



VASHON

THE LOOP

Vol. 2 #15

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

August 3, 2005



The Sound Band Plays Village Green

by Lynann Politte

If you've been hearing the buzz about The Sound Band, a group of Vashon youths who played at the Strawberry Festival and you're wondering what it's all about, you have a chance to see them **August 12th** at 7 p.m. at the Village Green on Vashon.

I watched The Sound Band and understand the buzz. I went to listen to them because I had directed two band members — the two Stefans — in local Vashon theatre productions and I wanted to see what was up with their band. Stefan Rubicz was the lecherous psychologist in YTP's production of *Beyond Therapy* (by Christopher Durang) a couple years ago. Stefan Wolczko performed the "Cop" monologue in *Red White & Who*, the original documentary theatre piece created by Vashon Island teens (a collaborative effort of Harris Levinson, Stephen Seigel, and myself).

I went to the concert, not knowing what kind of music they would be playing and expecting something punky, rappy, or some music that I couldn't recognize much less classify.

When The Sound Band started with Joe Cocker's "Feelin' Alright", moved into BTO's "Takin' Care of Business", went onto "Southern Cross" by Crosby Stills, Nash & Young, and segued into ZZ Top's "Sharp Dressed Man", well, I was stunned. Then bass player Jaime Riley did the infamous bass plucking introduction to "Play that Funky Music". That spun me back to my disco days in grad school and I just laughed.

The Sound Band consists of Jamie Riley (bass), Stefan Rubicz (keyboards), Drew Tuel (lead guitar), Jesse Whitford (drums) and Stefan Wolczko (lead vocals and guitar) and is joined by Dominick Wolczko on backup vocals. All are from Vashon.

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Today's Special... SO Is Tomorrow



Hooray! After 3 1/2 years of patience and persistence, Melinda Sontgerath proudly opened The Hardware Store restaurant on Monday, August 01, 2005. Sontgerath will be serving "great good food" accompanied by great wines in the beautifully renovated historic building which also features an art gallery. To open her doors, Sontgerath has had to deal with a daunting list of obstacles that would have made most people throw in the bar towel. If her food is half as good as her fortitude, Vashon has a new great gathering place.

Earthfair: It's Here, It's Happening See Pages 10&11 for details



Pedal Sense: Ride On

By Peter Ray

This is a new column about bicycling — yes, I can hear the range of responses that may evoke. There was a bit of agonizing over the column name, but the reason for this choice is simple — there are pedals both on a bike and in a car. Cyclists are nearly always drivers as well —

some have to wait a few more years to get their licenses and some, by their actions, have never learned about growing up. I drive and I cycle and I ride a motorcycle, all of which serve to offer up a number of experiences in conditions and situations as I

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Vashon Teacher To Swim Across Sound

Jon Schroeder, a Vashon Island schoolteacher, will be joining about 70 other swimmers in a cross-sound swim on August 13th. The route will be from Bainbridge Island to Alki Beach, a distance of about 3 1/2 miles. The event is called "Crossing for Kids", and is a fundraiser for Junior Achievement of Washington.

"I saw a poster down at the ferry terminal calling for swimmers," Jon

says, "and the idea of having a goal that would require some real training and effort appealed to me." He says that he has been training off of Burton Beach, but anticipates that swimming the Sound is going to be a bit more challenging. Faster currents, surface chop, and colder water temperatures will make the actual swim conditions more difficult than the relatively

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Earthquake Study
by Mike Feinstein

Those who choose to live on islands like Vashon often do so because they are remote and seemingly separated from the world — places of splendid isolation where you can forget your troubles. One of the problems, however, is that others can forget them as well. A case in point is the massive study mounted last year by the state's Office of Emergency Management and the United States Geological Survey. Some 100 scientists put their minds to helping the region prepare for a future earthquake by trying to predict its consequences and the scale of emergency response necessary.

"It is a fine study," said Joe Ulatoski, head of the Vashon Disaster Preparedness Coalition (VDPC), "with one exception. For us, there was not one mention of Vashon!" The study's omission only underscores Ulatoski's conviction that in the event of an earthquake or other large-scale disaster, Vashon would be isolated and left standing alone for a period of days or even weeks. Potentially, the community could find itself faced with the care of scores of casualties, a large

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Clinton "Bassie" Fearon

Reggae Rocks the Rock

By Janice Randall

Don't miss Reggae on the Rock, an afternoon of Reggae music at Camp Burton Amphitheater, **Saturday, August 13**, 2 to 5 p.m. Musical guests will include the definitive Clinton Fearon and Boogie Brown Band, Wet City Rockers and Little Big Man. Delicious food will be available all afternoon by our own Wok In Take Out. Reggae on the Rock is an all ages event; no alcohol please.

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Get in The Loop

Progressive Labor Day Picnic

Mark your calendars! The Vashon Progressive Alliance will sponsor a “Progressive Labor Day Picnic” at the Village Green on Vashon Island, **September 5**, Noon to 6:00 p.m.

In the spirit of the historical Labor Days, there will be entertainment, group singing, a “soapbox,” union activities and voices, children’s activities and parade, inspiring speakers, political theater, educational activities, contests, and more. Community families will be invited to bring a picnic lunch and enjoy a day of education and inspiration.

Would you like to be involved? We are looking for: people who have been involved historically with labor movements and issues to share their experiences; people to speak about progressive and labor (local and global) issues; political skits, monologues, music, and poetry; a sound system and someone to run it; the loan of a portable DVD/VCR player, and monitor or TV, to show documentaries; members of labor unions to represent their issues with signs and speakers; dessert donations; and people to help make batik banners for the event during the week of **August 15**.

Many of our Island progressive organizations will be represented, including Vashon Islanders for Peace, Backbone Campaign, Vashon-Maury Island Green Party, Fair Elections, Vashon Democratic Club, Washington Public Campaigns, Sustainable Vashon, Earthfair, Youth for a Difference, and Democracy for America. If your progressive organization is not mentioned here and you would like to have a table or booth at the picnic, please let us know!

The Vashon Progressive Alliance is an association of progressive Island groups that have different specific agendas but share basic values. This group meets periodically to explore ways in which we can help each other, share resources and ideas, and develop programs that can make us all more effective.

If you would like to perform, or help make the picnic possible, or if you would just like more information, contact Cathy Fulton, (206) 463-5652.

Garden Club Flower Fair

The Vashon-Maury Island Garden Club will hold its annual Flower Fair at the Vashon Library on **Friday, August 12** from noon to 6 p.m. and **Saturday, August 13** from 10 a.m. to 4 p.m. Everyone is invited to review plants submitted in many categories and to judge their favorites among our members’ entries.

First Annual Voice of Vashon Super Yard Sale Tour

The Super Yard Sale Tour is **Saturday, August 13**, from 9 a.m. to 5 p.m.

It’s just like the Gallery Tour except without all the art...just like the Garden Tour except without all the plants. Just good, inexpensive stuff you can use. Or wear. Or put somewhere special.

Voice of Vashon is about to become part Internet radio station, part cable TV station, part emergency broadcasting go-to information source. That transformation will take more moolah than VoV has lying around. Everything sold during our sale will pay the bills toward these various efforts. So, DO consider donating your stuff to the cause (details below). And DO consider buying somebody else’s stuff so that it will go toward the cause (details ALSO below).

Give VoV the stuff you can’t stand to have around the house any more and earn a cool tax credit. Take away someone else’s stuff that you can’t resist and help to bring the Voice of Vashon to more and more homes on the Island.

Participate at both ends of this remarkable event. Your great stuff meets everybody else’s great stuff and it’s a win-win for the Vashon community and our radio station.

There are four participating sale sites, four unique scavenging adventures, four different settings, and four different eating and drinking experiences.

To donate your stuff, just call Bill Wood at 463-1626 and learn the drop off point most convenient for you. Pick up available for big items on August 11 and 12.



Vashon Library Programs

**The Dancing Princess
Last Leaf Theatre Productions
Saturday, August 13, 2 p.m.**

Program will be held at the Ober Park Building next to the library. Join us for an enchanting production based on a Ukrainian folktale and the familiar story by Hans Christian Andersen about a secretive princess who constantly wears out her shoes. She tries to outwit and eventually falls in love with the soldier whom her father has brought to uncover her secrets. Family program. Registration not required.

**Late Night @ the Library:
Saturday, August 13, 6 to 10 p.m.**

Enjoy having a henna tattoo applied by Kara Jones and make a colorful marigold necklace with flowers donated by Mary Robinson and the Vashon High School horticulture students. Visit the library’s Cyber Café. Surf the World Wide Web or play a game of chess, cards, Magic or Monopoly. Refreshments! Door Prizes! Security will be provided. For teens only. (6th through 12th grades.)

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www.DomainDiscountProgram.com*

Adopt A Cat This Weekend

Vashon Island Pet Protectors will host Adopt-A-Cat Days **Saturday, August 6**, from 11 a.m. to 2 p.m. and **Sunday, August 7**, from 12:30 p.m. to 3 p.m. at Pandora’s Box. Please stop by or call VIPP at 206-389-1085.



Troy and Marie Talk Kitchen Remodeling

The old adage in real estate is that the most important feature of a house is “location, location, location.” Running a close second is “the kitchen, the kitchen, the kitchen.” Remodeling an outdated kitchen definitely adds to the value of a house, and makes cooking much more fun. It’s the most popular—and usually the most expensive—remodeling job, according to Vashon contractor Ron Mitchell. It can also be stressful. Read on...



Troy: Ron, why do people decide to remodel their kitchens?

Ron: Have you ever noticed that when you have a get-together everyone ends up in the kitchen? Older “separate kitchen” designs are not conducive to that, so often a homeowner wants the kitchen re-done in a more “open” design that welcomes everyone into the space..

Marie: That makes sense. But I can barely contemplate reorganizing our cabinets, let alone the whole kitchen. How do you start such a major project?

Ron: There are several approaches. Most customers have definite ideas about what they want; others just plainly know they need a change but don’t know where to start. One typical approach is to work with the customer as a consultant, and also work with the customer’s architect or designer. If the customer has spent lots of time researching kitchen design and has a good grip on what he or she likes, we can often do the remodel without additional design help. And even if a customer wants to work with a designer or architect, up front research is always helpful and helps to streamline communication.

Marie: I started researching remodeling options for our kitchen, and was overwhelmed by the choices! How do your customers select materials for the remodel? Do you have suppliers you like to work with?

Ron: Yes. Although some customers like to shop at the local home improvement store, most prefer a more personalized approach. For example, we work with cabinet manufacturers who will send a representative directly to the customer’s home. This kind of service can really reduce the customer’s stress level.

Troy: Ahh yes, the stress of remodeling. We’ve all heard horror stories about couples who started a remodel and ended up in divorce court. What advice do you have to avoid that?

Ron: Without sounding too much like a counselor, I do have some suggestions. First, be sure you are comfortable with the people you have hired to do the job. It should feel like a good “fit.” You and your partner should each make a list (without the other person present) of your objectives and concerns. Review the list together, and resolve the issues before you get started. It is surprising how many people have been together for 10, 20 or 30 years and don’t know what’s important to each other. Also, set a realistic budget; don’t go over what you can afford, and be honest with the professionals you hire. Financial issues always cause stress. Finally, emotionally prepare yourselves for general turmoil in your home.

Marie: Good advice, Ron. What about the cost? Can you give a ballpark figure?

Ron: It really all depends. There are some major areas where costs vary widely—in choosing appliances, for example. A brand name range might cost \$1000, while a commercial product costs \$15,000. A similar variety of prices can be expected in cabinets, counter tops, flooring—even in plumbing and electrical options. If a customer is willing to do a little research and legwork, he or she can save money. For example, if a customer wants granite, he or she can go to the wholesaler and actually pick up the slabs. Many times a customer will find that the space their present kitchen occupies is inadequate for the redesign, and they decide they need an addition. Of course, this complicates the process and adds to the cost.

Troy: Thanks, Ron. You’ve convinced me that I’d rather buy an airplane and eat out the rest of my life.

Marie: You’ve convinced *me* that we should remodel! Guess we need to resolve this issue before we get started. For those of you who are ready to tackle your project, or just want more information, give Ron a call at 206-463-5838, or email him at ron@mitchellcontractors.com. Mitchell Contractors have been in business since 1982, and do work both on and off the Island.

Your Home Team Realty

Next issue: You can spruce up your house without a major remodel. A fresh coat of paint does wonders; we’ll cover everything you need to know to get started. Are you thinking about downsizing now that the kids have (finally) moved? Give us a call to find out how much your house is worth. You’ll be pleasantly surprised. (206) 463-LIST.

Considering Kitsap?

If you are discouraged by Vashon and West Seattle prices, take a look at what you get for your money when you go West. All but one of these homes is on at least an acre of land. We just helped a client buy a four bedroom home for **\$135,000** (that’s not a typo). Call us; let’s talk.

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Loop

Letters From the Edge

Livingston Taylor Sends His Love

I stumbled upon Livingston Taylor one day last week while on vacation on Martha’s Vineyard with my family. My daughter, Tianna, and I were headed up a dirt road from the trailhead at the sanctuary at Cedarneck. A friendly man in a jeep was turning into his driveway and stopped to say hello. I mentioned my parents were on the trails in the sanctuary, but my daughter and I had not dressed properly for the ticks in the thick brush through the woods. He replied, something to the effect, “Ah, I see... you got the brochure (on tick awareness),” he saw in my hand, “My advice would be to be cautious, but to go for the adventure, and take the risk...I had a tick on me the other week, it’s easily remedied, but the adventure will remain with me, and if anyone asks you, tell them Livingston told you so!” I realized then that he must be Livingston Taylor. “I love Vashon.” he said, when I mentioned where I was from. I then asked if we could walk to his pond, what looked like the perfect adventure for Tianna and me from the road. His property was adjacent to the sanctuary, his island house atop a small hill sharing a large pond with the sanctuary, which extends to Vineyard sound. He had a pristine expansive view of the sound. “Sure,” he said. “Chase the geese, have a swim.” So we did, and on our way out to meet my parents I thanked him for the swim and he said, “Give my love to Vashon!”

Andrea Walker



Vashon Bookshop

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Dear Mom and Dad,

Our Scoutmaster told us to write to our parents in case you saw the flood on TV and are worried. We are okay. Only one of our tents and 2 sleeping bags got washed away. Luckily, none of us got drowned because we were all up on the mountain looking for Adam when it happened.

Oh yes, please call Adam’s mother and tell her he is okay. He can’t write because of the cast. I got to ride in one of the search and rescue jeeps. It was neat. We never would have found Adam in the dark if it hadn’t been for the lightning.

Scoutmaster Keith got mad at Adam for going on a hike alone without telling anyone. Adam said he did tell him, but it was during the fire so he probably didn’t hear him. Did you know that if you put gas on a fire, the gas will blow up? The wet wood didn’t burn, but one of the tents did and also some of our clothes. Mathew is going to look weird until his hair grows back. We will be home on Saturday if Scoutmaster Keith gets the bus fixed.

It wasn’t his fault about the wreck. The brakes worked okay when we left. Scoutmaster Keith said that with a bus that old you have to expect something to break down; that’s probably why he can’t get insurance. We think it’s a neat bus. He doesn’t care if we get it dirty, and if it’s hot, sometimes he lets us ride on the fenders. It gets pretty hot with 45 people in a bus. He let us take turns riding in the trailer until the highway patrol man stopped and talked to us.

Scoutmaster Keith is a neat guy. Don’t worry, he is a good driver. In fact, he is teaching Jessie how to drive on the mountain roads where there isn’t any traffic. All we ever see up there are logging trucks.

This morning all of the guys were diving off the rocks and swimming out in the lake. Scoutmaster Keith wouldn’t let me because I can’t swim, and Adam was afraid he would sink because of his cast, so he let us take the canoe across the lake. It was great. You can still see some of the trees under the water from the flood.

Scoutmaster Keith isn’t crabby like some scoutmasters. He didn’t even get mad about the life jackets. He has to spend a lot of time working on the bus so we are trying not to cause him any trouble.

Guess what? We have all passed our first aid merit badges. When Andrew dived into the lake and cut his arm, we got to see how a tourniquet works.

Steven and I threw up, but Scoutmaster Keith said it probably was just food poisoning from the leftover chicken. He said they got sick that way with food they ate in prison. I’m so glad he got out and became our scoutmaster. He said he sure figured out how to get things done better while he was doing his time. By the way, what is a pedal-file?

I have to go now. We are going to town to mail our letters and buy some more beer. Don’t worry about anything. We are fine.

Love, Joey

Woodrush: Singing, Laughing, Music

Seattle Duo Woodrush will be performing at Café Luna on **Saturday August 6**, at 7:30 p.m.

Woodrush is the musical relationship between singer-songwriters, Kelly Shirey and Jim Castaneda. This vocal duo uniquely blends guitar and bass with colorful accents of vocal percussion to produce a distinctly original sound. Differing in musical backgrounds, these two musicians bring a versatile array of both original and cover songs to their audience.

Kelly and Jim create a complete musical experience with vision and purpose. Listeners agree that every performance is fresh with excitement and levity. These two easily acclimate

to any venue and atmosphere. They understand the key to a great performance is assessing and adapting to the audience. The lively and inventive ambiance Woodrush brings to the stage demonstrates both a sense of humor and a genuine love of all musical genres.

For more information about Woodrush and their future endeavors, you can visit them on the world wide web at www.woodrushmusic.com



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Fantastic Island References!



Energy Independence for Vashon?

By Lauri Hennessey

Old-time Islanders will tell you about the history of the Beall Greenhouses. The story goes that at their height they were the most extensive greenhouses in the western hemisphere. Folks newer to the Island know the Beall Greenhouses as rundown picturesque buildings on Beall Road, or a place to drop off used books, or take a Blue Heron clay camp. But over the last two years, a new effort has been getting underway at “the Beall.”

After 18 months of quiet study, the Institute for Environmental Research has released a groundbreaking study reporting that Vashon could profitably make the switch to running on renewable energy (wind, solar, etc.). Furthermore, the report maintains that if the Island were to make the switch, it would save islanders \$55 million and create 30 jobs. Application of this approach to the entire state would create 20,000 jobs.

“This report is comprehensive, and it analyzes an array of factors, including the projected prices for fossil and renewable energy in the future,” said the Institute’s Executive Director, Rita Schenck. “If this island of 11,000 people were to switch to all renewable energy, our study finds that it could pay for all renewable energy generation costs through energy savings. In addition, our report recommends that Vashon create its own utility district, another important step in gaining true energy independence,” she said.

Schenck said a disciplined approach to conservation, coupled with installation of renewable energy technology, will achieve energy independence within the next ten years.

“IERE has done the kind of bold, outside-the-box thinking the Bullitt Foundation supports,” said Bullitt Foundation CEO, Denis Hayes. “This path-breaking analysis by Rita Schenck, nationally known for her work on sustainable economic development, shows how a small island can achieve energy independence. Moreover, the whole analysis is pragmatic — limiting itself to existing technologies, and using extremely conservative estimates about the future of energy prices.” The Bullitt Foundation is among some very high profile nonprofits, governments and private donors who have contributed to the Institute.

The study found that:

Fossil energy costs are rising at a rate of four to 13 percent per year, depending on the fuel type;

Renewable energy generation costs are falling about 2.5% per year;

Application of existing energy efficiency technologies such as Energy Star appliances, insulation, weatherization, compact fluorescent lighting, and heat pumps can reduce the building-related energy use by over 70%;

Achieving these savings will require a disciplined, professional, comprehensive application of the technology, but that the savings will yield \$95 million in avoidance of energy costs on Vashon-Maury Island;

Once conservation is in place, the Island can be powered by about 15 wind turbines, backed by solar PV and biomass generators with a total cost of less than \$40 million;

The Vashon-Maury Island community supports the concept of renewable energy, including wind turbines, but some wealthy individuals off-Island oppose it;

Transportation energy use is more difficult to address, because with the exception of biodiesel, no generally available automobiles run substantially on renewable energy;

Moving to energy independence is not only good for the environment



Hawk Jones photo

but (with the exception of transportation issues) is achievable and economically attractive within ten years.

Economic development from implementing the vision of energy independent communities includes development of many small businesses, expansion of community colleges, and increased profits to electric utilities.

5 Alarm News

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State and local governments have many opportunities to support energy independence.

“Vashon Island has a high percentage of environmentally sensitive people and progressive activists. The Institute has chosen an excellent place to pursue these innovative ideas. We look forward to seeing the Independent Communities study play out in our community,” said May Gerstle, an active Island community member and supporter of IERE.

The study was released on Wednesday, July 27th. The first step after the release of the study will be working closely with the Vashon community to study the possibility of advancing energy independence on the island.

In the meantime, IERE is working to raise money to complete the purchase of the Beall property, which it is converting to a center to support sustainable economic development through demonstrations of sustainability, technology, education and business incubation. Schenck said she is hoping to raise as much of the money as possible from the Vashon community, because the wonderful

property will benefit the Island into the future.

“I’m excited that IERE is going to bring back this cultural treasure for the Island and the region. I know that support is strong for the project,” said King County Council Member Dow Constantine.

For more information on the report or IERE, contact Rita Schenck at rita@iere.org

IERE is a not-for-profit organization that supports fact-based environmental decision-making. Its programs include sustainable agriculture, energy independence, sustainable transportation systems and green buildings and the American Center for Life Cycle Assessment. IERE has been growing in profile on Vashon, working on economic development issues, and partnering up with the Community Council and others to talk about how to bolster sustainable employment on the island.

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THIEVES-WHO PROWL GRANNYS ATTIC

Spiritual Smart Aleck

by Mary Litchfield Tuel



I Done

I write and edit at home, and I have a grand daughter at home, so sometimes I move the laptop to the living room and work there while she plays or watches *Veggie Tales*.

A couple of weeks ago my grand daughter and I were in the living room, me working on the computer, her doing her child’s work of playing with toys.

In the fullness of time, I went to the bathroom. I was gone, oh, maybe five minutes. When I came back my grand daughter was standing by my computer, staring intently at the screen.

“What are you doing?” I asked, a little shortly, because I really don’t like her to mess with the computer any time, but especially when I’m in the middle of a project.

She looked up with panic in her face, said, “I done,” and ran away from the computer as I walked up to it. Then I saw the screen. What my grand daughter had done while I had my bathroom break was this: she had taken a Sharpie permanent marker and scribbled all over the screen. Except for a small patch she missed in the lower left hand corner, the screen was completely black.

This black screen was so far over the top of anything I could have expected or dreamed or imagined or feared that my emotions went right past anger to a clear white mushroom cloud of stupefaction.

The grand daughter was immediately put in the corner for a time out, which was the least I could do, and I didn’t have to explain to her why. Then I went and found my spray-on electronics cleaner and went to work with it and some paper towels.

A couple of computer-knowledgeable people to whom I have spoken since have told me that rubbing an LED screen hard with chemicals is a very bad idea. I’m glad

I didn’t know that, because in my ignorance I was able to get most of the ink off. There are now ghostly shadows of her scribbles on the screen, faint smudges that I can look at and think, cute.

No, she’s not still standing in the corner. She knew she did something wrong, but how do you explain to a three-year-old how wrong, how inconvenient, how potentially expensive a stunt this was? You can’t. You just have to give her the usual time out, ask for an apology, tell her never to touch your computer again (yeah, right), and clean up the mess as best you can.

My first year of college I came home to visit my family for my 18th birthday. My cousin Nancy and I took my father’s pickup and went for a ride. It was the only time I ever took a car without my parents’ consent and knowledge, and that was the time all the oil fell out and the engine seized up. I was eighteen, not three, and my dad was a farmer so the truck was a necessity for him. I thought about him the last couple of weeks.

Our children (and other family members) sometimes do unthinkable things to us. I did it to my parents, our kids did it to us, and our grand child is continuing the tradition. It seems to be part of living in a family. I’m tempted to do the full sermon about how God has grace for us when we screw up, but I’ll just point the direction and let you figure it out.

Our friend John in Australia emails that if I get a white board pen, the kind that is meant to be erased, and use it to draw over the remaining smudges, the two inks will come off together. I haven’t quite psyched myself up to drawing on the screen yet. It feels so wrong.

OK, I done.

ooooo

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Don't Forget the Birds

By Ed Swan

Summer Gulls

Besides the shorebirds talked about in the last article, gulls also started their fall migration in July. Bonaparte's, Mew and California Gulls all started joining the Glaucous-winged Gulls recently. Careful observers on the ferry or at gull roosts like at the Tahlequah dock might see a Heermann's Gull. Once the Bonaparte's Gull migration hits full swing and the Common Terns begin moving through, Parasitic Jaegers will show up chasing them to scavenge their food.



Jim Rosso photo of Bonaparte's Gulls

Many birders over mystify the difficulty of identifying local gulls. Most of these gulls look quite distinct from each other, especially when taking their size into account. The Glaucous-winged Gull is the common, very big gull that stays around Vashon all year round. It has white and light gray plumage. Bonaparte's and Mew Gulls place in the other end of the spectrum as small gulls more than 10" smaller than the Glaucous-winged. In addition, the Bonaparte's Gull possesses red legs. At this time of year, they transition from being light colored with a black cap to losing the cap and just having a black dot behind the eye. Mew Gulls appear

the same color as Glaucous-winged and also have a yellow bill and light colored legs like the Glaucous-winged. However, in addition to their smaller size, they have very black wing tips with white spots in the black. The wing tips of the Glaucous winged at most appear medium gray. California Gulls have similar plumage and wing tips as the Mew but are almost exactly halfway in between the Mew and Glaucous-winged in size. The bill of the California also looks much longer and thicker to the short needle of the Mew. The Heermann's Gull differs from them all with dark gray plumage and an orange-red bill.

All the ferry runs provide good opportunities for quick looks at these gulls. Bonaparte's Gulls in the fall seem to fly more down Colvos Passage and through Dalco Passage around Tahlequah than they do down the east side of Vashon. Sometimes Bonaparte's, Mew, California and Glaucous-winged all rest together towards high tide at Ellisport and at lower tides at Shawnee and Fern Cove. The best places for Heermann's are the ferry runs or Tahlequah. Parasitic Jaegers mostly show up off the ferry runs actively chasing the Bonaparte's Gulls and Common Terns. The Jaegers make the other birds drop or cough up their fish and then catch it in mid-air as it falls.

Birders reported a lot of interesting sightings over the last couple of weeks. Brad Waggoner, a Bainbridge Island birder, saw an Ancient Murrelet and some Red-

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necked Phalarope about a half mile from Vashon on the northeast end July 16. This is the third Ancient Murrelet record for Vashon and a



Jim Rosso photo of Mew Gull

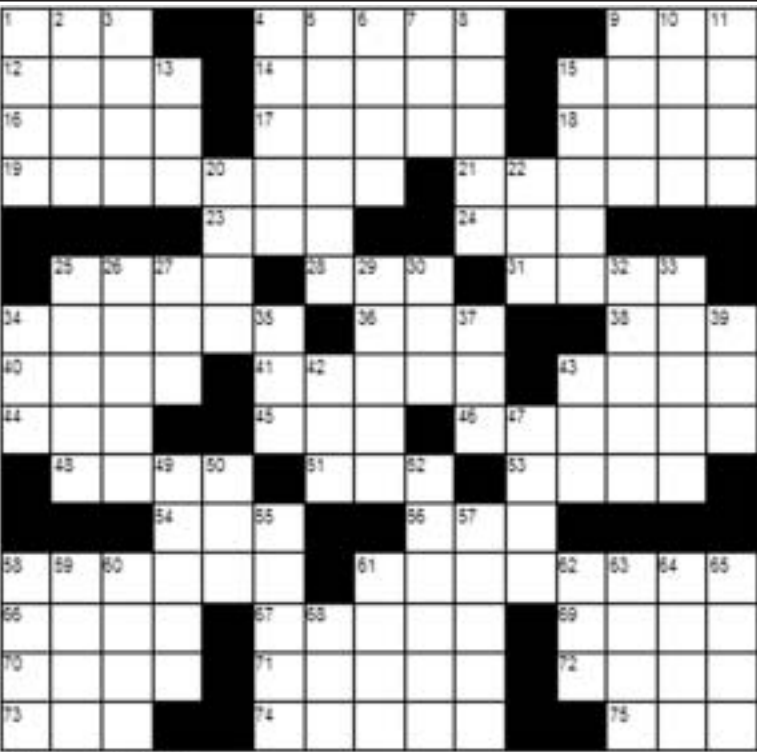
very unusual summer find for the Puget Sound. Larry Huggins found two Marbled Murrelets at Lisabeula on July 17. These birds now rarely show up around Vashon. A Peregrine Falcon checked out the Lisabeula area on July 22 as Rich Siegrist was looking at his martin boxes. He also observed seven Western Grebes in Tramp Harbor July 20. I don't believe I know of any summer Vashon records of Peregrine

Falcon. They should be around occasionally in summer as they breed nearby in Seattle and Tacoma. The Western Grebe sighting is a week earlier than first sightings for the last five years. Alan Huggins discovered a female American Kestrel in a field along 105th just north of his house on July 22. I don't believe there are any summer records of kestrels going back possibly for at least a decade, maybe longer. Let me know if you have any summer kestrel sightings. Rich Siegrist noticed 2 Semipalmated Plovers at Ellisport on July 24. If you have an interesting bird sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

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Jim Rosso photo of California Gull



Across

1. Expression of surprise
4. Attack
9. Contagious disease
12. Decoy
14. Foot joint
15. Podium
16. Grand ____
17. Grin
18. Land measurement
19. Roles
21. Beverage
23. Distress call
24. Part of a min.
25. Heavenly beings
28. In possession of
31. Want
34. Frail
36. General headquarters
38. Free of
40. Power unit
41. Adios
43. U.S. President
44. IOU part
45. Bad (prefix)
46. Choose (2 wds.)
48. Annoyance
51. Border
53. Rodents
54. Pole
56. To be
58. Sausage
61. Photo
66. Adjoin
67. Serious
69. Bovine
70. Bare
71. Stringed instrument
72. Ancient Indian
73. Deer relative
74. Devil
75. New Jersey's neighbor

Down

1. Swiss mountains
2. Pain
3. Opera solo
4. Operatic bass
5. Catch in a net
6. Skier's need
7. Annex
8. Adolescents
9. Truth
10. Italian money
11. Consumer
13. Extension (abbr.)
15. Capital of Bangladesh
20. Soviet Union
22. Snake like fish
25. Chew like a rodent
26. Many times
27. Telegraphic signal
29. Smart
30. Her
32. Small enclosed field
33. Large metric weights
34. The other half of Jima
35. Mayan
37. Status ____
39. Danish krone (abbr.)
42. Morse code dash
43. School group
47. Preparation (abbr.)
49. Wrathful
50. Male cat
52. Capital of the Philippines
55. Records
57. Element
58. Akin
59. Cain killed him
60. Waylay
61. Halite
62. Winter sport
63. Back
64. One time
65. Duck
68. Beverage

Solution on Page 17

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Pedal Sense:

Text & photos by *Peter Ray*
Ride On

head out to travel between Point A and Point B. I have flipped onto a sidewalk from my bike — this was the seminal occurrence that led to the purchase of my first helmet thirty years ago. I have run into a car, one that made a right turn from the middle lane of a four lane artery, appearing suddenly from in front of the van next to me and throwing me to the ground. Fortunately, neither of these incidents were more than slightly painful learning experiences.

I do not want to crash. I do not know anyone who really does, except for maybe those Jackass guys, but they get paid for it.



Because my partner Wendy is a bike racer, I hear about a wide range of bicycle mishaps, and have witnessed a few firsthand. If one reads the bicycle literature, one notices the warnings time and again: if you plan on road racing, expect a visit from Mr. Pavement at some point. This is a major reason why bike racing does not appeal to me. This does not mean that one cannot be astounded by those who do race. We do not have cable, so all the well-researched reports and updates about the recent *Tour de France* accomplishments came from the internet. The network news feeds pretty much always involved a shot of King Lance, as well as some altercation involving bike frames, asphalt, torn lycra and abraded flesh. The real story could be summed up in five numbers: 2,236.96 miles with a cumulative time of 86:15:02 at an average of 25.82548 mph over 21 stages in 23 days. This is how Lance rode to his seventh Tour victory, that and a lot more.

One of the stories one probably didn't hear throughout all of that was that the Australian Women's Cycling Team was decimated on a pre-race warm up ride in Germany when an eighteen year-old female driver lost control of her vehicle, plowing head-on into

the team, killing one rider and injuring five, two critically. If this had been a group of six women with babies in strollers, or perhaps a sidewalk driving incident in New York, it would have been all over the national news. But because it involved bicycles, for some reason it just wasn't all that important. If you think this is the cynic's view, pay a visit to <http://bicyclesafe.com/> and click on any of the accident reports. Almost without exception, in each of the car/cyclist altercations the driver got away without being cited for anything. I believe that it was Alfred Hitchcock who once

chose the icicle as the ultimate murder weapon. It seems that in hitting someone on a bicycle, your guilt just seems to melt away. It is kind of funny about the rhyming thing, but this has gotten a bit more morose than I'd originally planned.

There is a very positive side to all of this. As a reaction to certain revelations about a Bicycle Task Force being formed in conjunction with the Vashon Community Council, a group of seven cyclists (who have decided to call ourselves the Spokes People) got together and came up with four initial points we want to tackle in regard to bicycle advocacy on the Island. The first is signage, putting a call out to share the road with cyclists. The second is a bike awareness program carried on through articles both here and in the Beachcomber. The third is a bicycle education and safety program for the schools that goes beyond the already existing one, and as we have since learned, might be funded through an existing grant program. The fourth will involve an attempt to remedy the enforcement problem mentioned in the previous paragraph. We are not here to trash drivers. We are drivers as well. I have been annoyed and embarrassed by the actions of some cyclists, as well as being appalled at some people's total disregard for those of us who chose to ride on two wheels. This is intended as a forum, and hopefully an education, for both sides. Let us hear from you — I can be reached at pgr42@att.net.

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Vashon Island School Board Defies Levy Lid

by *Mary Litchfield Tuel*
The Vashon Island School District Board of Directors has submitted a budget that asserts that the King County Assessor collect the full Levy amount approved by its voters. If complied with, the budget will provide for \$500,000 additional monies for the General Education Fund; funds that will, principally, pay for more teachers and needed textbooks. In addition, the Board of Directors passed a resolution for the Washington State School Directors Association (WSSDA) to repeal its support of the Levy Lid and increase the percent of levy equalization from 12 to 20 percent.

Each year, the Vashon Island School District loses 3% of its budget (equivalent to seven teachers) to the state-mandated Levy Lid. Approximately 52 Districts within Washington State are currently at their levy limit comprising 53% of students attending public schools in our state.

Vashon Island School Board Director Eugene Lipitz states, "The State Levy Lid has led to a failure in our District to serve our students adequately. We believe that our constituents are prepared to provide the funding for the children of our District through a Levy, but are currently prevented by State law from doing so."

Within its proposal submitted to WSSDA, the Vashon Island School District provides examples of the byproducts of a Levy Lid to its schools:

Garden Design by Peter Ray

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Class size continues to rise; students will increasingly be placed in mixed-grade classrooms without parent or guardian consent; there will continue to be no foreign language program offered prior to grade 9; the District is unable to support professional development at a level necessary for faculty advancement.

"We believe that some low-property-value school districts are, through WSSDA, holding the Levy-Lid-limited districts hostage in hope that this might help their students eventually," says Lipitz. "While this is their prerogative, WSSDA should not make itself an instrument for such a special interest agenda."

"The WSSDA position on the Levy Lid is radically at odds with the Association's and with the Vashon School District's core values," states Lipitz. Lipitz draws out specific examples in the 2005 Legislative Proposal Form submitted by the Vashon Island School District to WSSDA.

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The Film Thing

By Peter Ray pgr42@worldnet.att.net

The Egg and Ice

I suppose that in an altered iteration of this fascination with exotic species, if I were to this time walk the path of fauna instead of flora, my ranch would be populated by herds of hedgehogs and packs (I don't think they flock) of penguins — I have no idea why. Perhaps it is the British influence somewhere back there that got me going on these tracks. There is a certain pragmatism to hedgehog ownership since one of their favorite foods is the slug. Their docile, non-aggressive nature has a certain appeal, along with the hapless, defenseless creature thing. I will always remember the plea from a member of the Hedgehog Society that was printed in *The Garden* — the monthly magazine published by the Royal Horticultural Society in England — that asked gardeners not to burn pampas grass in the Spring, which apparently had been an accepted way to rejuvenate old plants after a rough Winter. The reason for this cautionary message was that hedgehogs often made their homes in the base of these grass clumps. The image of terror-stricken and flaming little fuzz balls fleeing the fiery inferno should have been enough to deter even the hardest core of the garden pyro set.

And then there was the Monty Python gang that had us watch a penguin on top of a television set where it was, of course, standing while the discussion raged as to whether or not penguins molted. It was perhaps this and other bits of inane chatter that caused this particular penguin to explode. One also recalls the evil penguin in Nick Park's *Wallace and Gromit* series, who disguised himself as a chicken as he went about his thieving ways. With these images in mind, how could one not feel a bit more than just sympathy for an animal that has already been given the lead role in one of nature's cruelest jokes — being a bird with wings but not having even the remotest of chances at self-propelled flight? One might say that with the arrival of the

French documentary, *March of the Penguins*, all of that sympathy has been redirected to the land of awe and amazement in regard to what these flightless birds are capable of as they waddle, slide and swim their way through life in their harshest homeland imaginable — the Antarctic ice pack.

In *March of the Penguins*, director Luc Jacquet has compressed the nearly one year cycle of migration, breeding and chick rearing of the Emperor Penguin into an eighty minute glance at an astounding, unseen world. As we are introduced to the watery fringes of the land of ice and snow, it is apparent that shots of the icebergs alone could take up an entire film. But add to that a seventy mile, single file march of swaying tuxedo birds and you have a scene that is comedic, spectacular and surreal all at once. We are told by narrator Morgan Freeman that like clockwork, thousands of these birds head to one specific spot out in the middle of nowhere and far from most of the penguin predators. While sometimes annoying, this running account of what we are seeing is important, if only to keep in perspective the distances, time and temperatures that aren't always apparent on the screen. Even though we are shown the effects of a minus eighty degree environment, it's just not the same as being told that HEY, it's REALLY cold out there.

My one complaint with *March of the Penguins* is the soundtrack, which is a bit too insistent and lilting for my tastes. There is more than enough here, however, for one



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Deadline to get in *The Loop* is Friday, August 12. Email editor@vashonloop.com or drop off at Flash Photo and call us at 463-9207. No faxes, sorry.

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It's All Happening at Earthfair

by Pete Welch

On **August 5, 6 and 7**, Island Earthfair takes place at Paradise Ridge Park off 220th Street (follow the signs from both ends of the island!). Admission is \$10 per day or \$40 for camping overnight all weekend. Kids are free with a paying adult. On **Friday, August 5th**, you pay only \$5 if you bring a donation for the Vashon Food Bank.

This year's music lineup is spectacular, with lots of new performers from all over the Pacific Northwest, as well as distant places like New York, Berkeley, Tucson, New Orleans and more. This year we welcome KBCS-91.3 Community Radio as one of our sponsors at Island Earthfair and thank them for their support!

Music: Come on out to Paradise Ridge Park on Friday after work, enjoy dinner and listen to **Just Fiddlin Round**, a wonderful island ensemble with two ten year old fiddlers with "mom" backups on guitar and cello playing bluegrass, traditional folk and some Celtic



tunes. **Full Nelson Mandala** may not be from Vashon, but they might as well be. Best described as ancient psychedelic dance metal, they will entertain you with funky, tribal, melodic music. **Turner Down** is also up Friday night, playing their original groove music. Closing out Friday night, **Bob Krinsky** brings his **Mumbo Jumbo Band** to Main Stage and there's no telling what Bob will bring to the stage—but it's guaranteed to rock the house.

Returning to Island Earthfair to emcee Main Stage is none other than **Doug Green**, one of the founding creators of the infamous "Reggae On The River" festival. We'll also have a few surprise local emcees to fill in



at the Main Stage and host the Casbah One World Stage.

Saturday on the Main Stage, **Tribal Voices** will open up the music portion of the day, bringing everyone out of the woods with their soulful sounds. Next, out of Bellingham, **Dig The Particulars** will take the stage with their blend of explorative improvisation and solid songwriting. Next up is speaker **Stacy Carkonen**, who will present work related to ending poverty and hunger in third world villages and giving women microcredit loans to bring income to their families. Following Stacy will be **The Panda Conspiracy**, who will take you on a musical tour of styles from drum and bass to island style dub to polyrhythmic African groove. Next, the **Hejira World Jazz Band** will deliver strong tribal beats, fiery guitar, passionate violin and sensual vocals, along with belly dancers to dance with you to the Middle Eastern beats. **Forgotten Sol** is back again this year, bringing us that smoky alto voice of **Cristina Orbe** along with a six member band. An island and crowd favorite, **Rafe Pearlman** is back with his band and his incredible voice is not to be missed.

We needed to throw in some world class jazz, a mixture of true organ jazz and grooves with electronica and drum and bass, so we are pleased to welcome **Arisawkadoria** to Earthfair this year. Brought together by legendary Santana drummer **Michael Shrieve**, this trio will dazzle you with their fresh and original fusion of old

school and new school. Next on stage is **Clan Dyken**, a well seasoned festival band best known for playing in clear cut forests, proposed nuke dumps, nuke test sites, Indian reservations and many more cutting edge venues, often using solar generated electricity and/or plant fuels for recording and performing. Closing out Main Stage Saturday night will be island band **Trolls Cottage**. They already have new songs that they've been working on all winter, many of which you will hear at this year's Earthfair. Last year's performance was off the charts and boasted the largest crowd ever at Main Stage; this year will be even better.

Sunday, the Main Stage comes alive again with the sounds of **Hunab Ku**, a name for the Galactic Center where time is synchronous rather than sequential. Following them is **Spoonshine**, a really talented band out of Anacortes with three part harmonies, mandolin, guitar, keys, woodwinds, bass and African percussion. Next up, **Irina Rivkin** will sing her gutsy vocal world-folk original music with occasional travels into Russian and Spanish language lyrics, creating rhythms, melodies and harmonies, all live on the spot using her loop station instrument. After her is **Anna Coogan and north19**, a traditional bluegrass, country, rock and blues band with banjo-driven sounds backing Anna's haunting vocals.

We are pleased to announce that 7th District **Congressman Jim McDermott**, will be speaking on the Main Stage at 3 p.m. on the Environmental Effects of the War on Terrorism for the People of Afghanistan, Iraq and the World. He will be taking questions after his speech.

Next up is **Lola Tarot**, who will weave together improvisational theater, music and dance with Tarot card readings. Audience members ask questions, and through the use of various Tarot card spreads, watch these rituals come to life. Then, all the way from New Orleans, we welcome **The Omega Project**, a genre-bending jam band combining psychedelic grooves and uplifting vocals to inspire dance, celebration and positive change. Closing out Main Stage on Sunday is **Scott**



Huckabay, a descendant from the Chiricahua/Apache Tribe in southern Tucson, Arizona. Scott was involved in a near-fatal motorcycle accident in 1987 that left him partially paralyzed, which led him to play the acoustic guitar that created a new inspired lifestyle and sound. If you like Joe Satriani, you'll love Scott. **Closing Circle** will be conducted by **Paul Wagner** of the Saanich Tribe.

Returning to Earthfair for the second year in a row is the **Casbah Teahouse** out of Tucson, a gigantic hemp Bedouin tent that serves as an eating zone complete with Moroccan tea tables and oriental rugs by day, and a cushion-filled, cuddle-puddled acoustic music dream space by night!

We have incorporated the One World Stage into the Casbah Teahouse again this year, making for an even more exciting venue to see musicians. Don't miss these performers on the **Casbah One**



World Stage — on Saturday, **Paul Wagner** will play his traditional Native American flute along with his mbira from Zimbabwe, followed by many of Vashon's talented musicians such as folk singer **Patrick Bennion**, dobro guitar master **Tab Tabscott**, the soulful **Maren Metke**, legendary folk singer **John Browne**, the inspiring **Tiny Bit O' Love**, the captivating funk-master **Ron Hook**, island favorite **Sarah Christine** (and friends!) and finally, the raging rock of **Chomage**. Also on stage



Saturday, will be **Joy Mills** and **Tom Parker**. Don't miss this duo; their mandolin and harmonies are incredible. And finally, stick around to watch **Denny At Dusk**, with their wide range and hints of jazz, reggae, blues and rock.

On Sunday on the Casbah One World Stage, we welcome **Amber Norgaard** out of Tucson. Then, we are excited to host several **Indiegrrl** performers, a 1300-member organization based here in the Northwest. Performing will be **Sonya Heller, Carrie Clark, Kym Tuvim, Kristin Connell, Rachel Harrington, Kellee Bradley** and **Terra**.

Off-stage, between performances on Main Stage, you'll hear the powerful drumming of **AFO** drawing you in to dance to their solid beats. They will facilitate our traditional Drum Circle on Saturday night. We invite all hand drummers to this year's drum circle to participate—we'll have Belly



Craig Winters will speak about Genetically Engineered Food. **Mark Yelken (The Worm Guy)** will have workshops on the benefits of worm castings. **Neriah Lothamer**, author of "Dancing in the Shadow of Tyranny," will discuss his involvement in many forms of activism and **Dale E. Sturenegger** will conduct a workshop on using the story to face change and transition. **Jacob Bain** will talk about his recent trip to Burma and what he learned about Aung San Suu Kyi, the Nobel Peace Prize-winning Burmese non-violent political

activist who is now under house arrest in Burma.

Energy and Environment: The Vashon Island Earthfair is a festival that celebrates alternative energy sources. Displays of solar panels, wind turbines, micro hydro and biodiesel vegetable oil fuel create a renewable energy park for visitors to tour. Solar hot water systems, photo voltaics with inverters and batteries, energy-saving lifestyle choices and other sustainable alternatives will be at the Earthfair on August 6th and 7th.

The North West Solar Group, an Earthfair mainstay, will set up a waterfall with toy boats, all powered by a solar water pump!

Some of the alternatives to transportation energy will be exhibited in the Earthfair's renewable energy park. **John Frost** has been to six Earthfairs in a row, showing off his 1974 Porche 914 that he converted to electricity. **Dan Freeman of Dr Dan's Alternative Fuelwerks** in Ballard will be there both to answer to questions about biodiesel and renewable energies and to offer a tank full of biodiesel to anyone who needs to fill up their diesel-powered car. **Dan Borba** is concerned that our water usage will soon surpass our water supply. He arrived at the Earthfair a few years back with a truck piled high with

plastic barrels used to catch the rain water from gutter down spouts. Dan installs water catchment systems for schools and municipalities, which will save thousands of gallons of water. Another staple at the Earthfair, **Chris Herman**, will talk about environmentally aware home designs that harness the power of the sun and use less energy, and are often built using sustainable or recycled materials.

The Healing Arts area at Earthfair is an opportunity to escape the crowd and sample one of the



many alternative healing modalities, such as Cranial Sacral, Polarity, Reiki, Acupuncture, Feldenkrais, Reflexology, Hawaiian bodywork, etc.

Our **Sacred Song and Dance** area offers programs in Tai Chi, Yoga, Belly Dance, Zazen Dialogue on Buddhist Practice, Dances of Universal Peace and more

Kidsworld is full of surprises for the little ones this year with a Labyrinth talk and walk, storytelling and music, art workshops, candle making, tie-dyeing, the **Son of the Reptile Man**, mask making, face painting, a kid's parade, bubbles, music and much more! If you're a kid, there's no better place to be!! Kid's World will be open from 10 a.m. to 5 p.m. each day.

We are also hosting the **first annual Cascadia Conference** which will focus on creating a sustainable template for the future of our Bioregion. There will be a series of discussions about the successes to date in achieving greater sustainability in the Cascadian Bioregion, and about the barriers that

currently impede further progress within this realm.

Food is one of the basic requirements of all life and will be bountiful at Earthfair this year. Our food vendors will be offering organic, wholesome and yummy food, with many different types of dishes to choose from. In **The Casbah Tea House** you will not only find fabulous music but also great Greek salads, falafel, organic white and sweet potato french fries and assorted beverages. Over at the food court you will find local favorite the **Tahini Genie** serving up Bison burgers, free range chicken and portabella mushroom burgers along with locally grown salads and fruit smoothies. Don't miss "**Le Cocorico**"



and their to-die-for crepes filled with organic chocolate, berries and whipped cream or smoked salmon and cream cheese. **The Sun Kitchen** will grace us with their "raw" food, lovingly prepared right here at Earthfair. And **Julie's E'x'presso** will be offering hot and cold espressos, teas and Italian sodas.

Earthfair is jam-packed with all kinds of things—something for everyone. Come out and be entertained, indulge in some great food, get educated on things that



you've often wondered about, or just lie back in the grass and take a nap.



Dancers and hopefully a fire spinner or two.

Speakers: Earthfair will feature several speakers, many of whom will be have booths or be holding workshops. See people like **Stacy Hinden**, who will conduct a **Dancing InsideOut** of body-mind dance improvisational workshop, or **Barbara Gilles** (once honored Teacher of the Year by then President Clinton) who will speak about nurturing a compassionate genius within while co-creating a world that works for us all. **Ms. Ememke** will discuss how to use locally grown and wild crafted herbs to make nutritious tea for a healthy pregnancy and



LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Getting to Know Gumweed

There is an interesting little plant blooming along the shores of Vashon right now. It is one of the many Grindelias. This variety has yellow petals coming from a green cupped center that soon fills with a white, gummy resin. A different variety grows in New Mexico that has the same curly green top and gummy center but lacks the petals. Perhaps because of the harsh conditions there, it is a bit stronger medicine than its Northwestern relative.

Grindelia is called gumweed because its flowers are sticky and gummy but also because, once upon a time, children are said to have used the flowers as a chewing gum. It no doubt is chewy but it has a bitter taste that makes the saliva flow — a far cry from the sugary, peppermint gums of today — so it is hard to believe that children chewed much of it. As a medicinal, grindelia is a very interesting but little known plant.

It is used topically for skin conditions, and is one of the best remedies for poison ivy and poison oak skin rashes where it alleviates the itching and helps the skin heal. I think the tincture applied directly on the rash works best although it sometimes stings a bit. The alcohol is drying and the stinging is sometimes a pleasant break from the incessant itching of the rash. Of course, the tincture can be mixed into an ointment and applied that way instead.

Michael Moore, the herbalist, says Grindelia is as good as Calendula for general skin healing. It increases the blood flow to the skin where it is applied, and stimulates skin regeneration needed for wound healing. It, like calendula, is anti-inflammatory and is probably even a bit more antimicrobial. The Eclectic physicians particularly favored Grindelia for chronic eczema that creates vesicles (clear blisters) and said it often cured those conditions. They mentioned its use for persistent ulceration of the skin, like bed sores, but did not think it consistently helped those cases.

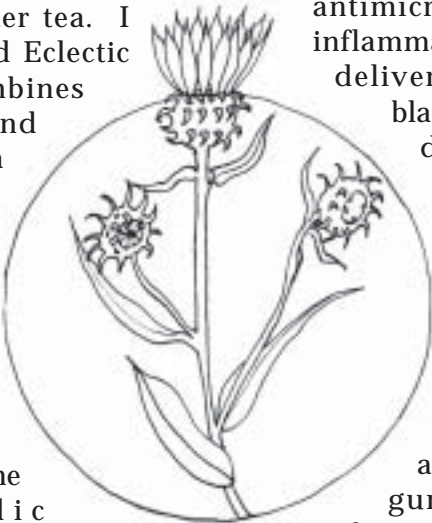
The resins in Grindelia flowers are not water soluble, so a poultice of the mashed fresh plant or a tincture made with a very high alcohol content will make the best medicine. But that said, even a strong decoction of the flowers will be useful, and many Native American tribes used decoctions for skin ailments. For instance, the Pawnee

used a decoction of both leaves and flowers to heal saddle sores on horses. Some herbalists also suggest making a poultice by crumbling and applying dried Grindelia flowers to the skin. I have tried to dry my Grindelia flowers but even years later, they remain sticky and I have never been able to crumble them.

Michael also teaches that Grindelia's wound healing abilities can be used for stomach ulcers, and that its bitter taste makes it a good digestive. Personally, I would choose a different bitter herb for tonic use, unless I did have ulcers. Many Native American tribes used a decoction of the plant to ease stomach aches in children. No doubt the tea would reduce inflammation of the mucus membranes and kill off unwanted GI bacteria but I am also sure that most kids today would refuse such a bitter tea. I instead use an old Eclectic formula that combines cinnamon and peppermint in a simple, sweet-tasting syrup for stomach upsets.

Internally, Grindelia is a good respiratory medicine. It is poorly researched but has shown some antispasmodic properties as well as some antiviral potential. The French sold a prescription medicine that combined codeine with Grindelia and a second expectorant. This product was recently taken off the market because its form of codeine was too popular with heroin users. Despite the use of Grindelia as part of an allopathic cough medicine, I have not been able to locate any research on the French product.

The Eclectics liked Grindelia for asthma and had their patients smoke the dried leaves to relieve the spasms of acute attacks. They used the tincture internally for asthmatic wheezing accompanied by a dry, harsh cough pointing out that it sometimes promptly stopped the attack but sometimes had no effect at all. Herbalists today mostly use Grindelia internally for hacking coughs. I have found the tincture very effective for people whose colds persist as a lingering, non-productive cough. Of course, our uses were learned from the many Native Americans tribes who recommended it for all types of respiratory problems, including colds, whooping



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cough, pneumonia, bronchitis, and tuberculosis.

Another use that we no doubt copied from the Native Americans as well was for bladder infections. Grindelia's constituents are excreted through the kidneys so its antimicrobial and anti-inflammatory properties are delivered through the bladder. It also acts as a diuretic which helps wash the invading bacteria out of the bladder. As a rule, it is used internally for a relatively short period.

I find Grindelia's fragrance fascinating, and I'll often pick a gummy flower to roll between my fingers as I walk. I am also impressed with the way it is able to grow in difficult places like a sandy beach or dry, hard, exhausted soil in the Southwest. What amazes me most though is that Grindelia, with such a long history of use for respiratory problems, wounds, eczema, and bladder infections, remains so unknown to the many people who live with the plant but do not know how to benefit from its many helpful properties.

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Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book "Clinical Botanical Medicine."

If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglement that explains her services & how to schedule an appointment

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Dear Jayne (AKA Organic Goddess Lady),
Once again I am writing to express my
gratitude for your awesome food. The
avocados last week were gorgeous, and the
strawberries two weeks ago were a great taste
of spring - unlike those monster red on the
outside white on the inside no flavor things
they call strawberries now. Thank you!



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Earthquake Study

Continued from page 1

number of damaged and destroyed buildings, and a seriously disrupted economy, not to mention finding shelter for possibly more than 1,000 people left homeless — including non-islanders stranded here because of loss of ferry service — and providing perhaps upward of 20,000 meals in a week's time.

For Rick Wallace, a VDPC volunteer, the regional study was a call to action. If Vashon was ignored in the regional study, then it needed a study of its own. He contacted the state Office of Emergency Management directly and, in short, convinced them to help Vashon do its own study specifically for the island. The results, a real eye-opener and call-to-action on their own, have just been published.

The full text and a summary fact sheet of the Vashon study can be accessed through VDPC's excellent new Web site, www.vashonbeprepared.org. It is fascinating — and frightening — reading. Conducted using HAZUS software developed by the Federal Emergency Management Agency, the study estimates Vashon casualties and building damage, as well as needs for food and shelter, and a range of possible effects from four different but entirely plausible earthquake scenarios.

Prior to this study, everyone just made up a scenario based on seat-of-the-pants assumptions picked up from casual reading or other sources. The study now gives Vashon a solid basis on which to assess its response needs, with the added virtue of being compatible with the regional picture. For the first time, according to Wallace, the island has a rational basis on which to do our preparedness planning.

The VDPC is convinced that the most important thing for Vashon citizens to understand is that they will need to respond to their own needs, appreciate the chaos on the other side of the Sound in such a

disaster, and understand that the island must face the situation alone. There are things that everyone can do to prepare, as simple as stocking up on food and water and talking with neighbors about common responses. That will enable Vashon's limited lifesaving capabilities to focus on major problems.

Over the past two years a group of concerned volunteers has helped organize an island response to large-scale emergencies. The result is the Vashon Disaster Preparedness Coalition, a team of individuals and organizations including Vashon Island Fire and Rescue, the Vashon-Maury Island Community Council, the Vashon Emergency Preparedness Committee (Red Cross), the Chamber of Commerce, and representatives of the school, parks and water districts and the Sheriff's Department. The fire department has been particularly helpful by underwriting the costs of the Emergency Operations Center and such things as communications gear.

For concerned citizens, the Web site is a friendly and excellent resource for advance planning. In addition to lists of food and other items to put aside, it also has opportunities for volunteering. Neighborhood Emergency Response Organizations (NEROs) are informal groupings of neighbors located in homogeneous clusters of approximately 20 houses based on the principles of neighbor helping neighbor in disaster situations. Chelo Gable, 463-9571, can provide details.

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Contact Michael or Catherine Cochrane, 463-4558, for information.

For general information about volunteering, call Mary Swanson at 463-3545. "If you ever needed a reason to volunteer to help your neighbors, this would be it," said Wallace.

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Swim Across Sound

Continued from page 1

gentle waters of Quartermaster. Although he is fairly confident in his physical conditioning, the biggest issue in his mind has nothing to do with his own swimming. "August 13th is right in the middle of jellyfish season," says Jon, "We all know we're going to run into some. It's just a matter of how many and where. Hopefully we won't end up swimming through a big bunch of them."

You can find out more about the event, sponsoring Jon, and how it will help young people throughout the state of Washington by visiting the website:
www.crossingforkids.org.

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Aries (March 20-April 19): It may not be obvious the extent to which others are going out of their way to please you, but their perceptions may be based on something you said or wanted in the distant past. Make sure people know what you want and need today, and don't be afraid to change your mind. It's rare enough that the world is willing to be so cooperative, so you owe it to yourself to let go of the past and be true to your values of the present time. It's true that a lot has happened to you, and it's also true that it's over. You might as well be real now.

Taurus (April 19-May 20): In elementary schools, they should devote a whole year to the subject of moving on. Books, movies and personal accounts of what it truly means to step into the future would be the topic. One's childhood could be assessed and put into context with the help of psychologists and therapists; part of the time could be spent writing and coming to terms with one's biography. Looking at models of relationships which demonstrate a human need to grow and change would be an excellent addition. Unfortunately you did not have that, but you can give yourself the equivalent now.

Gemini (May 20-June 21): Beware of falling for the trap of someone's anger, or your expectation of their anger; both are entirely products of past neglect. Indeed, beware of anger in any form, particularly at yourself. You have options, there are many other emotions available, and you're certainly not actually in a spot where you don't have the resources you need. The trick will be accessing them in some way, and that's a creative act. It's also something you need to act on fairly soon on, because certain resources are available now that won't be available in the near future; something else will, but the opportunity you have now, you have right now.

Cancer (June 21-July 22): You're definitely in financial opportunity territory, as long as you can keep thinking outside the box, and make sure you've learned from every one of your past mistakes. Okay not every one, but the big ones will suffice. The most vital of these is that you remind yourself that you don't need anything that someone else has to offer, or at least it's not the key ingredient. You are, and the only thing that stands between you and really experiencing that is your own perception of yourself. So be realistic, which means generous. Two years of Saturn in Cancer granted you wisdom beyond your years. Make the most of it now.

Leo (July 22-Aug. 23): How much can happen how fast? What you've got going as a Leo is a natural, inborn stability, so you can take changes and make them into a kind of creative celebration. Can the people around you keep up? Well, they may hesitate for a while, but you can be sure that soon enough they will get around to noticing the benefits of following your lead. The question is, will you be as enterprising as you know you can be? I think you can, and I think you can summon the energy to work through any resistance you may be feeling. It's mostly psychological, so give yourself a little break.

Virgo (Aug. 23-Sep. 22): At least you can say, "It could be a lot worse," but that's not so exciting. You could say, "It could be a lot better," but that's kind of depressing even though the implication is that there's room for improvement. What I propose you need to tell yourself is that regardless of any confusion you may be experiencing, you really do know what path you're on, and if you don't, your angels and guides do, and they're not going to steer you wrong. But don't lay the whole trip of your life on them. Take the time and energy to stick out the challenging process of sorting through the details of how you feel, what you think and

in particular what you're dreaming. There's gold in those hills.

Libra (Sep. 22-Oct. 23): You're in one of those places in life where mutual support between you and your friends can be at an all-time height of productivity. Someone has to spark the idea, though, and take the initial risk. It might as well be you. This is because you have nothing to lose, or alternately, because you're so well set you can afford to take a risk. Have your pick of those two options, but make sure you bring the culture of trade, commerce and cooperation to your own neighborhood. What starts as a Saturday barbecue could become a multinational enterprise.

Scorpio (Oct. 23-Nov. 22): You run the risk of getting caught in someone else's drama, even though there is no actual commitment holding you to anything you don't want to do. What you're falling for is merely a kind of emotional compulsion, which I admit is powerful and tempting and all of that. The problem is that while you're busy playing personal games, you could lose out on an excellent professional opportunity that's developing and which will need your undivided attention the next couple of weeks. I'm not saying ignore the people you care about, but I am saying you need to define what you mean by "care."

Sagittarius (Nov. 22-Dec. 22): Certain matters that are developing overseas or on a high level of negotiation may seem to be going every which way but right, though your patience will prove to be a virtue. If you can't muster some of that, find a nearby Capricorn and ask them to do it for you, then go do something Sagittarian like renting a hot air balloon and sailing up and down the nearest resort beach waving to the crowd. Just get out of your own way, don't hassle anyone, and make sure you know how to land that thing because a major development is brewing and before long it's going to require your undivided attention — yours and yours alone.

Capricorn (Dec. 22-Jan. 20): Love has its good moments and its less than good ones, but they all tell a story. In your own life, that story can afford to move at a lot quicker pace, and the soaking you've taken in the past can be offered back to the atmosphere. Deep inside the heart of a Capricorn is the soul of an Aries, and that means you have the power and the willingness to take initiative — as long as you're absolutely certain it's the right thing to do. I'm just an astrologer, but I'm telling you, if you vaguely suspect it's the right thing, then it is.

Aquarius (Jan. 20-Feb. 19): The changes you once feared in your relationships are turning out to be the most productive developments you could hope for. I don't doubt the honesty and integrity of your socialist leanings for half a moment. Without Aquarius, we would have only a limited concept of what it means for humanity to function as a group or for people to live as equals. But I would suggest that you're taking a bit more sober view of the world, and why certain people are the way they are. If you will hold your boundaries and make clear statements of commitment, you will get the same in response, and everyone will benefit from the process.

Pisces (Feb. 19-March 20): Is it a coincidence that most of the Pisces people I know are going through some kind of over-the-top phase of insecurity? I write this column a few weeks ahead, so it may be that they've all got their shit together by the time this comes out. But I still wonder, and I am now wondering aloud, "What's at the heart of Pisces insecurity?" I would like to open the floor to all non-Pisces types to speak to all Pisces-types and speak to this issue directly. We will all be a lot happier when the Fish in our ecosystem feel better about who they are. This way they will feel like they have the hope of expressing some of



Madame Toujours

Dear *Madame Toujours*,

My goldfish Herbie is my best friend. For fifteen years, he's stood by me through breakups, unemployment, illness and a grueling 1300 mile road trip to a new job. In all that time, he's never failed to sympathize with my troubles or rejoice in my triumphs.

I've nursed him through fin rot and fungus and a bad bout of depression in '92 when the only thing that cheered him was endless reruns of the movie *Splash*.

The problem is my new girlfriend Grace. When I brought her home to meet Herbie, she said she just couldn't believe I was so insensitive as to keep an animal in a tank.

I pointed out it was a 100 gallon tank with a castle, rocks to swim around and plants to eat and hide in. She said she couldn't stand the way he just swam back and forth all the time. I said Herbie liked to swim back and forth, but Grace said she couldn't be in the room with him and I ought to turn him loose in a pond where he could be free.

Herbie is a fancy breed goldfish and wouldn't last fifteen minutes in a pond, but Grace says fifteen minutes of freedom is better than eighty years of captivity.

I'm just sick that I've abused and mistreated Herbie all these years. I thought I was taking such good care of him, but Grace wouldn't be so emotional if there wasn't something genuinely wrong, so I'm looking for a clean, well-managed pond near my home where I can go visit Herbie for as long as he survives, and I was hoping you could recommend an animal that wouldn't offend Grace.

Sincerely,
Losing my Best Pal

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Cher M. Pal,

I am congratulating you to have for yourself with *M.* Herbie the companion who is the ornament to your life.

Mlle. Grace, however, is being not the ornament for you. This is because *Mlle.* Grace is having the feelings. "But *Madame Toujours*," you are saying, "Isn't everybody having the feelings?"


Bien sur, but everybody is not imagining that her feelings are everybody else's feelings, too. For example, she is only meeting *M.* Herbie for the first time, and she is imagining that he is being the very unhappy person whereas *M.* Herbie is being for you the boon companion for the fifteen years and you are knowing him very well.

Clearly, *Mlle.* Grace is the very silly person who is having what the modern psychological persons are calling the "inner child." You are not wanting to be having the romance with the inner child. You are wanting the nice, mature person who is not confusing her feelings with the feelings of the fish and the little animals.

Bon Chance, M. Pal. Crush *Mlle.* Grace publicly, and place the advertisement in the personal page of the magazine for the goldfish persons: "Single, fancy male goldfish seeks opposite number for companionship, swimming, possible spawning. Reply before mating season."



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Owen’s Antiques Got Old

After 24 years of buying and selling antiques in the charming old house at Vashon Center, Gay Jungemann is closing Owen’s Antiques. “I wasn’t able to find anyone to take over the business, so I figured if I was ever going to get to retire, I had better sell the building,” Jungemann said.

She has rented the building back from the new owners, and will continue her “Store Closing Sale” through August. Current shop hours are: Thursday through Saturday, 11 a.m. to 5 p.m., and Sunday 2 p.m. to 4 p.m.

The inventory is so huge, that many people have asked what will happen if it doesn’t all sell by August 31st. Jungemann explained, “The response to the sale has been terrific, and the discounts will continue to increase until the last week. If anything is left, the larger antiques will go off to auction in Seattle. I will sell the fine smaller antiques on the internet. Guess I am really ‘semi-retiring.’ I have been selling well on the internet through eBay and a store front web site for over 8 years. If you “google” Owen’s Antiques, you will

find my Ruby Lane store front. I will continue to buy high quality small antiques to sell in that global market. It is much easier than being a shop-keeper!”

Islanders have expressed some concern over what might happen to the building. According to the King County Historical Survey, the “Fuller House” was built in 1886 and tacked on to the already existing first general store on Vashon Island. The location has been commercial throughout the past 119 years. The new owners are Mike Jacobs, who grew up on Vashon, and Roy McMakin. They love the building and intend to do some needed repairs and restoration, while keeping it as original as possible. The building will be available for lease once Owen’s Antiques has closed.

When asked her plans for retirement, Jungemann said she plans to continue running Sojourn House, her vacation rental, do more traveling, teach and play more bridge, and maybe write a mystery novel. She hopes her husband, Neil, will instruct her in the fine points of golf. □□□□□




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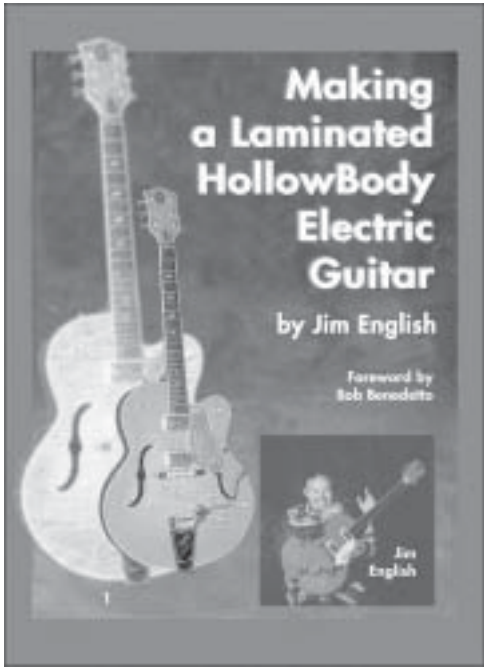
Among Our Piers:
Jim English

by Jonathan Shipley

Who *is* Jim English? This is the question many Vashonites ponder time and time again. After I interviewed him via email, I know the answer. Actually, I don’t. Very smooth, Mr. English, very mysterious. I think he may, in fact, be D.B. Cooper. I don’t have any proof though. It’s just a hunch. He also may or may not write books on guitars, may or may not be a realtor in Calgary, and may or may not be a key member of the United Steelworkers of America organization. After some internet sleuthing this is the conclusion I came to. As for the interview? Read and be intrigued.



Loop: What is it, exactly, that you do for a living?
English: Oft-times debatable.
Loop: Interesting. Yes, okay, now that THAT’s cleared up, what is it you love about Vashon?
English: A perceived and true sense of community.




Loop: Community is important to you and you’re quite involved with giving back to it. How do you find the time?
English: By making the time.
Loop: Why do you think it’s important to give back to the community?
English: Because the community gives back so much I’m thankful for.
Loop: I always drive by the Misty Isle farmlands and never actually see any cows. Are they hiding in the woods?
English: Trust me, they’re there. Keep looking. I guarantee you’ll see them one day.

Loop: Who would win between you and Tom Stewart in a game of Trivial Pursuit? In bocce ball? In arm wrestling?
English: Discretion – ever my middle name.
Loop: Favorite Vashon memory?
English: All the truly wonderful warm, uniquely special, sometimes quirky people I’ve met and gotten to know on the Island.
Loop: Since you are President of the Vashon-Maury Island Community Council, do you think you can perhaps look into getting a car wash on the island? I mean, my truck is filthy. Isn’t yours?
English: Believe it or not, one is in the works. Look for it one day soon in and around Courthouse Square.




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Believe it or not? I’m not sure, Mr. English. You’re a tough nut to crack.



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Loop ~ Sports



Ask Ernest

Hi Ern,
I appreciated the last edition of your column. Your appreciation of the profound is soooo deeeep. Deep as those poems by the Rye Catchers. Almost reminds me of a novel that I read a few years back, one about a kid with a dirty mouth. Anyhow, reading those short poems motivated me so much that I wrote a few of my own. Would you mind printing them in your column. Lord knows that a few short poems should show precedence over an article on Arm Wrestling or Tip the Cup!

Noodle Martinez

Noodle,
I'll definitely print your poems but I'm not quite sure about the literary allusion that you're alluding to. Also, I'm not sure if poetry shows precedence over arm wrestling or tip the cup, but there is a time and place for everything—particularly as the arm wrestling season starts in September and the tip the cup news is often incoherent and unprintable.

Cheers, mate. — E.

The following poems were written by Noodle Martinez (more poems will be out later in a collection titled *Work and Other Tool Belts*):

This Is All Part of the Big Statement Portion of this Book
Lots of short poems
Saying large things—
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results on www.themat.com. Also, Per-Lars Blomgren will be coaching the Junior National Team.

Johann Ozzie—Wrestling Enthusiast

Thanks Johann. — E.

Stay tuned for the results in the Deck Building Championships.

Josepe Baconelli is favoured due to his past championships but watch out for Dark Horse Kelly Quackenbush. He's spent a lot of time training—curling cedar planks, and jogging with sledgehammers. Should be a humdinger, with Dr. Hands Blomgren as the judge. Check for results in the next issue. ☺☺☺

Financial Planning 101: Just Do It

by Mark A. Goldman

We've reviewed in past weeks some of the basics of financial planning... In the last installment we talked about risk and how easy it is to misunderstand much of the data and statistics that are available to investors. It's important to understand that professional money managers as a group do not perform nearly as well as advertising and public relations efforts would lead you to believe. In fact, most studies show that professional money managers on the whole can't, and don't, produce better investment results than totally unmanaged stock indexes like say the Standard & Poor's 500, for example. What this means is that if you take the time to do a little research and have the inclination, you can get pretty good results without having to pay a money manager (i.e., a mutual fund, insurance company, or investment advisor) lots of fees to manage your money for you. High fees and expenses can have a significant impact on your investment returns, so it's important to know what your costs are and what you're getting for them.

Managing money is not a perfect science. In fact, it's not science at all. And for professionals who have gotten better than average results, it's impossible to tell whether those results are due to skill or luck even though the advertising and promotion done by them would have you believe it's the former. So what are you to do?

My own personal view, after approximately 25 years or so, is that the most important financial decisions you will make will not have anything to do with where you invest your money. What's important is that you do save and invest your money, and do so in way that's reasonable, logical, and doesn't put your long term goals at great risk. This is not to say that you can be sloppy or foolish in how you invest. It means that the best way to achieve long term goals is to plan for them and monitor your progress at reasonable intervals along the way. But you don't have to be a financial genius. You have to be honest with yourself and disciplined.

Here are a few things you should pay attention to: 1) that you take advantage of tax breaks that are available to you; 2) that you minimize the internal and external costs of owning investments, which is to say, that you minimize the costs and expenses of buying, selling, and managing your investments; 3) that you understand how compound interest works; 4) that you not take unnecessary risks; 5) that you understand what you are buying when you make investments and how those investments might be influenced by changing interest rates or other economic factors; 6) that you not put all your eggs in one basket; 7) that you understand and plan for the possible non-financial events in life that can cause your financial plan to fail; 8) that you stay the course, which is to say, avoid lots of turnover or short term trading unless you have very, very good reasons for doing otherwise; 9) that you have a comprehensive long range plan that you fully understand, believe in, and keep current.

This is not as hard as it might sound if you begin with a solid foundation not based on propaganda or myth. In installments to follow we'll get into some of the specifics of where to put your money so that you have a good chance of meeting goals without taking undue risks, or paying unnecessary fees and expenses.

You can contact Mark Goldman at: mark@gpln.com, or visit his website at www.gpln.com

Don't Forget

ISLAND EARTHFAR

August 2005

Lo'py Laffs

Bob: My wife drives like lightning.
Ted: She drives fast?
Bob: No, she hits trees!

The Washington Post’s Mensa Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or rearranging one letter, and supply a new definition. Here are this year’s winners:

- Intaxication:** Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
- Reintarnation:** Coming back to life as a hillbilly.
- Bozone (n.):** The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.
- Foreploy:** Any misrepresentation about yourself for the purpose of getting laid.
- Cashtration (n.):** The act of buying a house, which renders the subject financially impotent for an indefinite period.
- Giraffiti:** Vandalism spray-painted very, very high.
- Sarchasm:** The gulf between the author of sarcastic wit and the person who doesn’t get it.
- Inoculatte:** To take coffee intravenously when you are running late.
- Hipatitis:** Terminal coolness.
- Osteopornosis:** A degenerate disease. (This one got extra credit.)
- Karmageddon:** It’s like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it’s like, a serious bummer.
- Decafalon:** The grueling event of getting through the day consuming only things that are good for you.
- Glibido:** All talk and no action.
- Dopeler effect:** The tendency of stupid ideas to seem smarter when they come at you rapidly.
- Arachnoleptic fit (n.):** The frantic dance performed just after you’ve accidentally walked through a spider web.
- Beelzebug (n.):** Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.
- Caterpallor (n.):** The color you turn after finding half a worm in the fruit you’re eating.

And the pick of the litterature:

- Ignoranus:** A person who’s both stupid and an asshole.

Did you hear about the scientist who crossed a carrier pigeon with a woodpecker? He got a bird that not only delivers messages to their destination, but knocks on the door when it gets there.

Airline agent to waiting passengers: “Boarding first will be the disgruntled, followed by the hopelessly late, and finally the just plain infuriated.”

A state trooper stopped a woman for going 15 miles over the speed limit. After he handed her a ticket, she asked, “Don’t you give out warnings?”

“No Ma’am,” he replied. “I don’t have to. They’re all up and down the road. They say, ‘Speed limit 55.’”



WILD WORLD / Ed Frohning

The term “dog days” originated with the ancient Romans, who associated the rising of the dog star Sirius with the sweltering heat July and August.

Physical strength can never permanently withstand the impact of spiritual force. —Franklin D. Roosevelt

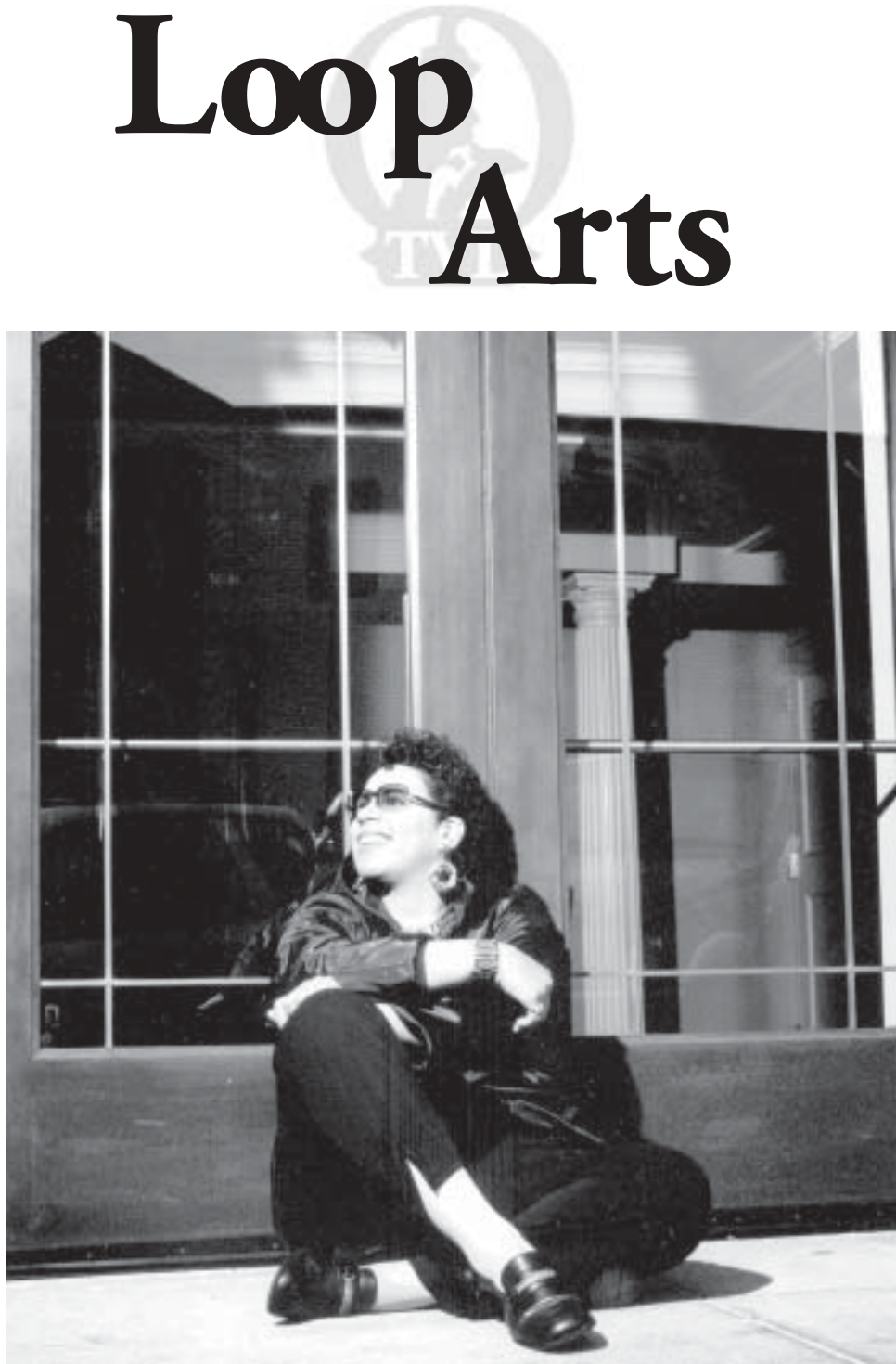
Mother: “Why are you home from school so early?”
Son: “I was the only one who could answer a question.”
Mother: “Oh, really? What was the question?”
Son: “Who threw the eraser?”

OneLiners

(more or less)

Constant change is here to stay.
Creditors have better memory than debtors.
Ideas are great provided they don’t degenerate into work.
George Washington’s brother was the uncle of our country.
If the front of your car says “DODGE,” do you really need a horn?
If a man’s Captain of his ship, his wife is likely the Admiral of his fleet.
There is no problem is so large or so difficult that it can’t be blamed on somebody else.
Motherhood—if it was going to be easy, it never would have started with something called labor.

OFF SHORE



Northwest Diva Sings R&B

By Janice Randall

Northwest Diva May Palmer brings verve and soul to her live shows, as evidenced by her January Panache performance at Blue Heron Art Center. For her Ober Park show on **Thursday, August 4**, at 7 p.m., May will belt out mostly R&B and will feature tunes from her fourth and latest CD, *A Celebration of Motown*, along with classic 70's soul and a touch of gospel. So, pack your picnic gear and get ready for a good time and great music at Ober Park. Her amazing versatility and style offers the perfect combination along with a pure Motown voice that can rattle the rafters.

May studied with legendary vocal coach Seth Riggs, whose students have included Stevie Wonder, Natalie Cole and Michael Jackson. Since hitting the music scene a decade ago, May

has wowed audiences throughout the world, including New York City's famed Apollo Theater, Las Vegas casino nightclubs, Japan, and the Virgin Islands. She has opened for Bo Diddley, The Rippingtons and Spyro Gyra.

Her all-star band will include David Joyner, Associate Professor and Director of Jazz Studies at PLU, on keyboards; Maria Joyner, member of the Sisters in Jazz, on drums and percussion; and Clipper Anderson, bassist, known throughout the Pacific Northwest as a studio jazz player.

Vashon Park District, Vashon Allied Arts and Windermere Real Estate co-sponsor the Ober Park Summer Concerts in the Park Series. The series is a free, all ages event. Please, no alcohol in the Park.

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Take
Out

Dance to KGB at the Village Green!

On **Monday, August 8** at 6:30 p.m. at the Village Green will be the second of this summer's three-part series of World Music and Dance presented by Vashon Park District and Vashon Folkdancers.

Music will be by KGB. This KGB is not a spy organization, but a band from Seattle that plays New England style contradance and English Country Dance music for concerts and private functions such as wedding receptions. They write a lot of their own music, and the rest comes from all over the world: the British Isles, French Canada, the Northeastern USA, Western and Eastern Europe, South America, the rest of the USA, and places we haven't yet identified.

KGB is an acoustic trio that has played for contradancing for 12 years, lacing Anglo-American fiddle tunes with original compositions influenced by tango, Balkan dance, classical music and jazz, Afropop and more.

Contradancing is traditional community barn dancing from New England, fun for all and no advance knowledge required.

Claude Ginsburg's violin melts, swings, growls, soars. He infuses KGB's music with passion and rhythm, hitting notes high on the fingerboard with power and sweetness. Claude deftly inserts elements of Klezmer, Latin

American, jazz fusion and French Romantic music into New England fiddle tunes, while years of contradance playing keeps his music connected to the dancers.

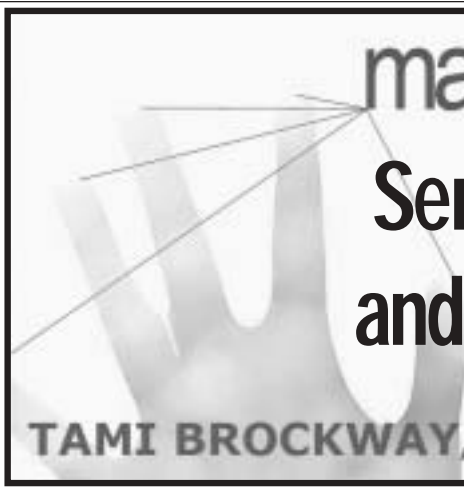
Dave Bartley strikes sparks with his wicked mandolin, driving guitar and lush cittern. He glides from melody to harmony to rhythm to counterpoint, throwing in rock riffs, cross-rhythms, classical motifs and Eastern tonalities.

From beater pianos to concert grands, Julie King fully exploits the percussive range of seven octaves. Her piano style is driving, richly chordal, providing KGB's music with emotional tension. Julie has been the rhythmic backbone in numerous bands for over 15 years.

Laura Mé Smith has been delighting dancers with her calling, wit, and truly silly jokes for twenty five years. Starting in Alaska in 1980 and moving on to Minnesota before settling in the Seattle area in 1988, she has called coast to coast for hundreds of festivals, public dances and private parties. She is well known for her ability to get both new and experienced dancers up and enjoying themselves in an astoundingly short period of time.

Everyone is invited to enjoy this evening — dancers and listeners alike. Families are welcome. No partners or experience necessary to participate in the dancing. Please bring your own lawn chairs or blankets for seating if you do not plan to dance.





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The Gold Ring Plays for Third Annual Fur Ball

Enjoy the traditional Celtic music of The Gold Ring on **Saturday, August 13** at the Third Annual Fur Ball. The doors at the VFW Hall will open at 6:30 p.m.

Coalescing out of the mists of Vashon, The Gold Ring is a trio of Celtic traditional music fanatics. Fiddles, flutes, and strings play astoundingly inspirational tunes and songs that will have you forgoing your morning coffee...just 'cause you won't need it anymore.

The tunes are mostly ancient dance tunes from Ireland and Scotland — reels, jigs, waltzes, polkas. The songs are mostly ballads, love songs, rebel songs, and a few more contemporary folk/rock favorites.

The Gold Ring has played Vashon's prestigious Blue Heron Arts Center for the last two years during the annual Celtic music focus during St Patricks' Day week.

The members of Gold Ring are Steve Austin, fiddles; Marilyn Kleyn, flutes; and Martin Nyberg, guitars and vocals.

Steve has been playing for years and has played with the group Lark in the Dark. He leads the Sunday night session at Bishops on Vashon every Sunday at 7 p.m. He especially loves to play for dances.

Marilyn has played irish flutes for several years now, also with Lark in the Dark. She is a regular at the Bishops session.

Martin has been a guitarist and vocalist for a decade or so (OK — a decade or TWO). Originally influenced by blues and activist/ socially conscious rock, a love affair with Celtic mythology lead him to the music. His guitar is usually tuned to DADGAD allowing a lyrical multi-textural sound. Martin has studied under Daithi Sproule, Randal Bays and Hans York. He has accompanied such greats as Randal Bays and Jamie Laval in concert.

Stealth

PG-13

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Reggae Rocks

Continued from page 1

Tickets, available now at Blue Heron Art Center, Heron's Nest and Vashon Island Music, are \$5 for ages 12 and under, \$12 VAA members, students and seniors, \$15 general admission. Call 463-5131 to reserve by phone. Thanks to Island co-sponsors for this year's Vashon Allied Arts Summer Music Festival, Vashon Island Music and Thriftway. Additional funding provided by Boeing, WSAC, 4 Culture and Arts Fund.

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The Sound Band

Continued from page 1

Besides their musical talent and watching the sheer joy they had in performing, I think my experience was also about witnessing their dedication to their passion and acknowledging their courage to perform.

I saw dedication in terms of time, energy, and focus to cultivate their musical talent. Jesse Whitford has been playing drums for nine years and is a Music Major at Western Washington University. Drew Tuel has been playing guitar for six years, Jaime Riley since he was in 4th grade. Stefan Rubicz learned violin at an early age, moved on to become a young accomplished pianist and also plays the accordion. Stefan Wolczko has been singing since he could talk and took up guitar four years ago.

I also recognized another dedication — their parents. I thought of the time, energy, and financial investment these parents devoted to supporting their child's talent. The music lessons, the driving, the rehearsals, the musical instruments! I acknowledged them and any other adult, relative, or friend who supported the musical passion of these young people.

Then there's the courage. You may wonder what courage has to do with anything. As a theater director I am amazed at someone's ability to

stand up in front of an audience and perform. To perform effectively and authentically, I believe the performer must stands up there "naked" and with total intention and commitment. What I mean is a performer must give the audience their all, unencumbered by self-doubt, fear, or any other "stuff." They are giving it all, in a sense, but with no control of how it will be received. It's risky. Their performance may be good or bad. May be liked by the audience or not. A live performance is thrilling in that it is never the same. Performers stand in that face of the unknown. I find that courageous.

Add to this the idea that these young people are performing in front of their hometown audience, which includes their parents and their peers. A home-turf audience can be an intimidating (and critical) audience. Courageous.

So come and experience our "hometown" boys. Stefan R., Stefan W, Drew, and Jaime have all lived on the Island since birth. Jesse joined our community in 7th grade. Maybe you know one of them. Or maybe one of their parents. Or maybe your teen knows one of them. Or maybe your daughter has a crush on one of them. But if you don't know any of them, it doesn't matter, still come to the concert, because you'll probably know somebody there. Remember, this is Vashon.

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DIG Garden Party benefits Vashon Allied Arts

Discover a "secret garden" when owner Sylvia Matlock opens the gates of her one acre cutting garden to the public **Saturday and Sunday, August 6 and 7, 1 to 5 p.m.**

"The sheer abundance of it calms me," she says. Stroll garden pathways and see beautiful blooms while benefiting Vashon Allied Arts. Sylvia adds that her garden is a great photo opportunity and a wonderful place to spend the afternoon.

In addition to strolling the garden, special events include a visit by Ciscoe the Gardener on Sunday, who will be on hand to answer gardening questions throughout the day. Saturday, Rebecca Raymond will offer a free half-hour class on hand-tied bouquets at 1:30 p.m. Sylvia will talk about preparing beds and plants for the cutting garden from 2:30 to 3 p.m. Hear live cello music by Annie Roberts and daughter Claire on Saturday. Refreshments will be available.

Monthly cutting garden subscribers receive bountiful weekly or bi-weekly bouquets May through September. Subscriptions are sold out for this year, but Sylvia is currently taking orders for next year.

Tickets are available now at the Blue Heron Art Center, Heron's Nest and DIG, \$5 per person.



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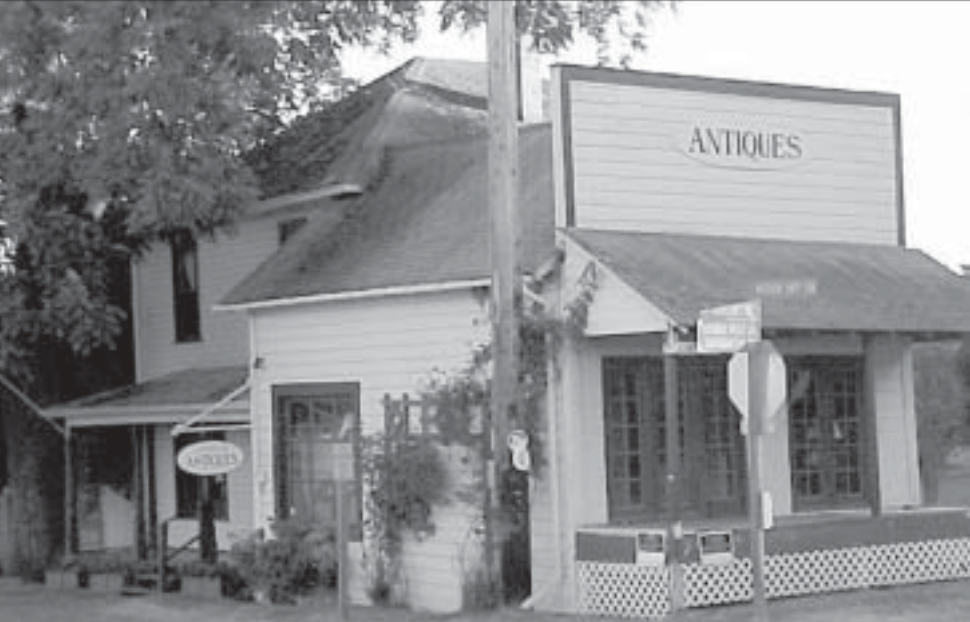
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