

Vol. 4, # 14

July 13, 2007 TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

### **SEEDS Sponsors Ecology** Weekend

SEEDS (Social Ecology Education and Demonstration School) will be providing a summer weekend of workshops and internship creation in the



field of ecology and social action Friday, August 3 through Sunday, August 5 at the Beall Greenhouses. The group consists of Vashon Islanders and

other alumni of the Institute for Social Ecology (ISE), an important center for environmental study and activism based in Vermont. Like the Institute for Social Ecology, SEED plans to Continued on page 9



Banjo the cat, Courtesy Photo **Fur Ball** 



## **Enjoy the 90th Annual Strawberry Festival**

by Jim Warren, Festival Chair and Lee Ockinga, Chamber Executive Director

The Chamber of Commerce **Strawberry Festival Committee** is proud to bring Vashon the 90th (we think) Annual Strawberry Festival. The Island has had Peach Festivals, Harvest Festivals, and years without a festival - so we think this is about the 90th. This now annual event is the Chamber's largest fundraising opportunity and allows us to help our merchant committee to put on annual events like the Spring Fling Egg Hunt in Ober Park and provide safe Trick-or-Treating for our youth on Halloween. It also keeps the phones answered and the emails returned from residents and visitors to our island through our Chamber office. We have amazing things going on at Festival this year that only this island could do. We start with the Kid's Parade on Saturday morning and allow any kid who wants to join in on the fun. We meet at the Methodist Church at 10:30 am and then the Bank of America Train clears the roadway and starts the parade. The John L Scott Grand Parade immediately follows the kids at about 11:00 am.

interesting vehicles to participate. The parade has gone through many name changes. So this year, it is just The Car Parade. Don't forget to go to Island Lumber after the parade to see the cars up close.

There are some old favorites and some new sounds in the music line up at Ober Park and the Pandora's Box Stage. The Friday night concert, starting at 8pm, is sponsored by PSE and will feature The Children of The Revolution. The Beer Garden will be rocking out with Loose Change on Friday night and with Bill Brown and the Kingbees on

Continued on page 9

## Islanders Help Save Rare Bird

by Ellen Kritzman The Alliance for Tompotika Conservation is also called Aliansi Konservasi Tompotika (or AlTo), signifying the partnership forged between a small non-profit here on Vashon and some committed islanders from Sulawesi, Indonesia. In August, 2005, Islander Marcy Summers presented an Audubon program here, about working for The Nature Conservancy for 2 years on Sulawesi. She spoke passionately about the amazing biodiversity, with 50% of the vertebrates endemic (found nowhere else), and a special blend of faunal species because Sulawesi originated from pieces of both Asia and Australia. Continued on page 14



Maleo bird, Courtesy Photo

Not Summer Camping Fun By Nancy Vanderpool Since late spring, the Inter Faith Council on Homelessness (IFCH) has experienced an increase in requests for service. The Council has a mission to identify and respond to the needs of those who either are homeless or are at risk of becoming homeless. At any given time there are between 15 to 20 homeless on Vashon, some of them children. This summer the number is at approximately 20. Over the 3 1/2 years IFCH has been in existence approximately 120 individuals have been served. Some involve ongoing contacts, others just 1-3 contacts; a few move away and a small number

By Jessica Wetzstein

In repose in a sunbeam, Banjo blinked at his brother Bingo and wondered, "How did we ever get from a cobwebbed shack in Dockton to where we are today? Was it alien abduction?"

Bingo only undulated the end of his puffy tail.

"...it must have been alien abduction, then, I suppose ... " concluded Banjo, and sighed.

For those who haven't yet heard the word on the street, Bingo and Banjo are sponsoring a ball!! Make note, it's a fur ball -

Continued on page 19

This year, the committee has decided that the Car Parade on Sunday will allow any and all



Joe Ulatoski, the father of Vashon Preparedness, has been selected as the Grand Marshal of the 2007 Strawberry Festival. The Grand Marshal is described as someone who has demonstrated a commitment to the island's civic and cultural life

Continued on page 11

## Get in The Loop

## VashonBePrepared ? Neighbors Helping Neighbors

Did you know that only 15% of the Island's phones can work at the same time? Our telephone system is not designed to provide service to everybody at the same time. During a disaster, don't use your phone unless it's a life-threatening emergency.



And if you haven't joined a Neighborhood Emergency Response Organization: Do it now before you need it! Each NERO meets once a year to get acquainted and learn how to check on one another in an organized way if disaster strikes. Call Joe Ulatoski at 463-1321.

www.vashonhorseproperties.com

#### Fun Run

Vashon Island's K2/Bill Burby Fun Run – Fun for the Whole Family

The 27th Annual K2/Bill Burby Fun Run will be held on Saturday July 14, 2007 in conjunction with Vashon Island's Strawberry Festival. Participants can choose a 10K run, 5K run or 5K walk. The route is a looping, paved, two-lane country road with some hills which begins and ends one mile north of the main intersection in the town of Vashon.

Pre-register by July 12th and save \$10. On-line registration is available www.signmeupsports.com . Day-of -race registration begins at 8:00AM and costs \$20.00. For additional information, e-mail burby10k5k@aol.com or visit the website at hometown.aol.com/ burby10k5k. Ferry information is available on-line at www.wsdot.wa.gov/ferries or call 206-464-6400. Metro information is available on-line at http:// transit.metrokc.gov/ or call 206-553-3000.

#### County Pool Hosts Senior Splash

### Candidates Night August 7

Vashon has some hot races coming up very soon. The League of Women Voters, The Vashon Chamber of Commerce, the Voice of Vashon, the Vashon-Maury Island Community Council and the PTSA are co-sponsoring a meet the candidates' night. All candidates are invited to tell us, the voters, why they are running for office and why we should vote for them. The Vashon School District and the Fire District candidates will be given the most time. Craig Beles will be the moderator. There will be ample opportunity for a question and answer session.

Come to the Courthouse Square on August 7 from 7 - 9 PM for what is expected to be an overflow crowd. August 7 was selected because you might be receiving your absentee ballot shortly thereafter. For more information, please contact May Gerstle at 463-0974 or Jennie Hodgson at 463-5408.

### **Book Club to meet**





Buyer's Agent (206) 225-4726



(206) 463-LIST (5478) www.yourhtr.com

#### **Students Need Hosts**

Area families interested in hosting an international high school student during the '07/'08 academic year are currently being interviewed by local community coordinators for PAX - Program of Academic Exchange, a not-for-profit educational foundation.

PAX students from over 35 countries will arrive in the U.S. in August for a school year or semester. They will live with American host families and attend public high schools. PAX students speak English; have full medical insurance and their own spending money. Students placed locally will be supervised by a PAX community coordinator in the area.

Host families provide meals, a lace to sleep and study, and a



### VIPP 2008 Pet Calendar

Be part of Vashon Island Pet Protectors' 2008 Pet Calendar & make your pet a star. Email your pet's photo to kchappy@msn.com. All are welcome-cats, dogs, pigs, goats...don't delay, photos must be received by July 15th.

### **Stolen Art**

DeWayne Hoyt's delightful art show at Cafe Luna ended with an element of shock as DeWayne's self portrait was stolen from the front of Cafe Luna last month. The statue was created in 1958 out of fiberglass and a kayak fragment and is worth \$500. The artist and all of the Cafe Luna staff would appreciate any information regarding the robbery. Email natalie@cafelunavashon.com or call 406-4229 with any leads.



Vashon-Maury Senior Center members are invited to a special free "splash in" at the King County swimming pool Friday, July 13, from 3:30-4:30 p.m. to learn about the pool's amenities for active older adults: warm water, entry steps or a lift into the pool, line dividers to separate swimmers and water walkers, floats and kickboards and a lounge deck for observers.

If a minimum of eight adults 60 or older commit themselves to come to the pool on a regular basis, the pool will be open for them at a dedicated hour, according to administrators, on Fridays, July 20, 27 and Aug. 3 from 3:30-4:30 p.m. for \$3.50 per session. To sign up for the series, call the Senior Center at 463-5173. The Green Party Book Club is meeting at 2:00 PM on Sunday July 22nd at the Vashon Tea Shop. The book for this month is "Democracy Matters: Winning the Fight Against Imperialism" by Cornell West. It is available at a discount at both book shops. Anyone is welcome to participate.

warm, supportive environment. Single parents, couples without children, and retirees are welcome to apply as hosts. For more information contact Jonathan Andrews at the PAX national office in New York at 1-800-555-6211 ext 304, community coordinator Krisa Gardner at 206-778-6297, or visit the PAX website at www.pax.org.

#### **Fruit Club Activities**

Bring your fruit-growing questions to the Vashon Fruit Club Strawberry Festival Booth from 2 to 4 p.m. on Saturday. Dr. Bob Norton, a renowned expert on growing fruit in the Pacific Northwest will be on hand to tackle your questions. While you are visiting the booth, you can join the Vashon Fruit Club at a special Festival discount rate. Members of our Club have many opportunities to learn the secrets of successful fruit growing in our maritime climate. The Club's next meeting is set for 7:00 p.m. on Tuesday, July 17, at Courthouse Square. Come join us for a program focused on summer pruning of fruit trees. For further information, visit vashonfruitclub.org or contact Mary Ornstead at 463-0565.

• Photographer: Michael R Sage Guest Writers: Angela Weiss, Linda Barnes Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley Ad sales and design: Barbara Stratton Email: ads@vashonloop.com; (206) 463-4004 Swan; Email: Editor: Ed editor@vashonloop.com Publishers: Marie Browne and Troy Kindred PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in • no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Published every two weeks by Paradise Valley Press © July13, 2007 - Volume IV, Issue 14 Don't miss an issue! Subscribe to The Loop!



# HOME TEAM R E A L T Y **Troy and Marie Do Strawberry Festival**

- Marie: I can't believe that Festival is here already. It's the highlight of my year! I imagine some people might not understand why I say that, so let me explain. Our annual Festival is all about community, in its purest form, and community is a bedrock value for me. All the events and attractions of Festival are in some way about bringing us together.
- I guess I never thought about it that way, but you're right, of course. As Troy: usual.
- Marie: Sure I'm right. The parade, the beer garden, the music in the park, the carnival, the street dance; Festival is an exuberant, eclectic mix of a whole bunch of community events, any one of which would be fun as a standalone event. Together, they are an abundant mega display of what an amazing community we live in.
- The food booths are pretty amazing, too. I especially like the gyros, Troy: and the corn dogs, and the elephant ears, and the curly fries, and the teriyaki, and the burgers, and the strawberry shortcake, and the crepes, and the Caesar salad.
- Marie: It would have been easier to name the Festival foods you don't like.
- Troy: OK. I don't like the goat cheese.

- Marie: I'm not aware of any goat cheese booths, but thank you for sharing. We'll leave the goat cheese for others.
- Troy: And I really miss the Democrat's burritos. On the other hand, I'm sure looking forward to downing a hot dog from the Surf Dog that our Rotary Club restored, under the enthusiastic direction of Gary Sipple and a handful of dedicated helpers.
- Marie: Me, too. I'm glad the Surf Dog rides again. I'm also looking forward to lots of dancing.
- Troy: Is this an opportunity for me to plug my band?
- Marie: I think this is a great time to plug your band.
- Troy: Loose Change will be playing at the Beer Garden on Friday night, from 7:00 to 11:00. It is the only night we are performing during Festival, so we invite everyone to come out and dance and drink copious amounts of beer.
- Marie: Nice plug! And let's remind everyone that our office will be closed both Saturday and Sunday, but if anyone falls in love with the Island and wants to buy a house, just give us a call at 206.463.LIST (5478). We'll buy you a Surf Dog and tell you everything we know about this wonderful Island that we will always call home.

Email us at marie @kwvashon.com. Call us at 206.463.LIST (5478). We would love to help you with your real estate needs.

## New on the Market!

Truly immaculate newer construction home in lovely park-like setting. It's the best of everything! Three roomy bedrooms, two full baths plus a powder room in a well-thought out welcoming floor plan. Your fully fenced back yard features a spacious deck plumbed for gas and a huge lawn for playing and relaxing. All this, and within easy walking distance to Vashon Highway and the bus lines. \$539,000.



- 3 bedrooms
  - 2.5 Baths
  - .26 Acre
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  - 21710 101st St Lane SW

## Great Location, **Affordable Price**

Sunny, level half acre lot with solid three bedroom, two full bath doublewide manufactured home. Cozy wood stove, separate laundry room, greenhouse in the backyard. Close to town and park and ride. Is this your chance to become an owner? It's a great deal for the





Turn of the century farmhouse lovingly maintained and currently operated as a B & B. Each of the four suites in the main house includes its own private bath. The property also includes separate detached living quarters surrounded by lavender fields. This vintage gem is conveniently located on the main thoroughfare of Vashon, and is three minutes from the ferry in one direction and the town of Vashon in the other. Plenty of parking and outdoor living space complete the picture. Come see the possibilities! \$ 525,000

right buyer. \$199,000



3 bedrooms 2 Baths Wood Stove 9 ✤ Near Town 9330 SW 171st St MLS # 27071774 **Other HTR Properties** 



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- 🞐 3.25 bath
- 4 bedrooms
- Sector Cottage
- Solution Close to town



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**Tramp Harbor Tidelands** Unusual opportunity to own your own tidelands off Tramp Harbor, just north of the fishing pier. This property is tidelands only, not waterfront. \$9,000 MLS # 26201915



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MLS # 27045308



#### Why Kucinich was Wrong to File Articles of Impeachment **Against Cheney** by Mark A. Goldman

Dennis Kucinich has filed articles of impeachment against Vice President Cheney. In an earlier article I called this a half-hearted defending attempt at our Constitution. http:// www.gpln.com/ halfheartedattempts.htm Here are my reasons for saying that:

The Vice President has only one job to do according to the Constitution. He is President of the Senate. He does not need the President's permission to do the job he was elected to do and he doesn't need to follow the President's agenda when doing his job. He doesn't work for the President unless the President asks him to do something in addition to his official duties. If he elects to do a specific job outside the scope of his official duties he is acting as the President's agent. It is the President who is responsible for what Cheney does or does not do and it is the President who stands behind Cheney and affirms his behavior. At that level of government, not knowing what Cheney is up to and not staying informed or finding out, would make him incompetent, criminally negligent, a fool, or all three... for whatever Cheney does for the President is the President's responsibility and he's obligated to know about it. Under the circumstances, failing to know what Cheney is up to would be an impeachable offense in and of itself. Therefore, whatever crimes or impeachable offenses Cheney has committed was done with or for the President.

The list of crimes for which the Vice President might legitimately be charged is a long one (http:// www.gpln.com/livethedream.htm) and it is negligent and irresponsible of Kucinich to leave them out, for by doing so, he limits his own prerogative to bring those issues before the American public in order to expose the crimes for which the President, the Vice President, and their administration are responsible.

By not including the President in his articles I assume that he is afraid of the political fallout. I see it as a missed opportunity and his unwillingness to press the case to its fullest degree is unfortunate at best.

Now let me say in his defense that he, at least, has more courage than most of his colleagues. For he for sure did more than they did. But this effort is doomed to fail for it is timid and doesn't open the space for the full disclosure of the much longer list of crimes for which this administration should be held accountable and in contempt. I give him an "E" for effort. I give the rest of the House an "F" for failing to uphold their oath of office. And I give the Senate an "F" for the same thing (no one in the Senate is asking members of the House for a more full, fair and complete list of articles).

I believe that in not filing articles against Bush, it would have been better not to file these articles at all, for it gives the impression that maybe Kucinich and/or anyone who signs on with him do not believe that Bush is a co-conspirator with Cheney. That is, indeed, an unfortunate footnote to the historical record.

I also believe that with a population of 300,000,000 citizens to choose from, we ought to be able to find One President, One Vice President, and 535 Congressmen who have enough courage, honor, and wisdom to keep their word, love their country, and defend the Constitution. Obviously, if you look at the job we've done in hiring people to run our government... We deserve an "F" too. തതത

#### VIFR Thanks Community

Vashon Island Fire and Rescue would like to thank the many island merchants for their donated goods and services that made our annual Smokey Awards dinner and dance in June a success. Our EMTs and Firefighters were the recipients of over \$1,200 worth of door prizes and gift baskets. The community's generosity and fondness for our career and This event celebrates the color and volunteer responders was overwhelming.



Parker Plaza 17232 Vashon Highway

WolfTown

Where can you run a sled dog team?

- Learn to ride a fully trained stallion using classical techniques?
- Be a Shepherd for a day? Including Sheep dog, sheep, Spinning and knitting and Cheese!

Or learn all about birds of prey? and the Theory of falconry?

Or take a tour to see our rescued wolves in the educational program.

And learn about our wildlife rehabilitation that saves injured and orphaned wildlife.

You can do all this at Wolftown! You can sign up for these classes at any time! Call for details! Scholorships availible for youth!

> 206-463-9113 wolftown@centurytel.net

#### GARDEN CLUB FLOWER FAIR

The Vashon-Maury Garden Club will hold its annual Flower Fair on August 3 and 4 in the meeting room at the front of the Vashon library. abundance of our summer gardens



#### ATTENTION LOCAL SERVICES **AND SALES!**

Advertise with Us & **Reach the Entire Island** as well as **Off-Island Visitors** 

We are working on our 2007 Fall/Winter Catalog and invite you to submit an ad to appear in a special section promoting local entrepreneurs. Either camera ready or business card size-we can shrink to fit the dimensions. Size: 2.25" x 2" Cost: \$50.00 For more information

ask for Vy: 463-3655



#### The Vashon Island Unitarian **Fellowship**

is looking for a Publisher. This is a contract job paying \$150/month for approximately 10 hours per month. Responsibilities include layout, design and production of monthly newsletter and production of 2-3 times a month Order of Service. Current publications are created with Microsoft Publisher, applicant must provide own publishing software. Send letter of interest and resume to VIUF PO Box 1127 Vashon WA 98070 by July 20, 2007.

Every year VIFR volunteers donate many hours training with career crews to maintain their certifications, work volunteer duty shifts, respond and ideas. On display will be and perform extra volunteer work such as working with our high school specimens from club members' Explorers, teaching community CPR and 1st Aid classes, mapping hydrants gardens of annuals, perennials, and roads and helping community members through the Vashon-Maury Firefighters Association. We are grateful to serve our island community.

### Library Book Sale

The Friends of Vashon Library will have a new and used book sale at the library July 14 from 10 a.m. to 5 p.m. and will also be selling their new t-shirts for \$10, featuring the Friends' ferry logo on the back.

### Hiway Haiku Stolen

Hiway Haiku, written by Vashon artists and poets, amused and delighted many for more that two years. But sometime on July 4 or 5, someone stole the whole shebang, steel posts 'n all-what a pity. We feel saddened that someone chose to deprive everyone else of this public art.

Loopy sez: Deadline for the next edition of *The Loop* is Friday, July 20

and is a great source of inspiration herbs, grasses, shrubs, and vegetables. Most specimens are identified with both common and botanical names, and visitors are invited to vote for their favorites in each category. Examples of the flower arranging talents of some of our members are also featured.

Hours are noon to 6 p.m. on Friday August 3, and 10:00 a.m. to 3 p.m. on Saturday August 4. It's worth a special trip to the library, whether or not you have a book to return! For more information contact Cindy Stockett (463-3734) or Jane Rosen (463-2111).



#### Virginia V Cruise Tickets Available

See Vashon and Maury Island from the water, on a cruise Sunday, August 19th aboard the National Historic Landmark Steamer Virginia V. The Virginia V's home port was Lisabeula and for much of the 1920s and 1930s, she carried passengers, mail and freight on the West Pass route. The Virginia V is the last wooden hull passenger steamer left



on the west coast and one of only two such vessels remaining in the United States. The Vashon Maury Island Heritage Association is teaming with Vashon College to offer a new program highlighting Island history, geology and ecology.

Tickets for the Around-the-Island cruise aboard the Virginia V are \$75 (for Vashon Maury Island

Association Heritage members, \$60). They are available at the Island Heritage Museum 10105 SW Bank Road, Wed 1-3 or Sat. 10-1, at the Heritage Association Strawberry Festival Booth, at Books By The Way during regular business hours or send a check to the Vashon Maury Island Heritage Association at Post Office Box 723, Vashon WA 98070.



The cruise will begin and end at Vashon's north end passenger ferry dock. Boarding will begin at 12:30pm, and the vessel will depart at 1:00pm. The cruise will run until approximately 5:30pm. Bring



your own lunch; no alcohol allowed; soft-soled shoes required. For more information, contact Dick Gordon at 463-5277 or email g o r d o n s 3 @ j u n o . c o m . Proceeds support the Island Heritage Museum.

#### **Homeward Bound**

coming of the annual parade and town festival with excitement, apprehension and regret. My hometown was small in those days, only 2000 or so residents according to the sign marking the city limits. Everybody partook in the preparatory activities, sequestered in hot kitchens baking goodies for cake walks, staffing fundraising and information booths, and placing the final touches on the crafts, costumes and quilts late into the night. The town was abuzz with anticipation appreciated by all generations in every household.

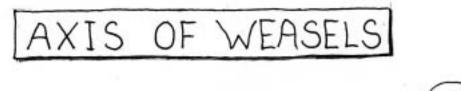
Those appointed to be in the parade experienced heightened anxiety inversely proportionate to age. The gripping question, "What will you be in the parade?" obsessed every youngster from the moment school let out until the big day arrived. As a child, I recall few things as nerve-wracking as designing Radio wagon floats pulled by frisky dogs, painting cardboard signs adorned with balloons and streamers, and pinning costumes onto hot and sweaty little bodies. In my family, sepia-toned photographs bear witness to this annual ritual in

When I was a little girl, I met the ning of the annual parade and yn festival with excitement, prehension and regret. My netown was small in those days, y 2000 or so residents according

by Linda Barnes

I feel the same energy building as Strawberry Festival draws near. Across the Island, families are making preparations. Construction is underway on floats, costumes are sewn late into the evening, and a bounty of community interests are vying for volunteer contributions. The Island will soon be over-run with visitors and vendors. Memories of parades gone by will arise and I ponder, what will the young remember? Will it be the midway or the music? The elephant ears or the pancake feed? Satisfaction or dashed hopes? All of these experiences make for a rich community tradition like ours.





generations past.

Being in 4-H, my participation in the parade was a given. Our horse club had done so for decades and all members were expected to play a role. We drilled every afternoon in the hot sun in order to execute drill formations with faultless precision. I practiced these maneuvers with diligence and my steed begrudgingly complied. On the morning of the big event, every horse adorned with matching saddle blankets and bright ribbons tied to manes and tails. As nerves reached a crescendo, and flashy costumes, balloons and loud music overwhelmed the senses, my horse habitually became spooky and unmanageable. Despite all the afternoons spent in preparation, I



# Spiritual Smart Aleck

The first thing I can tell you about not being the editor anymore is that my blood pressure has dropped twenty points. I recommend unemployment, at least from a health standpoint, except for the being broke part.

The second thing I can tell you is that I have nothing to say. Since entering into the gracious state of unemployment, life has been happening and I've been living it and not thinking too much about it.

A friend I had not seen for 20 years came to visit. We picked up where we left off, sharing stories of children who are now adults and have children of their own: adventures we have had; songs we have sung; and roads we have traveled during our long separation. She still has a mind like a dragonfly, flashing with beauty and flitting so fast you can't keep up, but it is so exhilarating to try. We talked for three days without stopping, except to sleep, and eat great food.

I wrote a song. It's a funny song, a political song, and it's not a nice song. I don't sing in public like I used to so I haven't had the opportunity to trot it out and subject it to the natural maturing process a song goes through when it is performed, but who knows? That might happen.

I played pick-up sticks with my grand daughter. First, we played by the rules as I remembered them (except I can't remember why the black stick is special, though I know it is). Then she showed me how to play with pick-up sticks by her rules, which were a little like Calvinball as played in the classic comic strip Calvin and Hobbes. Which is to say, you make up the rules as you go along.

I've been lobbing the tennis ball in the mornings for the Labrador, who is deliriously grateful.



#### By Mary Litchfield Tuel

Mostly I've been getting reacquainted with myself the last few weeks, and enjoying the absence of stress. It's been a good coming home.

Do I miss the job? Not yet. I have spent today hanging out with my grand daughter, instead of chained to my computer as I was on deadline weekends. When she asked me if I had to work today and I said no, she whooped for joy and grabbed my hand to drag me into her room for another round of pick-up sticks. Most gratifying to a grandma's heart.

It's going to be busy the next few weeks, spending time with dear ones who are doing their summer traveling. I'll be in Bellingham, and Soap Lake, and maybe Sequim, and maybe Sisters, Oregon. I may go up in the Space Needle, which I only do when someone is visiting from Ohio.

I'm rearranging my office again (I seem to do this every six months, need it or not). I'm sorting photographs. I'm watering plants. I'm on a new diet. Again.

And then there's the Strawberry Festival. Maybe I'll go this year.

Watch this space for something, some time, I hope. Or not. If I still have nothing to say in a few months, I'll hang up the column.

Meanwhile, you can check out new blog my at: www.spiritualsmartaleck.blogspot.com. A friend told me I ought to have one, so I got one. It's pretty boring.

And if you know the significance of that black pick-up stick, email me at: mary.litchfieldtuel@gmail.com, and tell me what it is.

See you at the Festival. Have a great summer.



463-4764

Visit our website at 19529 Vashon Hwy SW www.farmfreshorganic.com

### Shrine making workshop with Ginny Ciszek

the new Minglement

location

Shrine making workshop with Ginny Ciszek July 28th. Vashon Land Trust Building 9:00am - 5:00 pm. We all had so much fun at the workshop last month that we decided to make it a monthly event. Each member will

be making their own altar to pay homage love, or makes them array of fabulous art inspire and delight. \$60 which includes tools needed, and collection materials, images for sale as well at returning members their fee for bringing



personal shrine or to what they revere, laugh, using my vast materials that The workshop fee is basic supplies; all shrine bases. My wonderful art and oddities will be great prices. Any will receive half off paving а full



member. Please bring a sack lunch and beverage and any materials or special items that you wish to include (4" or smaller works best). Drop ins are welcome, bring a friend! Next month's workshop will be August 25. Same time and place. Contact Ginny for more info at (206)463-1768 or v.ciszek@comcast.net or visit www.stov.us arts& culture.

### Vashon Island Community Church Vacation Bible School!

Come Make a Splash with Jesus!! July 30 - August 3 9am - Noon

Our mission project this year, through Samaritan's Purse, will provide families around the world with water purification packets, so they can have clean and sanitary drinking water. Save your pennies and let's see how many families we can help this year. Call VICC @ 463-3940 for more info.

## Don't Forget the Birds Hybrids

#### **By Ed Swan**

reported in my last column at the Rose's place turns out to be a probable hybrid: a cross between a Red-breasted Sapsucker and a Rednaped Sapsucker. Steve Mlodinow, an expert on birds in Washington State who has written articles on sapsuckers, examined photos of the bird. He found that the supercilium, the "eyebrow" of the sapsucker, to be narrower than the usual Rednaped Sapsucker. Also, the amount of red on the head shaded much more of that area than in most Rednapes.

As we develop more knowledge about birds in general and our state in particular, identification of birds grows more precise and murky at the same time. We're able to compare many more plumage indicators and other factors such as blood types and DNA data. We know a good deal more particular details but with species that hybridize with others, we merely attempt to place the bird somewhere in a spectrum of having more characteristics of one species than another.

Hybridization occurs when two distinct populations of closely related birds come into contact and successful reproduction takes place between members of the different species. Speciation, creation of new species, sometimes happens when two populations of a species become geographically isolated and evolve over time into two separate species. Hybridization comes about when these once geographically parted species' ranges shift to bring them together again.

According to *The Birder's* Handbook, about 10% of species in America interbreed North occasionally with other species. The sapsuckers provide one example of this phenomenon. Red-naped, Redand Yellow-bellied breasted

The Red-naped Sapsucker I Sapsuckers all interbreed with each other and have zones of hybridization where their ranges meet or overlap. They are all closely related to each other and were considered one species until quite recently. Details in genetics, plumage and ecology argue for treating them as three distinct species forming a "superspecies."

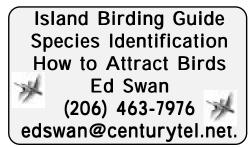
> Around Vashon, several other species regularly hybridize with others. In the gull population, the local breeding species is the Glaucous-winged Gull. It

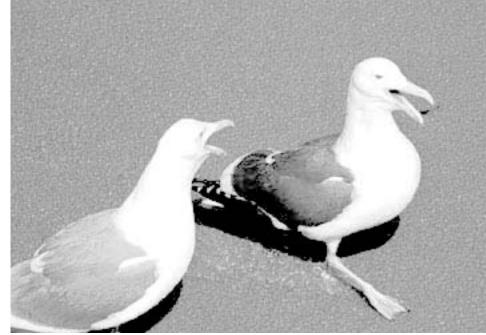
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#### **Open for Lunch on the Deck** 1:00 p.m. Saturday and Sunday

usually find one or two birds that show some "Yellow-shafted" plumage characteristics: either yellow under the wings instead of the usual red or else a difference in





Western Gull photo by Jim Rosso

interbreeds with the Western Gull which lives on the outer coast of Washington. Perhaps half of the gulls in the Puget Sound area are a cross between Glaucous-winged and Western Gulls. These hybrids have received the name "Olympic Gull" from the birding community around here. Northern Flickers provide another good example. The Northern Flicker has a "Redshafted" population in the west and a "Yellow-shafted" group east of the Rockies. Close examination of flickers on Vashon in winter will the facial markings. A rare case of hybridization for Vashon popped up last winter when Rick Sanders saw a Townsend'sXHermit Warbler at his house. Townsend's Warblers range north and south along the Pacific Slope but Hermit Warblers reach the northern limit of their territory near Mt. Rainier across to the southern Olympics. Many of the birds interbreed where their range meets in Washington State. It's rare to see hybrids in the Puget Sound area in winter.

Recent local bird sightings dropped of precipitously after the

spate of rare bird reports in June. The most unusual bird lately consists of a Common Nighthawk that I heard over Paradise Ridge July 1. These birds used to nest on the island and were common in the Puget Sound area. In urban areas, their population has fallen so that they are now rare here. If you have an interesting bird to report or a question about local birds, call me 463-7976 email at or at edswan@centurytel.net.

Vashon Audubon's next guest speaker will be Washington Toxics Coalition staff scientist, Philip Dickey, PhD, presenting a talk entitled Consumer Pesticides: Are They Worth the Risk? Dickey's talk will cover concerns about the effects of pesticides on children, pets, birds, beneficial insects, and water quality. He will discuss ways to identify lesstoxic alternative products and techniques to garden in harmony with nature. The program will be Thursday, July 19th, 2007, at 7:00 p.m. at the Vashon Maury Island Land Trust building. തതത

Loopy sez: Deadline for the next edition of The Loop is 🚛 Friday, July 20

AC	ROSS	
1	Tactic	

5 Brushes

15 Musical production

- 30 Some (2 wds.) 10 Young Women's Christian Association 33 Klutz
- 14 Take the wrinkles out
- 35 Evils

26 Skirt edge

27 Cut

37 Privileged person

24 Central daylight time

- 63 Left over 69 Bicycle
  - 70 Take off the lid

61 "if it ain't \_

54 Clever

59 Vase

57 Deoxyribonucleic acid (abbr.)



16 Arabian	42 Disfigure	71 Jabber	20				21						22			
17 Russian ruler 18 Particle	43 Anger 44 Nil	72 Bode 73 Clutch				23	1				24	25			26	
19 Walk through water 20 Southern Mexican Indian language	45 Inventors 49 Aegis	73 Clutch 74 Lop 75 Cabana	27	28	29		30		31	32		33	$\vdash$	34		
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7 Plateau 8 Rodeo bull	<ul><li>34 Awful</li><li>36 Cut open</li><li>38 Roman emperor</li></ul>	64 Sour 65 Tear down 66 Wind pointer	72			-		73	$\square$	t	t			74		
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## The Reigning Queen of Everything

### Musings of an **Unmarried Woman**

By Sarah Blakemore, RQE

I will be 32 years old at the end of this month. 32. I remember when I thought that 32 was one step away from death. In my 20 year old mind I thought I would be married and have several children by now. The funny part is, I'm still single, still don't have any kids and now 32 doesn't seem so old to me. Actually, it feels sort of young. I mean, it's not like I'm 40 or something.

Ha.

Last month I went to my younger sister's wedding in Sequim, Washington. All of her friends were married. I'm not exaggerating. All of them. Even the 19 year old girl. Married. I was the only unmarried woman there, Thank You to all the feminists out which was a source of much confusion.

"You're not married? Really?" No, not married.

"Were you married before?" Nope, never been married either.

"Oh. Well, do you have a boyfriend?"

No. We broke up because I didn't want to get married.

[Insert multiple looks of total shock.]

And so it goes, and so it goes. New York City is not such a rarity as it is in Sequim, Washington. Good thing I've settled in for a self sufficient woman to have Brooklyn with my bratty little dog. I spend my days fiddling with my apartment, cooking, writing, going to the theatre, artsy movies, playing with my God Child, sufficient women: traveling, and exploring the rewarded for our ingenuity and world.

after the opening night of my on dates we don't want to go on. show in September; I've always wanted to see The Guernica. My best friend Laurie and I are going myself, view our own lives. I don't to Ecuador in January for a month. see my life as lacking because I am

I haven't met that life partner yet. Don't get me wrong, I'm not throwing in the towel or anything. I'd still like a husband and family. And I know that if I don't ever get those things that I will be missing out on a beautiful part of life.

Most of you who have read my column know that I have had my differences of opinion with the feminist movement. The opinions of often times reactionary, anti sex and sexuality zealots don't sit well with me. I don't think that men suck and I don't think that every social ill can be traced to the possession of a penis. However, in the context of this column I would like to take a moment to say a big there. The ones who came before me that fought for my rights to vote, own property and receive equal pay for equal work (we'll get there someday). And thanks to the ones who are still fighting in Congress for my right to safe and legal abortions, flex time so I can have a career that is not at the expense of my future family's well being.

By fighting for all of these things the feminists and their movement have subtly and Being 32 and unmarried in radically changed the social climate. In the radical sense, they have made it acceptable and legal every right and privilege previously afforded only to men. In the subtle sense, they have changed how society views self we are recognized for our strengths I am planning a trip to Spain instead of being pitied and set up Feminists have also changed the way younger women, such as I might be taking a class for grad not partnered. I know from relationships have their problems, My life isn't perfect. I wouldn't just like being single has never meet my life partner that I have will have a wonderful chance impossible when you are partnered. And I also know that valuable and important as the it isn't the end of the world that Mr. So thanks for doing all that Women like me are much richer for it. തതത



GardenThe World By MEarth

#### **III Eagle Immigration**

There has been a lot of talk recently about illegal immigration and, the more I hear it, the madder I get.

Two things come to mind. One is the thought voiced by a guy on "The Last Comic Standing," who said, "I wonder if the Indians ever wish they'd had had a stricter immigration policy."

The other thought is a popular line that I first heard from Latino friends in SoCal years ago; 'We didn't cross the border, the border crossed us.' Incidentally, I first heard that line from the same Native comic who said, "My people are called Indians became some white guy was looking for India. I only give thanks he wasn't looking for Turkey."

I understand the urge for order, the desire for control that leads people like the Minute Men to spout racist, myopic slogans in an effort to play on people's fears and anger. Terrible things have happened and no one wants them to happen again but, it seems to me, that making it harder (read more expensive) for people to sneak across our southern borders will not prevent another 9/ 11. At the same time, no one seems willing to admit just how dependent we are on 'undocumented workers.' That phrase itself is irritating. These workers are among the most documented. They have driver's licenses, social security cards, they pay income tax (and don't get their refunds), they pay L. and I., they pay social security tax (and get no return), they have car loans, doctor bills, utility bills and piles and piles of 'paper.'

July 13, '07

## www.OurVashon.com scarette@windermere.com vvindermere Windermere Real Estate/Vashon Island, Inc. unpicked and orchardists go

under. Nobody wants to support such workers but, at the same time, they complain if the cost of cherries goes over \$3.00 a pound. If we want our own force to do this agricultural work, we have to be willing to pay fair wages—and fair wages mean higher prices for produce, landscaping, drywall and numerous other goods and services.

What I don't understand when I hear people complain about these migrant workers is that we have created an economic situation that attracts (indeed, depends upon) the cheap labor no one else will provide and then we punish people for being attracted to it. We expect people to live in conditions we would not tolerate for our relatives or children, to work at hard labor under brutal conditions, to expose themselves to dangerous chemicals, fertilizers and pesticides without providing any kind of health support system and then complain that they are over-crowding our emergency rooms and sucking up our welfare health care.

That's like digging a pit in our yard and blaming our children when they fall into it.

Our economic system depends on masses of exploitable labor. That is how capitalism has traditionally worked. Why is there a 'war on the middle class,' as Lou Dobbs puts it? Because the success of this hierarchical system depends upon the largest possible gap between those at the top and the rest of us, those at the bottom, the ones who support them. A strong middle class is a danger to those at the top. They are not as exploitable as the ones lower on the economic ladder. There is a huge uproar over the word 'amnesty.' I would go well beyond amnesty. The fact is, unless we are willing to make massive social/economic changes, fundamental changes in our way of life, we should be very grateful for these workers. They are one of the last things making our cumbersome system function.

school this fall, but that remains experience that even the best to be seen.

want to give anyone the difficulties. I also know that if I impression that it is smooth sailing. Sometimes it feels like too much to manage alone, like when to know myself in a way that is I forget to pay the gas bill and have my gas turned off. Sigh. These are the days I feel angry and alone, my self knowledge is every bit as frustrated. I want someone to be there to catch what falls through lessons I would learn being the cracks when I am distracted partnered. This makes it easy for and busy or simply can't do it all. me to turn down a date I don't Other days, good days, I wish that really want to go on and know that I had someone to share all of the wonderful things happening in Hamptons hasn't called me. my life. There is nothing like laughing or crying with a life work you did and are doing. partner.

Whenever there are crackdowns on 'undocumented workers', apples, peaches and cherries go



Courthouse on Tuesdays, Noon-3:30 pm; 4-7 p.m.

#### 90th Annual Strawberry Festival

#### Continued from page 1

Saturday night. This year the Beer Garden is located on 100th Ave SW in the Vashon Plaza. As usual, there will be a five dollar cover charge to enter and you must be 21 years old. The Back Bay Inn will be there offering their fabulous pulled pork sandwiches.

The carnival has also moved again! This time it is behind Vashon Village across from the library. The carnival opens at 3 pm on Thursday and Friday, and at noon on Saturday and Sunday. As in past years, the booths in Ober Park are all Vashon vendors. Stop by and see what your neighbors are creating! Other vendors will again line Vashon Hwy SW with a variety of food, commercial, craft and non-profit booths.

New this year will be the Firefighter's Challenge! At 2 pm on the Highway south of Bank Rd our firefighters will challenge each other in an obstacle course involving hoses, hydrants and carrying heavy equipment! Caution - you may get wet.

Also new this year will be 2 puppet shows by Bill Jarcho. Sponsored by Washington Mutual, they will be on both Saturday and Sunday at the Gazebo at Vashon Village. Stop by around 2 pm both days.

Windermere's Wine and Jazz Fusion will be on Saturday from 3-7 pm. More than a dozen wineries will be offering a taste! You can also purchase wine to take home with you.

We hope you will come and enjoy the Festival; it's a mixture of traditional activities and great new things. To all the volunteers involved, thank you!



#### Continued from page 1

institute offering a masters program in the emerging interdisciplinary field of social ecology. SEEDS aims to take both the global and local approach, linking understanding social and environmental problems with a radical and comprehensive vision of their potential resolution within a truly ecological society.

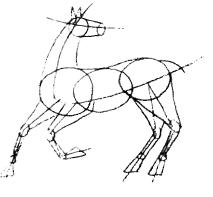
The purpose of SEEDS programs is to prepare students for roles as agents for positive their home change in communities and as members of Big Mountain to Darfur, from a global community. SEEDS Juarez to Guatemala City by operates as a project of ISE. ISE Swaneagle currently offers a Master of Arts Community/Women's Health, Program in Social Ecology through an affiliation with Prescott College in Arizona. For over 30 years, from the antinuclear and ecology movements to the current one against pervasive militarism and the bleak side of globalization, ISE has inspired individuals involved in social change to work toward a humane, ecological, and liberatory society. More than 3,000 students from around the globe-from Liberia to the register for the SEEDS summer Philippines, Italy to Iran, Norway to Uruguay, Israel to Ethiopia, the United States to Japan, and many more-have attended ISE in order

#### SEEDS

eventually become an accredited to not only remake themselves but remake society as well.

> Workshops for the August program led by Vashon members of the new school include: 1. Art and Community, an introduction to eco art and to various cultural and art work strategies for empowering communities by Beverly Naidus, Bob Spivey and Bill Moyer; 2. Dismantling Institutional Racism, exposing the connections between neocolonial free trade and the destruction of dignity and life of women from





## www.vashonfarrier.com Singleon Vashon **By Angela Weiss**

A successful Singles dinner? You be the judge. We had a wonderful meal and open, honest conversation with surprising connections and interests. As the evening progressed, most of us decided to head up to Bishops for dancing to Loose Change where we danced until midnight. A direct result of the evening was a follow up date for a typical dinner and a movie. This date turned out to be anything but typical.

A passing look for a restaurant led us to "Crush" at 2319 Madison St at the corner of 23rd Ave E. This fairly nondescript Tudor is easy to miss if you aren't looking for it, but it is well worth looking for. The Chef, Jason Wilson, knows his food as is supported by the multiple awards the restaurant has earned over the past couple years. Go to the website at

www.chefjasonwilson.com to get a peak at the incredible menu and wine list and you'll understand why. I was under the mistaken impression this name for the restaurant referred to wine; as in the making of...you know, crushing grapes? It turns out to have more to do with the owner's crush on the chef... you know, romantically. Either way, I now have a crush on the modern Northwest Cuisine they serve there in a simply elegant

### anctum

Custom Painting, Faux Finishes, Color Consultation Susan James, Designer

We shape our dwellings, and afterwards our dwellings shape us. Winston Churchill

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environment designed to highlight the food and wine. Though I haven't tasted everything on the menu, I can highly recommend the sautéed Alaskan Halibut and lobster butter with basil pistou, preserved lemon and zucchini ribbons. Mouth wateringly good. We also ordered the lavender roasted duck breast and Bing cherry sauce with heirloom faro, dandelion salad, and pickled pearls. Portions and flavors so perfect, the plates were returned almost clean enough to reuse. Wines by the glass were of upscale quality, an unusual find and perfect for tasting different foods. In the end, an incredible meal in a subtle setting.

After a meal like that, any movie wasn't going to cut it so we opted for a walk by Lake Washington instead. And why not? The temperature was perfect and the lake backdrop so typical of why we choose to live here in the Northwest. Conversation never lagged so what more can I say? As night fell, we drove into Seattle for a nightcap at The Triple Door across from Benaroya Hall. Some great live jazz happening and the rest of the story is off record. All in all, a perfect date. Single on Vashon, a wonderful world of opportunity! തതത

Harijan; 3. discussing the social determinants of health for women and girls and how these affect the health of the community by Andra DeVoght.

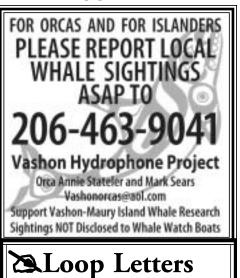
Besides environmental education, SEEDS plans to provoke ecological action. In addition to the presentations, one meeting will focus on internship credits through the University of Washington and other colleges and universities.

For more information or to program, contact Bob Spivey at (206)949-4786www.socialecologyvashon.org. തതത



Craig Hanson photo

**Outgoing Rotary** President hands the gavel to the club's new President, Susan Hanson. Hanson is Principal of Vashon High School, and a long-time Rotarian. She will serve until



### The Boat Man

Dear crazy Vashon 4th of July morning boat man:

Who ARE you?

Who is this masked man?

I've lived on Vashon for 3 Fourth of July mornings now, and each time, I've been awakened at about 5:30 in the morning by a strange, impossible-to-ignore buzzing sound.

The first year I thought maybe some bastard was driving a motorcycle with no muffler up and down the highway—but then my early-rising family in West Seattle said they had seen you out there on the water with your huge rooster tail.

The sweet thing about your method is the surprise factor—every year, I completely forget about you. My first thought this morning was that maybe a hornet had been trapped between the panes of glass in my bedroom window. And then I realized with Christmas-morningtype glee that it was no hornet—it was YOU, crazy 4th of July morning boat man!

It's not that I particularly like waking up in a foggy panic. But I do enjoy thinking about you out there on the water. You are one crazy, ballsy bastard to take it upon yourself to wake up an entire island just for the hell of it.

You do have an interesting philosophical point—what, after all, is liberty but the annoying buzz of a mosquito in the ear of a slumbering imperialist giant?



The Dorsal Spin is undergoing a major transition and will return soon. Please continue to report whale sightings to the VHP at 206- 463-9041. Thanks to everyone, especially ferry commuters, for recent reports.

Inner Quartermaster Harbor, Vashon Island, 2007 photograph © Ray Pfortner

Ray Pfortner took these photos on July 4 at Quartermaster Harbor. See page 18 for an article about the upcoming Digital Photography course offered by Ray.



July 13, '07



Enjoy the music on the stage.



(206) 463-3401 \$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

### Island Independence Day

At the finale of the best-ever fireworks, the dimmed light bulb in my head brightened to indicate passage of an idea: Vashon is our lifeboat.

The boat idea is a way of making a kind of order out of some problems that in their enormity make no sense. I'll record what you are thinking: As Earth's dust bin overflows and its larder nears empty, so are its people being forced into neo-serfdom by neo-lords called corporations. Close? Okay, then how about Cheneybush igniting a flame in the desert? My list includes photos in the current issue of Time showing Chinese workers caged like chickens. In the US we cage chickens to feed the poor people of color we keep in the corporation's prisons. Your list or mine, these are problems of such enormity they make no sense; but we islanders can stuff the lot into a boat with oars, one for each of us.

Put it this way. No matter the particular excrescence, the solution will require cooperation. In one particular here, we can't thin out cars by changing just car things. Thinning out cars will happen only as part of a larger change, guess what, an increase in cooperation at all levels and in all ways. For a related particular, think ferries; when a body decides to move to an island he or she inherits some part of the responsibility for the boats, their fuel, and their crews. We have now overburdened the ferries with commuting cars. The solution to that problem won't rest on hybrid cars.

Just as Joe Ulatowski's Neighborhood Emergency Response Organization (NERO) provides safety by instilling communication between hermits, so these nero-works could be nuclei for limited sharing of rides, or for any social or political purpose. Independence Day? The Brits could be getting a dry chuckle out of that this 4th of July.

In my mind's eye this morning, I saw you as Robin Hood—as Zorro as Paul Revere—as Randy Quaid in Independence Day. If Vashon ever faced a serious crisis, the buzz of that boat would be a more reliable way to reach all of us islanders than some emergency alert on afternoon TV. I see you rounding us all up to fight together against a horde of aliens descending from the sky. If, like in Independence Day, all that was required to save us was basic programming knowledge, I'd say Vashon would be spared from the apocalypse.

Seriously man—why do you do it? I must know.

Elizabeth Fitterer



Inner Gustermate: Hator, Vision Island, 2087 photograph C Ray Photoer

Inter Damerschalte Halps, oberen bieret 2007 mitteplief in Paul Phonese

#### **Tom Herring**



#### July 13, '07 Vashon Homeless Continued from page 1

are deceased. Twenty-five percent of those we assist are families, with the remainder single men and women between the ages of 30 to 55 years of age.

You might ask, why do people become homeless? Is it a choice or due to life circumstances? In a few cases, particularly with those under 30 years of age it may be a choice. However, the vast majority are in this circumstance because of low or no income, a medical emergency, mental health problems or an eviction. These folks are like many of the rest of us in the community but they have fewer resources available to them. It can take a while to secure more permanent shelter. In the meantime individuals and families sleep in their vehicle, camp out, move around stays with friends or family, or live in very sub standard housing.

The greatest need of the IFCH is temporary, transitional and affordable permanent housing. This is the most difficult to meet. We have established a strong working partnership with social service agencies and some businesses such as B&B, hardware, heating supply and grocery. We relate to those requesting assistance on a basis of trust and do not proselytize. Those we help indicate appreciation for our work and assistance. It is not a quick fix and sometimes our choice of solutions differs from those we serve. We offer advice but respect a person's choices.

In most cases people have multiple needs starting with finding a home,

temporary housing or help with rent. Follow-up assistance can involve food, gas, clothes, personal care items, medical, laundry, transportation, listening and support, advocacy, finding a job, utilities, insurance, domestic violence issues, garbage removal or storage. We encourage movement toward independence in those we help and refer to professionals in other organizations when necessary.

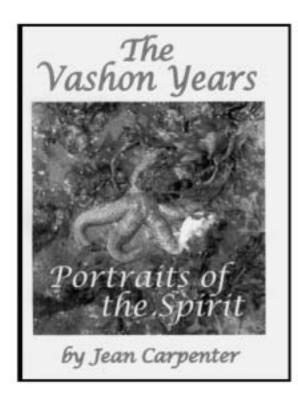
Funding sources for our annual \$20,000 to \$25,000 operating budget are individuals & matching gifts, faith communities/churches, fund raising projects, businesses, in-kind and investments. The Vashon United Methodist Church initiated the Interfaith Council but very quickly it grew to include almost every faith group on Vashon. Faith communities/ churches involved are Vashon Methodist, Vashon Presbyterian, Havurat Ee Shalom, Vashon Lutheran, St. John Vianney, Episcopal Church of the Holy Spirit, Friends (Quakers), Unitarian Fellowship, Vashon Island Community Church, Puget Sound Zen Center, Church of Jesus Christ of Latter Day Saints, Bethel Evangelical Free Church, Burton Community Church, Christian Scientists, and Calvary Full Gospel. All of our work is done by volunteers.

Those wishing to give volunteer service, make a financial contribution or let us know of an affordable rental may write to IFCH P. O. Box 330, Vashon, WA 98070.

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 20** 



Come See US!

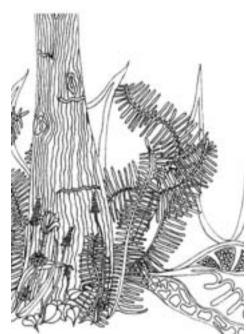


#### Booth 130 at the Strawberry Festival http://www.vashon-publishing.com

Also available at Blooms Off the Wall and other stores



Vashon Publishing 206-399-0505



#### Herbs to Make You Feel Better

#### By Kathy Abascal

Stress helps make you fat.

A recent study shows that chronic stress combined with junk food dramatically increases belly fat. The media immediately latched on to the promise of drugs coming down the pike that will antagonize the chemical responsible for this stress related weight gain. The Seattle Times reported that "scientists also showed injecting a substance that blocks NPY prevented mice from accumulating fat even if they were stressed and ate a high-fat diet, and could shrink fat deposits by 40 percent to 50 percent within two weeks." Patenting and

marketing this drug is beyond a silver bullet, it is a golden goose. What more could we want than to stay slim while we eat junk food to soothe our stress filled souls?

We already knew that stress alone can cause weight gain. A r e s t r a i n e d

mouse struggling to get free eats less, burns more calories yet gains weight. We also knew that junk food causes abdominal obesity. Mice fed a typical fast food diet complete with high fructose corn syrup quickly gain weight. They also develop fatty livers in a matter of weeks. Similarly, junk food causes weight gain and poor health in humans. Now we know that if we combine junk food and stress, we will gain weight even faster, calorie equivalents notwithstanding. Moreover, the weight we gain will be in the form of abdominal fat, a type of fat linked to diabetes, heart problems, and strokes. The latest study also tells us that a drug is in the making that will silence the message telling the stressed body to convert junk food into abdominal fat. This drug will "melt" away belly fat that is responsible for obesity, heart ailments, diabetes, and strokes. We will be able to remain trim and healthy even if we do not alleviate our stress or change our diet. Is this too good to be true? My guess is yes.



The hormonal system the drug will tinker with does not just control belly fat. It is also an important part of supplying blood to starved tissue, wound healing, cell growth, and balancing the immune system. It is highly unlikely that a drug will be able to shut down these pathways without producing side effects. One possibility is that you will lose weight on the drug but lose health at the same time, as happens in some diseases like the late stages of cancer.

So it is too bad that the media did not emphasize the more important finding of the study: Stressed animals that ate a normal diet did not gain as much weight as stressed animals on a junk food diet. The take home lesson is that how we eat and how we live our lives has an immediate effect on our waistline. If you avoid sugar, bad fats, empty calories, and chemicals in your diet, your waistline will not expand in response to stress. Other studies tell us that if we at the same time increase the anti-inflammatory foods in our diet, our belly fat will shrink and our health will improve, even under stress. Clearly, if you have stress in your life - and we all do - you should avoid junk food like the plague because stress aggravates the negative effects of a poor diet.

At the same time, you should work on reducing both the stress in your life and your response to that stress. Life changes, walking,

gardening, meditating, yoga, getting a massage, and a slew of other pleasant activities can help reduce your stress load. And adding an adaptogenic herb can reduce your stress response. These wonderful herbs moderate how we respond to bumps on the road of life; they help us shrug

things off rather than getting bent out of shape. At the same time, as they help us start to feel better, it becomes easier for us to make positive changes like quitting smoking, giving up "comfort foods," and taking better care of ourselves.

Herbs like American ginseng

July 13, '07 Mon: 4pm-8pm Tues & Wed: Closed Thurs: 4pm-8pm



You can email her if you have questions about herbs (Anemopsis@yahoo.com) or you can stop by the Roasterie Friday on afternoons to discuss any aspect of herbal medicine with her in person. You can buy Kathy Abascal's book Herbs & Influenza – How herbs used in the 1918 flu pandemic can be effective today at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at http:// www.HerbsandInfluenza.com.

(Panax quinquefolius), Eleuthero (Siberian ginseng or senticosus), Eleutherococcus rhodiola (Rhodiola rosea) and ashwagandha (Withania somnifera) taken for a month or two will make it much easier to respond appropriately to the stress of Western life. If we take one of these herbs regularly and eat a diet rich in anti-inflammatory foods, our belly fat will be gone by the time the new wonder drug hits the market. We will be able to let others experiment with their bodies to learn whether a stressed out person living on high fructose corn syrup, bad fats, sugars, chemicals, and other delicious foods really can remain trim and healthy by simply swallowing yet another pharmaceutical drug. ത്തത

Wednesday July 18 from 3-6pm for the Opening Day of the Wednesday market! Then again on Saturday July 21 from10-2. Contact Joanne Jewell at plumforest @zipcon.net for Farmer's Market info.

Festival. Join us







Aries (March 20-April 19) There are a decision. When that feeling passes and some things in this life that we must pursue, and others we must become. It may be that what distinguishes the two is a sense of lack; where that is present, we must become something within ourselves. Where desire or ambition are at work, we may be able to pursue or aspire outwardly with real success. Keep your inner focus over the next few days, because you will need to make a meaningful distinction. You may be inclined to chase after something that can only be attained inside yourself, and at the core of that impulse is a feeling you need to be aware of. Follow it in and see where you're led. You don't need any "thing" — you need to write the ending to an old story, and resolve a feeling that has eluded you for a long time. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) You are a different person than you were one week ago. You may be wondering how such a profound change is possible in such a short time, but we begin life with such a metaphor of squeezing ourselves from one world to another. The series of rebirths that you are now going through may indeed reveal something about the circumstances around your physical birth and early childhood. Be on the lookout for feelings or mental images bubbling up that give a clue to what you experienced, and the impact it had on you. Whatever you discover will, among other things, provoke you to be more attentive to the meaning of your creative

the nature of the decision appears as clear and sensible as it actually is, you'll wonder why you put yourself through any unnecessary mental gyrations. The planets are quite literally with you right now; can you feel them? Of course, for the moment, you need to look and feel within for the most relevant information, which you could say is the whole point of this phase of your life: cultivating a new depth of introspection even for one born under the sign of the crab. This may seem like generic advice; it is not. There is something currently hidden, of profound importance, that you are poised to learn about yourself, and with this information you will design a new relationship to the world, your world, and the people in it. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) Though you always seem to be entering new territory where a particular personal growth process is concerned, the most difficult phase is over. What you will be doing over the next couple of months amounts to a review, yet the new data you encounter during the course of Venus retrograde will help set several important new patterns in your life. Let's put it this way. What was always important to you will become even more meaningful. What you've always known was trivial but could not bear to give up will seem too ridiculous to bother with. This is a roundabout way of saying that if you've been stuck for a while, you are coming unstuck. In the good way. Eric Francis has more of your

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they feel, only then is commitment possible. Seeing commitment occurs on a different level than seeing what people show off. Recent events seem to have demonstrated all of this, but more than anything I trust you're figuring out that there are real benefits to persisting with something that is custom tailored to your creative gifts and community vision. Follow those clues. You have made an investment and have yet to experience the best results. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) Opinions of certain individuals are clouded not only by their emotions but by perceptions of the past that they are dragging around. The truth will come out soon enough, and yet you may be concerned that when it does, it will have a harsh or unforgiving quality. I suggest you trust that others are close enough to their pain and learning enough about their deepest personal needs that they'll bring some compassion to the equation. You can do your part by seeing yourself in them and by relating your own experiences that demonstrate you know where they're coming from. You do — but it may not be so obvious. Eric Francis has more of your astrology for you at PlanetWaves.net. Sagittarius (Nov. 22-Dec. 22) Okay, your faith has been tested. It's not always so easy being the fountain of optimism that endows your reputation; anyway, it's not always true. However, you need to give someone credit for going to such great lengths to understand their own feelings, and be honest about them. The kinds of things that are now up for discussion typically get very little airplay, or none at all. Drink this moment like the pure water that it is. Allow all the feelings that are involved. There is sometimes a price to pay for honesty, and there are rewards that can only come from being upfront and allowing others the space to do so. Eric Francis has more of your astrology for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) You are not in such a tight spot after all. Nor are your practical concerns stepping on the imagination of someone close to you. You are in fact providing a combination of necessary structure, and inspiration. You

may not see the effects of your influences for a little while, but one thing I can tell you is that someone close to you is more concerned with their own situation than with yours; and they appear ready to begin a new chapter of your story together. In one sense, the relationship has gone as far as it could go in one particular direction; you have seen all the differences that exist. Now you get to explore the common ground, if you remember vividly that it's there. Eric Francis has more of your astrology for you at PlanetWaves.net.

#### Aquarius (Jan. 20-Feb. 19)

Reassurance has not come in quite the form you expected, but it has arrived and it's here to stay. There is more news to come, in both personal and professional relationships, and the sometimes strange territory where they meet. It's true that mixing personal involvement with work, or daring to allow a relationship to take on a purpose, are considered risky by many people, and often threaten to have sloppy results if things go wrong. The actual problem is people having no real sense of what others are thinking and feeling, and not bothering to ask. I suggest you take this opportunity to reveal yourself, and to make any long-overdue inquiries that could give you an excellent change of perspective. Eric Francis has more of your astrology for you at PlanetWaves.net.

process, the meaning of love, and the beautiful place where the two intersect deeply. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) Mercury is about to wrap up its retrograde in your neighboring sign Cancer, and this change signifies a deep awakening to a fact about yourself that you have been missing. Mercury stations (that is, changes in direction) often come with the truth morphing into existence. Yet you can wonder how exactly you missed it. On one level, you will discover something that shifts your relationship to money. Yet this is fundamentally an emotional revelation, and it promises to ripple out in many directions. What seems to be a change of opinion about yourself is in truth releasing a very old feeling of lack that was in effect choking your ability to feel like you're a person worthy of freedom. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) You seem to be under some kind of stress regarding astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You still seem to be making up your mind about a friend, though they are a lot more certain about you. You can learn something about yourself from their assurance, which in particular is to say that analysis is not always the best way to determine your personal truth. You like to play this little game, where you know something in your gut; then you work the mathematics six ways from Christmas, then, whatever your brain tells you, you go with your gut. You could do this wasting a lot less energy, time and anxiety, and someone you love is setting an excellent example right about now. Eric Francis has more of astrology vour for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You've seen how important perception is: both your own and those of the people who notice you. Commitment is not a matter of image, however. Indeed, once all the projections are called in and everyone takes full responsibility for what they see and how

#### Pisces (Feb. 19-March 20)

You are finding out how much pressure you were under. Pressure is often one of those invisible factors that you don't see or feel till it starts to go away. So much of what you've been through the past couple of years (of the Saturn-Neptune era) has been completely antithetical to your nature, that is, something other than you. Yet we get to know ourselves through encountering our opposites. Astrology is largely a study in polarities. Though the Saturn-Neptune opposition is waving away fast, what remains is Neptune in Aquarius. You can use what you learned in these past two years of your life to be inventive, rebellious, science-minded and most of all, as original as you really are. Eric Francis has more of your astrology for you at PlanetWaves.net. നനന



#### Yumm! **By Marj Watkins**

By the time you read this, we'll be eating either frozen strawberries, or Canadian imports. It doesn't matter where they come from, just so they're red-ripe, juicy, and bursting with sunshine condensed into flavor.

Wash strawberries before eating or serving them even if they look clean, unless you grew them yourself. Commercially grown strawberries get sprayed a lot with insecticides and treated with products to discourage slugs. Don't let this knowledge discourage you from eating them. Before hulling them, give them a few minutes' bath in a bowl of water with a tablespoonful of vinegar in it, followed by a rinse. That should cut and remove toxins.

Strawberry shortcake, made with fresh berries, signals summer as much as sunshine, vacation, and days spent outdoors. In our family, and maybe in yours, we've pretty much given up on wheat products. With one son seriously sensitive to gluten in anything, and another allergic to every grain except rice, do you think we also skip strawberry shortcake? Nope. See below.



Beat to very stiff peaks:

1 cup egg whites +  $1\frac{1}{2}$  teaspoons cream of tartar

Gently fold batter mixture into stiff egg whites (Do not stir)

Pour batter into an ungreased tube pan. Bake at 325 or 350 degrees for 70 to 75 minutes, or until cake springs back from a touch.

Invert at once over a bottle or funnel to cool. When cold, loosen sides with a spatula or table knife. Transfer to a serving plate. Cut into wedges.

Serve with sliced, honey drizzled strawberries and top with whipped cream. Home-made whipped cream can be sweetened with a little honey and <sup>1</sup>/<sub>2</sub> teaspoon vanilla, beaten in. To extend cream, and/or to cut fat, try folding in low-fat yogurt in a proportion of about one to one. This tip I learned from Mark Schueler and Jena Schueler.

Too hot to bake? Pick up an angel food cake at the store or bakery. It will be made with sugar, but contains very little flour.

\*Quinoa as flour, flakes, and whole grain:

Quinoa, totally gluten-free has the same carbohydrate content as whole wheat, 23 grams, four times the protein of wheat flour, which is highly allergenic! Quinoa also has more than twice the fiber. Besides, quinoa's complete protein is complete. Barley flour can substitute one for one with wheat flour. More about quinoa products will follow in a later column, when I've done more experimenting with it. I hopefully assume that quinoa will prove non-allergenic to my family members and my readers who cannot tolerate other grains because guinoa is new to northern hemisphere people, and probably to anybody whose ancestors weren't Incas. Minglement now stocks both quinoa flour and quinoa flakes. Thriftway has the whole grain in the bulk section. തതത

## PERRY'S VASHON BURGERS

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Madame Toujours is on special assignment. Her column will return in the next issue.

#### **Rare Bird**

Continued from page 1 Sulawesi also sits in the center of the Coral Triangle, its marine species richness remains unparalleled on earth. But many species are endangered, losing the battle against human exploitation, rampant logging, and fishing with bombs or cyanide.

The conservation needs were clear. Five Vashon Islanders stepped forward to form the AlTo Board, with Marcy as Director. Most importantly, the indigenous people of the Tompotika area were asking for assistance in protecting their natural heritage. In particular, AlTo includes a local legislator committed to conservation, and six university students, members of a "Nature Lover's" club. A starting point was also evident; the maleo, a chickensized bird, known only on Sulawesi as a cultural icon, but with a population in steep decline. On a beach near the conservation. Last year 400 photos village of Taima, at the foot of Mt. Tompotika, maleo pairs were laying their single enormous eggs in the sand of one of the few remaining communal nesting grounds. Then they flew back to the mountain rain forest, leaving the eggs to hatch by solar energy. Villagers watched and collected all the eggs to sell as status symbols. A complete moratorium on egg collecting began last July in a ceremony attended by the first group of six eco-service travelers from the Puget Sound area. Former collectors act as guards, and earn more money than they did from egg sales. The students team with them, learning to record

data and become conservation professionals. Some money goes into a community fund which residents are using to construct a mosque. The government has given this project its blessing, extended it to 3 years, posted signs, and declared close to 100 acres protected. By now at least 200 chicks have successfully hatched and flown.

For long term success, attitudes and practices must be changed beyond Taima. AlTo's next effort is an Awareness Campaign, with the young professionals taking the message and visuals to their fellow Indonesians in schools and community centers. Kick-off will occur in August when the second group travels from Washington State to Sulawesi. In the future forest preserves and marine protected areas are among our goals, as well as biological surveys and data collection already a new frog species caught last year will be named for AlTo!

The people-to-people alliance across oceans is one of AlTo's hallmarks and, we believe, a key to its success. Another is the use of art as a universal language for of Vashon faces, taken at Strawberry Festival in support of maleo conservation went to Sulawesi and were displayed at the moratorium ceremony. This year about two dozen plywood maleo, wonderfully decorated by local artists here, and paraded at Strawberry Festival, will travel to Sulawesi, some for permanent display in places like airports and community centers. Get involved with us, have fun, and be part of the success story. Visit our booth at Strawberry Festival, visit our website at www.tompotika.org to download our latest newsletter, and look for an update after this year's travelers return from Sulawesi in mid August. oooo

Jean Hall's Gluten Free, Low Calorie

#### DELUXE SOY RICE CHIFFON CAKE

Sift into large mixing bowl: <sup>1</sup>/<sub>4</sub> cup soy flour, pan or ovenroasted

or ¼ cup quinoa flour\*

1 <sup>1</sup>/<sub>2</sub> cups brown rice flour

1 tablespoon baking powder

1 teaspoon salt

<sup>3</sup>/<sub>4</sub> cup sugar, Splenda<sup>®</sup> or Sugar Twin®



#### "Adagio"

#### By Deborah H. Anderson

pitched and played spot on, can be grating. In the fullness of their seeking and passion and forgotten dreams and fullness of time a person experiences as they roam the earth. Stumbling between relationships and bumping into obstacles, we draw the bows of our strivings against the strings of our circumstances and do the best we can. Sometimes we hurt ourselves.

The beauty of deep wanderings is the pace of adagio; one chord flowing into the next rising and falling in neither positive nor negative statement, but building as a whole the infinite 'yes' of life.

Albinoni's Adagio and Barber's Adagio and perhaps any adagio draw us to that place of consummation where we open ourselves up, no matter how vulnerably to the unlimited, unbounded, inestimable moments when all that is 'yes' in our lives propels itself forward.

Shutting out that which makes us look back on each day with the observation somehow our feet were bound or worse yet, pride that we had felt the edginess this world deems a sign of success but actually means we totally missed out on the day. You know, that impetus to haste, clean lines and brevity.

Breathe in. Hold it. Breathe out.

We accomplish more if we accomplish deeply. Sit. Sit and listen.

The adagio of life is calling you to lay it down. If you must move quickly, move with passion, move with Joy, move with meaning. Adagio.

miniscule truth. If you start there, you will find the yellow brick road back home.

Each spring I write a column against alcohol and drug abuse. It may seem preachy because I am, quite by Grace, a naturally sober person whose life has been inestimably harmed time and again by seemingly random encounters with runaways - my own name for chemically dependent based people. It isn't that I am not dependency based, but my dependency is rooted in God. When I was abused as a child, my response was to get out of the house by babysitting. I started working with children as an experiment to see if I could direct them differently than I was being Adagio. directed. That kind of thought in a child can only come from God. I continued to follow the voice. The response of many of my peers was to get loaded or smoke weed. I never understood such self harm and until this year when I so closely had a chance to observe it for what it was

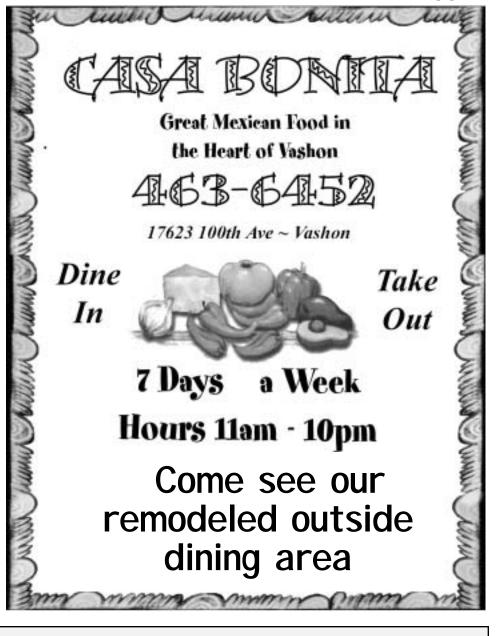
By themselves violins, if not in another, never understood the cloudy thinking.

It's a different starting point to tambour, they contain all the dealing with pain to be naturally sober.

> So this year, I acknowledge that, and write a different column on alcohol and drug abuse. For those of you who are not able to experience stress without taking the edge off, let me suggest you find adagio. Take five minutes and think on that which pains you and do not drink or toke and see if you are dead at the end. The road that follows into sobriety is a complicated one for sure, but the starting point and the anchor point are simple. Adagio. Slow. Deep. Purposeful.

> This weekend is our annual community celebration; our harvest festival as we gather in the summer people and celebrate our ability to celebrate together. For some of you it will be an excuse to imbibe to excess. The high of just being together in the summer sun is not enough. The fun of watching tractor drill teams and hearing bands in the warmth of casual freedom and watch VOV broadcast from the town crossroads and eat stuff that isn't organic sprinkled with cinnamon and sugar with guilty delight and say hello to friends over and over as we cruise up and down the heart of town and stand in line at the library or Thriftway for a vacant stall is not enough. In the midst of the hubbub, think adagio, find adagio. Truly, you will love it more than that which slides down your throat or enters your longs or buzzes your brain or races your heart.

To those of you who are living Ask for the ability to tell the with someone with alcoholism or drug addiction, or impacted by someone with alcoholism or drug addiction, ground yourself in your own adagio. Let the peace that is yours and not theirs swell and rise and crescendo until all else that they do is overwhelmed by the truth of peace they do not know. They would like to entwine you in their stuttering fugue of anger and hopelessness and lack of self-esteem. Separate and resist. It is a gift you will give them. Go wander through the festival booths and listen to the music with joy and peace and freedom in your heart saying, "They have their feelings, I have mine. We are separate." Breathe in. Hold it. Breathe out.



#### The Here After is Here....at Cafe Luna!! Saturday, July 28, 7:30 - 10:00

JOHN songwriter and creator of "The and internet exposure, The Hereafter" music project will perform at Cafe Luna, Saturday, July 28th from 7:30 - 10:00. The Hereafter has been called "Post-Seinfeld, Post 9/11 Eyebrow Rock." The most recent album, "The Hereafter," was released in 2006 and followed by a tour of the west and east coasts. Songs have appeared on "Grey's Anatomy" (ABC), NPR (All Songs Considered/Open Mic) and Neil Young's "Living With War" website. They have also been heard 213.278.1930. in people's cars and houses. Also on

ELLIOTT, singer/ their iPods. As a result of television Hereafter has developed a scattered (and growing) international following. John will be touring this summer and fall to support the new album, "Before We Fall," which will be released in July. Please visit http:// www.thehereafterishere.com for music samples and more information.

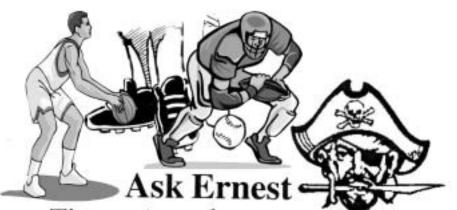
> John can be reached at john@thehereafterishere.com and



It is as strong as three steel cables. Be at peace.

Love, Deborah





The court jester of sport

Here are two of the top four pictures taken in July on Vashon Island in the year of 2007.

The third one was omitted do to lack of space and the fourth one is currently being shown in an Art Gallery in Santa Fe, New Mexico. We hope to have permission to display in future Ernest additions.



The Vashon High School Wrestling Team finishes a practice in preparation for the Oregon State Team Wrestling Camp. Top Row, from left to right: Geran Webb, Slam Chapman, Rogen Lopez, and Graeme Britz. Funny looking coach in the 1st row: Perlito Blomgren

Not in picture but attending camp: Eddie Protzeller and team mascot, Icabod. Also, not pictured but worth mentioning, the VHS Boys Basketball Team is in the midst of a 52 games in 60 days whirlwind. Reports are that they are improving at a rapid rate and winning more than their fair share of games.





### "EZ BOARDING" BICYCLE PUTS OLDER ADULTS ON THE ROAD TO BETTER HEALTH

A recent AARP study reveals that 63 percent of Americans ages 50 -79 believe that exercise is the "best thing" they can do for their health. Yet, lack of flexibility and conditions like arthritis sometimes prohibit older adults from enjoying a full range of fitness options. Biria USA's "EZ Boarding" bike – which features an award-winning German design – is helping to change that.

Just ask Don and Helen Kronemann. "We sold our bikes several years ago and thought we probably wouldn't be riding again," said Don

Kronemann, age 66 from Cloquet, Minnesota. "My wife Helen and I were able to try out Biria's "EZ Boarding" bike while visiting our daughter and loved the way it handled and the ease in getting on and off. We now own two of the bikes and are riding them all the time."



The "EZ Boarding"

bike makes cycling easier for older adults because it has a frame bar that is only six inches off the ground, creating a step-through frame that is extremely easy to mount. Riders can mount The "EZ Boarding" bike simply by lifting their leg less than 6 inches – rather than up and over the bike's frame, like on traditional designs. The bikes feature a European product mix with a sturdy but light frame and components like a comfortangled seat, 7 or 3-speed, coaster brake, front and rear generator lights, tire pump, basket, rear rack, etc.

"The 'EZ Boarding' bike accommodates the needs of an aging population that does not want to sacrifice comfort for exercising," says Michael Biria, president of Biria USA. "Fitness has become a priority for older adults, and they are more determined than ever to keep active."

Biria USA was founded in 2002 by brothers Tony and Michael Biria of The Biria Bike Group, Germany's number-one bicycle manufacturer with 33 years in the industry. The Birias began selling the high-end unisex bikes in limited numbers 2 years ago in parts of Florida, California and on the east coast of the U.S. and have seen the greatest interest from older men and women.

For more information about Biria USA and the "EZ Boarding" bicycle, visit www.biria.com, visit Vashon Bicycle Shop or see their ad on page 8.

#### **Pierce County Open Swim Meet**

The Rabbits (born in the year of the rabbit) looking ready for their battle with the ever-intimidating dragons.

## Space where third photo would have been if we had the space

The Dragons try to psyche themselves up for the poetry wrestling match they will soon engage in. Results of battle to be posted in future Ask Ernest columns. Note: For great music and videos by some of these members check out the following myspace accounts: Crankschweiner and Club Drift

#### by Gary Gray

Three members of Vashon's swim team (The Seals) pose on deck at the Pierce County Open at Tacoma's Titlow Pool last Saturday. While waiting for warm-up laps to begin, they proudly show the 11 events they will swim (tattooed on their arms) – a tradition among swimmers so they know which of the

hundreds of events are swum in a meet. From left to right: Diego Gray-Wishik, Jacob Gold, and David Nguyen. Diego and David go on to each captured a 3rd place in separate events. All three collectively placed in 7 other events.



The Vashon Loop, p. 17

BY ED FROHNING



Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies. - Groucho Marx

It is okay to visit your past just don't bring any luggage back with you. I wondered why the Frisbee was getting bigger, and then it hit me. Treat each day as your last; one day you will be right. I didn't believe in reincarnation the last time either. The person who I did NOT escape...they gave me a day pass. agrees with everything I can ignore you as well as anyone else. you say either isn't Life is hard, then you nap. paying attention or When in doubt, cop an attitude. I am a mental tourist. My mind wanders. plans to sell you God wants spiritual fruit not religious nuts. something. Logic is the art of going wrong with confidence. Better to understand a little than to misunderstand a lot.

Daddy, why doesn't this magnet pick up this floppy disk? Follow your dreams, except for that one where you're naked at work

Oliver Wendell Holmes once attended a meeting in which he was the shortest man present.

"Dr. Holmes," quipped a friend, "I should think you'd feel rather small among us big fellows."

"I do," retorted Holmes. "Like a dime among pennies."

Bumpersticker of the Month Forget about World Peace...Visualize Using Your Turn Signal!

Children's Letters to God Dear God: I didn't think orange went with purple, until I saw the sunset You made on Tuesday. That was cool. - Sara

I think sex is better than logic, but I can't prove it.

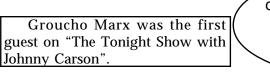
## FFSHORE



A police officer was interviewing a young recruit. "If you're driving at night," the officer asked, "and you're being chased by a gang of criminals going sixty miles an hour, what would you do?"

The applicant replied, "Seventy!"

CENTRAL BARK

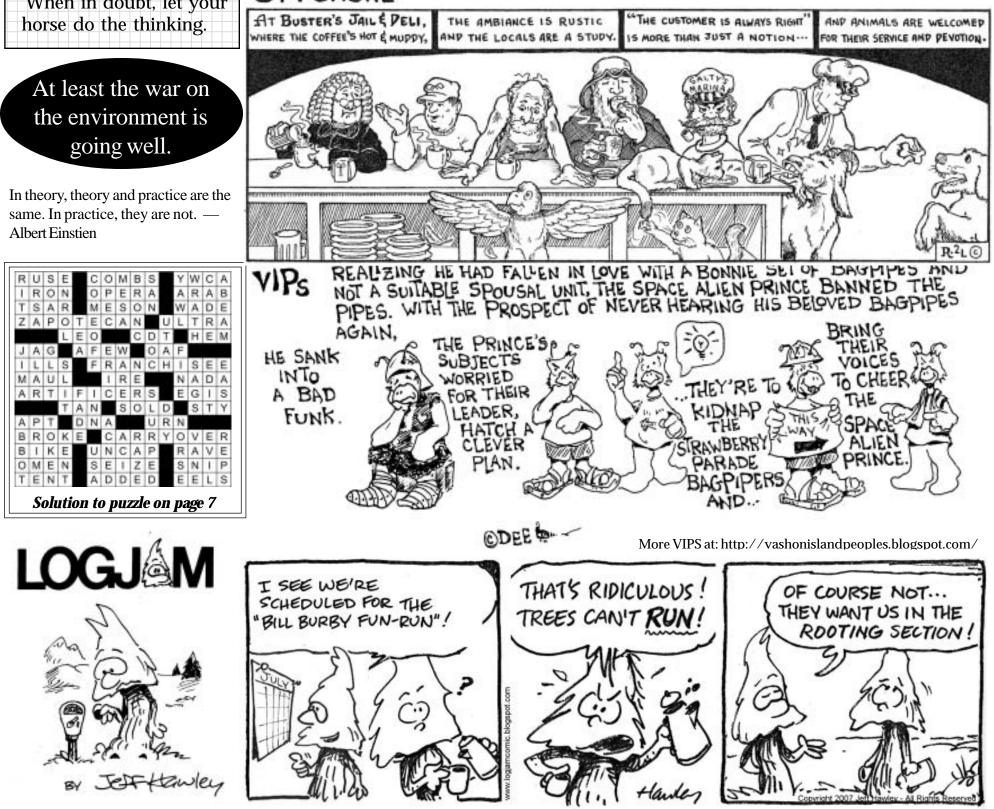


lt's no coincidence that the word listen is an anagram of the word silent.

**Cowboy Wisdom** When in doubt, let your horse do the thinking.

## At least the war on the environment is







#### Digital Photography Workshop

by Ray Pfortner

Digital technology is revolutionizing photography for pros and consumers alike. It offers tremendous new opportunities, but also presents major new challenges, too. And the transition from film to digital is not a simple one. How can you meet these challenges and get the most out of your digital camera? How can you gauge the quality of your photograph from your camera? What is a histogram? What resolution is the right resolution?

This August, through Maury Island's Waterworks Studio, Island photographers/educators Chris Beck and Ray Pfortner will offer a new workshop for those who want to embrace digital photography but who are having trouble doing so.



Photo by Ray Pfortner

The workshop is entitled "Digital Photography – The Basics and Beyond" and is aimed at anyone with a digital camera, whether a simple point-and-shoot or a more complicated single lens reflex who wants to get the most out of their camera. The objective is to make participants much more digitally savvy, especially with their own camera.

The workshop will meet on August 22, Wednesday, 9am-12noon; August 23, Thursday, 9am-4pm; and August 24, Friday, 9am-12noon. The first 2 sessions will be held at the Waterworks Studio; the

#### Free music in Ober Park

**By Janice Randall** Don't miss the fiery sounds of Latin-fusion band, Incendio, when they return to Ober Park Thursday, July 19, from 7 to 9 pm. Their encore performance will feature the lightening fast guitar and harddriving rhythms that have kept



Photo by Chris Beck

final session will be an on-location group photo shoot around the Island.

And how do you capture what you see in front of your camera? Participants will learn the principles of composition by photographing together in class and by sharing the results during in-class critiques.

> The workshop will also take the mystery out of what comes next after taking the digital photograph – downloading to the computer, manipulating in the computer, emailing, sharing online, ordering prints and other products online and even making a book.

> > The workshop is limited to only 10 participants to ensure maximum hands-on

practice and instructor contact, so register early. The cost for the workshop is \$200 with a deposit of \$50 due before August 22. The deposit is fully refundable for cancellations received by August 15. The balance is due in full at the first session.

To register or for more information, call/email Chris at 463-5633/cdbeck@seanet.com or Ray at 463-3043/ Pfortner@centurytel.net. Checks for the deposit should be made payable to Waterworks Studio and mailed to: Digital Photography, c/o Waterworks Studio, 7012 SW 240th Street, Vashon, WA 98070.

legions of Incendio fans coming back for more. Known in particular for their live performances, Incendio (originally founded as a neuvo flamenco group nearly a decade ago) combines Latin, rock and jazz with a heavy dose of their own diverse and accomplished musicianship. Summer Concerts in the park are free thanks to Vashon Park District, Vashon Allied Arts and Windermere Realty. Bring picnics and lawn chairs, but please, no alcohol in the Park. Based in southern California, Incendio is comprised of three principal players, bassist Liza Carbé and guitarists J.P. Durand and Jim Stubblefield. The band tours throughout the West, from concert halls to outdoor festivals. They have released five acclaimed CD's and one DVD, which will be available at the concert. See you at the concert!





## Free Outdoor Irish Ceili Dance at theVillage Green!

The Vashon Celtic Dance Society and the Vashon Park District are hosting a FREE summer Irish Ceili Dance on the grass of the Village Green! The dance will be held from 7pm to 10pm on Saturday, July 28th and will feature live music by Vashon dance band The Gold Ring.

Alicia Guinn, who teaches seannós, set, and céilí dancing throughout the Seattle area, will teach and call all the dances. Alicia is one of only a handful of dancers teaching sean-nós dancing in America. Alicia has danced at hundreds of céilís, festivals, and workshops in America and in Ireland as part of academic exchanges to the University of Ulster, Northern Ireland and National University of Ireland, Galway.

Ceili dancing is a "barn dance" style accessible to nearly everyone. No partner or experience is required. Photos of past dances can be found at www.hoilands.com.



Alicia Guinn in action

For more information about the dance or the Vashon Celtic Dance Society, call Shannon Seath Meyer at (206) 774-4047 or Lori Lawrance at (206) 369-9234.



Latin-fusion band, Incendio



Vashon dance band The Gold Ring





## **Fur Ball Fun**

Continued from page 1

the fur ball, that is, the only fur ball that matters, on August 4. That's right: On August 4, you, too, can do as Muppets do and "get things started" for Banjo and Bingo's Spiciest Fur Ball Ever.

Bingo and Banjo were indeed abducted by aliens - aliens otherwise known to cognizant



island primates as Vashon Island know Pet Protectors.

Feral cats are a danger to themselves and others. Were it not for the some 200 rescues VIPP performs annually, we primates may well by now have been overrun by so many desperate little furry bundles of fangs, claws and ill-health lurking at the base of Maslow's hierarchy of needs. Each rescued cat or dog is spayed or neutered since all around the world there are not enough loving homes for domesticated canines and felines — not to mention habitat predicaments for all creatures great and small.

you can out-bid your neighbor for such items as an original Acrylic painting by Cheetah, Tarzan's Chimpanzee; African Photo Safaris; a week at the Villa Helena in Costa Rica; a flight over Vashon; a wine tasting for 8-10 people; homemade cheesecakes and much more. This year's south-of-the-

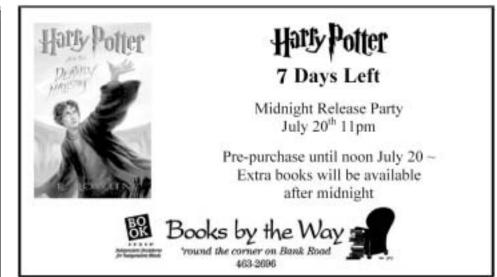
border themed Fiesta Fur Ball includes a and silent live auction, live music and silent nibblins with intoxicating sippins, and drawing to win a mosaic bird bath!

**Unlike sentiments** expressed by certain balcony-dwelling Muppets...

Why do we always come here I guess we'll never

It's like a kind of torture To have to watch the show!

...you will be all smiles at The Spiciest Fur Ball Ever, and practicing a humble noblesse oblige, too: True to character in sagely loving-kindness, Mohandas Gandhi stated that "the greatness of a nation can be judged by the way its animals are treated." Needless to say, proceeds provide VIPP with the means to continue their work to rehabilitate lost and feral pets from a tortured life of detriment. Please visit http://www.vipp.org/events/ upcoming-events for more information!



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### Vashon Publishing issues its first book: The Vashon Years — Portraits of the Spirit.

Vashon, WA June 27, 2007: The Vashon, its ethos and its people invite newly created Vashon Publishing Company has released its first book, "The Vashon Years — Portraits of the Spirit" by Jean Carpenter.

The book is a collection of Carpenter's enchanting poem stories about her life on Vashon as she recovered from brain cancer after leaving her position as executive director of the Washington State PTA.

Vashon Years

freedom-freedom to write, to be and to live. And as I so gratefully have found, space to heal and be whole. Vashon is truly a magical place, a place of spirit,," Carpenter said. She points that out in her poem "My home has always been Vashon" which is in the "Magical Vashon" section of the 90-page book.

Other sections of the book include: "House, Walls, and Things," "Healing Happenings," "Spiritual Stuff," and "Postscripts."

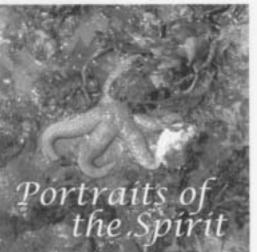
The book is available at a number of stores around Vashon, on the web site www.vashon-publishing.com and will be available at Vashon's Strawberry festival at Booth 130, the Vashon Publishing booth. The Carpenters formed Vashon Publishing as a regional publisher of books and other materials after moving to Vashon to give unpublished writers and poets a place to have materials professionally produced. Both of the Carpenters had extensive professional experience in the non-profit world. Jean Carpenter served as a member of the Metro Council, the Bellevue City Council and the cabinet of King County **Executive Ron Sims.** Scott Carpenter served as a writer, newspapers in Texas and South Carolina and with ABC News in Washington, D.C.

Indeed, we islanders have VIPP to thank for the robust songbird population we enjoy!

So Banjo and Bingo have come

a long way and are giving back to the community with their sponsorship of the 5th annual fur ball, a fundraiser auction where





### by Jean Carpenter

The poems are about people and places on Vashon Island, where reporter and editor for a number of Carpenter and her husband, Scott, moved after her diagnosis. "The beauty of

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