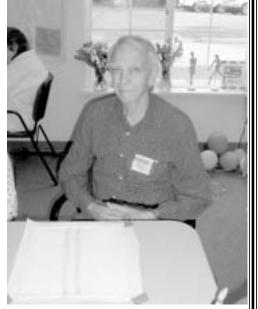




Vol. 4, #16

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM August 10, 2007



Susan Wolf's dad, Parker Despain Senior Citizens Needn't Be Alone

by Susan Wolf Are you lonely? Finding it difficult to fix your own food? In need of something to do, but mobility is a problem? Need an aid nearby to check your blood pressure? Recovering from a stroke? Becoming more and more forgetful? Would like to get out and meet other seniors, but don't drive any more?

There's an adult day health program on the island that I



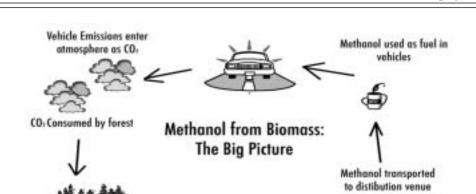
Vashon Camp Fire help with "Jeans Drive"



Moderator Craig Beles opens the meeting, photo by Linda Barnes

Candidates Night is a Love Fest

by Ed Swan Moderator Craig Beles' smile tells the story in the photo from the August 7 Candidates Night sponsored by the League of Women Voters, The Vashon Chamber of Commerce, the Voice of Vashon, the Vashon-Maury Island Community Council and the PTSA. The most common words during the evening seemed to be, "I agree," as one Continued on page 4





grass and zorie, photo by Sy Novak Moving the Buddha: How is Buddhism Coming to the West?

Kaj Wyn Berry

"Americanization of Zen started long ago, the very first time any American heard or read anything about Zen and said, "Hah!"

So writes Victor Sogen Hori, PhD, Asian Studies Associate Professor, McGill University, Montreal, who will open the 4th Annual Seminar on Buddhism, Moving the Buddha: How is Buddhism Coming to the West? from 8:30 – 5:00 pm on Vashon Island, Sunday, August 26th.

Continued on page 12



Islewilders Creating

as part of the Back-to-School Drive.

Back-to-School-Drive Up Rolls On

by Lauri Hennessey

One of the wonders of parenthood is that you get to relive many of childhood's moments that you recall so fondly. Taking your kids to a drive-in movie. Trimming the tree. Buying back-to-school clothes and supplies with your kids. Yet there are many kids on Vashon who won't have any new clothes to start school in next month, and who will have no new pencils, notebooks or backpacks.

Continued on page 9



Bio-fuels: what's best?

by Bianca Perla, PhD student University of Washington, Kristiina Vogt Director of Forest Systems and Bioenergy, University of Washington

As the age of oil ends bio-fuels are becoming popular as environmentally sustainable and socially responsible alternatives to fossil fuels. The media, politicians, and entrepreneurs keep searching for the perfect bio-fuel that will replace oil with clean, domestic energy. Some say bio-diesel is the answer, others say ethanol, and a few are beginning to speak for methanol. All the media attention and political spin around these fuels leaves the ordinary person wondering just what the truth is.

Art and Community

by Amy Morrison The 16th annual Islewilde has commenced, with the emergence of an artistic village at Agren Park. Come join the international community and make art for next weekend's free public performance, August 17-19th. This week also saw the arrival of 26 Taiwanese to Islewilde, including 2 seniors, 13 children and 11 parents. These guests to our island are helping to create the Islewilde shows, as well as learning about American and Vashon life and touring the Island.

Workshops this year include making a <u>sun puppet for the</u> Continued on page 19

Continued on page 14

<text>

www.vashonhorseproperties.com

Become a Master Gardener

Are you interested in learning more about the science of horticulture and sustainable gardening?

Are you willing to share your knowledge with others to help them learn more about environmentally-friendly gardening?

If your answers are "yes", why not join the over 600 King County residents who serve as Master Gardener volunteers? Vashon has an active group of Master Gardeners who offer advice on gardening and plant questions throughout the summer at their Saturday clinic in front of the



"Come and energize with us" say swimmers Harry Kirschner (in the hat) Luella Lodahl and Fred Losornio as they enjoy the warm water and sun at the King County swimming pool recently at a special Splash party reserved for adults 60 and better. The program highlights pool amenities such as warm showers, entry steps and lifts, dividers to separate swimmers from water walkers, floats and kickboards and a poolside lounge for observers. Arranged by Vashon-Maury Senior Services, upcoming Splash dates are 3:30-4:30 p.m. on Aug. 17, 20, 24, 27 and 31. The pool fee is \$3.50, and pool passes are honored. Contact Deirdre Petree at deirdrepetree@juno.com.

Wednesday Farmers Market

by Joanne Jewell

Hopefully you've heard by now about the Wednesday afternoon Farmers Market. If you haven't made it to the market yet, you should know that there is an ample supply of incredibly fresh, delicious produce being sold each week by Island farmers. The Wednesday market is open from 3-6pm through September 26.

The Wednesday Farmers Market began July 18 and was an effort by a few Island farmers to find a market for the produce they have ripening up each week between Saturday markets. Farmer Leda Langley spearheaded the effort by polling Island businesses about their busiest shopping day and time midweek. Wednesday afternoon between 4 and 7 was identified as the most active Island shopping time so Leda felt opening at 3 would catch shoppers attention as they came into town and closing at 6 allowed the farmers a more reasonable evening at home with their families after an early morning up harvesting. So far the market has been wellreceived by Islanders. Though not the grand scale of the Saturday market, on Wednesday shoppers will find at least three local farms present each week with quite a wide variety of produce. Langley Family Farm, Green Man Farm and

salad specialist Beth Tuttle have made a commitment to be present each week along with flower grower Richard O'Dell.

Last week (August 1) there was an amazing variety of potatoes, 20 heirloom tomato varieties, English cucumbers, onions, garlic, basil,

Continued on page 5							
•••••••••••••••••							
The Vashon Loop							
Writers: Kathy Abascal, Deborah							
• Anderson, Rachel Bard, Sarah Blakemore, •							
Marie Browne, MEarth, Eric Francis, Troy							
• Kindred, Melissa McCann, Orca Annie, •							
Kevin Pottinger, Rex Morris, Jonathan							
Shipley, Ed Swan, Mary Litchfield Tuel,							
 Marj Watkins, Susan Wolf 							
Guest Writers: Angela Weiss							
• Original art, comics, cartoons: DeeBee, Ed							
Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf Guest Writers: Angela Weiss Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley Ad sales and design: Barbara Stratton							
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editor@vashonloop.com Publishers: Marie Browne and Troy Kindred							
Publishers: Marie Browne and Troy							
PO Box 253, Vashon, WA 98070 Paid advertisements in <i>The Vashon Loop</i> in							
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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 © August 10, 2007 - Volume IV, Issue 16 Don't miss an issue! Subscribe to The Loop!							
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email editor@vashonloop.com!							

Vashon True Value.

You don't have to be an expert to join the program. You just need to be interested in learning and willing to share your knowledge, experience and enthusiasm with others in the community. The program is an opportunity to receive expert training, provided through WSU extension educators. Participants learn about sustainable gardening practices, horticulture, and integrated pest management, as well as environmental and social priorities such as water conservation, the protection of water quality, and reducing the impact of invasive species. It's a terrific learning opportunity for new and experienced gardeners alike, opening access to many horticultural resources and continuing education opportunities

A new class of Master Gardeners is trained each year. Applications are now available at http://king.wsu.edu/gardening/BecomeaMG.html or by contacting Elaine Anderson, 206-205-3122. The application deadline is October 5th, but apply soon— the class fills up quickly each year. The cost is just \$150. Classes are held at the Center for Urban Horticulture on the UW campus for 12 consecutive weeks starting in January. In 2008, for the first time, classes will be held on Saturdays instead of Tuesdays.

If you'd like more information about the program, stop by the Vashon Master Gardener clinic, from 10 am to 2 pm on Saturdays. Or call Sally Fox at 206 567-5027 or Michael Laurie at 206 567-5492.



Wow! Can you believe it's August already? There is still time to get into your dream home before school starts. Here is a sampling of what's on the market. To see any of these homes - or any of the 80-plus homes listed on the Multiple Listing Service, give us a call. If you are wondering what yours is worth, we're happy to show you a market analysis. 206.463.LIST (5478).

Everything is new! Adorable single level home with cozy stone fireplace is completely fresh and new inside. Maple cabinets, energy friendly Pella windows, quality flooring, gorgeous light fixtures, CAT5 cabling, new roof, all new appliances including a gas furnace and electric water heater. Ideal location and the property is beautiful. Majestic firs grace the front providing screened privacy, and the sunny back yard is dotted with fruit trees. Easy to move in, easy to live in, easy to maintain.



Superbly built new Craftsman style custom home on shy five acres bordering protected Land Trust ecosystem. Just minutes from the North End ferry, you'll be home in no time to enjoy the tranquility and beauty of this incredible home. Warm and elegant finishes welcome you inside, to a spacious living area with hardwood floors, radiant heat, a gas fireplace, and exquisite art glass lighting. The kitchen is designed for cooking and entertaining, and features cherry cabinets and custom tile. Five bedrooms and 3 1/2 baths ensure plenty of space for everyone. Outside, a covered porch paved with natural slate wraps completely around the house, and a breezeway connects the main house to a separate office and guest quarters over a large 2-car garage. Quality, beauty, space, convenience, and comfort - you *can* have it all. **\$896,000** MLS **27103265**

Pristine!



3 bedrooms
2.5 Baths
.26 Acre

2 Car Garage21710 101st Lane SW

Great Location, New 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

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**.





This is a beautiful 1900 vintage farm home that is currently being operated as a Bed and Breakfast on Vashon Island. This beautiful Inn consists of 5 suites; 4 in the main house and 1 in the cottage. Each suite has a private bath and a sitting area. The cottage is steps from the main home and has 2 bedrooms and 1 bath. If you love lavender this beautiful Inn has a beautiful lavender field in the back.





- ✤ 3 bedrooms
- ୬ 2 Baths
- 9 Wood Stove
- Near Town
 9330 SW 171st St
 MLS # 27071774



16503 Vashon Hwy SW

\$ 499,000.

- 🦻 3.25 bath
- ⋟ 4 bedrooms
- 🦻 Cottage
- Solution Close to town

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



Glendale Business Center Your Home Team Realty (206) 463-LIST (5478) www.yourhtr.com Other HTR Properties 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

Want to know what your house is worth? Call us for a FREE market analysis - you might be surprised! 463.5478

Northilla Waterfront

100 feet of pristine private waterfront near Piner Pt in Northilla Beach. Southern exposure and very secluded! Great sound, city and mountain views. Water share available. **\$99,950**

MLS # 27045308

How Do We Choose?

I have been asked to give an overview of what voters should be thinking about and looking for in a candidate for the Vashon Island School District Board of Directors.

I served as a board member from 2001-5 and thoroughly enjoyed my time on the board. I consider it the most important "volunteer" job on the island. It is critical that the school district function well so that we can deliver the best possible education for our children. have motivated and effective teachers and employees, have the confidence of the community, and ensure that taxpayer dollars are spent wisely.

The school board, superintendent, administrators, teachers and all district employees must work together and communicate well with the students, parents, and community if we are to attain these goals.

The Center for Public Education noted that effective school boards: (1) focus on student achievement (student learning for all students is job one); (2) allocate resources to meet priority needs; (3) watch the return on investments (what services are being provided to which students at what cost and resulting in what benefits), (4) use data and measurable results; and (5) engage the communities they serve (seek parent and patron involvement in providing policymaking input).

Characteristics I look for in a school board member include intelligence, leadership, experience (in some fields such as accounting, legal, facility management, education, or on another board). Board members should have integrity, be good listeners and thoughtful, and make reasoned decisions.

Being a board member is hard requiring a work, sound understanding of the educational system on Vashon, adequately preparing for twice-monthly meetings, and communicating with constituents to seek input on important topics coming before the board. They also have primary financial responsibilities for district operations. Finally, they should focus on policy decisions and avoid the tendency to micro-manage day-to-day operations of the district.

by Lorin Reinelt Key topics that come before the board include the annual budget, capital facilities plans, curriculum decisions, and employee contracts. Other important issues include management of facilities for joint-use, personnel decisions, the content of the "highly capable" program, and updating the strategic plan.

The school board members, as directly elected public officials are accountable to the community they serve. If they are not achieving your and others expectations, they may be under-performing in their roles.

In making the decision about retaining existing board members or electing new board members, it is important to consider the following:

Have current board members performed well in carrying out their duties as noted above? What are the strengths and weaknesses of individual board members in analyzing policy options, making decisions, considering input from others, and making reasoned decisions?

For potential new members, what are their strengths and what would they bring to the board in terms of related experience on other boards or in their profession? Do they possess leadership characteristics, honestly answer questions, and think well on their feet? Would they be preferable over existing board members?

These are not easy decisions. My experience is that most people willing to run for school board on Vashon set out to do the best they can for the school district. However, personal agendas, adversarial relationships, and insular thinking can get in the way of making the best decisions on behalf of the school district and broader community.

The best way to make an informed choice is to read the candidates responses to questions posed in the newspapers or at candidate forums, ask tough questions when you see the candidates around town, and seek input from friends, parents, and neighbors about what they think. By becoming more educated, the same as we expect from our children, we can make the best choice for the schools and the community as a whole.

Candidates Night

Continued from page 1

candidate took their turn after disagreement or debate among another's answer to a question. the candidates, they all showed Differences generally appeared that the field of contestants bring subtle and revolved mostly a lot of talent and experience to the around experience or table. incumbency.

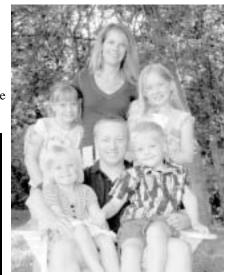
EXPERIENCE. OBJECTIVITY. COMMITMENT

Elect **Neal Philip**

Fire Commissioner

As a volunteer firefighter and a father of four, Neal understands first-hand the importance of every second in an emergency. Neal's only agenda is making sure that every Islander on Vashon and Maury gets the best possible service at the best possible cost.

"I enthusiastically endorse Neal Philip for Fire Commissioner. Neal exhibits great industry, dependability and has a wonderful commitment to his family. His legal training and background will be a significant asset to the office of Fire Commissioner. I feel strongly he will do a great job!" — STEVE URBAN, Vashon Island resident



Supporters of Neal Philip for Fire Commissioner Include:

Anita Ahlers Emma Amiad Thomas M. Anderson Ray and Edith Aspiri Adam and Anne Atwell Priscilla and Colby Atwood Karen Baer John Bender Phil Bowers Brian and Tara Brenno Christopher and Stephanie Bric Bill and LeeAnn Brown Mark Brownell Daron and Shelley Buxton Pat and Ellen Call Terri Collelo Mike and Sue Ellen Collins Jeff and Rachel Cowen Connie and Jeff Cunningham Roger and Laura Davidheiser Nancy and Dennis Davidson John and Beth deGroen Kevin and Glynis Delargy Josh Dueweke Angela Duncan Deene Eber Bettie Edwards Doug Ende Jason and Linda Everett Sally Fox R. Candy Gamble Governor Booth Gardner John and Oliva Graffe Bill and Glenna Griffith Marci Grimsley

Dean Haugen & Bonnie McAllister Bob and Kathy Hawkins Bob and Lauri Hennessey Kiki Holbrook Chris Huffman Janet Jaeger Larry James and Christi True David Jennings Lee Kimzey Mike and Patti Kirk Charlie Krimmert Steve and Michelle Larson George and Chris Lee Berry Leigh Wendy Middling Rob and Brenda Misel Josh Munger Sharon Munger Don Munro Greg and Donna Nespor Ann Nicklason Tom Nicolino Jan Nielsen Ric and Sy Novak Don and Betty Olson David Pawlowski Marc Pease and Suzanne Mager Jan Perry Leslie Pohl Ken Pritchard Chris and Cheryl Pruett David Rada and Sharon Denham David and Mary Kay Rauma Rebecca and Jeff Raymond Allen Ressler

Joe and Cece Reoux Scott and Tiffany Rice Bob and Katie Roggenbuck Marj Rollow Mikhael Schlossman Dick and Melinda Sontgerath David Sova Governor John Spellman Jim and Luz Marina Stewart Rex and Barbara Stratton Patrick and Susan Sullivan Tim Sullivan Tom and Jennifer Sullivan Peter Thalhofer Randy Tonkin Tom and Stacie Trigg Joe and Edie Ulatoski Steve and Sharon Urban Rick Wallace Amelia Watson Rav Weber Ann and Dr. Charles Weispfenning Linda Weiss and Ronald Gawith Jon Wells Casey and Helen Westphal Gordon and Virginia Wilcox Dennis and Janet Williams Kathy and Carl Winge Cathy and Randy Winjum Laura Wishik Peter and Pam Wojic Joe Wolf John and Jill Yates Chris and Becky Youman

Learn more and add your name to fhe full list of Neal's supporters at: www.nealphilip.com

Paid for by Philip for Fire Commissioner, P.O. Box 1827, Vashon, WA 98070

Candidates Respond to Loop Questions

The Vashon Loop posed five identical questions to the primary candidates for the Vashon Island School District Board of Directors. Their answers follow.

Question 1: What do you see as the primary work of the School Board, and of the Superintendent? Should Board members have a role in the day to day operation of the District?

Candidates Night focused on the three candidates running for Position 1 of the Vashon Island School District Board of Directors (Dan Chasan, Susan Lofland and Jodi Warren) and the four aiming for Position 2 of the Vashon Island Fire and Rescue Board of Fire Commissioners (Craig Harmeling, Jolene Lamb, Neil Philip and Paul Stoddard). Candidates for the school board positions contested in the general election in statements. While there was little school board candidate answers.

The last issue of the *Vashon* Primary elections occur early *Loop* featured answers from the this year on August 21. The Board of Fire Commission candidates to questions from the *Loop.* This issue takes up the coming primary election again with answers to questions posed by the Loop to the school board candidates. The *Loop* hopes that these answers will be useful to Vashon voters and believe that in these written statements, the school board candidates show some pretty clear differences to choose from. Please turn to the adjacent column on page 4 for November also gave short more on the election and the

Dan Chasan: The board sets policy and tells the superintendent what to do. The superintendent runs the district. In general, the board shouldn't get involved in day-to-day details, but I think there are exceptions. Individual board members-who have no authority unless they're acting on behalf of a board majority-should never get involved in day-to-day details.

Susan Lofland: The primary work of the School Board is to provide direction for the District with student learning and achievement as the primary goal. The School Board ensures, through policy and strategic planning, that programs and operations of the District are meeting the needs of students, their families, and the community. The School Board provides oversight of the District's financial condition. There are detailed actions the School Board is required to perform by state statute. The Superintendent is responsible for the daily operations of the district, ensuring that procedures reflect policy and are enforced, budget management, educational leadership toward student achievement, management of staff. The Board does not have a role in daily operations of the district.

Jodi Warren: The board is the developer of policy and procedure. It is the steward of our district's resources, and the manager of our long term plan/goals. The superintendent's role is one of daily implementation, evaluation, and oversight of policy and procedure. <u>Continued on page 8</u>

We Support Dan Chasan for the Vashon Island School Board

Steve Abel & Marie Stanislaw Kristin Adams Jeff & Julie Adberg Jean & Fritz Ameluxen Bruce Anderson Jill & Murray Andrews Tove Andrik & Doug Baum Chad Magnuson Carl & Marcia Blomgren Joseph & Amy Bogaard Beth Bordner Pam Bredouw Craig Brenneman **Buzz & Karin Brusletten** John & Carolyn Candy Jim & Jeri Jo Carstairs Gary & Grace Christopherson Don Cole & Joan Wortis Jim Cross & Margie Morgan Jan Dorn & Greg Martin Jim Dorsey & Susan Garlick Karen du Four des Champs Jim Garrison & Trish Howard Bill & Shirley Ferris Candy Gamble Chris Greenlee Laura & Michael Goth Art & Mary Hodgins Margaret Hoeffel & Martin Beth White & Eliza Koenig Rayna & Jay Holz

Ron Irvine Susan Kirkpatrick & John Osterling **Yvonne Kuperberg Michael Laurie** Matt & Mary Lawrence Paul & Mary Macapia Joy & Chai Mann Tim Morrison & Sarah Day Katy Mullen & Dave Burton Mark Musick Susan Naiman Char & Nelson Phillips Billy & Ashley Plauche Cindy Pollock & David Levant Fred & Nancy Sayer Carol Schwennesen Erin Sheridan Steven Silha Evan Simmons Rick & Jan Slater Randy Smith & Sharon Metcalf Ann Spiers & David Frank Eli Stahl Jil & Howard Stenn Laurie Stewart Rebecca & Fred Strong Laurie & Bob Tucker Anne Van Holde Steve & Kathy Wenstrom Holmes Rich & Sue Wiley Carolyn Zike



Wednesday Market

Continued from page 2

shizo, bell peppers, wild Italian arugula, garlic braids, eggplant and more. Beth Tuttle's very succulent salad mix has been selling out each week and it is ready-to-eat complete with bright, edible flowers. Richard O'Dell's flower bouquets featured the deep reds and bright blues of mid-summer. About \$1000 worth of food and flowers is sold every Wednesday so far and that number is expected to grow as more Islanders become aware of the market.

In addition to the regulars, other growers will be on hand during the season when their crops come ripe. For instance, Merna Hecht has been selling blueberries in late July and early August. Farmer Leda Langley wants to encourage all Island growers of no matter what scale to consider selling their produce Wednesdays when they have an overabundance. "The rules for

vendors are more relaxed on Wednesdays, for instance, once you sell out you can go home," says Langley, "which is not the case at the Vashon Saturday market. We are excited that the Wednesday market is taking hold. It is a very positive thing for our family farm that we can stay on the island and sell to the community rather than going into a Seattle Farmers Market mid week."

As is the case at the Saturday Farmers Market, most farmers at the Wednesday market accept WIC checks as part of the Farmers Market Nutrition program Though produce is the center of the Farmers market, Island crafters are also welcome to sell at the Wednesday market. Jen Johnson, a massage therapist, has been offering 15 minute chair massages to weary shoppers for \$15. For more information about shopping or selling at the Wednesday Farmers Market, contact Richard O'Dell at 218-9508.

Green Party Book Club Meets

The Green Party Book Club is meeting at 2:00 PM on Sunday, August 26th at the Vashon Tea Shop. The book for this month is "A Thousand Splendid Suns" by Kalid Hosseini (author of "The KIte Runner"). It is available at a discount at both book shops. Anyone is welcome to participate.

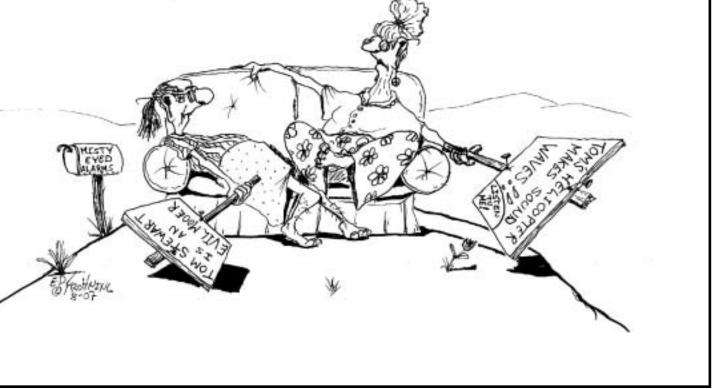
NOW WHAT ?

Call Jade at 463-0977 if you have any questions.

VIPP ADOPT-A-CAT DAY

Vashon Island Pet Protectors will host an Adopt-A-Cat Day EVERY Saturday from 11:30-2:30 at Pandora's Box. Please stop by or call VIPP 206-389-1085.

Loopy sez: Deadline for the next edition of The Loop is 📲 Friday, August 17



The Vashon Loop, p. 6



I'm in a cranky mood these days. Our old hippie house truck, Oatus, was towed away the other week. It had been in our yard for ten years, someone complained but anonymously and the County told us we had to get rid of Oatus.

officer came down to verify that the truck was gone, I asked her why there are so many anonymous complaints about what people have on their property.

two classes now: the old timers, who have a live and let live attitude, and the wealthy newcomers, who want the Island to turn into Bellevue. She said she is not going to turn the Island into Bellevue, but she is getting a lot of calls from people who don't want to have to look at old cars or blue tarps on sheds. People don't want to see all the old cars at Engels' shop,

Spiritual Smart Aleck **The Greatest Little** Gated Community in the World By Mary Litchfield Tuel

living here. You had to be ready to have the baby delivered at home or on the boat. That hasn't changed.

There was a time when the Island community prized its characters and its stories.

The George boys used to show up When the county enforcement for the Strawberry Festival parade in their Northwest Native American regalia, and step into line to march proudly. They could have told us a lot about being displaced by incomers.

One morning in the 80s we all She explained that the Island has woke up and saw a fresh-painted wobbly diagonal crosswalk meandering from Sporty's to the Tav, with a little yellow sign that had a silhouette of a guy staggering, and the words, "Drunk Crossing."

> There was a story (apocryphal?) of an Islander who was up a ladder working on a fruit tree when a County type dropped by and the Islander told the County type that if he (or she?)



and they don't want to see all that junk on the lawn at Granny's.

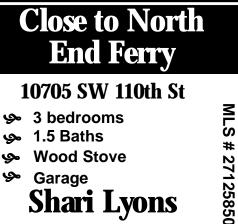
It is a fact that the people with the most money usually get their way. In the past, people who came to the Island and stayed were a special blend of independence, eccentricity, ingenuity, and flexibility.

To live on this Island you had to accept that the water might not always come out of the faucet, and you might have to boil it if it did. You could come, and live, and be left alone. had to accept that the power went out, sometimes for days, and that was tough, but you didn't sue the power company because the food in your freezer spoiled. Stuff happens.

didn't get off the property right away, he (the Islander) would shoot the County type and hide the body so deeply in the woods it would never be found. County type left.

too.

This Island was a place where interesting, talented, marginal people Lots of money was not required. When my husband retires we will probably have to sell up and move off because we won't be able to afford property taxes here, and we won't be the first or the last to come to that pass. It is sad to think that so much of what brought us to Vashon will be and that's how the pendulum is Island Coffee Roasterie. swinging now. classy suburb, with everyone's grass the same length, and no old cars, and no old characters, and working people who have to commute from somewhere else because they can't afford to live here. The greatest little gated community in the world. Did I mention I was feeling cranky this week? തതത





206-406-6347

Whales

By Orca Annie Stateler Summer has been a blur for us. Our major transition: we had to move unexpectedly from our home of six years. The Vashon Hydrophone Project (VHP) moved down the beach with us. Finding a suitable spot to relocate the VHP was a primary consideration in where we moved. We feel sideswiped by the creeping Vashon Hydrophone Project (VHP): gentrification of Vashon and we are REPORT still recovering, but that is an issue for another time.

Since the last Dorsal Spin, we had a lovely, shore-based encounter with J Pod and four members of L Pod on San Juan Island when we attended OrcaSing in June. Since J Pod did not come to Vashon ever in 2006, we particularly enjoyed seeing them again with their new relative, J42, who is quite the little pistol.

In early July, my entire Desert Pod visited. My parents and my sister's family came from Arizona to cool off on Vashon. In mid-July, we experienced the highlight of the season, maybe the year, when we Lime Kiln State Whale Watch Park, San embarked on a magical mystery tour Juan Island. Artwork © 2007, Odin to Vancouver Island for a five-year Lonning. Photo by Erin Corra. Springer Reunion gathering. Another disgruntled citizen Gunalcheesh (Tlingit for "thank actually shot out the tires on the car you"), Northern Resident killer of a County minion. Did time for it, whales! Expect to read more in a future Dorsal Spin. I am rounding up photos.

Odin has participated in an extraordinary number of art shows this summer. During August, Odin's work is on display in several group shows at diverse venues. On Vashon, check out his carvings at Heron's Nest, paintings at the Vashon Community Care Center, and "Hunting Partners," a sweet double moneyed into memory, but that's life killer whale piece at the Vashon In Seattle, Odin has additional Perhaps Vashon will become that high-end pieces at the new Steinbrueck Native Gallery, 2030 Western Avenue. He will sing a killer whale honoring song for the gallery's grand opening ceremony on August 10 from 6:00 - 9:00 p.m. Other accomplished Northwest Coast Native artists will present at the grand opening as well. For more Vashonorcas@aol.com. Thanks for information, call 206-441-3821.

August 10, '07

A must see home. Original owner estate sale. Home is in excellent condition and ready to move in or remodel to suit your needs. Close to north end ferry. One year home warranty is included. \$420,000.



The UW's Burke Museum hosts Native American Arts а Celebration, August 18 - 19 from 10 a.m. to 5 p.m. Billed as "two days of art, crafts, dancing, and storytelling with some of the region's premier Native American artists," we will be there with Odin's work. Go to www.burkemuseum.org for the performance schedule and more information.

So, how does all this art news relate to saving whales? Odin has had a lifelong, profound love of animals and nature. He donates artwork for VIPP's Fur Ball. He routinely donates proceeds from his art sales to Wolftown and the VHP. This is one way we can support Wolftown's goal of establishing facilities to rehabilitate injured or sick marine mammals.

Please support the work of the LOCAL WHALE SIGHTINGS ASAP TO 463-9041. In recent VHP sightings news, midmorning on July 31, Mark Sears saw



Orca Annie & Odin sing for J, K, and L Pods at OrcaSing 2007, held June 16 at

a juvenile humpback whale traveling south off Lincoln Park. Thanks to Joy and Sean for the detailed reports on this whale near Reddings Beach the evening of July

You might have had to dig your own well, then go downhill a ways and build your outhouse.

You had to realize that if you called the sheriff for help it might be a while coming, or not show up at all.

If you had a fire, or a car wreck, or a heart attack, the volunteer Fire Department would show up, and they were all people you knew, and your kids and their kids went to school together.

You had to rely on the ferries, so you had to entertain yourself for unspecified amounts of time, and you considered ferry fares and inconveniences part of the price of

31. They said the whale emitted strange noises. From the description of the sounds, it seems likely the whale's vocalizations were feeding calls. Humpback feeding calls are among the most spectacular sounds on the planet, certainly loud enough to penetrate a boat hull or be audible above water. In contrast to the lengthy, melodic songs males sing in their warm water breeding grounds, feeding calls are piercing and ghostly, sometimes siren-like and, yes, reminiscent of elephants as Sean noted. I have yet to hear these calls in the wild. What a privilege for the lucky Islanders who heard them in Colvos Pass!

Contact Orca Annie at reading.

Don't Forget the Birds **Birds**

By Alan Huggins

Vashon Audubon is offering a unique class for adult beginning and intermediate birders, starting Thursday, September 13. The course will increase your appreciation and understanding of birds, and help you to answer such questions as:

• What is that beautiful bird outside the window?

• Which owl was "Who-hooing" late last night?

• Why are there so many birds on the water in winter and where do they disappear to in summer? What are they?

•Which birds migrate to and from Vashon and which stay here year around?

• What do they eat, how long do they live, and what are the best places to find them on the island?

The course is led in an interactive and engaging style by a team of experienced birders, including Ed Swan, Dr. Gary Shugart, Sherry Bottoms, and Larry and Alan Huggins. Participants learn to see and recognize birds in a new way by appearance, seasonal occurrence, behavior, habitat and song. Yes, you even begin to learn them by their songs, which then helps you find them for a closer look. You will learn about enhancing your garden and property to provide more habitat for birds. and about conservation issues that birds face in Puget Sound and in their migrations.

Discover the rich diversity of birds we are blessed with: 240 different species that adorn our trees, forests and fields, and waters, each species occupying a particular niche. Vashon's extensive woodlands house dozens resident and migratory songbirds, and the island has the longest and least disturbed shoreline within King County, offering great shorebird and saltwater bird habitats.

If you're looking to discover new treasures in winter, head to Quartermaster Harbor and other bays around the island to discover hundreds of colorful sea ducks, along with loons and grebes that fish for a living. Once you become acquainted with these easy-to-watch saltwater birds, you'll begin to miss them in summer when they have flown to their northern or mountainous breeding grounds. While they're away in late spring and summer, numerous resident songbirds and migrants arriving from the tropics are singing their hearts out to attract mates and defend a breeding territory, often in your back yard or nearby forest and field. Purple martins, our largest swallows, make one of the longest migrations of all: from the Amazon basin of South America to the nesting gourds and boxes set up at Tramp Harbor and other shoreline locations, as they prefer to nest over water.

In the Enjoyment of Birds course, songs and calls are introduced so that



Friday, August 10: **Richard Pearson and Jim Hobbson** Sunday: Watermark

throughout every season and in our daily lives, so it takes a little more experience outside to learn their calls, yet it can become an enjoyable lifelong endeavor. You will begin to recognize several different species as you walk to your mailbox, any time of year. You will realize who in the neighborhood, and who is missing as the seasons and birds come and go. You will become attuned to the



photo by Steve Caldwell

you begin to recognize birds even before you see them. More experienced birders are learning to "bird-by-ear" which is to learn and recognize the unique songs and call of each bird species. The process is akin to how we naturally recognize the voices of friends and relatives that call on the phone. Of course, birds don't call us on the phone

47 Harsh criticism

53 Pro football team 57 Sepals of a flower 58 Opaque gem

49 Vase 50 Clap

"dawn chorus" in spring and early summer when all the breeding birds sing together intensely beginning before dawn. Native Americans believe that the birds are expressing their joy to be alive and to witness the dawn of a new day.

In the first session of the course we lead you through birds commonly found in yards and parks,

Island Birding Guide **Species Identification** How to Attract Birds Ed Swan 꾏 (206) 463-7976 🦮 edswan@centurytel.net.

allowing you to see the finer aspects of their beauty and behavior through an interactive slide show. Although each class session stands alone in covering a specific group of birds, each is built on the last to follow the seasonal occurrence of the different bird groups. Successive sessions cover the winter saltwater birds, freshwater birds, hawks and owls, resident birds and finally, in the early spring the migratory birds arriving from the tropics. Field trips are scheduled within one week of each monthly session to reinforce classroom sessions with field experience.

The Enjoyment of Birds begins Thursday, September 13 and continues through March with oncemonthly sessions and field trips. All class sessions meet at 7-9PM at the Land Trust Building. For details, or to register, pick up forms at the library or download the same form from the Vashon Audubon website at: "http://www.vashonaudubon.org" www.vashonaudubon.org. Or, e-mail or call Alan Huggins at: "mailto:alanhugs@comcast.net" alanhugs@comcast.net, 567-5166.

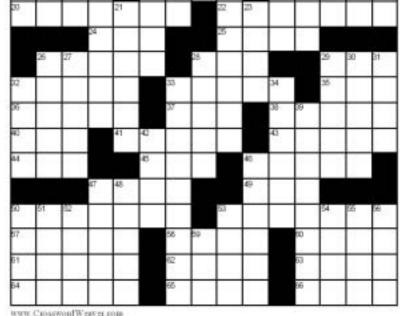
All instructors are volunteering their efforts, and proceeds from the course support Vashon Audubon's education and conservation programs.

For questions about local birds or to report an interesting sighting, call Ed Swan at 463-7976.

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5	Stuck up person	32	Koran
9	House	33	Mustang
14	Biblical prophet	35	Hog
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disease

15	Happy cat sound	36	Turn over	60	Adv	ise	
16	Exaggerated	37	Rio de Janeiro		61 Fish basket		
17	Roman garments	38	Frosting	62 Item for sale			
18	Fake butter	40	Wrath	63	63 Holey		
19	What's "in"	41	Right angle to a ships length	64 Watery			
20	Draw into a tangle	43	Horses	65 Northwest by west			
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5	Fern seeds	32	Gag		59	Animal	
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10	Beefy	42	Swain				
11	Brand of sandwich cookie	46	Sandpiper				
12	Doorbell sound	47	Airman				
13	Swirl	48	Not strictly				
21	Program	50	Account (abbr.)				
23	Part of speech	51	Cut the peel off				



Solution on page 17

Everyone does it

By Sarah Blakemore, RQE

This One is for The Girls... [With apologies to my parents, who may not want to read this over breakfast. Or any other meal.]

Everyone does it. Or they should. I know I do. At least twice a week. Every week.

Masturbation.

And how, you ask, did this come up? (ha!) My friend Rama is charged with the task of educating her younger sister about sex and all that is human sexuality. Rama is around my age, The Younger One is 16. Rama has formed a council of women that she consults while trying to help the Younger One grow up. I am honored to be on this council and flattered to be consulted frequently. One of the most important things we ask ourselves is, as women what do we wish we had known at age 16? In this case the concern is sex. Younger One hasn't "done it" yet but she certainly has "messed around" with her boyfriend. So what did we wish we knew when we were 16 and "messing around"? We compiled a mental list.

The sex is not something you "give up" to a man. You have sex with a partner, male or female, because you want to.

It is okay to want to. It doesn't make you bad or dirty or shameful. It makes you human. Revel in your sexuality, it is a beautiful thing.

You have to learn to please yourself before you can teach someone else how.

It is okay to not want to have sex. For no reason.

Sex is great but there are lots of hormones that do crazy things to your body so your feelings about someone will not always be rational. Oxytocin is a bitch.

Rama asked me to take Younger One to Babeland (a female owned, sex positive adult toy store, www.babeland.com) because she felt that there were boundaries that might be violated if she took on that responsibility. So she asked moi. Rama later reports that Younger One is not ready. She feels that her boyfriend should be the one to give her orgasms.



Younger One is listening.

"So I woke him up," I continue. "I was like, 'Duck, wake up. Turn on the light,' I tell Rama.

Rama is starting to giggle, imagining this poor sleepy guy who thinks he has pleased me and is about to be clearly and in no uncertain terms informed that he did not, in fact, please me.

"He turns on the light and I say 'Do you realize that I didn't get to finish?' I ask him. I was SO MAD. He said no, he didn't realize but he was really sorry. I told him again no, I didn't get to finish. He apologized again and I'm like, yeah, well, just so you know. And then I roll over and go to sleep," I tell Rama, laughing uncontrollably at my assertiveness.

This story is a spring board from which to start a conversation with Younger One. Younger One wanted to know why I was so mad exactly. Apparently Younger One has not yet had her first orgasm.

Rama busts out her carefully planned analogy. "Sex is like eating. You have to learn to feed yourself or you will always be waiting for a boy to eat with you. You might get hungry waiting for that boy to feed you. Or you might eat with a boy that you don't really want to eat with only because you are so hungry. That's not a good situation to be in. So you have to learn to feed yourself. And once you feed yourself you can teach a boy how to feed you and how to eat with you," Rama explains.

"Also, a lot of boys will think they know how to feed you but they really won't," I chime in.

'Other boys won't care enough to make sure that you are fed. They Some boys are that selfish," Rama sighs.

We both pause to think of all the bad, bad sex we had in our early 20s.

"It's okay to be uncomfortable with this conversation. It is hard to talk about these things. But we are trying to give you information that we wish someone had told us when



August 10, '07

3-Speed and 8-Speed Shimano Nexus in-



School Board Candidates Respond

Continued from page 4

Question 2: Please rank the following problems facing Vashon schools in order of importance: Financial Condition, Board Leadership, District Leadership (i.e. Superintendent and Principals), Lack of Parental Choice, Lack of Focus on Core Subjects, Lack of Focus on Low Achieving Students, Lack of Focus on High Achieving Students, Other (add a category)

Dan Chasan: Financial condition is, unfortunately, the key to everything else. The district won't set sound priorities for the use of its limited resources or have the discipline to avoid spending money it doesn't have without both board leadership and district leadership. Therefore, I'll place financial condition, board leadership and district leadership at the top of my list, without ranking them.

Susan Lofland: In ranking issues facing the district, I would be hesitant to call them all problems. Many actions are being taken that may not be program, implementation of a tier- two intervention program for struggling students, and other processes.

Jodi Warren: 1-Financial Condition; 2-Other-Lack of Long Term Facility Management & Maintenance Plans; 3-Board Leadership; 4-Lack of Focus on Low Achieving Students; 5-Lack of Focus on Core Subjects; 6-District Leadership; 7-Lack of Parental Choice; 8-Lack of Focus on High Achieving Students.

Question 3: With specificity, describe three goals you hope to accomplish during your tenure in office, if you are elected. Explain why these goals are important.

Dan Chasan: I want to help the next board restore financial stability, will tell you that they have fed restore public confidence, and conduct public business with civility and themselves and that you should too. focus. Once again, the district's financial condition is the key to everything else. Obviously, it can't hire teachers, buy textbooks, patch roofs, etc., without money. The district should maintain a no-strings-attached ending fund balance of at least 4 percent. Beyond that, general fund expenditures should reflect conscious priorities. The next board will face difficult financial choices. Some people won't be happy with its decisions. The process will work better if the board has the trust and support of the staff and the broader community. Therefore, restoring public confidence is more than just a feel-good ambition. I think that the tone of board meetings can either build or undermine public confidence. Most people don't mind disagreement but they do mind personal unpleasantness. The board should be above that. The board should also remember what its job is. In order to make good financial and other choices, the board will have to stay focused on the important issues. Susan Lofland: The most important goal for the district in the near future is the establishment of a healthy budgeting and financial management system that supports the ultimate goal of student achievement and sound stewardship of the community's assets. The second most important goal for the District is a sequential curriculum that is aligned with state standards as the minimum and allows for individualization for students of all abilities and needs. Finally, the District "I pray for her to have good sex. needs a comprehensive long term plan for the management of its capital **Jodi Warren:** A. A long term facility management and maintenance plan to prevent any further knee jerk/stop gap measures that are both costly and wasteful.

I laugh. "Well, that'll be a harsh we were young," I explain.

lesson," I comment. Rama and I break into hysterical but knowing laughter.

No trip to Babeland, so that brings us to sushi and sex talk in the East Village.

Younger One disappears into the bathroom for a minute. While she is gone Rama and I start discussing The Duck and our disastrous first time together.

The Younger One returns from the bathroom.

"He's 38! 38!" I say incredulously. "How could he not know if I was finished or not? I was so mad at him. He fell asleep and I was lying there all mad. In my early 20s I would have just rolled over and gone to sleep. But I'm a 32 year old stripper. Sex doesn't scare me any more," I say confidently.

"You see, Younger One, if you

know how to please yourself, that puts the power back in your hands. And that is what we want for you. To have power over your sexuality so you can enjoy it and not be ruled by it."

Younger One nods.

Younger One decides that she has to wash her hands and goes back to the bathroom.

And orgasms. On her own and with facilities. other people," Rama says.

I laugh."Don't you wish someone had prayed for that for us? Don't you think the world would be a better place if we all had someone praying for us to have orgasms," she asks.

I consider this for a moment.

"AMEN SISTER. CAN I GET A തതത WITNESS?!"

B. Ensure a policymaking process that is reflective of the board's intent, while defining a course of action and desired outcome.

C. To promote a team oriented board that works well together, provides transparent accountability, and has long term vision for our district, while restoring public trust. Continued on page 9



COWPOTS

Recently, a TV program called 'Dirty Jobs' featured a dairy that makes something called CowPots[™]. In short, the dairy uses its most abundant waste product to make pots, similar to peat pots, for plant starts and seedlings. Interestingly enough, the process they use to process the manure into a consistency suitable to forming into these pots produces methane gaswhich they use to heat their farm house and to power the equipment



that manufactures the pots themselves.

This is the sort of thinking we need more of in the 21st Century, this taking of what we have too much of and using it in the creation of something useful, something we need, something that contributes to the health of the planet.

Brothers Matt and Ben Freund are second generation dairy farmers in the hills of Connecticut. In their industry, one of the most challenging jobs is to manage the nutrient stream (translation; abundantly produced cow manure) in an environmentally sustainable manner. Since 1997, they are one of the few farms across the country to have continuously run a methane digester. Raw manure from their dairy herd has been heated in a large

Back to School Drive Continued from page 1

This year, Vashon businesses and organizations are going to once again come together to change that. The Vashon Maury Island Community Food Bank, Vashon PTSA, the Rotary Foundation, several businesses, and the Vashon Island School District are working in partnership to get school supplies to the kids who need them. And you can help. "Summer is already a drain for many parents in low-income families," said Yvonne Pitrof of the Food Bank. "They have to come up with summer camp fees, daycare and much more. So to come back from that and have to come up with school supplies, art fees, school costs and more — it is just so much. This allows parents to start the year in a wonderful way. It gives them some relief. The start of the school year means a lot to child. This allows them to start it off right," she said. For the next three weeks, watch for collection bins - they'll say "Island tank and the methane gas collected and used.

This digestion and dehydration process overcomes the problem odors and the high nitrate content in the manure. The remaining solids and liquids are separated and the liquid used to fertilize farm fields where feed for their cattle is grown. The remaining solids, basically weed-free manure fibers, are then mixed with natural binders, processed and molded into a variety of shapes and sizes to create the pots, which can be planted in the ground to fertilize seedlings.

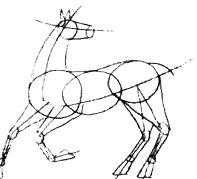
These pots can withstand months in the greenhouse but, within weeks of being planted in the ground, they dissolve into natural fertilizer. This process obviously helps the brothers reduces the nutrient load on their farm, contributes to a better and cleaner environment and grows bigger, better plants for home and commercial gardeners.

The problems we face on this Earth are too numerous to list, hard to think about and almost too overwhelming to face. Sometimes I think that it is hopeless, that the law of unintended consequences has done us in and the only thing left to do is wait for the dying. Then I encounter someone like the Freund brothers, who are going to keep fighting, keep trying, and keep seeking solutions.

They, like the Bioneers (and I quote freely from their website) "offer a dynamic vision for restoring the Earth, combining ecological approaches with social, spiritual and political strategies," and I admire their focus "on solutions, informed by nature's essential principles of interdependence, cooperation and community."

Perhaps one or two people can make a difference and guide us to a future environment of hope that really is within our grasp. Certainly, insightful solutions that involve innovative technical approaches and embody a change of heart, and, hopefully, integrate principles of social and economic justice, give me another moment of hope.

Hang in there. ME! തതത Back-to-School Drive". You can leave new school supplies in the bins, or find cash tins around town and donate there as well. Volunteers will be out in front of the Thriftway on August 19th, August 25th, and August 26th. They will have lists that outline exactly what supplies are needed, and you can easily pick them up while doing your shopping. Organizers will be at the movies making a pitch for the drive, too. You can find them after the movies at the Vashon Theatre on Sunday, August 12th and Saturday, August 18th. The Vashon Theatre has been a big supporter of the drive, giving organizers the chance to ask moviegoers for help each year. Hair salons are also stepping forward again, offering free haircuts for kids going back to school. Those gift certificates will also be distributed at the Food Bank. The Drive has been organized for the last six years by the Hennessey spearheaded by family, Bob



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

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School Board Candidates Respond

Continued from page 8

D. Implement a comprehensive curriculum review to ensure highest possible student achievement.

Question 4: What, in your opinion, are the biggest factors in insuring quality teaching in the District?

Dan Chasan: Good teachers are the school district's most important assetmore important than curriculum or computer hardware-but the district has relatively few ways to attract them. It can try to sell people on this community's character and values. It can treat people fairly. It can offer sound leadership, clear priorities, and an opportunity to really teach-that is, within a districtwide curriculum framework, it can make sure that teachers have freedom to develop approaches and projects that the teachers themselves consider worthwhile.

Susan Lofland: The biggest factors in quality teaching are a clear educational vision and direction for student achievement, expectations and accountability for all staff, professional development for personal and district growth for all staff.

Jodi Warren: A. Strong management by the administration to implement the educational goals and/or standards set by the school board.

B. Timely performance reviews of personnel, as well as ongoing review of curriculum, programs, and activities.

Question 5: What role does standardized testing play in evaluating student achievement in the District? Please include in your discussion your opinion of the WASL and more traditional testing instruments, such as the Iowa Achievement Test.

Dan Chasan: I'm no expert on testing. School board members don't have to be-and shouldn't pretend to be-experts on testing. Virtually everyone has opinions about testing, though, and these are some of mine:

Continued on page 16

a) the Vashon school district doesn't unduly emphasize the WASL as a way of evaluating kids;

b) we'd all better get used to the WASL or something like it, because the legislature wants accountability and for better or worse, that means test scores;

c) test scores may provide useful information if they track specific kids up through the grade levels-rather than comparing, say, all fourth graders in two different years—but unfortunately, those aren't the numbers that most people see;

d) test scores may reflect test-taking skills, rather than understanding of subject matter, but in this society, test-taking is a valuable skill for kids to learn;

e) the WASL or an equivalent can be OK if it's used as an educational floor, not a ceiling;

f) the need to prepare for standardized tests should never be used (as it was in my own high school) as a reason or excuse to avoid teaching things that actually get kids excited about learning.

Susan Lofland: Standardized testing is just one measurement of student achievement. The District is required by law to conduct the WASL to qualify for different levels of funding. The WASL measures integration of skills and concepts. There is a place in education for a number of assessments, including classroom based. The bottom line is to ensure that students have the skills, concepts, information and the ability to synthesize to ensure their success for their future.

Jodi Warren: No opinion at this time.

🖎 LoOp Ed

The Human Rights Side of Inconvenient Truth

When "An Inconvenient Truth" was released in Spokane, I went to see it with my daughter and some friends. To tell you the truth, I kept falling asleep. Though much of this ultra slick presentation was quite well done, it was sadly boring. That was my daughter's first comment to me as we left. She also mentioned that it was very "white guyish."

That someone with Al Gore's voice has made such a long overdue impact with his privilege is commendable. Now the world is paying attention as never before. What hit me over and over as I watched the documentary was that no mention was ever made of the massive loss of life that has always gone hand in hand with the levels of resource profiteering essential to maintain the lifestyles of the dwellers in North America, Europe and other countries enjoying the perks propelling such excessive destruction.

Africa's recent genocides have been central to the extraction of oil, diamonds, coltane and other resources that never benefit the people whose lands have been stolen and ruined. Over 10 million people have lost their lives in order to enrich mostly white people elsewhere.

My first direct encounter with the crime of ecocide that lays the ground for genocide was when I began going to Big Mountain, Arizona in 1984 to do on-the-land support and learn to be a human rights observer. Traditional Dine Elders requested non-Indians to be witnesses to their nonviolent resistance to the largest forced relocation of Indian people since the late 1800's. It changed my life irrevocably.

Peabody Coal Company ripped open the body of Mother Earth to mine coal for fueling the then largest coal fired power plant in the world in Laughlin, Nevada. Pristine water was used to slurry coal nearly 300 miles to the Mojave Generating Station draining the Black Mesa aquifer dry. There are those that claim that activists shut down Mohave, but in my heart I know it was the loss of that precious water. Even now, Peabody seeks other aquifers to exploit.

Pauline Whitesinger is the Dine Elder I have worked with most closely these many years. She had the most delicious water I ever drank down the canyon from her hogan that was always used for her family and her livestock. Now, dry as a bone. Ancient ceremonial springs used by traditional Hopis for thousands of years have dissipated completely. Traditional people have to travel 50 to 100 miles to fill 55 gallon barrels with water. In the 23 years I have been involved supporting Pauline and other Dine resisters to this travesty, I have seen the results of the forced relocation of over 16,000 traditional people. Over half of those relocated have died. Suicides, murder, stress related illnesses and broken hearts have taken so many. The scope of this atrocity will be seen in retrospect as the major human rights violation within U.S. borders of the late 20th, early 21st centuries. At one time, I naively believed the resistance of the Dine people would be the civil rights movement of the '80's, but I was not aware how

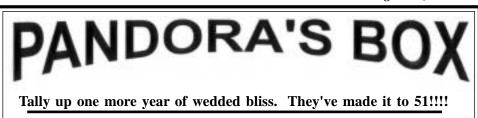
controlled the media was nor how racist people of the U.S. are towards Native Americans. This has been an extremely painful education.

To this day I am astounded at the stereotypes spewed by people who should know better about Indigenous peoples whether they are from Arizona, South Dakota, Mexico, Bolivia, Africa or the Philippines. As the race for remaining resources speeds along, so does the real human cost.

It was also my work with Dine people that led me into the struggle of homeless people at a time when I did not consider myself to be among them, though I lived in my van with my 2 children. I talked to traditional Dine living on the streets of Flagstaff who told me they were once rug weavers as they begged for money for drink. I learned that white supremacists were torturing and killing Dine and Hopi people in like border towns Gallup, Farmington and Winslow. I talked to relatives of murdered people and realized that the killings of expendable people do not concern most Americans. I began collecting articles about killings of the voiceless, including migrants, prostitutes, homosexuals, people of color, and the very poor, all over the country that activists do not even address. I still find it shocking that such crimes go largely unsolved and ignored. And it is getting worse.

The time is way late. We all stand to loose much and, most significantly, we leave tremendous burdens to our children rather than a livable future. If we fail to see the part we each play in the losses looming for all, we have little hope for viable solutions. The harm done to some hurts us all and if we are to stop war and genocide elsewhere, we have a profound duty to integrate the legacy of war and theft here into the actions we take to stop the horrific level of killing in Iraq, Palestine, Colombia and Afghanistan. We are all interconnected and our safety zones diminish as I write. Such a reality is the ultimate, yet tragic, equalizer of all life unless we transform. Quickly.

The role oppressive behaviors play in the harm done to our fragile planet cannot be separated from the causes of global warming. If we are to approach the remainder of our lives as activators of healing, we must change our behaviors, our attitudes and hear those we have been conditioned to ignore. Precious untapped gems reside in the hearts of all and we have a sacred duty to our human family to hear the best of each heart in our efforts to save this Mother Earth. I look forward to working with SEEDS (Social Ecology Education and Demonstration School) in а comprehensive endeavor to enact livable solution here on Vashon. This magical Island is a model for the possible world and we must see the importance of those who are rarely heard due to institutionalized racism. I hope to address this in the Dismantling Institutionalized Racism workshop I will be conducting during the SEEDS events the weekend of August 3 - 5, 2007. In peaceful struggle, swaneagle harijan



On a business note: We have absolutely no new products to show you, just the regular stuff. But don't depair, a couple of trade shows are coming up and I'll find something amazingly wonderful.

(206) 463-3401



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Be Strong, Be Yourself

by Mark Goldman

Every day I read commentaries posted at several well-known left leaning web sites. Some of the commentaries are eloquently stated points of view and sometimes usefully educational. All too often though, I think I can almost read the minds of readers as they ask themselves the natural response to much of what is written: "Well I agree with what this person is saying, but what can I do that would really make a difference?"

Well here are some itemized points to consider in no particular order:

1. Staying informed is no small thing. That, in itself, makes a difference.

2. If you read something well written, understand that the author probably intended not only to inform you, but also to give you some ammunition that you can use to inform others and build consensus. That is, circulate and/or promote good stuff to people who you think need to hear the information.

3. Two things are critical to transforming our culture in a positive way: a) people need to be well informed, and b) people need to align themselves with sustainable contextual values that have the potential to knit all members or factions of our culture together in a common bond. For example, two values we should all be able to align with are those expressed in the Constitution and/or the Universal Declaration of Human Rights.

4. Our government is broken and needs to be reinvented. If you are trying to make the Democratic or Republican parties better, you are probably wasting your time. Party politics in America is antithetical to enlightened self-government. Its influence forces individuals to abdicate personal responsibility in favor of The Party. We need a government run by responsible citizens who are in and of themselves steadfast in honor and integrity and not corruptible by money or unearned power... i.e., power that is inconsistent with the underlying values and principles of democracy, justice, and the common good. The framers were steadfastly against political parties (which they called factions.) 5. No democracy or common goal can succeed where citizens are not well educated, secure, and personally responsible for its success. Any sustainable solution will make sure that all citizens have the opportunity for a good education, an adequate diet, affordable housing,

health care, and other amenities that support a person's dignity and selfrespect.

6. No democracy can succeed where some people are treated with less dignity than others for whatever reason. Justice must be blind, consistently fair, and administered with compassion.

7. We need to find new ways of promoting qualified citizens to responsible positions of leadership. This means we need to structure our society in such a way that institutions and citizens naturally cooperate to identify people who have demonstrated their wisdom and character in such a way that it qualifies them to lead and to serve. We need to make changes to the process of running elections so that the best ideas and the best leaders are encouraged to enter the political arena and are able to succeed if they do. Leaders are more than products to be advertised branded and to unthinking consumers.

8. We need to restore our respect for the commons. These are tangible and intangible common assets that belong to all for the benefit of all, not allocated according to money but according to our universal human rights. Certain assets and certain rights should accrue to every member of society regardless of their economic or social standing in that society: we all have a right to... breathe clean air, have access to clean water, receive affordable health care, receive a free, quality education, and have access to other benefits that are consistent with basic universal human rights as already defined and conceived.

9. To have the above, you will need to rethink your participation as a citizen. You will need to promote these values if you agree with them and to do so will require new kinds of social organizations and structures, which currently might not exist. We need to open our minds and hence our chance for success. If you keep these thoughts in mind as you plan your strategy for participation, I think whatever you do will make a difference. Discard any strategy that does not support or is inconsistent with the overall context of what has been expressed. Success will require courage, determination, imagination, goodwill, tolerance and heart. You are capable of this. We need each other and we need to express the best that's in us. Be tolerant of others who might have a hard time with change. Be strong, be yourself. തതത

ALoop Letters Now What I Am Going to Do

The direct answer to Mark Goldman's question is that I will propose to my neighborhood that we organize a Joe Ulatowski NERO. The explanation will doubtless wander from the point in order to unload some pessimism.

Mr. Goldman's eloquent summary of America's plight ends with a question echoing John F. Kennedy's inaugural question, "... what can we do for our country." The difference is that Goldman is demanding that we do something. Before I explain why having a NERO will do something, here is my take on the fundamental reason this nation is almost literally shooting itself in the foot: Corporate greed is the proximate reason, but the fundamental reason is that the automobile and television have changed America from a nation of communities to a collection of individuals. Individuals can be, and are being, easily controlled. All it takes is to rig the media then hire a genius to write the script. Vulnerable, we have had only to wait for a series of increasingly corrupt administrations.

That analysis, while valid, is incomplete. The dire culmination of personal mobility and vision-at-adistance, aka television, just happen to have come along at the same point in history at which combustion of fossil carbon has started Earth on a journey back to the age of the dinosaurs. I'll say it again. Just as the US tries to gain control of every drop of oil in every country, just now, concurrently, disaster on top of disaster, just now is the moment at which man-made climate change has reached the point of climate instability.

So rises the curtain on the drama of corporate police v. the people. You see how accurate Goldman's point is. So far, I've gained comfort by seeking out people I don't have to explain to, people as scared as I am. But now, I'm going to look into Joe's neighborhood emergency response program. NERO unites on the basis of natural scare instead of political scare, and as such increases tolerance of people you can't stand. There are some of my neighbors I do not look forward to meeting with. I'm not being facetious; progressive action on Vashon is splintered as much by personality as by belief. This is likely why the community council has not yet, still now, even now, not taken a stand on the war. As we ignore the imminent calamity of total breakdown of civilization in the "cradle of civilization" we yet share concern over the "big one". So here's the idea, neighbors who meet to talk about surviving a natural disaster are neighbors in deed. We may or may not get around to talking politics, but, say, can I borrow a cup of high-fructose?

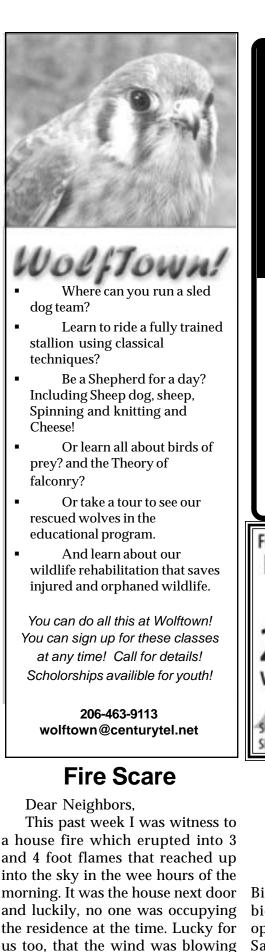
Beware of Black Henna

As a henna artist myself, I love to see henna becoming more and more available to those interested in having their bodies decorated. But I am alarmed to see vendors at Vashon public events doing allnatural henna on very young children and possibly even some vendors who are offering "black henna". I implore all of you, please, please, please, educate yourself before allowing anyone to put anything on your skin!!

All-natural henna works because the Lawsone molecule of the henna plant stains the skin cells of the stratum corneum layer, and the liver does the work of processing that molecule also. Small children under the age of 5 - and to be cautious, I'd say even under the age of 10 — may not yet have full maturity of their liver or balancing system for bilirubin levels. This means that even all-natural henna can harm them in some cases. The statistics are small that children or even adults - will have complication with G6PD (glucose 6 phosphate dehydrogenase deficiency) or hyperbilirubinema, but if someone does have this kind of issue, all-natural henna can make them sick. In some cases, with infants, it has caused death. The statistics are small, but is that henna butterfly worth the risk to your child?!! You can research these things on your own starting at www.hennapage.com/henna/ encyclopedia/medical/g6pd.html and

www.hennapage.com/henna/ encyclopedia/medical/ neonatal.html

The other caution to consider is the use of "black henna". Henna does NOT come in colors like black, blue, pink! All-natural henna, with no chemicals added, will be orangeish to red brick brown, period. But to get "black henna" or some guaranteed shade of "brown henna," something has to be added to the paste. Often it is PPD [paraphenylenediamine] which can cause long term chemical sensitivity, skin burns, and even permanent scaring in some cases. Why would you want to risk your own health or the health of your children for that? You can see photo documentation and read more in-depth about this issue at www.hennatribe.com/ppd.php. I no longer do public events because of the liability of ending up down the road from a vendor who is throwing caution to the wind as they offer their services to our Vashon community. But I know lots of all-natural artist who are educated about these issues and would be more than willing to do public events. Please call me 251-6706 email or me kara@hennahealing.com if you want names and phone numbers of artists who are mindful of the safety of



made quite an impression on me. The destructive nature of the house fire was really so tremendous; it underscores and demonstrates our essential vulnerability in the face of something so powerful and unpredictable. What I want to say is this: check and/or install fire remind your neighbors to do the same. Our safety is very connected on this issue. I give my sincere gratitude to the Vashon Fire Department and all the emergency personnel who responded so promptly and effectively. As a member of this community, I thank you for the work you do on behalf of us all.

in another direction and that the cat

woke me up at three in the morning

to discover the dangerous situation.

It was the first time I have ever seen

this kind of thing firsthand and it

The Vashon Loop, p. 11



Biofeedback & Stress Reduction Open House

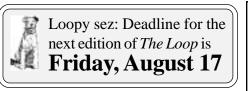
Aaron Gaul's new Island-Mind Biofeedback practice is offering a biofeedback and stress reduction open house at the Vashon Library, Saturday, August 11 from 11:00 a.m. to 1:00 p.m. Many illnesses today are caused by stress. Biofeedback is used to train people to better control the stress of their nervous system and to respond to that stress in new ways. Sensors on the skin monitor heart rate, rhythm, and breathing, and a computer screen displays this information in a graphic format. Using this graphic format, Participants can learn to balance their nervous system, reduce stress, and restore the natural detectors in your home. Ask or rhythms of their heart and mind. They also will get a chance to try the biofeedback equipment and ask questions at this event. Come and reduce your stress! Biofeedback training is available on Vashon through Island-Mind Biofeedback established by Aaron Gaul. Biofeedback is also available at a discounted rate through the Vashon Community Wellness Project. Free introductory sessions are available. For more information contact Aaron Gaul at 206-819-5530 or visit www.Island-Mind.com.

their clients first!

Kara L.C. Jones, Henna Artist @ HennaHealing.com and MISS Foundation Bereavement Outreach HOPE Mentor to parents living life after the death of a child

Sincerely,

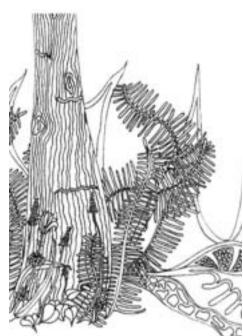
Chantel Thurman



The fundamental cause of trouble in the world today is that the stupid are cocksure while the intelligent are full of doubt. ~ Bertrand Russell

Tom Herring

The Vashon Loop, p. 12



Calcium and bone strength; a complicated issue

By Kathy Abascal

Osteoporosis is a big concern and many, if not most women, are advised to take a daily calcium supplement and also make sure they get calcium in their diet, primarily by eating dairy products. Even though women have been following this advice for decades, bone fractures remain high in older women. This puts in question the wisdom of our approach to thwarting bone loss as we age. Unfortunately, given the complexity of the metabolism of calcium, the strength of various food lobbies (the dairy and meat industry), and the state of current research, it is virtually impossible to say with certainty how much calcium we need to maintain bone health. There are, however, some interesting facts that indicate that the type of protein

we eat may have a more significant effect on bone health than the amount of calcium in our diet. There are also indications that our RDA (required daily amounts) of calcium may be set too high for many of us.

R e s e a r c h increasingly shows that bone loss may be caused by the amount and type

of protein we eat, rather than by a lack of calcium in our diet. In countries where people get large amounts of dietary calcium (United States and northern Europe) people also eat large amounts of animal protein. These areas of the world also have the world's highest rate of fractures from osteoporosis. Animal protein is high in sulfurcontaining amino acids and requires the body to buffer the acidic effects of those amino acids. This is done by drawing calcium from the bones and that calcium is subsequently lost in the urine. Protein from plant sources, lower in those types of amino acids, places less demands on the bones. Dean Ornish writes, "Vegetarians, in contrast, excrete much less calcium, and this is why they have very low rates of osteoporosis even though their dietary intake of calcium is lower than those on a meat-eating diet." His view is supported by a study of 1600 women in Michigan. Women who had been vegetarians for at

least twenty years lost 18 percent of their bone minerals by the time they were 80. Closely-paired women who ate a typical American diet lost 35 percent. A physician at Cornell University agrees, claiming that the correlation between animal protein intake and fracture rates in different societies is as strong as that between lung cancer and smoking.

There is also evidence that our calcium RDAs are set too high. The Physicians Committee for Responsible Medicine writes, "It is a common myth that people should increase their calcium intake. Mostly, they are encouraged to take supplements and to drink more milk. But milk may not 'do a body good.' The highest rates of osteoporosis are in the industrialized Western nations which are the biggest consumers of milk."

Their opinion on calcium is supported by a number of studies. Thus, African Bantu women eat about 350 mg calcium per day. (The current American RDA is 800-1500 mg). They have on average nine children, each whom they breast feed for two years, placing significant demands on their calcium stores. Yet osteoporosis is almost nonexistent, even in Bantu women over 65 years of age. In the US, the Harvard's Nurses' Health Study of over 57,000 women found that women who consumed the most calcium from dairy products had almost double the rate of hip fractures compared to women who got the least calcium from dairy. And a study of 6,500 rural Chinese who primarily got their calcium from vegetables found osteoporosis to be uncommon.

Finally, a recent study showed that post-menopausal women who

> reduced their calcium and animal protein intake while increasing the amount of magnesium and vegetables in their diet actually reversed their age-related bone loss. (These women took a daily supplement

containing 500 mg calcium and 600 mg magnesium. In contrast, most calcium supplements sold today provide 800-1000 mg calcium combined with 400-500 mg magnesium). Studies like these cause some researchers to question whether we should follow the calcium recommendations of the FDA. The final word on how best to prevent bone loss has not been spoken. Certainly, if you eat a lot of animal protein (whether in the form of meat, chicken or dairy), you may well need to take a high dose calcium supplement because those foods leach calcium from your bones. Overall, however, it seems that reducing the amount of animal protein in your diet while eating a lot of calcium rich vegetables (e.g., broccoli, collard, mustard, turnip greens, beans, tofu set with calcium, and nuts) and perhaps taking a daily magnesium supplement is a better choice for your long-term bone health.

August 10, '07

Mon: 4pm-8pm Tues & Wed: Closed Thurs: 4pm-8pm Fri & Sat 12pm-9pm Sun:12pm-8pm



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Buddhism Continued from page 1

As in past years, the optional morning meditation (at 8:30) will be in David Smith's elegantly carved Kudus House. Dr. Hori's talk (at (9) will be in the restored Chinese House, also the venue for the afternoon's panel discussion with teachers from various Dharma traditions. A vegetarian lunch is included.

Come, spend the day, think about and discuss these and other ideas with Dharma teachers, old friends and new ones, at the all-day retreat, Sunday, August 26th, for Buddhists and non-Buddhists. Early registration (\$80, members and college students, \$70) is recommended, as space is very limited. Details and registration are at Books by the Way, pszen.org, or phone 206-463-4332.

"More than a century has passed since the first Japanese Zen monk, Shaku Soen, came to North America in 1894...the first of the serious Zen practice communities did not open until 1959... by 1975 there were more than a hundred such centers. "Today, there are thousands in the US and Canada. How have traditional Zen practices survived and thrived here? Have they changed, and how?

"In the West, a person is an autonomous being, who exists independent of social roles and relations. For most societies outside the influence



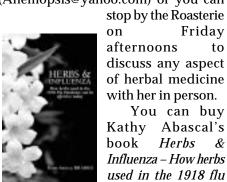
Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She recently started a blog which you can read at www.herbsandinfluenza.com/blog.

You can email her if you have questions about herbs (Anemonsis@vahoo.com) or vou can



of the European Enlightenment, however, a person is not independent of social roles and relations; quite the opposite, a person has identity and uniqueness only because of his or her social relationships. Buddhism developed in societies in which the person was perceived as having been created from social relations"...unlike our current Western society that prizes individuality above society.

Our keynote speaker, Victor Sogen Hori, is a third-generation Japanese-Canadian, associate professor of Japanese religions at McGill University, Montreal, who spent 13 years as a Zen monk in Kyoto following his Ph.D. in philosophy from Stanford. He has written several books, among them: Teaching Buddhism in the West: From the Wheel to the Web and Zen Sand: the Book of Capping Phrases for Koan Practice.



afternoons to discuss any aspect of herbal medicine with her in person. You can buy Kathy Abascal's Herbs & Influenza – How herbs used in the 1918 flu pandemic can be

Friday

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.

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





been unburdened of a moral issue and have somehow set yourself free from the expectations of others. People may hold you to a higher standard than they hold themselves. This is not really a compliment; it's one of those excusable hypocrisies that will be harmless enough as long as you don't let anyone sit as your judge and jury, or for that matter dictate what is supposed to be fun. You need people around you who are not only forward thinking and who value their freedom, but who understand that when you put your feet on the ground, you're being supported by the world. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) Why is the past such a burden? Well, the past is really the only burden, or perhaps more accurately, the location of what holds us back and holds us down. You are being asked to remember something now, so that you may forget it later. Today it seems heavy, cumbersome and like your freedom is restricted by difficult circumstances. When you make up your mind that the past is over and that what you experienced there has no life other than what you give it, you may decide those circumstances that hold you back are meaningless. Freedom starts with the idea that you are free. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) You are on fire these days, and you clearly have the answer for everything you've been questioning. Be prepared to make a discovery that gives you an opportunity to pause and wonder not only what you were thinking, but whether you were thinking. What appears on the radar over the next few days is likely to be more imaginative and more practical than a concept that has kept you busy for days on end. It's not a sacrifice to give up what does not work, but it's surely a gain to accept what does. The solution may seem less practical at first, but that effect won't last long. Eric Francis has more of your astrology for you at PlanetWaves.net. Cancer (June 21-July 22) Certain factors are leading you to question what is possible, yet others are demonstrating what is inevitable. Give your doubts a voice; their concerns will be answered. However, please don't dwell on what could go wrong when so much is obviously going beautifully. You've

Aries (March 20-April 19) You've negotiated your way through narrower openings than this one. Yet you have probably not taken resources like the ones you have available now and turned them into something that can work so well for you in the long run. Your doubts are among those resources because they will tell you what you think you lack. Then with that information, you get to discover the truth. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) Your current state of affairs is not only less complicated than you think, but you are closer to a significant breakthrough than you're letting yourself imagine. You seem to have this idea that if you hold your breath, the world won't run out of oxygen — as if it's all your responsibility. I propose that if you breathe, you'll discover there's plenty of air for everyone. As the next few days unfold in all their strange excitement, keep connecting one breath to another. Remember that life is not about who you are supposed to become, it's about who you actually are now. At the moment, who you are is pounding on your door. Or rather, your back door. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You can be certain of one thing, which is that you're the only person who understands your own motives. This being the situation, please don't mistake misunderstanding by others as an intentional refusal to get where you are coming from. Others may perceive you as having precisely the opposite motives as you do. If you don't take this misunderstanding personally but rather strive to open a window on your intentions so that others may look in, you'll have some original opportunities to gain allies who can help you advance at least one extraordinarily important professional goal. Eric Francis has more of your astrology for you at PlanetWaves.net. Libra (Sep. 22-Oct. 23) When you finally look directly at a situation, belief or attitude, you'll see that it's less scary than you think. You have before you one of those beautiful examples of where a fear becomes an opportunity. The fear involves what others may think not just about the unique ways you want to express yourself, but about how you're already doing it. This is a story not about finding your niche, but rather about discovering that you have already found it. If you count all the ways you've already

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accomplished key aspects of your most important goals, they will seem less intimidating. And you'll notice a few beautiful possibilities that you had not considered. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) If you feel like you're using others to achieve your goals, particularly one close associate whose respect you value deeply, give yourself a break. Events will serve them as well as they are serving you. They may not be aware of this, and truly, it may not matter to them at the moment: current developments seem significant, necessary and have an enchanted quality to them. Allow your goal or objective to exist for its own sake, and trust that the results will support everyone involved. If you accept a long-term commitment from a close colleague without any hesitation, guilt or fear, this person will prove herself a vital and competent ally. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You need help, and you can have that help. Don't hesitate to seek out the assistance of someone who was extraordinarily supportive and competent in the past. Their loyalty has not changed at all, and they have their personal motives for making sure that you have the support that you need. I suggest you ask sincerely and receive graciously. What is being given is coming from a place of abundance and loyalty. Yet there is something greater at work, which is a growing sense that all goals or objectives of a certain kind are the same thing in many different disguises. What you are doing is part of a much larger plan you cannot necessarily see, but that others are already participating in. Eric Francis has more of your astrology for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) An unlikely encounter between the old and the young, or among those who strive to jump outside of sexual stereotypes, is now occurring for you. What you have in common with your unlikely bedfellow is

mutual appreciation, but also respect for tradition and necessity. Let this bond you, and let it inspire your creativity, passion and your thirst for freedom. Remember the long story that precedes this moment, and most of all, remember the debt you owe to yourself. It would appear that someone is willing to help you make up for lost time, and to reignite your curiosity about life. That curiosity is life and it is love. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) You are gazing into a dream at the moment. This dream seems to have all kinds of credibility problems. Yet if you were to suspend your doubt, you would see that you have very recently collected evidence of what is possible on this order of reality. Someone, indeed, many people, are willing to meet you face to face and on the level you need despite the flaws you perceive in yourself. Yes, you may feel you lack self-confidence these days, or like any good traits you have are merely the more fortunate results of your character flaws. But you are learning confidence, and that your shortcomings were not all they were cracked up to be. Eric Francis has more of astrology for you your PlanetWaves.net. Pisces (Feb. 19-March 20) Others seem to have finally gotten around to showing their strong side, their passionate side, their true willingness to contribute. You may be feeling like your mind is in a tight corner, but if you persist in keeping your mind open, you will not only set yourself free, you will be able to access the energy that others are offering to you. You may not be in the mood for arguments and you certainly need to make sure you have some control over your living and working environment, but with some planning and foresight these things are easily accomplished. In truth, you will be stunned at how much else is easily accomplished if you make the least sincere effort. Eric Francis has more of your astrology for you at PlanetWaves.net.

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August 10, '07

The Vashon Loop, p. 14 Island Epicure



Defeat the High Cost of Eating: Bring on the Beans

By Marj Watkins

Several people have grumbled to me lately about the high cost of groceries. They're eating more beans, less meat and less fish. According to a TV commentator on US economics, the cost of food has gone up 20% in the past year. All this talk about food price escalation sent me to my spending records. I checked.

If you look back over the past five years, the 20% inflation figure works. But comparing this year's May, June, and July grocery store spending with last year's, my household's food costs went up 46%! No wonder we're eating more beans and fewer animal proteins.

This column was inspired by Barbara Wells who asked for my recipe for White Bean Salad from the Caucasus. Don't let the long list of ingredients intimidate you. They're mostly seasonings and garnishes that make plain old white beans into gourmet food.

AZERBAIJANI WHITE BEAN SALAD

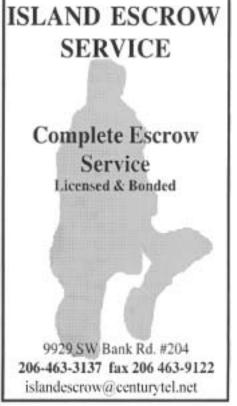
Serves 4

Mix gently but thoroughly in a serving bowl:

2 cups home cooked or canned Great Northern or White Kidney Beans, drained ¹/₄ cup Olive Oil ¹/₄ cup fresh-squeezed Lemon Juice

Salt and White Pepper to taste Cover and chill. Before serving, very gently stir in:

> 1 to 2 Tablespoons minced fresh Parsley or 2 teaspoons dried parsley



Beans peas, and lentils supply goodly amounts of fiber, proteins, iron, magnesium, potassium, folic acid and other B vitamins. Great Northern beans have only 80 calories and 17 grams of carbohydrate per ½ cup serving.

Beans can cause gas, but need not. To prevent that, add ground cumin, a teaspoonful to a dish that serves four. When cooking them at home, you can eliminate most of the gas-producing element thus: Rinse dried beans. Drain. Pour boiling water over them. Let them soak four or more hours. Drain. Add fresh water to cover and a bit more. Be sure to stir in a teaspoon of ground cumin. Cook slowly 1 ½ to 2 hours, until beans are pinprick tender.

Sprouting beans turns them into a fresh-type vegetable, letting you by-pass the whole flatulence subject. I like to sprout a cupful or two of dried beans just until their little white tails stick out. I cook them with cumin, and divide them among freezer bags or boxes. Labeled and stashed, they are ready to defrost and use in salads, chili, baked beans, minestrone, tacos, burritos or tostados.

An easy way to cook up a supply is to soak the beans overnight, in the morning drain them, place them in a crock pot, cover them with water, and let them cook slowly for 10 hours while you're at work or play.

Easy Chili: Add a spoonful of salsa piquante per serving, top with chopped fresh tomatoes, green peppers, green onions, and grated white cheddar. The more often you eat beans, the more your body develops the enzymes that digest those gasproducing proteins in them. Even people who have eaten a cup and a half of beans daily have reported that after two days they no longer produced gas. Long, slow cooking helps make them easier to digest, and so does mashing the cooked beans.



Biofuels: What's Best?

Continued from page 1

So, which bio-fuel is best? Hint: this is a trick question. As we say goodbye to oil, there are certain paradigms we need to let go of as well. One of those paradigms is the notion of a universal energy source (no, not God), similar to fossil fuels, good for powering everything, everywhere. Currently, there is no panacea. There is no energy source big enough or any technology efficient enough, to do the job alone. For example, if we converted all the corn in the U.S. to ethanol, we could only replace 12% of national gasoline consumption.

Furthermore, what fuel is best depends on our goals. If our goal is social stability through domestic production, any of these fuels is better than oil because they can be produced domestically.

However, if we want environmental sustainability, we need to pay attention to the entire life cycle of fuels including associated environmental costs of production and transportation of fuels, not just emission performance. For example, the demand for bio-diesel has caused widespread cutting of tropical forests in Malaysia and Indonesia for conversion to palm oil plantations. Because ethanol and bio-diesel are currently derived from cultivated lands, they carry associated environmental costs including water pumping, fertilization, and soil erosion. A UC-Davis Institute for Transportation Studies report showed that the largest source of greenhouse gas emissions for biofuels occurred through land-use changes, cultivation, and fertilization required for producing them. In some cases, the production emissions for ethanol were so high that there was no net reduction in emissions compared with gasoline. Transportation of raw plant products to make bio-fuels, and transportation of the fuel itself after also conversion, contributes substantially to bio-fuel greenhouse gas emissions. Environmental benefits do not accrue from transporting a product half-way around the world as currently happens with some biodiesel. So what do we do about these hitches? We find ways to make biofuels that decrease their associated environmental impacts, and we decrease the transportation costs of fuels by taking advantage of locally appropriate materials that can be used in bio-fuel conversion.

One example of this new way of thinking is happening right across Vashon's shores in University of Washington's Forest Systems and Bioenergy program where researchers are working on a small-scale mobile conversion system that can convert wood waste, from forest restoration activities, to methanol fuel on-site. Though this technology won't be marketable for another 2-3 years, it has the potential to be a valuable player in small scale energy production for forested rural communities as well as urban centers with large landfills.

Methanol can be used directly as a fuel, or as a source of hydrogen to power fuel cells. It is also used as a thinning agent in bio-diesel to keep heavy plant oils from gumming up car parts. Currently methanol for biodiesel is refined from natural gas, a fossil fuel.

A draft report from the Forest Systems and Bioenergy program shows that bio-methanol from forest restoration activities and municipal waste in Washington, Oregon, Idaho, Montana, and California can replace most of the gasoline or up to 25% of the total electricity consumed in these states. At the same time, bio-methanol use would reduce the total carbon emitted per state by 23-81%, depending on whether methanol is used as a gasoline substitute or in fuel cells. Another advantage of methanol conversion is that it recycles waste products from forests, farms, and municipalities. So, this technology doesn't require cultivated land. It can decrease fire risk in forests, decrease municipal waste, chew up woody invasive species, and convert all of this to fuel. If you are living in lowa looking out over waves of corn, converting those last few maple trees to methanol probably isn't the best solution. But, methanol could be an important part of our energy portfolio in the Pacific Northwest. In saying goodbye to fossil fuels we have the potential to say goodbye to an entire way of thinking about how we power our world. Tremendous possibility exists in solar, wind, and biofuel. But we need to drop old paradigms and approach energy from a wider viewpoint that includes a creative mix of energy solutions that are locally appropriate and environmentally sustainable all along their pathways of creation- from the source to the end product. Which biofuel is best? It depends on what you care about and where you live. http:// More info: www.cfr.washington.edu/ research.Forest_Energy/, http:// steps.its.ucdavis.edu/

r ·····

1 Tablespoon chopped fresh Dillweed, or 1 teaspoon dried 1 Tablespoon finely chopped fresh mint leaves, or 1 teaspoon drilled

Garnish with:

2 Green Onions, tops included, thinly sliced

1 medium-size Tomato,

preferably vine-ripened, cut in 8 wedges

1 hardboiled Eggs, quartered 8 black Olives

This may be served as an appetizer, side dish, or as the main dish of a cold lunch or summer supper. Complete the menu with potato salad, wholegrain bread and real butter, and a beverage of your choice.



The Vashon Loop, p. 15



"The Least of These"

By Deborah H. Anderson

The chocolate ice cream oozed in crevasses waiting to be licked. Their sweet faces wide-eyed that Deborah would allow such a luxury. Ever so slight concern showing in their grip that at any moment a decision might be made that enough of the forbidden fruit had been consumed. Sitting almost on top of each other hip to hip because of so many years of living in each other's time zones. Brothers from another mother.

Since we started going to Family Camp at Camp Burton in 1984, it has been one of the top three weeks in our family's life each year. This small paragraph is a plug if you're looking for a great on Island vacation.

The past year has been special. Ten little charges have spent their days with me in various configurations at three different houses. For me, it's the same as those ice cream cones my two longest and strongest were now consuming. I love being around children. I love listening in dialect. I love watching them grow. For some it's like watching grass grow. For people like me it's like watching miracle after miracle.

Unfortunately, I keep apologizing when people ask what I am doing. I quickly explain what else lies in the future five years hence; a sad legacy from my scene design professor of many years ago who when prophesying over a bunch of us performance majors looked at me and declared:

"Oh God, no! I know what's going to happen to you! You're going to end up living in Detroit with six kids putting ketchup on steak!!" I took it as a curse. For all these years since I made the decision to not go to New York City and audition my little heart out with the rest of the theatre grads, I had been oppressed by the notion that my love of children was so shameful I must hide it amongst polite society We don't value children much in American society. Caregivers and teachers are paid less or equal to the people who check out groceries. Social workers who monitor child welfare are overbooked. Baby Einstein rakes in gobs while studies show TV for children under three warps their brains, literally. The average maternity leave is six weeks, twelve if you're lucky. Couldn't be

worse for babes. Indeed we treat childhood like it was a communicable disease that one waits to pass.

To love children is to love being in relationship.

To love children is to sit in the middle of a moment and linger, suspended in motion, while they cruise around in that same moment.

To love children is to live in a different time zone that has neither haste nor hurry.

To love children is to sit at ground level and watch at a pace the world finds distractingly slow i.e. boring

To love children is to accept them as separate beings who, like little acorns, have all the potential for adulthood encased within them and yet, like seed to tree, are in an entirely different form.

To love children is to utter the phrase many times over, "Tell me what you heard me say" because your words may have made their way into their ears but not their brains. There might be something more important like a crawling bug or a rivulet of water dripping over the edge of the swimming pool making dust into lovely mud.

To love children is to love the child in you and realize that whatever we accomplish is only as great as our ability to cherish that which we experienced when we were the ones in the grass with the spring croakers or curled up with our first chapter book.

Here on the Island we do value children. Out of over 500 communities in Washington, we rank thirty second for wealth (wikapedia). Thirty second gang. Thirty second. That's a lot of money. We have 1/150th the population of Manhattan. That's a lot of resources we enjoy.

Let's have one more luxury. Let's have a school board that loves children in ways that support relationships. Every study ever done on the subject show that learning is caught not taught. This small paragraph is a reminder to vote.

By the way.....Jim Wright, if you are still around somewhere. Loving children is as big a high as a well counted light cue. No more apologies for me.



Senior Citizens Needn't Be Alone

Continued from page 1

suspect some seniors do not know about. It is the Vashon Community Care Center's "Break Time" program. It's from 10 a.m. to 3:30 p.m. Monday through Thursdays. Cara Aguilara is the director. Approximately 12-14 seniors are present each day and fees are based on a sliding scale. Some disabled seniors obtain help with costs through COPES. Many participants are brought by the Access bus, which must be applied for a month ahead of time. There is usually some social activity around tables which have changing tablecloths and themes. There are items of interest placed on the tables, stimulating conversation and decreasing isolation. There are crossword puzzles and games to play, activities with school children, walks around the facility and feeding the ducks. There are gardens to walk through or sit in during nice weather. Musicians visit, preschool and Harbor School children participate in activities with the seniors such as sidewalk chalk

drawings and writing poetry. There are occasional excursions by bus, like the time everyone went to see the tulips and enjoy a salmon BBQ hosted by the Kiwanis.

My dad has been going two days per week for a year and a half. I occasionally visit him there and notice that all seniors are treated respectfully and kindly. The atmosphere is light and fun and there are days I'd like to get away from it all and hide out there. Dad was reluctant to spend the money at first, but now he enjoys the company when the rest of us are at work. So seniors, if you are sitting alone at home finding it difficult to face just one more frozen lunch entrée by yourself, give Cara a call (567-4421) or email her at cara.aguilera@providence.org and she'll set up a day for you to come check it out for yourself. After all, says dad, "It's better than sitting around here all day!"

And scene. Love Deborah

Deborah Anderson will be teaching a series of child centered workshops on the Island this fall including:

The Mad Tree and The Thinking Chair: Encouraging Self Discipline in ChildrenMaking the Switch: Adjusting to Motherhood from the Corporate World. and Encouraging the Best in your Child

ContactheratLGCmin@juno.comor206.463.4630for more details.oooo





The court jester of sport

Dear Fans,

(I've always wanted to start a speech like that!)

I'm going to hit you with some musing, then one very cute futuristic picture, and a few poems/ monologues, by none other than the Modern Day Bull Goose Looney!

So, the Mariners have won three in a row, right after losing seven in a row. Perhaps the most streaky team in the MLB, and I can't help thinking that their win-loss trend is somewhat similar to my writing habits. Except you can move over the decimal point to the left for the win column, that is if you're talking about quality. (For you visual learners: That would be 7 pieces of poop for every .3 pieces of good steak.) Anyhow, it's nice to have a contending team in town. I don't have much to say about the Tour de France, except that I feel sorry for that loose dog that one of the leaders crashed into early in the tour.



Eloise "Oh Yeah? You talkin' to Me!" Hendrix prepares her "cute girl" face for her future as a Roller Derby Star.

Speaking of dogs, I recently heard (on thebrushback.com) that Michael Vick has addressed PITA— soon will address the PTSA, as well, with a new Leave No Doggz Behind Planand told them that they need not worry, he has eaten each and every one of the dogs that he's killed.

The Sonics will be fun to watch. In a couple of years. If they stay around. I actually found myself watching a summer league game just to see how good Kevin Durant really is. My prediction: He'll be better than Steve Sheffler, or if that's not possible, at least he'll run the floor better than Benoit Benjamin. Also, Surgeons Generally warn opponents to be in for a long night if they're guarding Jeff Green, another one of the Sonics 1st Round Picks. Okay, enough. Enjoy the picture and the brizilliant pieces of literature.

Honestly,

Ernie

Bull Goose:

If you don't put all your eggs in one basket, then you're gonna have way too many baskets, so many that you can't carry them all, and then you realize that you should have just put them all in one, because it's way more efficient that way.

In a race between a tortoise and a hare, my friend Efran picked a tortoise, and I picked the hare. The hare won easily because hares are way faster than tortoises.

If you see a book with Paris Hilton on the cover, riding a spaceship that looks like a hot dog, shooting pickles out of her picklegun while smoking a cigarette and talking on her cell phone, it's safe to say that it's gonna be a crappy book

And Ernst Recommends... Club Drift, Stephe Marley, and AP Rapulus to Play at Ober Park on Saturday, August 11th at 8:00.

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photo by Gary Gray

by Gary Gray

Duel Meet at Mt. Tahoma HS

Ten days of straight practice and A Few Cliches written by the a weekend swim meet, in between, end with a Duel Meet at Mt. Tahoma HS with the formidable Metro Swim Team

> Vashon's Swim Team, the Seals, made a great showing in all levels and put in some dominating performances in the older levels.

> Amanda Ohmert, Becky Roecks, Tazi Flory, Jessica Danzer, and Lizzy Schoen, (pictured from L to R) take their marks in the 100-Yard FREE against a top Metro swimmer (not pictured). Flory took first pace with a commanding half-pool length win over Metro.

Most of the Seals set new personal best times at this meet.

Back to School Drive Continued from page 9

Hennessey. The Hennesseys are helped each year by islander Susan DuFresne, who runs the distribution at the Food Bank, and a host of volunteers who help at Thriftway. "Dick and Linda Bianchi of Windermere are always amazing, as is the Vashon Rotary Foundation, the Hardware Store Restaurant, and many others who are sending checks in now," Hennessy said. This year Lauri Hennessey's Camp Fire group has jumped in and is running a "jeans drive". Any islanders who have new or very gently worn jeans are encouraged to donate them in any of the bins around town. Those jeans will make all the difference in the world to Vashon kids heading into the new year. Beyond the jeans, the focus of the drive is mostly on school supplies, rather than clothes. School supplies and new clothes will be delivered two ways. They will be distributed at the Food Bank on the normal Wednesday distribution Emerson Shedenhelm swam his best freestyle race and beat his personal goal by more than 4-seconds.

As usual, there was no camera around at the end to capture the best photo - the Seals swimming their circle dance and singing their new victory chant. Volunteer photographers promise to be more vigilant next time!

Duel Meets are not sanctioned for official times but are great, nevertheless, for building team spirit and moral, practicing race strategy, challenging oneself and taking advantage in a low-key atmosphere to have fun and meet new friends.

Thank you, Metro.

day, on August 29. Supplies will also be giving to the Vashon School District, and teachers will be able to distribute them to students as needed.

So remember Vashon's children when you take that trip into Target or Old Navy this month. The new clothes may mean something to your children. They could mean something even more to someone else. Pick up the extra backpack or notebooks when you run to Thriftway for groceries. They are really such small things to do - and have such great dividends. Let's make "Back-to-School" in a wonderful memory like it should be. But let's make it that way for every child. If you want to donate to the Island Backto-School Drive, contact Lauri Hennessey at 463-1931 to donate or volunteer. Or you can email her at lauri@hennesseypr.com.

Come and check out these young King James Riley, Shiam Otis Kenyon, hipsters. You've heard of the Greg GPzy Pendergast, and Zee Beattles, you've heard of the Stones, Dominator Wolczko. Also playing

and soon you'll hear Club Drift and Others on Saturday, August 11th at 8:00 at Ober Park. They're talented, their fun, they're surreal, and they're educated! Come check out



your friends and even some of your enemies. What to expect: Club Drift (their farewell tour) is made up of

Park, these young masterminds and tell Wolczko, Josh Corliss, and David Gordon. They call themselves AP Rapulus, for good reason mind you.

the

with be Stephe

Marley and his

friendly barbers.

And, last but not

least, you'll be

able to hear the

wise words of

Rappers, that

would be Julian

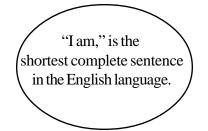
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Dee

Many people would rather die than think; in fact, most do. ~ Bertrand Russell

August 10, '07

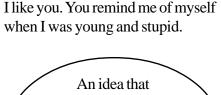




One Liners

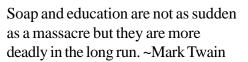
Friends may come and go, but enemies accumulate. Madness takes it's toll - Please have exact change. I made a mental note, but forgot where I put it. It's not the money I want, it's the stuff. Natural laws have no pity. Too bad stupidity isn't painful. Life is comma in the sentence of time. If the world didn't suck, we'd all fall off. Be proud of your enemies—you made them. Old musicians never die, they just decompose. I see you weren't fully debugged before release.

95% of the creatures on Earth are smaller than a chicken egg.



is not dangerous is unworthy of being called an idea at all. -- Oscar Wilde

Cowboy Wisdom: If you watch the rider behind you, he'll catch you, but, if you watch the one ahead of you, you might figure out why he's ahead.



I destroy my enemies when I make them my friends. — Abraham Lincoln

To expect life to treat you fairly because you're a good person is like expecting a bull not to charge you because you're a vegetarian.

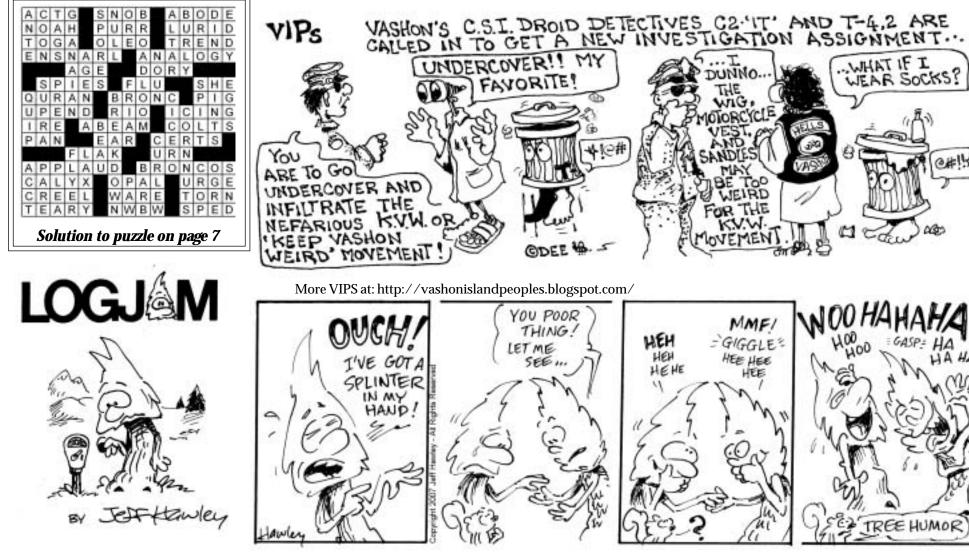
Cone reason a dog can be such a comfort when you're feeling blue is that he doesn't try to find out why.

In the fight between you and the world, bet on the world.

So far I'm just weird—but I'm saving up to become eccentric.

OFFSHORE





CENTRAL BARK SIT. HTS LTSP CONFUSES ME

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms?" Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught. -- Oscar Wilde

and



World Music and Dance on the Rock

VAA hosts world music and dance festival Saturday, August 11 5 pm to 8 pm Camp Burton Outdoor Amphitheater \$5 ages 12 and under \$12 VAA members, seniors, students \$14 general admission **By Janice Randall**

Celebrate diversity with World Music and Dance on the Rock, Saturday, August 11, 5 to 8 pm at Camp Burton's beautiful waterfront amphitheater. The Island-based Tabla player Kuntal Roy from Kolkata, Brazilian Samba group will launch India the evening with their inspired moves made famous by their presence in Strawberry Festival Parade. Then, Latin Duo, Correo Aereo will play their inspired



Tabla player Kuntal Roy from Kolkata, India



traditional music of Venezuela, Mexico, Argentina, and Peru. Next, The Nritti Ensemble, comprised of Seattle based sarod player, Brandon McIntosh; Kuntal Roy, tabla; and Archana Kumar, Northern Indian classical dancer will perform.

Headliner, Maya Soleil, longknown for their Afro-World fusion music and award-winning dance will perform traditional acoustic African folk with vocals, costumed dancers. and traditional instrumentation. Middle East Arts International will showcase three dancers and a drummer between sets. Island Henna artist, Kara Jones will demonstrate the healing, ancient body art of mehendi. World wraps, salads desserts and beverages will be available by Island Gourmet. Special thanks to festival sponsor Boeing and co sponsor Vashon Park District.

Free Concert in the Park Lukenfranz

Lukenfranz brings original music to Ober Park Thursday, August 23, 7 to 9 pm

Island guitarist Luke McQuillin is back on stage with a tight group of Island musicians that has evolved since his Vashon Allied Arts New Works show two years ago. "Since then Lukenfranz has morphed into a more specific group," he says.

Expect intelligent, complex new songs and arrangements from McQuillin and Island musicians: Jack Barbash, keyboard; Jason Everett, electric bass; Van

By Janice Randall

Crozier, saxophone; Fletcher Andrews, drums and percussion. "This show will be all instrumental. I don't know how to categorize it except for maybe progressive rock," said McQuillin who wrote all the tunes except for one or two written by Barbash.

McQuillin attributes the legendary Eric Clapton and genre-bending guitarist Robbin Ford as two of his greatest influences. McQuillin (whose claims to fame include opening for and/or touring

with: Bonnie Raitt. Little Feat, Bob Seger, Mamas & Papas,



Ultimatum 8/10 - 8/16 Sicko and No Reservations 8/17 - 8/23 Coming Soon: Hairspray and The Simpson Movie! Vashon Theatre 463-3232 for more Acoustic Folk-Rock-Pop and Will Van Spronsen Cowboy Trance Love Ballads Saturday, August 18, 7:30-10:00 John Nelson Or, for show times and info, Acoustic folk/blues, harmony vocals check www.vashontheater.com Sunday, August 19, 6:00 - 8:00 Vashon Celtic Players Our 60th Year!

Last Call for Virginia V Cruise

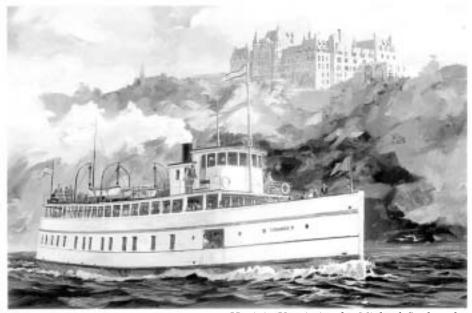
an afternoon cruise on the last Mosquito Fleet steamer on the West Coast? Some tickets are still available for the popular summertime cruise on board the National Historic Landmark Steamer Virginia V on Sunday, August 19th.

This year's Virginia V Heritage Cruise will feature a new connection to Vashon's College's popular Vashon 101 course. A new on-board program developed collaboratively by the Vashon-Maury Island Heritage Association and Vashaon College features commentary by experts in Island history, ecology and geology, giving By Holly Taylor

Haven't you always wanted to go for areas frequented by Native Americans for hunting, fishing and gathering, to bluffs that show evidence of glaciers brought by the last ice age.

The cruise on Sunday August 19th will depart the Vashon passenger ferry dock, adjacent to north end dock. Boarding begins at 12:30 p.m., the vessel departs promptly at 1:00 p.m. and returns approximately 5:30. The route will circumnavigate Vashon and Maury Island, with a peak into Quartermaster Harbor if time permits.

Tickets for the cruise are \$75 per person (\$60 for Heritage Association members - a great reason to join the





Catfish Hodge and more) currently plays with several Island groups, 501, TDQ and Loose Change. But his main focus of late has been to create a sound studio in his home for recording. "I've got several tunes in the can already," he said. "And be looking for a Lukenfranz CD in spring '08." Sounds like a CD release party in the making. The free Concerts in

the Park Series is brought to you by Vashon Park District, Vashon Allied Arts and Windermere. Bring picnics, lawn chairs and kids, but no alcohol in the park please.

Virginia V painting by Michael Spakowsky

passengers a unique understanding of Vashon Maury Island Heritage the Island's natural and cultural history.

Although passengers do not need to be enrolled in the course, anyone who is interested in taking Vashon 101 starting in September is encouraged to go on the cruise as their introduction to the course and orientation to the Island. The cruise offers an opportunity to see many unusual aspects of the Island, from the 19th century waterfront communities known as "whistle stops" to shoreline Association today!). To purchase tickets, send a check to the Heritage Association at PO Box 723, Vashon WA 98070 or stop by the Heritage Museum on Wednesday 1-3 or Saturday 10-1, or Books by the Way during regular business hours.

The fine print: wear soft-soled shoes; bring your own picnic lunch, no alcohol allowed.

For more information, contact Dick Gordon 463-3168 at or gordons3@juno.com.

Photo courtesy VAA



Final World Music Concert and Folk Dance to Live Music!

Islewilde Continued from page 1

Free at Corbin Beach-Music at the Water's Edge Monday, August 20, 2007, 6:30 p.m.

On Monday, August 20th at 6:30 p.m. there will be the last of this summer's World Music concert and folk dance parties sponsored by Vashon Park District and Vashon Folk Dancers. Come to Corbin Beach to celebrate the end of summer with music by Mary Sherhart and Balkan Cabaret. Bring-your-own-picnic, no trashbash (No Trash Bash: Bring your own non-disposable dishes/ utensils)

MARY SHERHART with the BALKAN CABARET

Balkan Cabaret formed in May of 2001 when Mary Sherhart, Balkan vocalist, started working with the Balkan dance orchestra Nishava. They had a common desire to revisit and perform those wonderful Balkan standards heard in cafes, many from over 50 years ago. They are a group of dedicated artists who have spent many years both in the Balkans and here in the U.S., learning the music,

songs and dances from Bosnia, Bulgaria, Croatia, Macedonia and Serbia. Mary has recently returned from a six-week residency in Bosnia, studying and recording with legendary sevdah artist and teacher Omer Pobric, and has recently been touring with Mr. Pobric to Bosniak communities throughout the U.S. Balkan Cabaret has also just returned from a mid-west tour and members of the group were flown to New York City to play for Mark Morris' opening night celebration at the Brooklyn Academy of Music (BAM). They have once again been nominated by The Seattle Weekly as one of Seattle's Top Bands in the world music category performing the emotionally intense songs and upbeat dance tunes of the Balkans. Balkan Cabaret's music is all acoustic and features: Joe Finn, violin; Michael Lawson, accordion

and vocals; Steve Ramsey, guitar, tambura, bugarija and vocals; Mary Sherhart, vocals; Rich Thomas, double bass and vocals.

Balkan Cabaret brings the passion and poetry of traditional ballads and favorite old standards from the cafes and cabarets of Belgrade, Sofia and Sarajevo, and other Balkan cities from long before the influence of rock and roll. Their performance spans Sevdalinka Bosnia ballads from and old Hercegovina, town Starogradski tunes from Bulgaria,



Corbin Beach is a very special spot on Vashon. The event will be held at Enid Dolstad's clay tennis court (excellent for dancing) on the west side of Vashon, at the water's edge. There will also be a short dance class at 6:30 pm. If you like traditional music, you will enjoy this 5-piece band and the setting where the music will take place. Please carpool, park your car on Burma Road, bring a flashlight and walk down to Corbin Beach. Parking is extremely limited.

Families are most welcome. However, parents are advised to please be prepared to keep an eye on your children and bring an extra set of dry clothing and a towel for them - the kids often get soaked playing in the water. Children are also welcome to dance to the music. This is a child friendly event. No partners or experience necessary to participate in the dancing.

For further information call Martin Koenig, 463-1238.

DRIVING DIRECTIONS: Heading south from the and favorites of many generations Fauntleroy/Vashon ferry dock from Croatia, Serbia, and proceed south on the main highway, turn west (right) at Burma Rd. (The sitting and listening while enjoying street sign also says Corbin Beach Rd. and Sylvan Beach Rd.) Note: This turn is a little bit south of where the highway curves to the east and goes past the north end fire station.)* After turning, take the first left. After passing a set of mailboxes on your right you will come to an intersection where you have a choice of going straight, turning right, or turning hard right into a driveway. Take the right turn here not the hard right (the rule of thumb is, NEVER GO UPHILL). You will now be on Corbin Beach Rd. Park your car and walk down to another set of mailboxes. Turn left on the dirt road. You are there! (*If you are coming north from Tahlequah, you will travel almost the entire length of the island and will turn left at Burma Rd.)

Backbone Campaign's Procession for the Future, constructing a pedal powered ice cream maker, creating an Illuminated Pageant for Friday night that artistically and theatrically recreates last winter's devastating storm, recycling clothing in the swapo-rama-rama, building a Shadow Puppet Show, calling a Council of All

Beings, and as always, creating the crazy and wet Water Bucket Circus. The public is invited to participate in the workshops; there are minimal workshop fees, and scholarships are available. Many hands are needed to create the spectacular weekend performance.

The free public performance begins Friday night at 7 pm with crystal bowls and a ritual performance, followed by the annual Lantern Walk through the forest around Agren Park. After the Lantern Walk will be the Shadow Puppet Show and an Illuminated Pageant.

Saturday's festivities will open with a parade at Agren Park at noon, Magical Dress-up, a public Juggling workshop, the Water Bucket Circus at 2 pm, Deep Ecology Theatre at 3:30, including a Council of All Beings and Theatre of the Oppressed, and the Big Show, the 16th Islewilde Pageant, at 6 pm. Throughout the day will be puppet shows and other theatrical entertainment. After the Pageant is a free dinner, open to all festival goers.

Sunday is the "Strike" - a massive and fun clean up party, as well as the first ever Islewilde rummage sale. Islewilde is losing its storage space and will be selling many of its objects d'art and other items; we are also seeking help with storage of essential items. At the Farmer's Market last weekend I was handing out flyers to the public about signing up for workshops, wanting to encourage as broad of participation as possible. Someone said to me, "Is this open to the public? I thought it was a closed thing " On the contrary! Islewilde has opened its arms to the Vashon community and we would love to share this community-building, artcreating experience with everyone. We need more participation to share the work and the vision and to help create a more sustainable and community based festival of "Community Creating Art Creating Community." We look forward to playing with you at Agren Park this week. For more information go to http://www.islewilde.org or call Amy 567-5815.

Macedonia. There are songs for drink and conversation with friends, as well as high energy dance tunes. Whether on your feet or sitting back, you are taken to a time when feelings, reflection and community were not SO overwhelmed by the rush of technology.

Roots Magazine writes of Balkan Cabaret's vocalist "Mary sings with throaty ease and appears fluent in a variety of languages." Paul de Baros also writes in the Seattle Times "Few folk revivalists sing with such authentic heart and soul." For reviews, schedule of appearances and more, go to their web site at http://www.balkancabaret.com" www.balkancabaret.com.



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