

Index Times

“The tree of liberty must be refreshed
from time to time with the blood of
patriots and tyrants.”
-Thomas Jefferson

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Photo courtesy of: mentalfloss.cachefly.net

Letters to the Editor:

Dear Editors.

We just wanted to say thank you for your help with putting Hope on the Slopes info into the Index Times. We greatly appreciate the free publicity and helping make our event such a success. Thanks again and we hope you enjoyed yourself as participants.

Cheers,
Hope on the Slopes Staff.
American Cancer Society

Outdoor Adventures/WaveTrek Starts Guide Training - Anthony Vega

Approximately 12 people started guide training at the Riverhouse in Index last Sunday. The State requires at least 50 hours of training to be a guide. The 12 will undergo 80+ hours of training over a 6-8 day period. OAC provides this training every spring and this year has students from as far away as Idaho and Minnesota.

Starting in May, OAC will start its Wilderness First Responder classes. The WFR classes will run from May 12-21 and costs \$600. For more information or to sign up, contact the Outdoor Adventure Center.

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Art's Council Meeting Update- Kelley Rose

On Sunday March 21st, the Art's Council met for it's 2nd official meeting at the Riverhouse Cafe. More than a dozen people were present, (a mixture of BOD members and local residents) discussing potential issues and layout for the Index Art's Festival, which will be held on August 7th of 2010.

The main concern was a lack of volunteers to aid with parking, maintenance and kiddie day-care. Anybody with experience in any of these fields and a willingness to participate, please contact the council via P.O. Box 200 Index WA 98256 "Thank you for supporting Index Arts!"

Community Garden Gets a Jump on Spring - Dana Starfire

A new trail that connects Index Ave and Avenue A. A peace garden at the foot of the trail hopes to have a bench to enjoy the shade of summer.



Sue Cross, Etta Hunter and Kem Hunter breaking ground at the community garden.

Healthcare Killer- Op-Ed by Alex Gibb

Obama finally did it. Democrats in Washington DC passed the long awaited, much disputed health care overhaul bill. Just one day after, I'm already hearing all sorts of backlash. A lot of this was already brewing, waiting to finally boil over until the day the event actually happened. Some of the statements made by the opponents of the health bill perplex me.

Don't get me wrong, I don't necessarily believe this health care thing is all good. But lets be honest, no one is against the health bill because they don't want health insurance. I know there are hermits out there in the world that don't want a damn thing to do with Uncle Sam or his silly bill that will require their signature on a government document. This is an extremely small percentage of the population.

The people I'm talking about are the politicians (mostly Republican, sorry) whose argument completely bypasses the health care needs of the people of America. Some of these arguments against the health bill I'm hearing don't have a stitch to do with the fact that this is meant to protect and lengthen the lives of all of us.

One of the statements that irks me would be the one made by State Attorney

GIBB Continued page 5

Gibb, cont.

General Rob McKenna, who now says he's going to sue the federal government. This is a move that is completely at odds with Governor Christine Gregoire. He says, In reference to the stipulation that people are required to buy insurance- "That's why the federal government has never imposed an auto insurance mandate, has never imposed a drinking age minimum, has never imposed a motorcycle helmet law." (Which are all still laws, just on a state level.)

Excuse me, does this mean McKenna was himself planning a widespread health care bill for the state of Washington? I don't think so. I don't think McKenna cares about people's health coverage at all. I think this is just another thinly veiled attempt by a new-age Republican to go at odds with a Democrat President.

This perpetuates my theory that some people in DC just go against the opposite party, no matter how helpful the proposal. Both sides are like this, but I've noticed just a little more lately from some Republicans. Can't blame them, they're probably bitter, George W. Bush utterly destroyed the Republican Party (Sarah Palin didn't help, either). He virtually guaranteed that a Democrat would become the next president. G-Dubya actually might be the one to thank for this whole health care plan going through. If it weren't for "Little Bush's" stellar performance as commander-in-chief, the Democrats most likely would not have gotten majority in DC. The health care final vote was 220-211. Thanks Junior.

We'll all see where this health care thing goes. Like I said, I don't necessarily agree with all facets of this bill. I don't know if I like the fact that if we don't buy insurance we may be penalized for it. Many of the details of this bill won't happen for years, certain sections won't be enacted until 2019.

One thing I know for sure is all this he-said she-said, back and forth arguing between elected officials doesn't get work done. It makes me think we should cut the red tape and get down to business. It makes me think local politicians should not take offense at a little negative press and instead focus on the real issue.



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The Coyote Finds His Heart-by Shane Turnbull

It is an old story, from the time of the animal people. Coyote was in his canoe, and had paddled all day and all night, only to find that he didn't know where he wanted to go. He sat in his canoe, drifting for a while, thinking that something was wrong. He wanted to do something, but he didn't know what it was, so he made some mountains and gave them names. But that didn't make him happy. He tried to think, but he wasn't very good at it, and he kept hearing a thumping noise that bothered him.

"Where should I go? What should I do? How can I think with all this noise?"

Coyote was becoming sad because he could not think, so he called out to Old Mother who was the Earth. "Old Mother," he said "Can you stop this thumping noise so I can figure out where I am supposed to be?"

Old Mother heard Coyote and laughed at him. "Silly Coyote," she said. "That thumping noise is the sound of your own heart beating. Listen to it. It is the sound of the drums. When you hear your heart you must think of the drums- the sound of home."

"I knew that," Coyote said.

Recipe of the Week

Rich Russian Nettle Tonic -Lan Lan Style

Nettles

1 pint sour cream
Juice of 1/2 a lemon
2 cloves of garlic minced
S & P to taste

Nettles are in season, get some while they're are in their peak! Pick fresh nettles, top 3 sets of leafs or whatever looks best [don't eat, once they've started seeding]. Gloves & scissors, paper bags & baskets work well for harvesting.

Fill 4 qt. pan w/ 4 cps. H2O & steamer basket. Bring to a boil & add nettles packed densely to the top, cover with a tight fitting lid. Reduce heat to ML & flip entire mass 2 to 3 times every few min. w/ tongs. Cook 7 to 10 min. No need to over cook, once stingers are limp, nettles are done. Drain nettles & let cool. Once cooled off, press to remove excess H2O.

Layer nettles & sour cream 2in. at a time in a blender or food processor, add lemon juice, garlic, and S & P on top. Pulse & puree, stirring and scraping the sides w./ a spatula (don't over do it, keep it thick). Take a taste & season accordingly,

Serve in a bread bowl as dip, over pasta, rice, potatoes or whatever you like and enjoy!

Ray Krona II Proposes Highway 2 Sponsorship- IT Staff

Ray Krona II is heading up a group of people to be the litter patrol/cleanup crew for the section of Highway 2 from mile-marker 33 to 36. Anyone interested in volunteering should meet on Tuesday, March 30th at the Old Fire Hall, 7:00PM.

SPORTS SOFTBALL! -Kelley Rose

The first official softball practice was held on Saturday March 20th at the usual spot here in Index.

It was a complete blast (even though it was more like a game of catch) with a grand total of 4 players showing up. The bats never even made it out of the bag. Everyone had a good laugh however, as balls were dropped, gloves were shuffled around, and the cheerleaders picked flowers for the exhausted Miners.

Forty minutes into the whole thing, everyone was feeling the affects of a winter without sport, and it was soon decided that sitting by the river was a much better idea.

The next practice will be held this next Saturday the 27th at the same spot, hopefully all you other Miners will wake up for the season and join us!

Poetry Ark

Groom

Stumped.
-Cut off.

At the Root,
Of an Old Cut-
I cut out-
Took a Shortcut
Through
Out-Cut
I Stumbled here....

Jim Roberts

I went right by me
At the time I went over my head
I was looking out the window
I should 've looked at my face instead
It went right by me
I put up another wall
There should've been a moment
To let it fall
I never meant what your thinking
That's not what I meant at all
Well I guess we all have these feelings
Can't leave and just reconcile
Some of them learned on the ceilings
Some of them learned as a child
The things that were concealing
Will never let us grow
Time will do its healing
Just have to let it go
Closed for my protection
Open to Your Storm
Between these two directions
My heart is sometimes torn
I lie awake with my secrets
Spinning round my head
Something that somehow escaped me
Something I shouldn't have said
I was looking at the window
I should've looked at myself instead
I find no absolution
In my rational point of views
Maybe some things are instinctive
But there's one thing we could do
If you could try to understand me
I Could try to understand you
A.L.

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New Bartender-

Kelley Rose

Wednesday nights are going to take on a whole new meaning in Index when Tony Vegas starts bartending at the Mt, Index Cafe. When discussing with his chums, ideas for a theme were brought up: Singles night? Gay night? Cowboy hat night? With so many proposals, it was decided they would just serve Redneck Rainbow Kamikazes as a special. Though no one really knew how to make that drink...or if it even exists...someone will figure something out.

A Day In The Life: Louie and Brian



Artwork by Dean Shepard

"If this is the last day of winter, I don't want spring to get here"

- Louie

"We got satellite"

"No I don't need no concrete post"

- Brian



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Speaking Indexian:

"Are the puddles in your driveway pondish?"

F.A.

"Yeah, kinda muddy pondish."

K.R.

"If we had three ears, what would a q-Tip look like?"

R.K.

"You know you're getting old when the party starts when you're going to bed."

L.C.

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From The Senior Founding Editor

There is so much hoopla about what's getting printed and who decides it and who's paper it is and why its here and what it means and what affiliations and motives IT has.

Some days it makes me crazy, others scared, and yet other days I am angry and confused. Most days I am proud and motivated. This paper is published and produced by residents of Index and the Sky Valley and always will be. Nothing goes to print without the groups approval.

A big thanks to all of you contributors and supporters. Every day I am told by people to keep up the good work. That means you!!!!

AV

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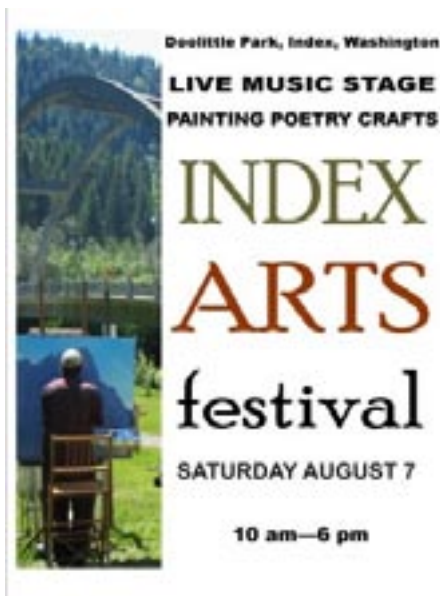
Index Gallery Alert

Renovation is near complete thanks to the detailed dedicated work of Bill Cross, Rob and Dean. Art Inquiries call Dean Shepard @ 425-443-6103

Skykomish Open Air Market Seeks Local Artisans & Vendors
Call Madelle 360-677-2135

Short Stop seeks Hitter

Short-stop, seeks motivated hitter to enliven those long spring nights. Occasional pitcher, morning hikes, fisherman preferred . The Usual spot.



Horoscopes - By Kelley Rose

Aries: Achievements in your personal projects, change in your viewpoint. Disharmony in your friendships will be addressed, and issues of ownership.

Taurus: Socially isolated and struggling for solid ground in a mental battlefield. Don't involve yourself in another's problems, you have your own to deal with.

Gemini: Hiding yourself from the world won't solve things. Be honest about your desires and progress will be made. Pressures will wear you down.

Cancer: Dissolution and confusion in your emotional environment. A lack of communication will hold you back, speak your mind if you want results.

Leo: Re-establishing your plans for the future, and contemplating a change of scenery. Look carefully, someone is hiding important information from you.

Virgo: Picking your battles carefully, and practicing patience Understanding another's point of view will clarify your own confusion in the situation.

Libra: Upheaval in your emotions comes at you from left field. Caught off guard, you struggle to reassemble your prior stability in the household.

Scorpio: Being spontaneous and playful, spending quality time with an estranged pal. Beware of taking unknown risks with your finances.

Sagittarius: Trusting yourself and solidifying your personal identity. Someone meaning well will give bad advice, think carefully before action.

Capricorn: Turning an unsteady situation to your favor. Learning to be flexible and integrating your past experiences in the present will help you.

Aquarius: Dealing with authority and finance. Invoking emotional change in those around you will be appreciated and unexpected.

Pisces: Taking steps toward applying your newfound wisdom to your daily applications. Expansion and issues with authority will make ripples.

Sharoooo's Tip of the Week:

To polish copper , rub an ample amount of catsup on the surface and let stand for five minutes. Rinse with hot water and dry. Incredible shine!

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