever see 'em live, they will come out

on stage on crutches. Since this first release in 1978, the Vibration's have been producing some of the finest "Roots" Reggae on the planet. I think the trio is one of the best vocal groups in Reggae today. So, this is their first album (from 1978), available for the first time on CD.

This is raw, unrefined Jamaican sugar cane. The backing band is awesome! Robbie Shakespeare, Sly Dunbar, Mikey Chung, and Augustus Pablo, to name a few. Lyrically right on track. "Same Song" ("We've all got to sing the same song!") is about getting along as a human race — living with, not against, our brothers and sisters. Groovy, mon. 55 mph



- 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!

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Chautauqua cont'd from page 22.

Chautauqua

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 Island**
Ongoing - "Northwest Coast Journey" presents Native art and artifacts at the Burke Museum. Free-\$3 donation; 10-5 daily. (206) 543-5591. **Seattle**

Think, Learn & Do

Now - Forest Stewardship Program, classes, and on-site assistance for private owners of 5 or more forested acres. See "Nature & Gardening."

Around the Sound

Now - Get your Peninsula College catalog: Math Labs, Business & Office Admin., Human Relations are just a few of the listings. Register Jan. 2-3

for classes that start on Jan. 4. 385-4605 or 452-9277. **Port Townsend & Port Angeles**

Now - Coupeville Arts Center has a new catalog 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. **Coupeville**

Now - Skagit Valley College needs you to register for classes NOW to insure against classes being dropped due to low enrollment! Save a teacher's job & your scheduling sanity: call the branch nearest you today. Distance Education, 428-1268; Mt. Vernon, 428-1261; Whidbey, 679-5330; South Whidbey, 341-2324; San Juan, 378-3220. **Country**

Now - Skagit Valley College will receive a \$66,000 grant for improvements to its Marine Maintenance Technology Program located at the Oak Harbor Whidbey Campus. SVC offers the only comprehensive (mechanical & structural) vessel maintenance & repair program in the state. Graduates are employed in marina shops, sport retail, boat yards, etc. For info on the program, contact Mike Sweitzer, Dept. Chair, 679-5306. **Country**
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 - Geography teachers: get a resources & activities guide, *Passport to Washington*, courtesy of the Dept. of Natural Resources by calling DNR's Geography Awareness Line, 902-1155. **Olympia**

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. **South Whidbey**

Now - An attention and awareness training group, based on the principles of Quantum Psychology, is coalescing. Meets 2x month. Call Linda Neahry (206) 282-2824. **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 - Skagit Valley College, Small Business Dev. Centers & SCORE present small business workshops this fall at the Whidbey Campus. Call 675-0684 or 341-2545 to get a class list & register. **North Whidbey**

Jan. 2-6 - "Lifeguard Training" — see "Recreation." **Mount Vernon**

Jan. 8 - Resident Acting Coach, Paula Russell, teaches weekly classes for actors & directors, with or without experience, at the Orcas Center. In-depth, 3-4 hour sessions cover scene studies, improv, relaxation, how to audition, & much more. Initial commitment of



Cellist Daniel Gaisford performs at Chamber Music Port Townsend in the Fort Worden Theater on Jan. 26-27. See "Music & Dance." Photo by Parker Artists.

2 months & \$30/month fee. Call Sandy or Molly at 376-ACT1. **Orcas Island**

Jan. 9 - Swing with two of Whidbey Island's hottest dancers, Greg Garbarino & Jennifer Youngman, at the Island County Fairgrounds, 7:30-9 pm. Couples & singles of all abilities meet for six Tuesdays; \$36/person. Pre-register at 579-1659. **South Whidbey**

Jan. 10 - Ragtime Tango was the hot item in last year's final series of Ragtime Movement classes & there will be more this year, plus 1-step, 2-step, Foxtrot, & Waltz. A new series of no-partner Ragtime begins at 9:30 am; \$30 for 8-weekly classes at Bayview Senior Center. Register during business hours at 321-1600. **South Whidbey**

Jan. 28, Feb. 4, Mar. 3, 10, 17, 24 - Olympic Park Institute's "Elderhostel Programs in Olympic National Park." See "Nature & Gardening." **Olympic Peninsula**
Feb. 10 - "Tsimshian Potlatch Basket Weaving" is a workshop with Loa Ryan at the Burke Museum, 10-4 pm. \$50/\$55 fee includes materials for a take-home basket. Pre-register at (206) 543-5591. **Seattle**

For Kids

Thru the Holidays - Check out holiday happenings under "Holiday Events." **Region**
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 Dec. - Time to audition for "Tom Sawyer" at the Clyde, produced by Whidbey Children's Theatre next spring. Call Martha Murphy, 221-7880. **South Whidbey**

Dec. 21-31 - "Family Fest" (10-3 pm) at the Museum of History & Industry has activities like candle making, butter churning, ethnic dancing, singing, & exploring your family history. (206) 324-1126. **Seattle**

Dec. 22 - One day "Holiday Workshop" at Martha Murphy's, 10-3 (bring lunch). Secular themes. \$25. 221-7880. **South Whidbey**

Dec. 26-Jan. 1 - Pacific Science Center's "Science Wonderland" fest features Faf the Techno-Dragon, a 15-foot, 3,500 pound, mechanical, CO2 breathing, fire-snorting stage monster built for Seattle Opera's *The Ring*. Hourly demos via interactive stage presentations from 11-5 pm. See other special effect wonders after the show. Also, brand new *Laser Theatrics* at the Boeing Spacearium: spectacular lasers highlight popular kids' and Broadway show tunes during daily matinees. (206) 443-4895. **Seattle**

Dec. 28 - Swamp Mama Johnson, the queens of blues, bring a rare "all ages" show to the Skagit River Brewing Co. at 7 pm (\$6). Don't miss this family treat! 336-2844. **Mt. Vernon**

Jan. 7 - "Artifact I.D. Day" from noon-3 pm at

the Burke Museum (UW): bring those curiosities that have you wondering, "paleolithic or drug-store knock-off? T-Rex knuckle or Fido's treasure?" 543-5590. **Seattle**

Jan. 8 - Swim lessons begin this date for kids of all ages, including 6 months! \$16 or \$34 fee for 8 lessons: call for times and dates. 336-YMCA. **Mount Vernon**

Jan. 15 - "Teen Strength Training" (ages 12-15), using Bodymasters, selectorized machines, hand weights, dyna bands. The 8-week class meets Mon./Wed., 3:15-4 pm. \$15-\$25. 336-YMCA. **Mount Vernon**

Ongoing - The Neutral Zone is a happ'n' place on Fris., 9 pm-1 am. Games, sports, art, music & 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 Central Whidbey Youth Coalition. Call Christy to help out some Saturday night: 678-1927. **Central Whidbey**

Ongoing - The South 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. **South 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 Island**

Ongoing - Thru Jan. Pacific Science Center presents "Mazes," a national touring exhibit that allows you to "get lost" in a 3,000-sq.-ft. maze, explore puzzles & games, traverse a rock-climbing wall, and even 'Internet.' There's a maze for wee ones, too. "Tech Zone" lets you experiment with novel compute software/robotics. *Serengeti, Destiny in Space, & Beavers* at the IMAX. Lots of great events at the Planetarium. (See Dec. 26 entry, also.) Call (206) 443-2001. **Seattle**

Nature & Gardening

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 Island**

Now - DNR offers a Forest Stewardship Program and on-site assistance for private owners of 5 or more forested acres. In some cases land owners may be eligible for financial assistance. 3-dozen free/low-fee classes will be offered state-wide. Request an 8 minute video profiling one owner's development of a stewardship plan & practices. Ask for the informational packet, "So You Own A Forest." Call & ask to speak to a stewardship forester at (800) 527-3305. **Around the Sound**

Now - Listener-supported jazz, blues, & news station KPLU (88.5 FM) announces the addition of full-time environmental reporter Jennifer Schmidt, thanks to individual and business donations. Get your free program guide at (800) NPR-KPLU. **Around the Sound**

Now - People for Puget Sound & others sued the state in order to bring the Office of Marine Safety back — that means better insurance for clean waters in our area. Ironically, PPS is also supporting the state, fighting Intertanko (foreign flag shipping group) efforts to preempt our state's laws with less-stringent federal/international oil-spill prevention rules.

Support PPS & learn more in *Sound & Straits*: call 754-9177, (206) 382-7007, or <http://hal9000.futureinfo.com>. **Around the Sound**
Now - Call the (non-profit) North Cascades Institute for their winter catalog of field seminars. Teacher clock hrs. and/or academic credit usually available. Ring 856-5700 (x209).

Sedro Woolley

Now - "Adopt a Beach": local residents are invited to collect shellfish & raw water samples, as well as to educate the public about specific beaches. Program will run from April thru October of 1996. Call Kay Kohler, 378-4474. **San Juan County**

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

Now - Join People for Puget Sound. Donate & subscribe to *Sound & Straits*, PPS's newsletter, by calling 754-9177 or (206) 382-7007; Web links: <http://hal9000.futureinfo.com>.

Around the Sound

Dec. 31 - Join a special boat tour aboard the *Glacier Spirit* to Protection Island. Scientists associated with the PT Marine Science Center will ring out the old year with sea birds, seals, sea lions, & maybe an orca or two. 3-hr. cruise casts off from Pt. Hudson at 1 pm. \$30/\$35; reservations at 385-5582.



Time to swing! Get the lessons, starting Jan. 9, from Jennifer Youngman & Greg Garbarino. See "Think, Learn, & Do."

Port Townsend

Jan. 6, 21 - N. Cascades Institute's field seminar on "Bald Eagles of the Upper Skagit." \$60; 6 teacher clock hrs. available. 856-5700 (x209). **Skagit River**

Jan. 20 - N. Cascades Institute's field seminar, "Winter Birds of the Skagit River Delta." \$95 includes passage on the *Snow Goose*; 6 teacher clock hrs. available. 856-5700 (x209). **Skagit Delta**

Jan. 22 - Register now for the 9-session course, "NW Environmental Issues," 7 pm, at the Mountaineers. Nominal tuition to learn about current issues about wildlife, forestry, salmon, & other topics. Info/register at (206) 284-8484. **Seattle**

Jan. 25 - The time to prepare for "Citizen Lobby Day '96" is now! Help organize the biggest & best citizens gathering to tell elected officials that Puget Sound's health & well being come first. People for Puget Sound, (800) PEOPLE-2. **Olympia**

Jan. 28, Feb. 4, 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**

Feb. 2-4 - "9th Annual Upper Skagit Bald Eagle Festival" — see "Community Events." **Concrete, Rockport, & Marblemount**

Feb. 3 - North Cascades Institute's field seminar: "Water Birds of Bellingham Bay." \$60; 6 teacher clock hrs. available. 856-5700 (x209). **Bellingham**

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

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. Get hands-on training in fossil/rock/mineral I.D. & geological history. \$700/\$720 includes camping/motels but not food. (206) 543-5591. **Seattle**

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. **Central Whidbey**

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

Recreation & Sports

Now - 48° North, still "free like the wind" at your nearest marina or chandlery, has pages on *The Sailing Site* at <http://www.gosailing.com>. **Country**

Now - AquaSox season tickets: great entertainment for only \$5.79 a game! Get yours for \$220 — early buyers get to pick out the best seats & keep them thru the season. 38 home games, starting June 18. (206) 258-3673 or (800) GO-FROGS. **Everett**

Now - Boater alert! Comet Bay Marina is renamed Deception Pass Marina on Jan. 1 so you won't keep looking for them in Oak Harbor, where they pick up their mail. 675-5411. **North Whidbey**

Now - Get your draft of the state's Outdoor Recreation Plan for comment and review by asking for draft Assessment & Policy Plan 1995-2001 at 902-3000. **Country**

Thru Jan. 10 - Sign up by this date for the Mar. 9, 9-4 pm "Skipper Savers Class," for mates who need to learn how to bring the boat into port in the event the skipper is disabled. Free (complimentary lunch!); sponsored by the Stanwood Camano Yacht Club, instruction by the US Power Squadron. Call Pat or Bill McGlashan, 387-0203, or Nancy or Ron Strandin, 387-2303. **Camano**

Dec. 26-29 - YMCA Community Swims, 1-3 pm. 336-YMCA. **Mount Vernon**

Jan. 2-6 - "Lifeguard Training" (15 years & over), is a 36-hour course; includes CPR & 1st Aid for the Professional Rescuer. Must be a good swimmer & pass a pre-course test. \$95. 336-YMCA. **Mount Vernon**

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**

Field Trips

Thru Feb. 4 - UW's Burke Museum features "Reaching Home: Pacific Salmon, Pacific People," an exhibit by free-lance photographer Natalie Fobes. Fobes traveled across the northern Pacific Rim documenting cultures dependent on salmon for food and spiritual sustenance. (206) 543-5590. **Seattle**

Ongoing - The Mosquito Fleet offers 7 cruise tours for 1995 including a Westport Gray Whale-watch, Bike n' Boat cruises, and an Everett Navy Homeport cruise. For schedule: (206) 252-6800. **On the Salt**

Ongoing - Museum of Flight programs: Balsa wood glider workshops on 12/26 & 12/30. Call for times. (206) 764-5700. **Seattle** **Country**



True Dominion = Stewardship

The Washington State Department of Natural Resources (DNR) notes that privately-owned forests of Washington are, collectively, the second largest source of timber for our mills and a major contributor to our state's quality of life due to their importance to our fish, wildlife, and water quality.

In a continuing effort to benefit small landowners, the DNR will be providing support for Washington State University (WSU) Cooperative Extension by offering nearly three dozen workshops, classes, and field days on various aspects of forest stewardship, including forest health and ecosystem management, forest regeneration, forest land taxes, timber management, harvesting, and timber sales.

Owners of five or more forested acres may request on-site assistance from the DNR Forest Stewardship Program, which makes stewardship foresters and a stewardship wildlife biologist available statewide. In some cases, landowners may also be eligible for financial assistance to implement stewardship projects. Landowners interested in arranging an on-site visit or in viewing DNR's small landowner video, which profiles one landowner's development of a forest stewardship plan and implementation of several stewardship practices, can phone (800) 562-3305 and ask to speak to a stewardship forester from the DNR region office nearest them. Landowners may also request a free Forest Stewardship Program information packet by writing: DNR Forest Stewardship Program, Box 47037, Olympia WA 98504-7037. The packet includes a "So You Own A Forest" information sheet, Stewardship Incentive Program details, a recent copy of the *Forest Stewardship Notes* newsletter (published by WSU for small landowners) and a 1995-96 Forest Stewardship Education Calendar, which lists available classes and locations.

In addition to the Forest Stewardship Program, other forms of assistance are available to small landowners. They include: Forest Practices Assistance in which the DNR works with small, private landowners on forest

A FORUM FOR SUSTAINABLE GOODS & SERVICES IN THE MARITIME RAINSHADOW

Got a source? Got a tip? Planning a related event? Send info to: **The Green Page, Island Independent, Box 853, Langley WA 98260.** Fax or advertising info for this section: 221-4737; E-mail: indie@whidbey.net • Edited by Marian Blue

practices applications; Timber Sales Assistance, in which consultants handle every aspect of the sale, including planning, layout, logging supervision, marketing, record keeping, and reforestation. For a list of private consulting foresters, contact DNR or a WSU Cooperative Extension office to request a copy of the *Washington Consulting Foresters Directory* (EB 1303).

You Foul It, You Clean It

Standard policy of the Environmental Protection Agency has required that polluters pay to clean up toxic messes they've created. At a time when the federal budget is considering slashing care for the elderly and food for the young, some legislators are proposing that the taxpayers pick up the tab for cleaning up the toxic wastes of companies who pollute. Congressman Oxley (R-OH) and Senator Smith (R-NH) are responsible for introducing this draft legislation, which would cost taxpayers an estimated \$1.3 billion.

The United States Public Interest Research Group (USPIRG) is campaigning to keep the polluter-pay standard intact. You can help. Call the Congressional Switchboard, at (202) 224-3121, and urge rejection of the Oxley and Smith Superfund reauthorization bills.

Know Your Fruit

Part of the real trouble in that original garden might have been plant identification. Drs. Cecil and Mary Compton, who have retired from the horticulture faculty at Oregon State University, enjoy their hobby of apple identification. They don't charge for this service. All you need to do to learn the nature of your apple is send: three to four good specimens typical of the variety, with stems intact and no bruises or disease; the estimated ripening date; the approximate age of the tree; the origin of the tree, if known, and whether the tree may be a seedling; plus a self-addressed stamped envelope to Drs. Cecil and Mary Compton, 1330 SW 35th, Corvallis OR 97333.

Youth Camp!

Each year the Skagit Conservation District sponsors two youths to the Natural Resources Youth Camp. Know an interested young person? Call 428-4313 and ask for Kandy.

Grants

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.

The Puget Sound Water Quality Authority is requesting grant proposals that will provide people with the tools and information necessary to help clean up and protect water quality in Puget Sound. The Authority's Public Involvement and Education Fund has \$400,000 available, with a maximum of \$40,000 per project. Deadline: January 31, 1996. Contact: Anne Blair: 407-7336.

The Department of Ecology's Water Quality Program is offering financial assistance for aquatic weeds management in 1996. Aquatic Weeds Management Fund grants are offered on a first-come, first-served basis and are available year-round. Contact: Kathy Hamel: 407-6562.

Earth Notes

1st Tues. each month — Clallam Conservation District meeting, 7 p.m., Port Angeles. Contact: 452-1912.

3rd Thurs. each month — Regional Water Quality Committee meeting, Metro/King County, 3 p.m., Seattle. Contact: 296-1672.

Jan. 5-6 — Institute for Conservation Leadership: "Building a More Diverse Funding Base." Sessions will include discussions, small group exercises, presentations by the workshop facilitator(s), and developing personal and organizational goals. Held at the Sleeping Lady Retreat and Conference Center in Leavenworth. Registration costs approx. \$60 (includes accommodations and three meals). Contact Amy Falk (301) 270-0610; fax (301) 270-0610.

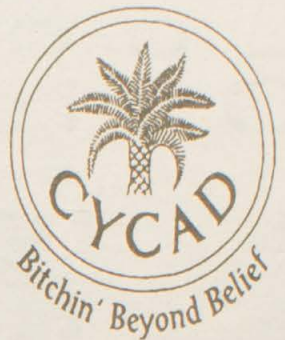
Jan. 6 — Washington Environmental Council (WEC) Legislative Workshop in Seattle, at The Mountaineers. Contact: (206) 622-8103.

Jan. 7 — An annual forum providing skills training and information pertaining to the upcoming legislative session. Free and open to the public. For information on the Seattle workshop, contact Anna or Josh at (206) 622-8103. For the Spokane workshop, contact Bonnie at (509) 328-5077.

Jan. 22 — Beginning of the Northwest Environmental Issues Course through The Mountaineers. The nine session course educates citizens about current conflicts in many fields, including wildlife, forestry, and salmon. Contact: The Mountaineers at (206) 284-8484.

Jan. 22-Feb. 2 — Statistics and Forest Resource Monitoring course, sponsored by Continuing Education, College of Forest Resources, AR-10, Univ. of WA, Seattle WA 98195; (206) 543-0867. **□**

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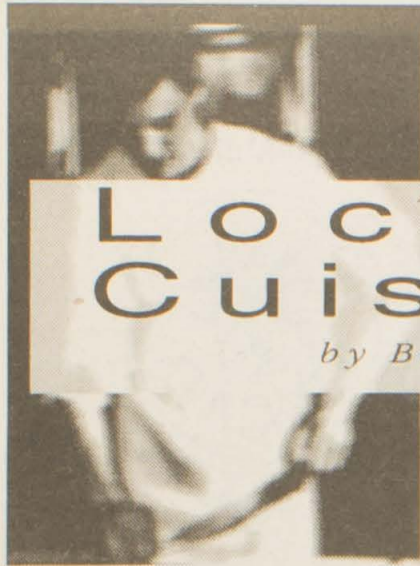
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Locale Cuisine

by Barton Cole

Oysters

PART I

The New Year is approaching, and I'm reminded of a New Year's Eve I spent with a beautiful lady (my wife), several dozen Olympia Oysters, and a couple of bottles of Rat the Cat Stout. The best part was the oysters (my wife agrees).

There's merit to that old rule about only eating oysters during a month spelled with an "r." This leaves out May through August, the summer months when oysters are busy reproducing. During the cold parts of the year, oysters consist mainly of glycogen, an "animal starch" chemically similar to sugar, which contributes to their sweet flavor. When they spawn, the glycogen gets used up, and the oysters are thin and milky. They're edible, but not exciting.

Fried Oysters

I had spent a week with my brother Dan at Anderson Pass in the Olympics. The food was great. Even though brought great food, and we ate like chefs, we couldn't stop thinking about all the things that we *didn't* bring, and therefore couldn't eat — one of which was oysters. All week long we talked about having seen a sign when we passed through one of those little Hood Canal towns: "Fried Oysters." Back at sea level, we looked for the sign in each town, having to look behind us, as we were going the other way on the trip home. At last, in Lilliwaup, there it was! U-turn, pull into the tavern parking lot ... The oysters were pre-breaded, and went

straight from the freezer into the hot fat. We took them to-go, with a couple of bottles of beer, and went across the highway to eat them — sitting right in the middle of an *oyster bed*.

This recipe calls for *masa harina*, which is corn flour used in tortilla making. My extensive research has proven it to be the only way to go for breading oysters, and it's easy to find (look near the corn meal in the market).

- ½ C. corn oil
- 2 C. *masa harina*
- 1 t. dried thyme
- ½ t. each salt and pepper
- 1 10 oz. jar extra-small oysters

Pat the oysters dry with a towel. Make a seasoned flour with the *masa harina* and seasonings. Heat the oil in a heavy skillet until a sprig of parsley sputters when dropped in. Dip the oysters in the flour and roll them until they're coated (hint: to keep your hands from getting coated with flour, keep one hand dry and one hand wet — a little practice will show you exactly what I mean). Carefully lay them in the hot oil, turning after a minute or two, when they are golden brown. Here's where you have to watch it. Oysters on the second side sometimes have

a tendency to explode (if you have a spatter screen for your skillet, use it). Approach them carefully with long-handled tongs, lift them out when they're nicely browned, and drain on paper towels. My favorite preparation is to serve them in pita bread with sliced dill pickle and garlic mayonnaise.

Au Naturel (on the Half-Shell, you know)

One summer, at the family gathering on the Tulalip beach, an aunt had brought a sack of Quilcene oysters. Naturally, I was excited. "Oh, those are for the barbecue, honey," she said. "Well, anyway," I said, "got a steak knife?" I introduced my other brother to the delight of eating oysters raw. "When you're *really* cool, y'chew 'em," I advised. He caught on; we sat in the corner of the patio like a couple of kids and left hardly any oysters for the timid.

Shucking oysters is nearly as easy as eating them, provided you know what you're doing. Like the punch line to the old joke: "very carefully!" Take a look at an oyster. Notice that one of the shells is

cupped, and the other is flat? Keep the cup side down when you're shucking them, so you don't lose any of the sweet liquor. If you don't have an oyster in front of you, we'll use your hands as an example during this small training session.

Keep your fingers together and put your hands together as if you were praying (your hands are now an oyster). The small cavity at the base of your palms is just like the cavity in the back of an oyster, the one into which you'll insert the oyster knife (which is like a tapering, blunt screwdriver). Once you've popped up the top shell (in this case, your right hand), you'll need to cut it free from the *adductor muscle*, which is to be found about where the first joint of your ring finger is, and which pulls the shells together. Keep the knife up and away from the meat of the oyster, and slide it along the top shell to the muscle and cut the shell away from it (I keep a small section of my oyster knife sharp, about 1/4-inch back from the tip, just for cutting the adductor). Discard the top shell, run your thumb along the front of the oyster to remove the inevitable grit, then sever the adductor under the meat. The oyster should now slide right out.



With a *real* oyster, you need to watch out for sharp shells, and that knife can be pretty

perilous, too. Fold a damp washcloth in half, set the oyster on it, with the back facing you, then fold the cloth over the top. Insert the knife into the cavity until it's seated firmly. Applying steady pressure, twist the knife until the shell pops open. Be careful that you're not pushing too hard, or the knife will run all the way through the oyster, and you'll slash your hand on the shell. Proceed to sever the adductor, as described above, being careful to not cut the meat or tip the oyster and spill out the liquor. I've seen some bad injuries from people who weren't careful enough. If you're still afraid to shuck your own oysters, I'll be happy to come over and do it for you ... if you pay my five-dozen fee up front (oh yes, and a dozen for my cat Figaro), plus mileage and expenses. ■

Next issue: More about oysters ...

Barton Cole is a chef and master gardener. He lives on Whidbey Island and is chef at Cafe Langley.



BIKE RAP

By Ellis Baker

As Seen on TV²

There's this guy on TV, a skinny guy with a science show, on that PBS station, KCTS 9. He does science with humor, with silly puns and demonstrations of nifty home experiments. He does musical spoofs called "Soundtracks of Science," flits among MTV-like graphics, and paces during manic arm-waving monologues about environmental issues.

You may have heard of him — Bill Nye the Science Guy. And he sometimes uses bicycles to demonstrate scientific stuff, you know? Stuff like opposable thumbs, friction, torque, and bones and muscles. And once, while talking about heart rates, Bill threw an apple at the camera as he rode past at a fast pace. It was a cool shot.

So what about Bill? He says a significant moment in his young life was when he realized his brother had let go of his bicycle and he was riding by himself. "I remember that moment very well," he says — the kind of memory that sticks with a boy for the rest of his life.

He rode a lot, beginning with a daily commute in sixth grade. By junior high, and on into high school,

Bill added regular road trips of 60 to 80 miles to his commuting routine. He continued riding while attending Cornell University in New York State, where his long-time favorite hobby of tinkering with bikes contributed toward earning a degree in mechanical engineering.

Then Bill moved to Seattle, where he worked at Boeing Aviation and told jokes about engineers at comedy clubs. Soon came appearances on *Almost Live*, followed by his PBS series.

Now Bill's a volunteer on the Seattle Bicycle Advisory Board ("too fun") when he's not working weird hours in front of the camera or riding his Bianchi.

He also has an old Woodrup. "The lugs are very ornate. They're British," he explains. Long wheel base, very stable, good for touring. He rode Mt. Constitution on the Woodrup about five years ago, and used to ride around on Lopez a lot before he got too busy to play. ("Can't wait to get back ...")

Bill's a roadie all the way. Mountain bikes are very slow on the street, "where most people do their riding," he says. Furthermore, he thinks moun-

tain biking is a fad and an environmentally destructive one at that. "That's not to say I don't ride a mountain bike," he adds. "When you climb Mt. Constitution, a mountain bike is fine, but I'll beat you," he challenges. "I'll beat you going up, and I'll beat you coming down."

"Fundamentally, the advantages of a road bike have been worked out over a hundred years of experience ... Bicycles are the most efficient transportation we have," he adds, "and, yes, they should get on the ferry first. Embrace them. They're not a car. Buy them coffee."

Bill Nye can be reached via assistant Julia "Bill-doesn't-do-school-appearances" Miller by calling (206) 624-7083.

While you're scratching your head, ponder this: What if sports coverage on TV was local instead of whatever the heck networks provide? So, rather than pro boxing or the national Riding Lawnmower Championships from Rockford, Ill., we'd see Pacific Northwest people doing Pacific Northwest sports. Think about it.

A recent *TV Sports* guide included listings for a lot of football, basketball, and skiing, which is expected, but how about these shows? Babe Hunkelman's Outdoor Secrets (goose hunting in Saskatchewan), Truckin' USA, Motorsports Hour (NASCAR), Louise Mandrell Celebrity Shoot (clay and trap competition), Jet Skiing, Club Golf, Great Sports Vacations (kickboxing, scuba diving, and elephant trekking),

World Wrestling Foundation: Monday Night Raw, Billiards, Beaver Territory, Table Tennis, American Muscle, and Super Dogs! Super Jocks!

Replace that shit with locally-filmed segments on mountain biking, kayaking, hiking, bird watching, skiing, sailing, racquetball, tennis, basketball, catch-n-release fly-fishing for steelhead, or whatever.

Somebody could do a market study of local sports (betcha this info already exists), and stations could base coverage on participation rates. In other words, the most popular sport would get the most coverage, but no local sports would be completely neglected.

A major flaw of this proposal is that people who participate in recreational sports probably aren't watching TV. This may mean coverage will continue appealing to overweight, under-educated, armchair athletes and to network affiliates who take whatever the satellite feeds them. Disconcerting, eh?

Also, how come listings in the same *TV Sports* ("The Monthly All-Sports Television Guide") refer to "Ladies' Figure Skating Championships" and "Women's College Basketball"? On the same page are "College Basketball" and "NBA Today," presumably men's sports — without gender notation. Go figure. ■

Ellis Baker lives in Bellingham. She rarely watches sports on TV, unless she's researching cycling columns.



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THE CROW'S NEST

Astrologikal Navigations by Antero Alli

DECEMBER 21 THROUGH JANUARY 3, 1995

Seasoned Greetings! Welcome to the end of the world ... I mean, year. Amidst the Christmas rush comes the Solstice hush of darker, longer nights where the stillpoint of your very being finds intimate expression. For some people, this will mean depression. For others, it means a deeper commitment to meditation, prayer, and Source relations. Whichever way you go, it's getting real dark and very still, very soon. And, if this dark, still place frightens you, it is only because the noise of the world has made it difficult to hear the sounds of a small still voice speaking from that void. At

first, this voice may sound quite ordinary and unassuming, yet after awhile you may notice its uncanny incapacity for telling anything but the truth. Its truths are universal and personal, only to you. Don't try and figure this out. What it tells you, it tells everybody else, but never in the same way; this voice comes custom-designed to suit your soul. How well your soul wears its truth depends entirely on how well you listen. With that said, please know the following messages are not from your inner voice but from mine to yours. Happy Yew Near!

The Little Compass - Your Sun Sign

ARIES: On the verge of changing vehicles? Whether this means trading in an old car for a new one, or expanding your business to multiply revenue, or adding an extension to your home to accommodate more guests, I see the need to upgrade the structural integrity of whatever mediums of expression you're using before you can handle more firepower.

TAURUS: A guru of sorts is spiraling widely around and towards you. This unlikely adept brings you a teaching you will probably never forget and, hopefully, never regret. The essence of this knowledge is contained in your forgiveness of those who have, in your experience, violated you. This wisdom is practiced upon realizing how gifts are forgiving.

GEMINI: If you were looking back from the future, you might say something like, "1996 was the year my real life began." If that's so, there's not much time to prepare your wardrobe or rehearse your lines. Don't bother thinking you're not ready; nobody really is. Don't hesitate to say, "I don't know"; nobody really does. Just show up and pay attention.

CANCER: The cycles of industrial-strength transformation have begun scouring away the dirty laundry immobilizing your economic status. How you relate with money can tell you a lot about yourself right now. If there's not enough, ask yourself, "How am I not enough?" In fact, the correlations between commerce and psychology are so close now, I'd get busy rebuilding that self-esteem.

LEO: If the cosmos were a massive ping-pong game between Love and Work, you might be feeling like the speeding white ball these days. Part of this ritual polarization, or balancing, of your energies is a necessary phase to regain the unity you once had, but lost, when your hardest work was done from your deepest love. Until then, hang in there; if anyone gets in your way, just give them a ping-pong paddle.

VIRGO: Watch what you're doing. I wouldn't normally say that to someone as judicious as you except there seems to be a wild card in the hand you've been dealt lately. This joker is a person who's either testing your bullshit detector for defects or acting like they know more than you do. Either way, it's time you wrote a few reality checks. (Reality checks never bounce.)

LIBRA: Imagine yourself cozied down for a warm night at home. You prepare your favorite soup or stew; perhaps, open a bottle of red wine. As you turn on the radio and tune into your favorite music, you hear the news from an emergency broadcast station: "Planet Earth is on a collision course with a newly-discovered black hole." No matter what happens, keep doing what you're doing.

SCORPIO: If it seems like too many people are selling out, it's because you've been up too many late nights either plotting a revolution or laying down plans for defusing Armageddon. Relax a bit; chill out, but stay warm. We need people like you to win the war against stupidity, mediocrity, and macho materialism — but not before you give yourself a winter vacation first.

SAGITTARIUS: A graceful tension is winding you up, gearing your next brilliant idea to spring forth with gleeful abandonment. If you feel something like this, now's the time to write a list of all the people who owe you money or favors or heavy equipment. Prepare yourself with whatever it takes to support the manifestation of your dreams.

CAPRICORN: You're at a cocktail party and someone slips you a mickey, a knock-out drug in your drink. The next thing you realize is how you're waking up in a strange bed with a stranger sleeping next to you. No, you're not in an episode from a pulp-fiction detective novel, but it might feel that way if you're researching someone else's history, or an offer that's possibly too good to be true.

AQUARIUS: If the suspense is killing you, ask yourself: Who's gonna pop the question first? I don't know if it's about marriage or debt or payback or what, but something tells me you need more information, and fast, from the one you love regarding a joint venture, or was that adventure? There's the phone. Make the call. Arrange a meeting over lunch or dinner and then, pop the question yourself.

PISCES: Kindness visits you in the form of gratitude from someone you least expected it from. When this gentle offering comes your way, please be encouraged to accept it no matter how generous or awkward or surprising it is. You have given so much of yourself this past year that your status as "giver" has graduated to that of "receiver"; be ready to be loved.

The Big Compass - Planet Earth & Beyond

The December 21st New Moon at 29 Sagittarius conjuncts the galactic heart on this final New Moon of 1995. While the world-at-large celebrates New Year's Eve on December 31st, the Earth and her consort, the Moon, commemorate it tonight. Join them and the rest of us charismatic, melodramatic creatures dancing in the new year, planting seeds of hope and joy beneath this shiny black moon. ■

Antero Alli is a practicing astrologer, author, and filmmaker. Visit his Internet website at: <http://www.wolfe.net/~majamaki/ptrs.html>. Or e-mail him at: anteros@speakeasy.org. Or record a message on Antero's voicemail at (206) 781-5691.

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Mistletoe

Kiss me where? Right here. Right know. Come on. You can do it. Here ... Under the mistletoe.

Did you ever stop and wonder where *that* tradition came from? Kissing under the mistletoe? Think about it. All you have to do is hang up a sprig of mistletoe and, *voilà*, no more libidinal taboos. You heard me. Any member of the opposite sex is fair game. Age, socio-economic status, complex past relationships, in-law status ... in short, under the mistletoe, all societal taboos amount to nothing. Slapped for your last attempt? No worry. Intimate immunity applies. No barriers. No worry. Go for it. If s/he is under the mistletoe, s/he's yours for a kiss. After all, "location is everything," as our real estate friends tell us.

For a clue about the origin of this ritual, we need to sweep back through time. Come with me beyond the veil of human memory, back through the ages to a time when midwinter was a time of terror. It was awful ("awe-filled") to watch, day by day, as the sun failed to attain its prior height in the sky, awful to watch the precious light grow increasingly scarce, awful to imagine no rekindling of warmth ... and no reawakening of spring.

As the year's darkest hour approached, people needed reassurance and, since that was hard to come by, *distraction*, as always, was the next best option. As the turbulent shadow of anxiety draped across the winter landscape, ancient public health officials (the **Druids**) addressed the mass hysteria with a "distraction" of extraordinary proportions: a week-long orgy. This midwinter festival raged without sexual taboos — from whence, perhaps, arose the saying, "All's fair in love and war."

Who were the Druids and what were they doing emceeding such a blow-out? They were a class of self-taught healers, a hybrid of priest and doctor, who apprenticed with the forces of nature. These they harnessed and hence were able to be of service to their clan — services such as the original "revels" lasting a week and constituting what civilized people might today describe scornfully as unabashed debauchery.

Let's digress together for a moment (since health issues would probably rank somewhere far below debauchery on your list of interests) and examine this midwinter celebration, whose modern-day equivalents (Mardi Gras, Wallpurgisnacht) are but meager echoes of real carousing. The ritual which was presided over by the Druids was designed to ameliorate the shadow of panic by offering the elixir of free license for sexual promiscuity. (And you thought it was great just stealing a kiss under your mistletoe!) But how did the Druids avert the "morning after" consequences of the carousing? Tradition holds that when the melee was spent, miraculously, no one was pregnant! This was nimbly interpreted by the Druids as evidence that the gods condoned this behavior — but only for one week a year. At festival end, the

Celts went back to their grindstones and life sunk back to mortal parameters.

What happened? How do they get away with acting as if mistletoe itself was hanging over the land, eclipsing, with its own spherical shape, the dying sun. Perhaps their gods *did* condone this revelry or, at least, would tolerate the wanton abandon. Only one week a year though. (Hmmm ... Anyone for a little *very* ol' time religion?)

The intolerant nose of Science, though, is not so easily put off the scent. There must be an explanation. Indeed, this mystery brings us full circle back to the Druids and their sacred plant "all heal" mistletoe. It turns out that prior to and during the festival, the Druids served a seasonal drink of warm mead (honey beer) spiked with mistletoe berries. Okay, so the warm alcohol might set a lax mood. But the berries ... What about the berries? Yes! You guessed it: progesterone!

You didn't guess it? Well, let me explain. The mistletoe, shorn ceremoniously from the majestic oak with a scythe of gold and dropped, untouched by human hands, onto a pure white ceremonial linen, was (and is) very rich in the hormone **progesterone**. On one level, the mistletoe's place in the midwinter celebration was due to the fact that it, alone, amidst the barren winter landscape, brought forth its berries upon an evergreen foliage. Flourishing thus where all other plants appeared dead skeletons, it symbolized the triumph of eternal life over death and, hence, spring over winter. On the biochemical level, however, the mistletoe berries, being chock full of progesterone, served as a contraceptive. Specifically, what the Druids somehow knew and used for the "benefit" of their society was that cessation of the seasonal drink (and therefore of progesterone) dictated to the physiology of "celebrating" females that fertilization did not occur. Consequently, with the precipitous drop in circulating progesterone levels, the uterine lining sloughs off taking with it any existing conceptus. Thus the Druids originated the form of birth control used today by women on the pill. A sudden drop in progesterone levels relieves the womb of any conceptus.

What is progesterone anyway and what good is it? Progesterone is the partner of estrogen, working harmoniously in a checks-and-balances relationship to produce fertility and viability of fetal life. Together these two hormones achieve wonders (with supporting roles played by FSH and LH), but when not synchronized they wreak havoc. This is because they play opposing parts. For example, estrogen stimulates the proliferative endometrial lining in the womb, whereas progesterone maintains the lining. (The menses period starts when levels of progesterone fall resulting in sloughing of the endometrial lining). Estrogen increases body fat (to prepare to withstand the nutritional demands of pregnancy), whereas progesterone helps burn fat for energy. Estrogen increases blood

clotting (putting women on unopposed estrogen at increased risk of stroke and heart attack), but progesterone normalizes blood clotting.

Somewhat surprisingly, progesterone can arrest hot flashes. ("Did he say *progesterone*? I thought that's what *estrogen* does!") Well, progesterone does it by sensitizing one's estrogen receptors so the body feels like it has more estrogen. In this manner, progesterone gives you more estrogen bang for the buck, thereby lessening the risk profile of estrogen therapy.)

How about the estrogen/progesterone opposite effect on other hormones? Did you know that estrogen interferes with conversion of the inactive form of thyroid hormone (T4) to the active form of thyroid (T3). This is important because the most common patent thyroid medicine is composed mostly of T4 and relies on the body to convert it to the active T3 form. Women in general, and women on unopposed estrogen in particular, are at increased risk of becoming functionally hypothyroid since their

estrogen will inhibit the conversion of T4 to T3. Aldosterone (involved in hypertension) is also affected as follows: Estrogen causes salt and fluid retention (bloating and weight gain), whereas progesterone is a natural and safe diuretic. Estrogen also can stimulate breast metabolism thereby contributing to fibrocystic breast disease, whereas progesterone protects against this painful problem. The list goes on.

On an even more serious note, studies show that estrogen increases risk of endometrial, cervical, and breast cancers, whereas progesterone helps prevent those cancers. Regarding another killer, osteoporosis, estrogen inhibits the activity of the cells that chew up bone (osteoclasts), whereas progesterone stimulates the cells that rebuild bone (osteoblasts). Finally (and least importantly perhaps to at least to half the population), estrogen decreases libido, whereas progesterone enhances the sex drive. There you have it. Part of the reason those Druids were so popular ...

Now, sometimes in this universe swirling with maya, the way to know something is to clarify what it is not. This is especially true for progesterone, so let's take a look at what progesterone is not. Certainly it is not any of the synthetic, analog, patented substances called progestins. Perhaps your doctor told you that you were taking an "artificial progesterone." If so, ask for clarification because (technically speaking) there ain't no such thing. Probably what was meant was that you are taking an artificial analog of progesterone, which partially mimics natural progesterone. But do not confuse that with taking the real thing. What follows is a lesson in marketing.

On reviewing the above, you might grant me that progesterone is good for you. Granted? Problem is, it's a natural (therefore unpatentable) product, so the race was on among pharmaceutical companies to create an artificial (read "patentable" and "profitable") product. This artificial product ideally would straddle the fence by being enough like the natural product to be able to perform target physiologic functions, but be significantly different (better?) in some way, thereby allowing for a patent. Only through patents can a company recoup its research expenses on the way to making a profit.

Now we all know that "a miss is as good as a mile" and that "a half truth is worse than a lie." These truisms are borne out in my practice. When I discuss the risks and benefits of hormone replacement therapy with interested patients and describe the available synthetic and natural options, some patients opt for natural (i.e., the only real) progesterone. Why do they do that? Because they review the

Physician's Desk Reference (PDR) list of warnings, contraindications, precautions, adverse reactions, and drug interactions (especially with estrogen) that apply to progestins but not to natural progesterone. (I can't list those potential side-effects

here because the Editor wants me to keep the column under 2,200 words.)

Simply speaking, if you are taking Provera (medroxy progesterone acetate) or a birth-control pill (norethindrone or norgestrol to inhibit ovulation), you are not taking progesterone; you're taking a progestin. Big difference. Your body knows it, and it's time you knew it, too. The synthetic and artificial hormones have some market advantages. For example, because the body has never seen its novel biochemical structure, it can't metabolize the synthetic drug as efficiently as it can natural progesterone. This metabolic confusion creates a longer duration of drug action — good for business (makes for increased reliability as a birth control agent), but good for you? If you're starting to wonder, let me again, in the spirit of informed consent, refer you to the PDR ...

Ever feel gyped when unprocessed health-food products are more expensive than "value-added" refined (read "depleted") foods? Why need we pay more for organic bananas than for the pesticide-treated ones? They should be cheaper since people did less to them. Well (and here's something most doctors don't know), most progestins are made from progesterone. That's right; the company starts with the natural stuff (made from yam or soy) and modifies it "substantially" to allow for a patent and, consequently, a profit.

They take the good stuff and instead of, "First do(ing) no harm," they do the "poke it, patent, profit" dance.

This alteration of progesterone to progestin results in some progesterone-like effects (birth control, etc.), but unfortunately not enough. For example, most progestins fail to counteract the symptoms of excess estrogen (i.e., estrogen "dominance") which plague millions of women over age 40 and include the following symptoms: breast swelling and fibrocystic breasts, premenstrual symptoms (mood swings and depression, water retention and generalized edema, loss of libido, craving for sweets), heavy or irregular menses, uterine fibroids, weight gain, and increased fat deposition at hips and thighs. Natural progesterone can prove quite helpful where progestins fail.

Why does progesterone deficiency occur? What does it say about God's sense of humor leaving post-menopausal women in that state? The problem is not a design flaw. Rather, it is a pervasive problem with input — specifically the modern diet, deficient in fresh fruit and vegetables. Cultures that eat lots of vegetables (with low-protein, low-fat diets) consume enough of the 5,000 plants containing phyto-hormones (including precursors to progesterone, such as sarsapogenin and diosgenin) that progesterone deficiency doesn't exist (and libido doesn't flag).

Which brings us back to the Druids and their midwinter festival, orchestrated under the influence of the mistletoe. Long before Christians chose December 25th (remember there were originally 12 days of Christmas) to celebrate the power of the light of Christ over the darkness of Evil, the Druids had things pretty much under control. With their revered mistletoe, green despite the whiteness of midwinter, as a symbol of Life over Death, the Druids taught their people to believe in hope and to trust their gods. May we all do the same in this, the darkest time of earth's year.

Now for all you hobby chemists, closet herbalists, and weekend bartenders, this holiday season I'd stick to hot-rum toddies or hot-spiced cider even though they're but pale reminders of the potent original festival drink. Why? Well, I guess I should tell you that not all mistletoe is alike. To be precise, yours hanging in the doorway gives license to steal only a kiss, nothing more. "Kill joy!" I can hear you muttering. Well, sad to say, those who really know their herbs regret to inform you that most American species of mistletoe are simply *not* high in progesterone. Thought you'd want to know. Just a word to the wise.

Greetings and Best Wishes from all of us at the Weeks Clinic during this Holyday season and on into the New Year! **I**

Bradford S. Weeks, MD, is a psychiatrist specializing in nutritional biochemistry and treats people who suffer from chronic biochemical imbalances. For information on his practice, call 341-2303.



Backwash, cont'd from page 5.

Island. I encourage everyone who cares about the future of our island to write to the Island County Planning Commission, Box 5000, Coupeville WA 98239-5000. Explain to them *your* vision for the future of Whidbey Island.

I hope this serves as a wake-up call to the residents of Whidbey. I also hope we can all learn from this huge mistake. It is unfortunate that we are forced to form community councils to protect ourselves from our own county government. All of us are affected by the planning and development of the island. Help make it wise and sustainable. Never underestimate the power of money, water rights, and politics which is shaping our future and that of our children.

David H. Monroe
Bayview

One of Many

Upon encountering your most excellent publication I was entranced by the quality of the writing. Please subscribe me for two years.

Bob Spark
W. Sacramento, Calif.

The Fall

Many trees have fallen across the road at Horseshoe Bay, following Monday night's great storm — huge roots uplifted, trunks cracked at their base — access ways blocked. Although the high winds have subsided, power lines are down. Marin County is without electricity. Sausalito seems as doleful as a lost child at Christmas, but here at the cove at sunrise, the early morning air is fresh and invigorating. Gulls ride the thermals over the Golden Gate Bridge's north tower.

The clouds over San Francisco are glorious. Large, silver cumulus clouds, banked gray against a bleak skyline, shoot golden-yellow, orange-red, pink and blue colonnades sunward. The mist over the bay seems palpable.

There is something about a storm that grounds you — forces the issue of common existence — promulgates faith ("... for He shall be known by His works"). Maybe it's the surge of energy, the upward movement by force — the task — harmonize or perish.

You realize your essential nature: you are alone, individuated, incarnated with everything touchable. You sit (or move or wait). It doesn't matter. There is only now, and you embrace it. You move with it, magnetized by its force, swimming in it, eating it — filled by its energy.

Noting a passerby — you reach out and gently touch their shoulder — suggesting nothing. You smile, say something, and they're gone.

Dr. Donald Somerset
Marin, California

Corrections

Last issue we omitted the punchline of Sue Ellen White-Hansen's *Reality Check*, "Getting the News." That pivotal last sentence should have read: "Try living in his [Norm Dicks'] district and calling in about having a lost Social Security card." Apologies to the author and her readers! — Ed.

We also misnumbered on page 28 of No. 71. That's Pat McVay off-loading the bears at the Artists' Co-op Gallery in Langley. Sorry, Ed... er, Pat! — Ed.

Also in last issue: The photo accompanying the *Chautauqua* sidebar on *The Golden Cockerel* at Water Street Theatre ("My Dinner with Trent") was misidentified. The caption on page 26 [No. 71] should read: "Director Hillary Spector and performer Jonathan Hogan." More apologies! — Ed. ■

Independent Crossword Puzzle

Answers to puzzle on Page 10.

BUSY DECEMBER

A	L	A	R		T	I	B	I	A		S	M	E	W	
P	E	S	O		I	R	I	S	H		T	I	K	I	
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O	R	A	T	E	S		L	A	B		A	D	D	S	
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C	A	S	H		L	I	F		J	O	S	E	P	H	
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P	A	S	S			T	R	Y	O	N		A	I	D	E



Island Independent



Retail Locations

Mukilteo
Mukilteo Coffee
619 Fourth Street

Clinton
Warm Wind Books
4769 Hwy 525

Langley
Star Store
201 1st Street

The Raven Cafe
197 2nd Street

Freeland
McQueens BP
1692 E. Main

Freeland Liquors
1614 E. Main

Greenbank
Coupe's Greenbank Store
3070 S. Hwy 525

Coupeville
Toby's Tavern
8 NW Front Street

Prairie Center Family Grocer
408 S. Main

Coupeville Country Store
1 S. Main Street

Oak Harbor
Daily Grind
9035 90th NW

Joe's Island Music
5355 Hwy 20
(K-Mart Shopping Center)

Anacortes
Watermark Books
612 Commercial Ave.

Bagel Factory
1400 Commercial

La Conner
O'Leary Books
609 S. 1st Street

Mount Vernon
Scotts Books
120 N 1st Street

Northern Lights
402 S. 1st Street

Bellingham
The Newstand
111 E. Magnolia

San Juan Island
Griffin Bay Books
40 1st Street

La Ceiba Cafe
395 Spring Street

Port Townsend
Aldrich's
940 Lawrence Street

Riley's General Store
1020 Water

Quimper Sound
901 Water Street

Bayview
Whidbey Island Art Supply
5603 S. Bayview Rd.

Note: This list contains only the confirmed locations as of press time Monday Dec. 18. There are many more locations to come (we will be printing a updated list in coming issues). Also this list does not contain the location of free standing boxes which you will find sprouting up all over the region in the coming months. If you are a business and would like to become one of our retail locations please call 360-221-4737 for more information.

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WHALE WATCH



Southwestern Whidbey Island was very active from 13-16 December! Twelve callers reported orca (*Orcinus orca*) activity close to shore as a pod moved up the Saratoga Passage coastline. First spotted in Langley, the whales (as many as 13 orca, with reports of 2-3 adult males) moved northward and were again spotted at Snetelum Pt., at Long Pt., and all over the Coupeville/Penn Cove area. The only activity specifically reported was feeding.

Another common marine mammal in our region is Dall's porpoise (*Phocoenoides dalli* — "fohkaNOYdees DAHlee"), which grow to 7' and are very stout and shiny black, often with large oval and white patches on their sides below the dorsal fin. The first sign of the gregarious Dall's is often the characteristic "rooster tail" plume of water, headed your way, created by the Dall's distinctive propulsion method. Dall's enjoy riding bow waves, and many boaters are delighted every year to shows of speed and skill as pod members take turns playing in the temporary ocean playgrounds created by passing vessels. Dall's are found only in the Pacific, from the Pribilof Islands to Baja, and consume primarily squid, crustaceans, and deep-sea fish, often diving to great depths for meals.

— Diana M. Green, The Whale Museum

Report Whale Sightings & Marine Mammal Strandings to
THE WHALE HOTLINE: 1-800-562-8832

Contributed by The Whale Museum in Friday Harbor. For information on the museum, call 378-4710. Thanks to John Calambokidis of Cascadia Research [(800) 747-7325], The Center for Whale Research [(360) 378-5835], The Marine Animal Resource Center [(206) 285-7325], Mark Sears of Puget Sound Whale Sightings [(206) 938-4642], and all other contributors to the Hotline.

The White Crow



BY BARTON "CORVUS" COLE

When the Gray Witch created the birds, she gave them songs and beautiful colors, so she would have something nice to live with. Her favorites, though, were the crows. They were the last birds she made, and she had used up the colorful feathers and melodic songs. What could she do for them? She pondered, listening to the trilling of the sparrows, watching the cardinals flit like streaks of ruby. At last, inspired, she gave them part of herself, so that they might think and share their discoveries.

She painted their feathers with Night, her favorite time, when the sounds of the day rested and she could muse alone. Instead of melody, she gave them a secret vocabulary, one that she would understand. Their calls sounded like noise to the other witches, but to the Gray Witch, they spoke clear declarations. She gave them an unbridled appetite, so they would be satisfied with food anywhere, able to live wherever they landed. Most importantly, she gave them union, so they would live together and respond to each other's needs. If any crow was in danger, it had only to shout the secret words, and the rest of the crows would come to its aid.

After years of watching her work spin around her, the Gray Witch decided to test the crows. She had been pleased with her bequest of gifts; they had done so much with what she had to give them. Would their community survive if she took away their personal anonymity? What if one of the crows were different...?



Things were bad for the crows. The berries rotted on the bush as soon as they appeared; nests unraveled and fell from the trees; walnuts were tiny and shriveled, and no matter which direction the crows flew, they were headed into the wind. It all started when the Gray Witch took the Golden Apple, symbol of King Corvio's rule. Their community was fractured —without a leader, the crows were turning to anarchy, mercilessly picking on each other, but their particular target, as it had always been, was the White Crow.

Unlike his glossy black brothers, this crow had been born with feathers that were entirely white. When the White Crow emerged from his egg, his mother and father were astonished, and disappointed. But — since all crows are black — they were certain the newborn's white, downy tufts would soon be replaced by sleek black feathers.

It didn't happen. He grew, and he remained white. The other crows wouldn't leave him alone. He was outcast, doomed to stand watch while the other crows ate, left with only crumbs and insignificant morsels.

"All these troubles came along because of you," they would tell him. "The witch wouldn't have taken our apple if it weren't for you! You're nothing but bad luck! Why don't you just fly away and never come back!" Things became worse as the weather turned colder. The sheltering leaves fell from the trees; there was no food to eat. The waterfowl had already left for warmer climes.

One day, the crow community was anxious with anticipation. The deposed Corvio was to make a proclamation. At the appointed time, they all gathered in the barren meadow in the middle of the forest. Corvio arrived and flew into a tall fir tree.

"My Crows," he began, "there is a way out of our predicament. The Gray Witch has informed me that we can have one chance — we can have enough food to eat, we can have a king." The hopeless crows erupted into noisy cawing. Corvio raised his wings to silence them; he had to shout to be heard.

"The Golden Apple, symbol of the King of All the Crows, is in the hands of the Gray Witch. If we are able to retrieve it, she will let us keep it, and bother us no more." More noisy cawing, but Corvio raised his wings to quell it, as he continued. "She says we have forgotten the

important lessons. We have until the day when the sun has gone farthest to the south — the Day of Solstice. After that day, if we still do not retrieve the Golden Apple, it will be destroyed, along with the very essence of our existence. No more will Crows band together to fight a common foe, we will no longer possess the sense of community. We shall be as the Starlings, doomed to fly in numbers, yet unaware of our kin." The crows cawed and murmured at this news.

Thereafter, day after day, the emboldened crows flew to the lair of the Gray Witch, attempting to retrieve the Golden Apple. Despite their cleverness, the Gray Witch always discovered them before they neared the apple. Her shrieks would drive them away. It was hopeless. The sun retreated further southward, the apple remained tantalizingly out of reach.

And then, on the Day of Solstice, they awoke to find the landscape covered with snow. The White Crow flew from his solitary perch down to where the other crows were hunting for food, prepared for the usual chastisement. To his astonishment, they took no notice! After walking all about, he realized that he was invisible — his feathers blended into the snowy backdrop. The other crows looked at him, but it was as if they were seeing right through him. He knew that his opportunity had come.

He flew to the Gray Witch's lair. The sentry vultures didn't notice as he carefully walked past them and into the copse where the Gray Witch lay. There at her side was the Golden Apple! With a couple of hops, and some careful sidling, the White Crow reached it, took the stem in his beak, danced away, and leapt into the air. The apple was heavy; the crow's shoulders ached from the furious wingbeats that carried him higher. As soon as he reached the tops of the trees, the Gray Witch awoke. Seeing the Golden Apple in his beak, she screamed. "Who are you, that dares to steal my apple!"

The White Crow opened his beak to answer, forgetting the apple; it dropped from him like a stone. The vultures swooped up from their roosts toward him. In a flash of feathers, the White Crow dove toward the plummeting apple; but it fell, tumbling, to land at the feet of the Gray Witch. He swooped upward, but she held out a beckoning hand — barely aware of what he was doing, he landed next to the apple.

"You have come for the apple, White Crow," she said. "If I let you take it, do you realize that you will be the King?" He nodded. "What will you do to the other crows, the ones who wanted you gone?"

"I'll issue a decree — to make them fly away, never to return!"

"But is it like a King to answer hostility with hostility? Will you be proud, and respected? Will you respect yourself? Remember: *What do numbers matter, if all crows are one?* I'll let you take the apple, but I'll instruct the vultures to chase you. You may have the apple, but what do with it is up to you. Go, then, and remember!"

He took the apple in his beak and headed homeward, pursued by the vultures. When he neared the crows, his alert brothers saw the approaching confusion and cawed loudly, gathering many others to their aid. After a short melee, the vultures were driven off. The White Crow flew to King Corvio and dropped the Golden Apple at his feet. Word of the event spread rapidly; the crows flew to the meadow.

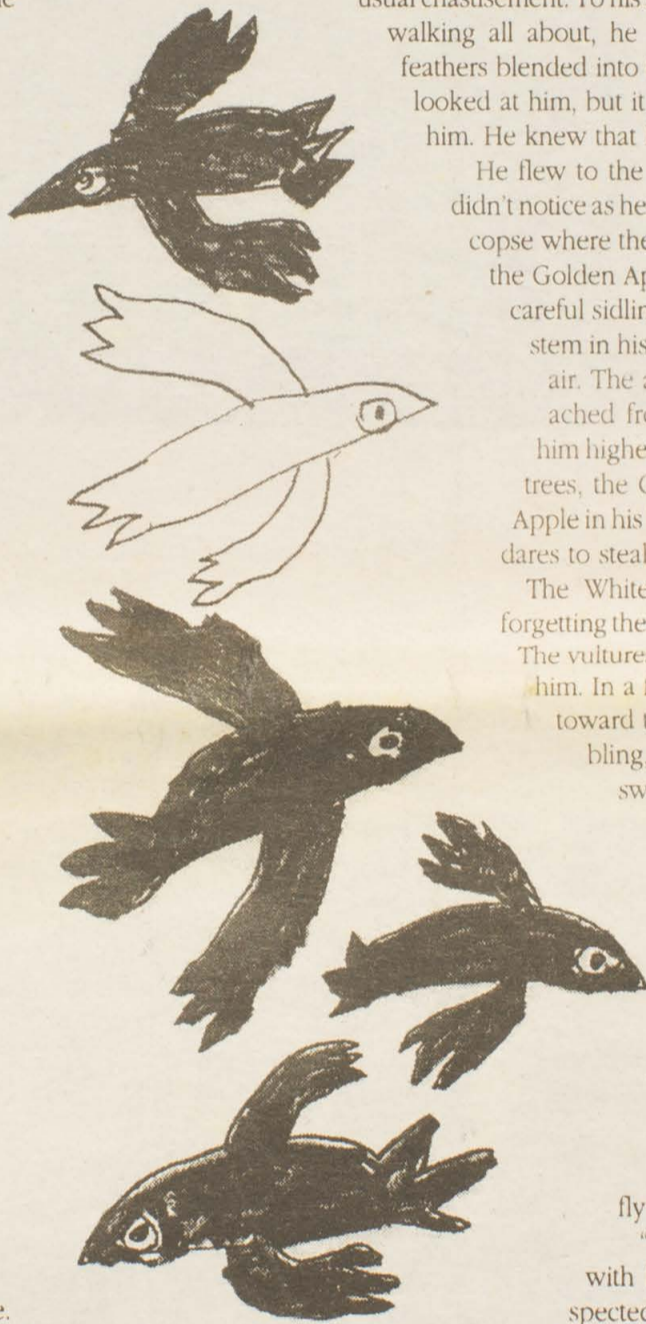
"Crows, I have news!" declared Corvio. "Our white brother has succeeded; he has returned with the Golden Apple! It is with great joy that I declare him to be your King. May you prosper under his rule!" Corvio bowed deeply and hopped away. "Hail the White Crow! King of All the Crows! Hail!"

The White Crow looked out at his brothers, those who had scorned him only the day before. He thought of the words of the Gray Witch — *All crows are one*.

He ruled wisely for years before flying to the West. ■

Barton Cole and Max live in Langley, where the crows hang out.

Illustration by Max the Hat.



MAX

y o u



Jesus...

A. Dante, J. Barrie, Eve, C. Jung, Samson, A. Chekhov, Miriam, G. Chaucer, O. Bismarck, C. Sandburg, M. Antony, Chiang Kai-shek, Tertullian, Constantine, C. Boothe Luce, Samuel, Cervantes, Cicero, Herod, Caiaphas, F. Drake, Buddha, Bernard of Clairvaux, Homer, J. Milton, A. Kuyper, J. Addison, D. Hammarskjold, J. Nehru, Luke, C. Coolidge, J. Audubon, Gideon, Sophocles, A. Jackson, M. Maimonides, Jeremiah, G. Washington, J. Calhoun, C. Chaplin, Agrippa, W. Taft, F. Dostoevski, St. Peter, H. Hudson, W. Irving, Enoch, St. Jerome, A. Leeuwenhoek, T. Edison, Moses, Cleopatra, Sun Yat-Sen, G. Byron, Plutarch, T.S. Eliot, J. Tyler, C. Dickens, Daniel, Joseph, G.B. Shaw, Ahab, F.D. Roosevelt, St. James, L. Beethoven, J.P. Jones, P. Buck, J. Edwards, T. Cranmer, M. Gandhi, J. Locke, J.Q. Adams, M.B. Eddy, T. Aquinas, B. Russell, H. Truman, St. Augustine, A. Carnegie, C.S. Lewis, Eli, A. Lincoln, El Greco, Jacob, I. Newton, Origen, S. Crane, J. Adams, M. Polo, J. Swift, E. Burke, Elisha, G. Clemenceau, Aeschylus, Ezekiel, L. Tolstoy, J.G. Whitier, S.B. Anthony, E. Zola, W. Disney, Aesop, Noah, Jeroboam, L.M. Alcott, H. Alger, J. Huss, P. Pilate, Joab, S. Bolivar, G. Garibaldi, J. Wesley, T. Roosevelt, Protagoras, C. Talleyrand, W.R. Wagner, Copernicus, J. Schiller, J. Saik, S. Coleridge, Xenophon, W.A. Mozart, Nicodemus, C. Barton, L. Pasteur, E. Roosevelt, Aristides, Isaac, B. Cellini, J. Arminius, G. Mendel, W. James, M. Fillmore, Stephen, Mother Teresa, G.F. Handel, W. Churchill, Isaiah, W.J. Bryan, S. Houston, F. Bacon, H. James, W. Tyndale, R. Frost, M. Curie, H. Thoreau, J. Bunyan, E. Dickinson, J. Kepler, H. Mann, J. Knox, Elizabeth, K. Marx, Job, C. Colson, C. Wren, T. Huxley, V. Hugo, G. Verdi, H.W. Beecher, W.C. Bryant, G. Marconi, H.W. Longfellow, F. Magellan, M. Thatcher, J.S. Mill, O.W. Holmes, Mohammed, R. Reagan, S. Johnson, Ignatius, F.J. Hayden, P. Trudeau, T. A. Kempis, Virgil, S. Botticelli, K. Barth, A.A. Milne, Abraham, Y. Menuhin, S. Kierkegaard, Benedict I-XV, M. Lafayette, L. Berkhof, A. Einstein, H. Melville, St. Francis, Archimedes, Plato, St. Paul, B. Pascal, H. Grotius, L. Da Vinci, W. McKinley, Ruth, I. Watts, Socrates, K. Gibran, V. Lenin, P. Tchaikovsky, W. Mackenzie, T. Jefferson, A. Rodin, D.L. Moody, H. Zwingill, Chrysostom, Pericles, David, H. Balzac, Goliath, W. Cowper, Charlemagne, B. Graham, C.H. Spurgeon, St. Mary, T. Carlyle, Solomon, J. Dewey, A. Schopenhauer, W. Wordsworth, St. John, E. Caruso, R.E. Lee, J.M. Keynes, R. Burns, Erasmus, J.R. Oppenheimer, B. Franklin, J.D. Rockefeller, C. Mather, St. Mathew, G.K. Chesterton, A. Nobel, Esther, Michelangelo, M.L. King, A.C. Van Raalte, Adam, J. Calvin, C. Columbus, A. Solzhenitsyn, M. Luther, J. Alexander, Joshua, R. Descartes, O. Cromwell, C. Lindbergh, St. Patrick, Confucius, W. Wilson, H. Ford, C. de Gaulle, U. Grant, M. Twain, Hippocrates, Demosthenes, A. Toynbee, Hadrian, Spinoza, D. MacArthur, W.R. Hearst, Pythagoras, P. Tillich, etc.

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