

In this issue: Orca Annie spots a slinky Minke, how herbs move your water, a lot of kids telling jokes and much, much, more!



The Spiritual Smart Aleck finds age 60 to be a beautiful place to be.

page 11



The South Puget Sound Mosquito Fleet

page 16



Pinocchio: Truth Be Told, It's Funny

page 19

THE LOOP

Vol. 5, #10

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM May 9, 2008

Pfortner Receives Excellence Award

On May 14, Ray Pfortner, Continuing Education Instructor for Bellevue Community College's Art-Zones Program received a 2008 Margin of Excellence Award from the



Photographer Ray Pfortner photograph © Nancy Wing

Bellevue Community College Foundation. Pfortner is the Director of Education at Seattle's Photographic Center Northwest.

Continued on page 7

Her Red Hat's in the Ring



Carol Slaughter, the Senior Center's candidate for honorary mayor, reveals her true identity, "Wonder Woman." Carol is the south end "road queen," having lived at Tahlequah 52 years with her husband, Al, and family. She leads the SC's program committee, serves on the SC board and has been involved with Girl Scouts for 65 years. Just \$1 buys a vote for Carol, who's raising money for the Senior Center's operating fund. Carol promises to continue demonstrating that "seniors have more fun." You'll see her campaigning at the stop light—so vote early and often! Photo by Deirdre Petree.



Dave Warren and his daughter enjoy Shinglemill Creek. Photo by Ray Pfortner, photo prep thanks to Flash Photo.

Vashon's Water Supply

by Ed Swan

Research appears to indicate that enough water exists to sustain Vashon's water usage at current levels. However, that statement includes a couple of important caveats. First, the complex layering of silt, clay, sand and gravel that form Vashon means that while the water fills many segments of sand and gravel, others segments of silt and clay interfere with accessing the water. Water available varies from place to place. Because of the "patchy" nature of the aquifer, the process of finding, acquiring and developing new well sites to meet demand from newcomers increasingly raises the cost of water supply. Most of the large purveyors on the Island, not just District 19, no longer allow new connections. There's no panic about the water supply but expansion of use, more people and businesses on the Island, now means much higher rates. Careful use of water supplies will always be necessary, especially in summer.

Continued on page 5

VAA Buys McFeed's

Vashon Allied Arts (VAA) announced recently that it has taken a major step in its long-term effort to expand and improve its facilities at the Blue Heron Art Center campus. The oldest community arts organization of its kind in Washington purchased the property at the southeast corner of Vashon Highway and Cemetery Road, the current location of McFeed's.

When added to VAA's other properties, the purchase will eventually make it possible to provide the community with more classes for children and adults; improved facilities for music, drama and dance; and expanded gallery space to better serve artists and their patrons.

Continued on page 2

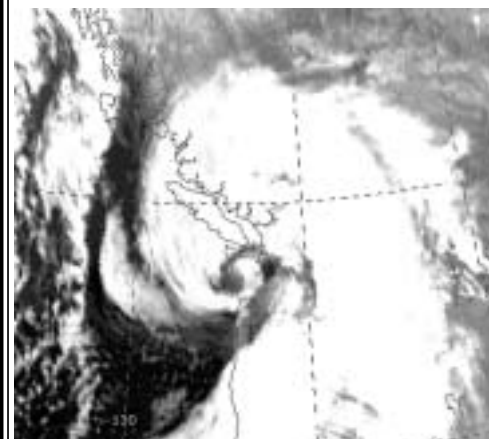


VAA now includes the McFeed's property. Photo by Janice Randall.

Cliff Mass On NW Storms

by Laura Bienen

On May 22, Vashon Audubon program will feature Dr Cliff Mass discussing "The Great Wind Storms of the Pacific Northwest". For listeners of KUOW, Dr. Mass' name will be quite familiar. Dr. Mass is a regular presenter on the



The storm hits Vashon. UW courtesy photo. somewhat baffling topic of our local weather. He is a professor of atmospheric science at the University of Washington, and the author of an upcoming book called *The Weather of the Pacific Northwest*.

Continued on page 8



VoV's current antenna. Photo by Rick Wallace.

The Third Tower

by Jeff Hoyt

"The Third Tower." Sounds like a new Lord of the Rings sequel. For Voice of Vashon, though, "The Third Tower" means...completion. When VoV Standing By funds and installs its third and final transmitter and tower, an accessible radio signal will essentially blanket all of both Vashon and Maury Islands.

Continued on page 16

Get in *The Loop*

Submissions to the Loop

Do you have an announcement or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Hunter Safety Course

A hunter education class for Vashon will be offered beginning May 14th. The class will meet at the Vashon Sportsmen's Club at 7:00 pm. The course will run for two weeks meeting on Wednesdays, Thursdays and Saturdays. The State of Washington requires all first time hunters born after January 1st, 1972 to successfully complete this course. Students receive instruction in hunter safety, wildlife conservation and sportsmanship. The course will be taught by Phil Volker, Bob Stougard and Fred Hansen. Please call 463-5253 or 463-2302 to pre-register.

Green Party Book Club

The Green Party Book Club will have their May meeting on Sunday, May 25th, at 2 pm at the Vashon Tea Shop. The book that we will be discussing is the futuristic novel "The Shell Game" by Steve Alten. All are welcome to attend. You don't need to be a member of the Green Party to join us!

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.

The Vashon Loop

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Published every two weeks by Paradise Valley Press

© May 9, 2008 - Vol. V, #10

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An Afternoon with Cindy Sheehan

Sunday, June 8th, Noon to 2 PM, Vashon High School Theater. "A Revolution of Values: Moving from a War Economy to a Peace Econom." Tickets: \$10-25 (sliding scale): Purchase tickets at the Vashon Book Shop or Books by the Way.

Vashon Greenmapping Workshop

The Social Ecology Education and Demonstration School (SEEDS) is honored to have the opportunity to sponsor an interactive greenmapping workshop at the Chautauqua Elementary School cafeteria on Saturday, May 10th, 10:00 am - 2:00 pm. This workshop will be led by Beth Ferguson, a prominent activist artist who has worked with the Beehive Collective and Cycle Circus, and who has developed greenmaps of Victoria, B.C. and Cuba. A current MFA candidate in Design from the University of Texas, Beth completed her BA at Hampshire College in Ecological Mapping, Art, and Community Development. Beth has worked for 8 years with the Green Map System located in New York City, which promotes ecological and cultural resources through maps. She has worked as a graphic designer, curriculum developer and special projects coordinator for their NYC based projects and served as a liaison for Spanish-language Mapa Verde projects. Her artwork has been published and exhibited in numerous venues, festivals, and publications. To learn more about Beth Ferguson's projects click on the following links: moregardens.org greenmap.org cyclecircus.org beehivecollective.org and rhizomecollective.org

The Vashon Greenmapping Program is designed to create a visual inventory of natural, cultural, and green living resources on Vashon. The program involves creating a product, an attractive and accessible map, and a dynamic process of generating inclusive community awareness and participation toward a sustainable future. Through the Greenmapping Program SEEDS aims to strengthen local-global sustainability networks, to expand the demand for healthier, greener choices, to stimulate and celebrate ecological citizenship, and to help successful initiatives spread to more and more communities.

VASHON PLEASE HELP SUPPORT



Join us May 17th at the Vashon Sportsmen's Club from 7-11pm. Dance to the R&B tunes of Loose Change and celebrate the good work of our island children. Food, wine and beverages will be served. Donations will be accepted at the door.

Amigos de las Americas is a non-profit organization that sends young volunteers to Spanish speaking countries to work in communities on health and community development projects.

Thank You!!!

Please come and donate so our island kids can participate in this great program

2006 Photo of the Year: Host Cohen, Lorraine, Honduras

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Continued from page 1

VAA Buy's McFeed's

"This is a great opportunity for VAA and the entire community," said Scarlett Foster-Moss, President of VAA's Board of Trustees. "Our staff and board have long dreamed of building an arts campus around the Blue Heron building. We now have gifts totaling almost one million dollars to put in motion the eventual realization of this dream. This opportunity exists thanks to the generosity of some very special people, including a substantial lead gift from an angel donor, Mrs. Kay White."

VAA's Executive Director Molly Reed indicated that the new property opens up a world of opportunities for VAA. "As we explore expansion options we know two things," stated Reed. "First, our beloved Blue Heron Art Center is the focal point of anything we do, but the old building does need some extensive facilities upgrading. For example, anyone who has been in our main building — used our facilities, so to speak — will celebrate a little bit when they

learn that this corner lot will make it possible for us to connect to Vashon Sewer District lines and decommission our ancient and ailing septic system. So we will look at ways to modernize the building while carefully preserving its historic status."

Lead donor, Mrs. White, a thirty-year resident of Vashon, is active in the Vashon Island Chorale. Her interest in the arts led her to VAA. When asked why she chose VAA as the recipient of her donation she replied, "I can't imagine any group better suited than VAA to nurturing our homegrown arts and at the same time providing all of us with the quality facilities that we will need to serve our arts community far into the future. When I spoke with them about their needs, I felt I could certainly help out."

The property was purchased from Steve Brown and Sally Fox. VAA plans to keep the McFeed's store as a tenant on the new property until any possible expansion plans are finalized.



Troy and Marie Sell Zoomies

Hungry for a lifestyle change? Interested in being part of the local economy? Ready to pursue your dream? Read on...



Troy: Marie, I am really excited to be selling Zoomies Burgers & Ice Cream to the next Island entrepreneur who wants to kiss the daily commute goodbye. No more ferry lines, no more ferry fares!

Marie: Yes, it's really a great opportunity for someone to make a change in lifestyle. If I were commuting I would be jumping at the chance to get into a profitable turnkey business right here on Vashon.

Troy: And all the burgers you can eat!

Marie: Yes, that's true. And you can eat a lot of burgers, darling.

Troy: Hey, maybe we should buy....

Marie: Don't even say it. We already have a real estate career we love, and not a free minute to spare. But it would be fun. And since it's an independent restaurant rather than a franchise, the owner can change the menu to whatever customers are asking for. In fact, there are tons of menu options at Zoomies right now besides burgers - like Thai dishes and chicken curry.

Troy: And a delicious spaghetti. But you're right. We're much too busy to run a restaurant. However, I do think I need to do my professional duty by sampling everything on the menu so I can fully explain the business opportunity to potential buyers.

Marie: I'm thinking they may be more interested in financial statements and equipment lists and lease agreements and such.

Troy: Honey, you are great at that stuff, and I am kind of a French fry connoisseur. So here is how I propose we split up the work. I'll sample the menu - that will take days. You just pull all the paperwork together and do the advertising and stuff. I know, I know - you're going to say that's not fair, since I'll be putting in so much time. But I'm OK with it.

Marie: Wow, you are too good to me.

Troy: You're worth it. Hey, maybe we should tell people that if they subscribe to our monthly e-newsletter they will get a coupon good for \$1000 off the price of Zoomies! That's definitely the most valuable coupon we've published so far.

To get your FREE monthly e-newsletter, email marie@yourhtr.com. If you don't like it, you can just un-subscribe. But we're betting you won't. If you're interested in learning more about buying a business or a house - or if you have one to sell - just give us a call at 206.463.LIST (5478). We'd love to work for you.

Zoomies Burgers & Ice Cream

First opened as a Dairy Queen in the early sixties, this local institution has been operating as an independent restaurant for the last five years, serving burgers, ice cream, and more to Vashon kids of all ages.

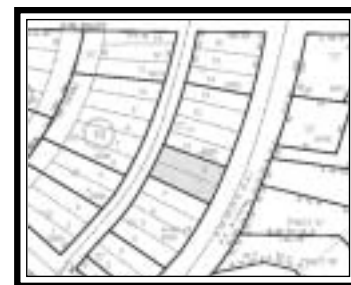
\$150,000

MLS # 28078037



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MLS # 28074314 **Recreational lot \$39,000**

www.vashondream.com

Nestled in the heart of Vashon Island, this 9 acre property consists of a Northwest style 2800 square foot private residence on a separate two acre lot, and seven adjoining acres that include a two story log house fully equipped with a kitchen, bedrooms and bathrooms, an enormous barn converted to a recreational facility, with a kitchen, bathrooms, and private bunkhouses, a cantina, and assorted outbuildings and amenities.
\$ 1,300,000. MLS # 28058571



Eco-sensitive, cute

- ☛ 1 bedroom
- ☛ 1 Bath
- ☛ Office space
- ☛ Basement

\$299,000

MLS # 27192127 13533 SW 171st St



Build Your Dream

Shy two-acre lot overlooking the Sound, the mainland, and the mountains beyond. Paid Heights water share, approved 3 BR septic design, and house plans included.
\$295,000



8135 SW Dilworth Rd

Spacious Waterfront



Tastefully renovated, bright and spacious Hardwood floors, two fireplaces, dormers Your own stretch of waterfront and 1.6 acres
4 BR, 1.5 bath, 2320 sq ft
\$669,000

8410 Quartermaster Dr SW

Contemporary View



Your own Mount Rainier, larger than life Top of the line finishes Private, peaceful, ADA accessible 4 BR, 3.5 bath, 1940 sq ft
\$589,000

9225 SW 274th St

Most House For the \$

Daylight basement w/ separate entrance. Brick exterior, retro chic kitchen, hardwood floors Top of the world views, close to public dock and park
3 BR, 1 3/4 bath, 3420 sq ft
\$525,000



9515 SW 268th St
MLS 28036327

Cute cottage!



- ☛ 2 Bedroom
- ☛ 1 Bath
- ☛ 2 Garages
- ☛ Full Basement

\$319,000

14605 Bethel Ln SW MLS # 27192127

Hear the water



- ☛ 3 bedroom
- ☛ 2 Baths
- ☛ .30 Acre
- ☛ 1472 SQFT

\$359,000

13536 SW 171st St MLS # 27191401

Serene, Private



- ☛ 3 bedrooms
- ☛ 2 1/2 Bath
- ☛ fully fenced
- ☛ walk to buslines

\$415,000

21710 101st Lane SW MLS # 28027553



Partial view, 2.3 acres 100% remodeled with contemporary style Bright, inviting, affordable
3 BR, 1 3/4 bath, 1200 sq ft
\$349,000

10682 SW Cedarhurst Rd



Convenient location, loads of possibilities Separate cottage, recently renovated Sunny yard, mature landscaping 6 BR, 5 bath, 2020 sq ft total
\$439,000

MLS # 28037749

16503 Vashon Hwy SW

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- ☛ 3 Watershares
- ☛ 4.27 Acres
- ☛ Zoned R-4
- ☛ On Sewer Line

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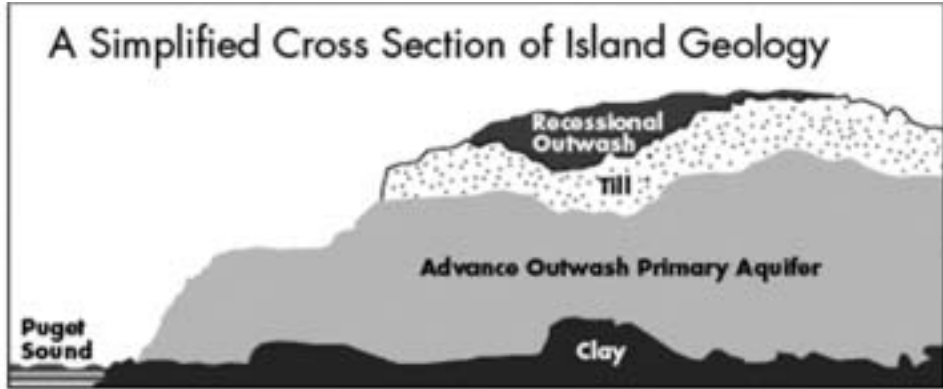
What's New with Island Water?

by Susie Kalhorn

Overview : King County Water and Land Resources Division (WLRD) staff have been monitoring the Island's groundwater, stream flow, and precipitation for a number of years in order to better describe the Island's water budget and overall water quality. They have also been developing a computer model of the Island's hydrogeology as a tool to help evaluate how future growth, land-use choices and climate change could affect the Island's water resources. This work started in 2001, is done in coordination with our own Ground Water Protection Committee (GWPC), and is funded primarily through a surface water management assessment on property. The success of the project depends on the many Islanders who collect water level data from their wells, precipitation rates from rain gauges, and agree to have water-use meters installed on their private wells.

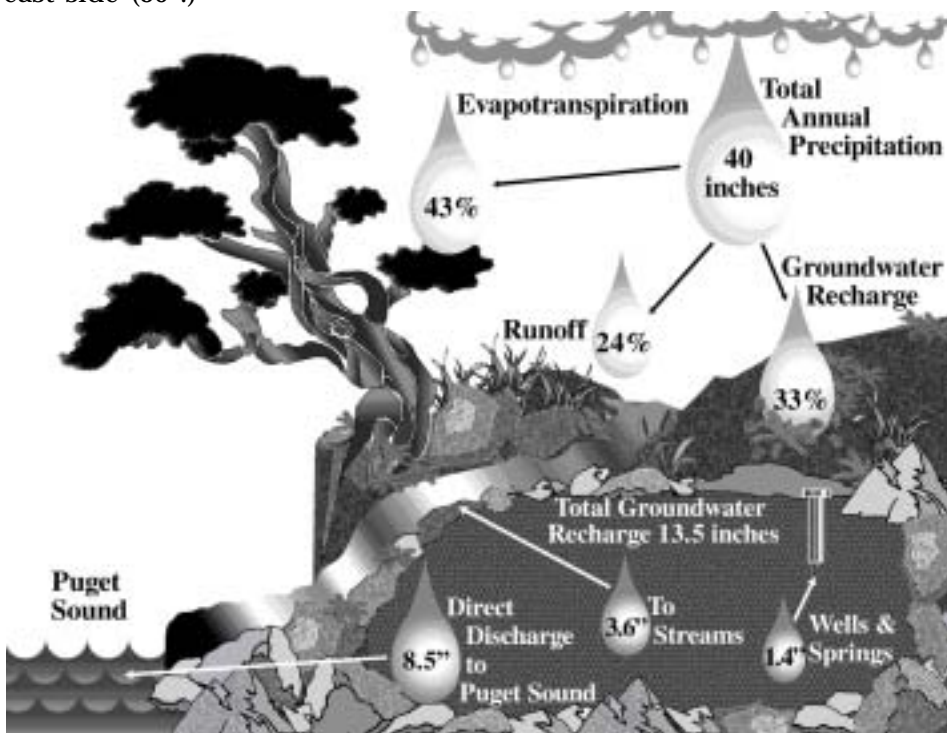
Island Aquifers: Vashon-Maury Island was designated a "sole-source aquifer" by the U.S Environmental Protection Agency in 1994. This simply means that we don't have an alternate source of drinking water besides that which we pull from the ground or streams. There isn't any scientific evidence that our groundwater is recharged from off-Island sources. Instead, our groundwater is replenished solely by the precipitation that falls on our landscape.

People commonly have a misconception of what constitutes an aquifer. It may not be glamorous, but Vashon-Maury Island is a heap of glacial refuse. Much of the Island is covered by a mixture of silt, clay, sand and gravel that was compacted by massive ice sheets into "hardpan" (i.e. glacial till.) Underneath this layer, is our "primary aquifer," made up of sand and gravel interlaced with silt and clay. Our aquifer is not an underground river or water-filled cave; wells simply suck up water that fills the spaces in-between sediment particles. Our primary aquifer is very heterogeneous; its thickness varies and how easy it is to extract the water is variable from site to site, primarily due to particle type and size.



By examining well logs and through drilling additional wells, County staff developed a cross section of Island geology extending from the surface to over 300 feet below sea level. There are at least ten different geological layers. Indeed, when we refer to the "deep aquifer," it may be one of several aquifers below our primary aquifer. Aquifers are bordered by "aquitards," layers through which it is difficult for water to pass, such as clay. It can take a drop of water up to 4000 times longer to move down through a foot of glacial till (aquitard) than through a foot of sand and gravel (aquifer.) It's a long and arduous trip for a rain drop to make it all the way down below sea level to a deep aquifer!

Fate of Rain: Vashon-Maury Island gets an average of 40 inches of rain annually. You may have noticed that the west side of the Island, with its droopy moss-covered cedars, seems wetter than the east side's dry groves of madrones. It's not in your imagination; there is about a 10 inch difference between rainfall as you move from the west side of the Island (45") to the east side (35").



Analyses of our current land use and vegetation cover allowed scientists to calculate evapotranspiration rates. These calculations indicate that much of our annual precipitation (43%) returns to the atmosphere via evaporation or transpiration through plants' leaves. About 24% of the rain runs off into Puget Sound via streams or sheet flow and about 33%, or 13.2 inches

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Marie and Troy

of the 40 inches of annual rainfall, infiltrates into the soil to become groundwater. Streams contribute an additional .3 inches of groundwater recharge making a total of 13.5 inches of groundwater recharge annually.

Fate of Groundwater: The county's modeling effort suggests that, of the 13.5 inches of rainwater that recharges groundwater annually, 8.5 inches (63%) squirts out the side of the Island directly into Puget Sound, while 3.6 inches (13.5") discharge into Island streams. Approximately 1.4 inches or 10% is captured for use as potable water or irrigation.

Island-wide we are using about 10% of the average groundwater recharge for potable water and irrigation. The information from the county's modeling effort suggests that water quantity may not be an immediate Island-wide problem. But, there are localized constraints to consider. It is not always easy to get water out once it's gone underground and the places where water systems can extricate water is limited by water rights. Furthermore, once water is used, we tend to put it back a bit dirtier than we found it, so water quality degradation is a concern.

Water Rights: Doug Wood gave a presentation on water resources sustainability at the most recent meeting of the GWPC. Doug works for the Washington State Department of Ecology, the entity that issues and manages water rights. Legal aspects of water rights are complicated and confusing. A well used for domestic purposes of less than 5,000 gallons per day is exempt from the permit process of getting a water right. Interestingly, watering livestock, lawns, or 1/2 acre of non-commercial garden are all exempt uses with no cap on the amount of water used. Irrigation for small commercial farms like we have on Vashon is not singled out as exempt from the permit process. However, there is a 5,000 gallon per day exemption for industrial purposes and the courts recently determined that a commercial greenhouse operation (Kim vs. Ecology) fell under this industrial exemption. It's not clear whether outdoor operations would also be considered an industrial use.

Ecology and its predecessor agencies have issued 290 water rights on Vashon-Maury Island since 1917, 75% of which were for surface water withdrawal, a testament to our agricultural roots. There are also 733 vested claims. Most of the water rights were issued prior to the 1970s after which the environmental tests became much more stringent. Many of our streams are closed to further withdrawal and water rights can't be issued for wells drilled in groundwater in "hydraulic continuity" with these streams to protect their base flow which is critical for salmon survival. Doug's data shows that as water rights applications declined or were denied, drilling of individual private (exempt) wells filled the vacuum.

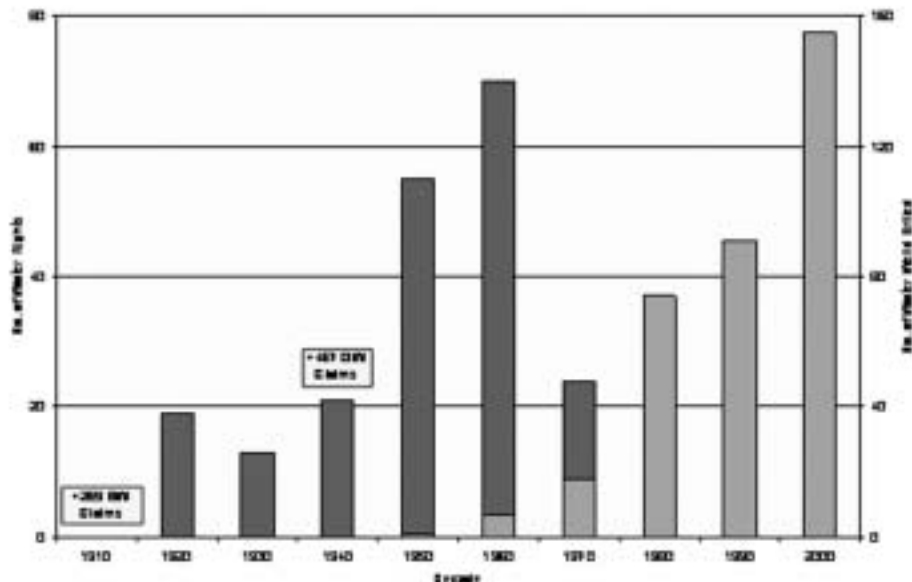
Our Water Future: Population will likely increase on the Island. Water rights are hard to get.

Continued on page 5

What's New with Island Water?

Continued from page 4

Shallow wells in the primary aquifer are more likely to impact our streams. Less is known about the deeper aquifers, but since they are below sea level, there is a greater possibility of seawater intrusion and recharge will be slower. The climate change modeling done by the University of Washington Climate Impact Group estimates greater winter precipitation and hotter, drier summers, exacerbating peak water demand.



Several strategies to reduce water use or improve groundwater recharge are discussed elsewhere. Low Impact Development tries to increase stormwater infiltration by emulating natural systems and water conservation strategies focus on reducing use. One concept that is gaining increased interest is winter rainwater harvest and storage. This is not just utilizing 50 gallon rainwater barrels for the garden, but installing large 10,000 gallon storage tanks so that, in addition to irrigation, rainwater can be used during the summer months for flushing toilets or washing clothes and is subsequently discharged through the septic system. Doug Wood cited the "Barker Creek Study" which projected benefits for late summer stream flows, particularly if the water was discharged through on-site septic systems and was not used solely for watering gardens.

Proponents of the K2 Commons have talked about rainwater harvest as a way to meet their potable water needs and I've heard rumblings from our small commercial farm community looking for affordable ways to irrigate their vegetables. Collecting rain water requires a water right from Ecology. Right now, Ecology isn't terribly concerned about homeowners' rain barrels. Commercial uses will undoubtedly be another matter. The City of Seattle has applied for a blanket water rights exemption to allow homeowners and commercial operations to collect rainwater off their roofs. The exemption covers about 1/3 of the city where stormwater is still discharged into the sewer system. The rationale is that this will help attenuate flood events in the winter and decrease drought effects in the summer. Vashon-Maury Island could pursue a similar tact, probably under the auspices of King County. There are about 4,000 households on the Island and if we assume about 1000square feet of roof area per household (this is just a guess) that's 4 million square feet of collection surface or

about 92 acres which is less than .5% of the total area of the Island. Since the rain would be intercepted in the winter when the ground is saturated and tends to run-off, it doesn't seem like there would be negative impacts to our hydrology. At the very least, it's worth a hearty debate.

Vashon's Water Supply

Continued from page 1

Second, water quality grows ever more vital because leaking septic systems, vehicle fluid links, pesticides, fertilizers and other pollution sources may contaminate the easily reachable water. The big story is: What each person puts in the ground will determine what all of us end up drinking. In this issue, Vashon's Groundwater Protection Committee come together to provide an in depth look at our current water situation.

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17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



The Groundwater Protection Committee

by Laurence Stockton, Groundwater Protection Program, Manager King County Department of Natural Resources and Parks

Protecting Vashon-Maury Island's groundwater is a high priority because currently no other practical water supply alternative exists. Recognizing the importance of groundwater to the Island, King County nominated and the federal Environmental Protection Agency designated Vashon-Maury Island as a Sole Source Aquifer in 1994. Working with the Washington Department of Ecology, King County adopted the Vashon-Maury Island Groundwater Management Plan in 1998.

In 2001 the Vashon-Maury Island Groundwater Protection Committee was appointed by King County Executive and Council to participate in and monitor implementation of the groundwater management plan with that work continuing to this day.

Duties assigned to the committee include advising the county and the water purveyors on implementation of the groundwater plan, developing updates to the plan, and coordinating groundwater protection activities with the county, water purveyors, and other community organizations with a particular emphasis on the public education, public involvement and stewardship activities.

The Groundwater Protection Committee is also charged with recommending amendments to county planning policies that relate to groundwater protection, providing advice on state groundwater regulation and recommending specific groundwater protection services and policies tailored to the unique needs of the Vashon-Maury Island Groundwater Management Area.

To further advance groundwater protection on Vashon-Maury Island, the Groundwater Protection Committee has been working with the county and other stakeholders to conduct a Water Resources Evaluation since 2004. The evaluation will describe and assess the Vashon water supply.

This project will provide a better understanding of how different activities may influence the Island's water quality and quantity. This exercise will lead to an updated and more accurate water supply budget for the Island. Additional information on the ongoing evaluation is available at <http://dnr.metrokc.gov/wlr/WQ/vashon-island/>.

In 2005 the Groundwater Protection Committee prepared the Vashon Maury Island Watershed Plan as part of the watershed planning process for Washington State Water Resource Inventory Area (WRIA) 15.

The Vashon-Maury Island Watershed Plan was developed under the Watershed Management Act to be proactive in protecting the Island's water resources. While a final watershed plan for WRIA 15 has not been completed, the watershed plan has been endorsed

by the Vashon Community Council and implementation is being financially assisted by the Washington State Department of Ecology. The watershed plan for Vashon can be viewed at <http://dnr.metrokc.gov/wlr/watersheds/puget/vashon-mi-watershed-plan.htm>.

The Groundwater Protection Committee has identified several recommendations in the watershed plan for implementation starting this year:

1. *Work with King County and state agencies* to define sustainability criteria to use in implementing the Watershed Plan (Governance and Implementation recommendation #3).
2. *Conduct an Island-wide assessment* of the potential for water conservation working with state agencies, King County, and Island water systems (Water Use and Conservation recommendation #6).
3. *Educate Vashon-Maury Island residents* about stream flows, the importance of balancing the needs of people with the proper functioning of the Island's natural hydrology, and the role of water conservation in ensuring the protection of the water supply (Stream Flows recommendation #2 - Education Incentives).

The Groundwater Protection Committee recently introduced a potential definition of hydrologic sustainability for Vashon-Maury Island:

"Meeting the water quantity and quality needs of all of the present inhabitants, while striving to minimize impacts, and without compromising the needs of future inhabitants."

The committee is currently reviewing this draft definition, along with a draft list of potential indicators, measures and management strategies for hydrologic sustainability.

Another subcommittee has offered a strategy to conduct an Island-wide assessment of the potential for water conservation and recommends focusing on implementing water conservation measures.

A third subcommittee has developed a series of potential short- and long-term education objectives concerning what is needed to achieve and maintain proper functioning hydrology on the Island.

The next Groundwater Protection Committee meeting is set for July 23 at 6:30 p.m. in the Vashon Fire Training Center located at 10019 on SW Bank Road.

The committee plans to continue its evaluation of a definition for hydrologic sustainability and review progress on the water resources evaluation. The public is welcome, and additional information on the Groundwater Protection Committee is available at: <http://dnr.metrokc.gov/wlr/wq/vashon-maury-island-committee.htm>.

Septic Systems and Water Conservation

by Steve Graham, Chair, Septic Solutions Committee, VMI Community Council

We don't usually think of septic systems as a conservation measure, but actually they are. They conserve groundwater, and a lot of groundwater in comparison with sewer systems. For our Island, where the sole source of water is the rain coming from the sky and the aquifer under our feet, that's a pretty important consideration.

With a sewer system, all of the water that you put down your drains winds up being transported sometimes many miles through a network of pipes to a treatment plant where it is processed and cleaned, and then pumped out into Puget Sound. None of it is returned to the earth to replenish the groundwater.

With septic systems, on the other hand, that same water is processed locally on your own property - the solids settled out in the septic tank and the remaining water cleaned by filtering through the earth, so that the filtered water winds up back in the ground, eventually replenishing the groundwater from whence it came. This requires a minimum of transport and processing to achieve a result that, when it works well, is better for our environment.

Septic systems were originally thought of as a temporary measure, designed to tide homeowners over long enough for the sewer system to be extended to their property. But today we are taking a very different view. Under current land management schemes, some areas, like many on Vashon, are identified as permanently rural. For those areas there is no plan to ever provide a sewer system, and septic systems are expected to serve us into the indefinite future. Home water use will be essentially a closed system, with rainwater feeding the aquifer, the homeowner drawing their water from the ground, and the septic system returning the used water to the earth.

That really changes the way that we look at septic systems and the way that we operate and manage them. Most septic systems are designed to last at most twenty to twenty-five

years. Some, of course, are in use much longer than that and can be repaired to extend life for many decades if they are well taken care of. But many begin to break down after a couple of decades, and often without any overt symptoms that the homeowner can detect. When that happens, water is not properly cleaned and the polluted water can leach into streams or out into the Sound or onto a neighbor's property or a beach.

Pollution from failed septic systems has become a recognized problem on Vashon, all over Puget Sound, and nationwide. Measurements by the State Department of Health have consistently shown unacceptable levels of pollution along many of our beaches, closing them for shellfish harvest. High nitrogen levels have been detected in Quartermaster Harbor, leading to lack of oxygen in the water and potential fish die-offs. This is not surprising, given the age of some of our housing and septic standards back when they were built. But it is a growing problem that we Islanders will have to face over time.

New legislation and regulations are being implemented which will tighten up the requirements for inspections and certifications of septic systems, particularly on sale of property. The intent of these is to create an ongoing system stretching from the design and building of septic systems through many decades of operation, to ensure that septic systems work effectively, protect the public health, and ensure the purity of the groundwater for all.

The Septic Solutions Committee of the Vashon-Maury Island Community Council, which I chair, has been following these developments for many years, working closely with Vashon's Groundwater Protection Committee and the County Health Department folks. To get on the email list of our committee and get updates as the process goes on, drop me a line at sngraham@centurytel.net.

Water Wise Landscape Ideas

by Michael Laurie, Groundwater Protection Committee member and consultant helping people to find sustainable, resource conserving, cost effective options for their homes and businesses with a strong focus on water.

Originally published in the April 2007 Heights Water newsletter.

There are 7 steps we all can take to reduce our water use and improve the beauty of our landscapes.

1. Plan & design with water conservation in mind

Evaluate your site and your needs. Note the amount of shade and type of soil you have in different areas and pick plants that will work well in those conditions. For example, Wasabi will grow well in wet and partly shady areas but it will have a hard time in direct sun. Consider how you will be using the different areas of your yard. Plant lawn only where it will serve a purpose. The kids may need a few hundred square feet of lawn to play on but they may not need an acre or more of lawn. Group plants according to their water needs, so you can focus water only where it is needed. If you have drought tolerant plants like sedums mixed in all around blueberries you will have a hard time providing the proper amount of water for both.

2. Improve the soil - its foundation

Soil improvement is the single most important thing you can do to ensure healthy plants and conserve water. Plant roots will penetrate deeply into soils made more porous and nutritious with added organic matter. Water will soak in and be used better also. Adding compost to boost the organic matter will maintain or improve the health of your plants. Also the compost will help the soil hold onto and slowly release the water to ensure that your plants make more complete use of the water.

3. Plant and maintain only as much lawn as you need.

Lawns are water guzzlers. One inch of water on one acre is over

27,000 gallons...so keep it small. Plant lawn only in areas where it provides functional benefits. Plant during the fall to take advantage of autumn rains and moderate temperatures which are ideal for growing grass. Consider lawn alternatives such as eco-turf, thyme or other "step-able" ground covers.

4. Select low-water use plants & plant in water-use zones.

Choose plants with the lowest possible irrigation need and group them accordingly. Give plants a head start by planting in the fall, so they can become established during the rainy season. For more information on plants that do not need much water, check out the following web sites:

<http://www.savingwater.org/docs/plantlist.pdf>

http://www.wnps.org/plant_lists/counties/king/documents/KingCounty.doc

<http://www.greatplantpicks.org/?page=selectionCriteria>

5. Mulch, mulch, mulch

Use 2 or 3 inches of mulch (bark, wood chips, compost) to cool the soil, minimize evaporation, reduce weed growth, and slow erosion. Remember to leave some breathing room around the plant's stem or trunk.

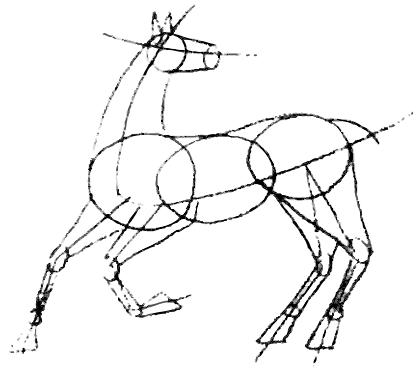
6. Water wisely

Watering deeply but less often encourages deep roots and prevents disease. Reducing excess watering will reduce pesticide and fertilizer runoff into streams and groundwater

Water to the plants' needs, not just to a pre-set schedule. Also, reduce the watering time in the Early and Late Summer.

7. Provide appropriate maintenance.

Limited fertilization, proper pruning, weeding, mulching,



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organic pest control, and irrigation system adjustments will enable your landscape to thrive. The garden's best fertilizer is the gardener's footprint.

I have been working as a water efficiency consultant for over 13

years and helped hundreds of homeowners reduce their water, pesticide, and fertilizer use. If you would like to schedule a customized visit for your landscape, please feel free to contact me at 206-567-5492 or mlaurie@mindspring.com.

Pfortner Receives Excellence Award

Continued from page 1

Pfortner has been an adjunct faculty member in the Art-Zones Program since 2003, where he focuses on business practices for photographers. He offers a variety of classes, including Selling Your Photography as Fine Art, Selling Your Photography as Cards and Calendars, Travel Photography, Marketing, the Business of Photography, and Shooting to Show. This last class results in a juried group show of students' work that hangs in various locations during the following quarter. The last show, "Assignment: Issaquah," hung in 5 different locations, including 2 in Issaquah, Lincoln Square in Bellevue during the annual Bellevue Craft Show, Bellevue Community College North

Campus, and Daniel Smith Artists Store Gallery in Seattle.

The Foundation grants a maximum of 6 Margin of Excellence Awards each year, and only very rarely to adjunct instructors. The award involves a cash prize of \$1,000. Awards are based entirely on nominations by BCC students, faculty, and staff. Pfortner was nominated by a former student.

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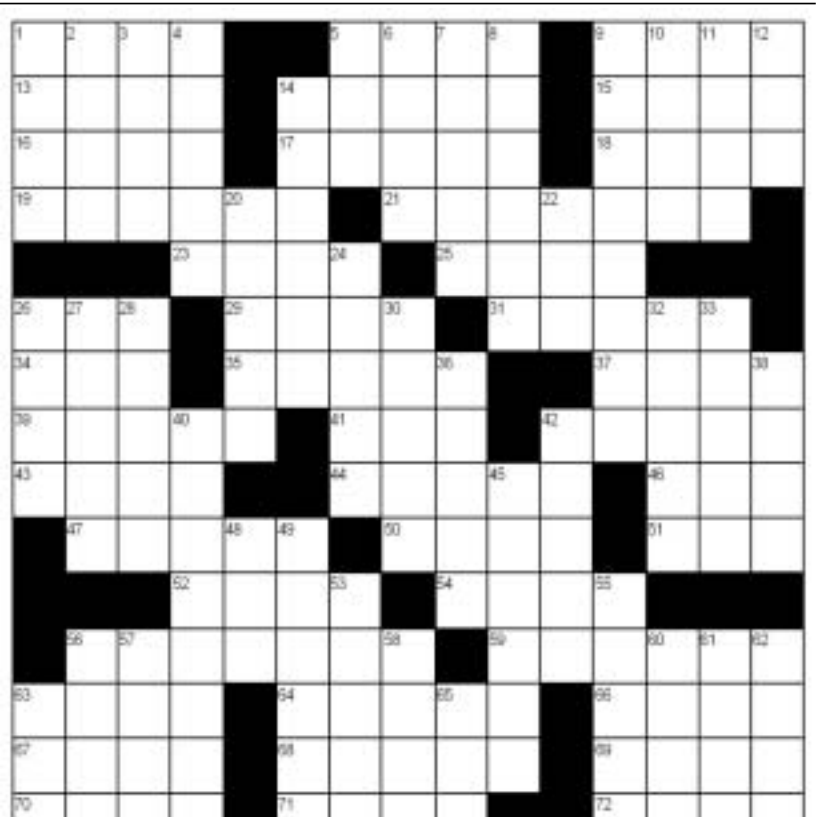
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<p>DOWN</p> <p>1 Pitcher</p> <p>2 National capital</p> <p>3 Tel ___ (Israel's capital)</p> <p>4 Character part</p> <p>5 Deli order</p> <p>6 Commitment</p> <p>7 Fleer</p> <p>8 Cry of distress</p> <p>9 Normal habit</p> <p>10 Asian country</p> <p>11 Stab of pain</p> <p>12 South by east</p> <p>14 Cowboy's leg</p> <p>20 Has ears</p>	<p>22 Deoxyribonucleic acid (abbr.)</p> <p>24 Month</p> <p>26 College (abbr.)</p> <p>27 Daunted</p> <p>28 Hindu teacher</p> <p>30 National capital</p> <p>32 Poison</p> <p>33 Turn out</p> <p>36 Cloak</p> <p>38 Story</p> <p>40 Devout</p> <p>42 Allotted</p> <p>45 Scowls</p> <p>48 Lout</p> <p>49 Walks</p>	<p>53 Constellation</p> <p>55 Knobs</p> <p>56 Alphabetize documents</p> <p>57 Voiced</p> <p>58 Wood</p> <p>60 Fake butter</p> <p>61 U.S. Air Force</p> <p>62 Pop</p> <p>63 Female (abr.)</p> <p>65 Reverence</p>



Spiritual Smart Aleck

Going Sixty Beautifully

By Mary Litchfield Tuel



"Hey, Beautiful Cousin," my cousin Nancy began, "I have a week off the end of April. Let's go down to the Oregon Coast."

So began the celebration of my sixtieth birthday, which is still a few weeks off. Nancy said we would begin the celebration early because this was the only time she had off.

First day, we beat feet south to Longview, where we met up with my beautiful friend Sonya, who had taken the train up from Vancouver, and my beautiful friend Jan, who lives in Longview.

Jan introduced us to a couple of Great Places to Eat, and took us on a tour of Longview's cultural high spots. OK, she took us to the library, and drove by her church and her house. We ended up at the British tea room where Jan told us the story of the traffic ticket she got in Arizona.

She and her mother and sister (all beautiful) were on vacation when Jan got pulled over for doing

just to prove to ourselves that we could. Ten years later I had no intention of climbing the Column again, but they're building a new staircase so no one is climbing the Column. Don't you love it when you can't even be tempted to do something you don't want to do?

We drove south to Tolovana Beach, to a public beach with restrooms and a parking lot, and we parked there looking out at the ocean, watching the waves roll in. We talked about our lives, our family, and the one ship we could see out on the horizon, most of it hidden beyond the curvature of the earth.

This was the high point of the trip.

Then we drove back to Seaside where we got a room with an ocean view and watched the waves a while longer.

Third day, we sampled the fleshpots of Seaside, and then decided to mosey back to Seattle where Nancy would catch her train home the next day.

We made a stop at an Indian casino. I walked out broke, Nancy walked out with \$50. We stayed the night at a Howard Johnson's where the heat didn't work, the flush handle had fallen off the toilet, there was a big hole in one of the bedsprings, and we were awakened early by a leaf blower. This was not the worst motel room I've ever been in, but it reminded me of the worst room.

Our last day we drove up to Seattle, hit my favorite yarn shop, had lunch at Ivar's, and then I dropped my Beautiful Cousin off at the train station. By the way, if you wish someone happy birthday at Ivar's, that person might get a free dessert, with a lit candle.

Sixty feels like an auspicious age. I find myself thinking of all the people I knew who did not make it to sixty. I feel called to live life to the fullest, in part to make up for my friends' absence.

Watch the waves through my eyes, dear departed friends. I intend to go on abusing my finite resources as long as I can. ○○○○

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 16**



72 in a 50 mile an hour zone. This was a \$200 ticket. But Jan is so charming, beautiful, and obviously decent that the officer decided to give her a \$30 ticket instead, and wrote her up for "the abuse of finite resources."

Let us savor that phrase: "the abuse of finite resources." It rolls around in the mouth with all the savor of a chunk of grilled avocado melt. Aah.

Second day, we drove around Astoria, Oregon, enjoying the Victorian houses and views of the Columbia River. We drove by the elementary school featured in "Kindergarten Cop," and couldn't find the house featured in "The Goonies."

We went to the Astoria Column. On my 50th birthday Nancy, her sister Charlotte, and I visited Astoria. Charlotte and I climbed the Astoria Column's interior staircase,

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Madame Toujours

Dear Madame Toujours,

I am a 25-year-old woman. A few days ago, a young man who I know slightly asked me out to dinner. He is good-looking, has a good job and is a very good conversationalist. The problem is this: I think he may be as psychopathic ax murderer. We have several mutual friends, and it is hard for me to avoid meeting him in social situations. What should I do? I am thinking of changing my phone number and moving out of town.

Sincerely,
Spooked

Chere Mademoiselle Spooked,

Ah, how I am missing the old days in France when the parents, they chose the husband, and the woman, she was only worrying about her lovers. *C'est difficile, aujourd'hui* to know the important details about a young man, but me, I will tell you what to do.

Some women, they have the difficulty to find out what kind of man is the one who has asked them to dinner. You have the big advantage because you are having the mutual friends. Is he the big chum for everybody, or does he lurk in dark corners and talk to the

people who are invisible? Does he own the ax of his own? Does he spend the moonless nights digging the holes in his basement?

Speak to the past lovers of your gentleman friend. Are they all alive? Do they disappear in the mysterious fashion? These, they are the warning signs.

"So," you say, "What if I am asking all the questions and everybody says he is OK for everything?"

Me, I know *ce n'est pas comfortable*, the dating. There is the nervousness, the spilling of water in the lap, the spinach between the teeth. Almost, it is better if he is the ax murderer, *non?* But, *l'amour*, she is being discovered in the strange places sometimes.

But perhaps you are not wanting *l'amour*. Perhaps, the big fear with the ax murderer, it is because you are wishing to live alone with the forty cats and spy on the neighbors, *ou?* Me, I prefer *l'amour*, but I do not say that you must have a lover. The cats, they are the good company. They are affectionate. They are grateful to you for the food.

Bon chance, Mademoiselle Spooked. Do not forget to lock the doors on the moonless nights.

○○○○

Cliff Mass On NW Storms

Continued from page 1

For those of us who shuddered as enormous trees creaked and protested (and in some cases gave up the fight to remain upright) all around our houses during the huge storm of December 2006, Dr Mass' presentation on windstorms should be a welcome opportunity to put that recent storm event into historical perspective. Dr Mass is an expert on the influence of topography on weather systems and his expertise includes the subjects of numerical modeling and weather prediction.

Our program will be presented at the Vashon Maury Island Land

Trust building located at 10014 SW Bank Road on Thursday May 22, 2008 at 7:00 pm. As usual, the program is free and all are welcome. If you have questions, please call Laura Bienen at 567-4613 or refer to vashonaudubon.org.

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Rural Community and Future Reality

As a somewhat rural community, Vashon got off easy. In many such areas, industrial farming sounded a death knell for strong rural societies by putting small farmers out of business, displacing workers and even entire communities—but it didn't exactly happen that way here, probably because of those pesky ferries and that deep salt-water moat. True, seasonal agricultural workers stopped coming here but even that is changing. Island farms currently have interns from around the world.

Granted, agri-business drove our small farms and dairies out of business but it didn't buy up the land and convert it to factory farms. Of course, many of the old-time farmers have sold off their land—or had land sold off for them after they went to the big farm in the sky—and housing developments have been or are now being built on some of the most legendary island farmland, but we are still blessed with vast areas suitable for agriculture.

I think this will be important in the years to come.

There were no CSAs or a Farmer's Market on Vashon when I moved here in 1976 but there were some legendary organic gardeners and orchardists as well as the U-Pick strawberry farms, corn fields and the occasional pumpkin patch.

Now, of course, you can find beef, lamb, and pork grown on the Island for sale. There has a recent influx of younger people interested and now actively involved in the raising of food for the rest of us. You can buy wine and eat year around off the Island farms if you want to—and more people seem to want to. Proceeds from the Farmer's Market here have gone up steadily as people wake up to its value—it did over \$200,000 in business last year. Those \$3.00 tomatoes will look like more of a bargain as the increasing gas prices drive the cost of everything else up and up. Besides, the flavor is incomparable.

We are also uniquely situated to fight the greater society's trend toward food stupidity. Most urbanites do not know anything about growing and preserving food and its real cost to the world—and of the difference between food that travels 1500 miles to their table and food that travels seven blocks to market.

On Saturday mornings from April through October, we can see the produce on the farmers' tables and understand how food comes in seasons and cycles. No one comes to the Market expecting to find tomatoes in April. We can be more aware of the soils, the seasons,

wildlife and the rhythm of natural life than the average Seattleite.

I constantly want to write about urban agriculture but I cannot relate it well to life on the Island. The fact that some cities around the world are making use of what could have been lawns, vacant lots and public medians to produce food is a heartening development to my way of thinking. There are even professional farmers who have abandoned their rural fields to concentrate exclusively on their smaller, easier to manage, and vastly more profitable urban plots.

Here, on Vashon, we do not have the same problems as local urban centers—in fact, we are not that far from being able to grow the bulk of our own food. Urban farming might be more of an issue on the mainland where I could see areas like West Seattle, North Tacoma, the U District or Capital Hill needing to foster such endeavors.

The relationship I can see Vashon having to 'urban agriculture' is that we could be an increasingly viable source of agricultural produce for those areas most convenient to our ferries. Conventional farming may not be practical or profitable on small plots but bio-intensive farming is. John Jeavens, author of *More Food Than You Ever Imagined* has spent decades



Bountiful Gardens, John Jeavens photo.

proving that small-plot agriculture is viable and sustainable. He purports that 1/16 of an acre is all a person needs to grow all their food—and to steadily improve his or her own topsoil.

He also suggests that such small-scale agriculture can be much more profitable than conventional methods even if they are organic. He claims bio-intensive mini-farming can produce annual profits of \$20,000 on a sixteenth of an acre, "through increased yields, decreased resource use, and direct marketing. It also offers a foundation for community-based agriculture."

His methods include initial double-digging of plots so the soil is loosened to a depth of 24 inches in raised beds but, from then on concentrates on no-till methods, intensive plantings, swiftly planted follow crops, green manures, growing his own compost, companion planting and careful timing. There are no fossil fuels used and everything is done by hand—there are even versions of his



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methods that can be used in drought conditions. I think we could do a localized version of dry-farming here on Vashon quite successfully.

There are numerous sixteenth-acre plots on this island. Not only could we continue to expand locally available foodstuffs in the coming decades, we could become West Seattle and North Tacoma's food basket. Food doesn't have to travel 1500 miles to get to the markets over there, it could travel ten miles and we could again become local agricultural legends—and, as the prices of oil-dependent agricultural products continue to soar, we can answer a distinct need.

Even the very fine West Seattle Farmers Market that I attend has

farmers from the other side of the mountains—which will soon make no sense—as the cost of fuel becomes prohibitive, even Chehalis will become an exotic port of call.

I can see more and more of us loading our superior produce into the backs of our hybrid or Island-fueled bio-diesel pickups and efficiently feeding the hungry city folk—can't you? Or, better still, we could make them come here to get our products.

We would be able to strengthen our economy and our community at the same time. We could not only have many, many more viable small farmers, I can envision crews of efficient double-diggers active on the Island, transportation co-ops, community composting and a lot more vermicomposting, a huge Farmer's Market and an increasingly strong sense of pride and place here in our strategically central sound location.

Everything old is new again. Vashon was once an agricultural powerhouse. I can see the pendulum swinging back in that direction. Why not? We have the land, we can acquire the knowhow and people will always have to eat. ∞∞∞∞

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Water District 19 - Water Supply and Sustainability

by Frank Jackson. Frank Jackson is a professional engineer and a member of current and past Island groundwater committees. He serves as President of the Water District 19 Board, and drinks the same water that you do.

The water situation at Water District 19 remains serious, despite years of determined and expensive efforts to produce more water. The District has successfully supplied good quality water to customers since 1925. A moratorium on new connections has been in effect since 1996 when demand outpaced water supply, and Department of Health requirements for new connections could not be met. Maintaining existing water supply has been a continuing challenge. Sustainability is an on-going concern. The chart below illustrates the current situation at the District's main well field.

Chart 1

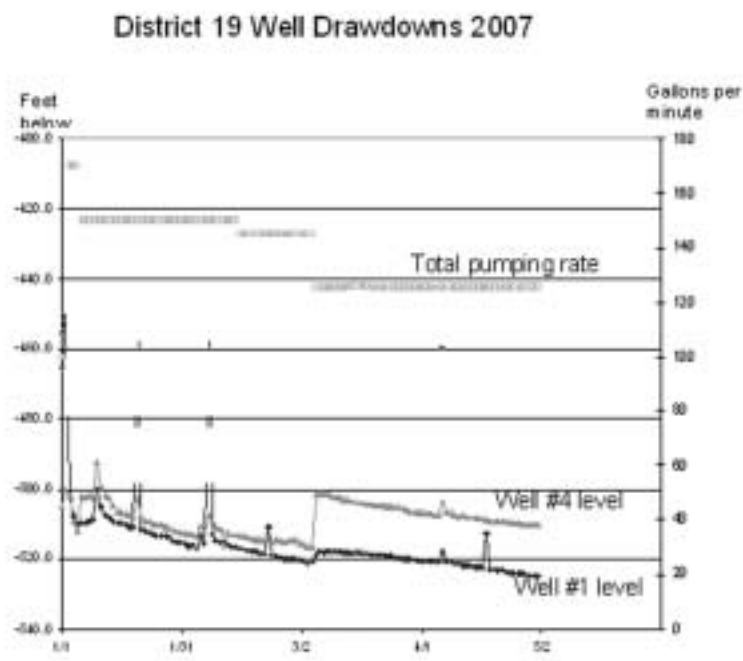


Chart 1 – District 19 Drawdowns 2007. Drawdowns at the District 19 main wellfield persisted even as total pumping was reduced from 170 to 125 gallons per minute (gpm). Wells #1 and #4 supply all of the well water for the District.

By recently reducing total pumping to 70 gallons per minute (gpm), drawdowns appear to have stabilized. Water demand this coming summer will necessitate increased pumping however, which is a concern.

The drawdowns will soon necessitate expensive well redevelopment, which can sometimes partially restore well productivity. A more difficult concern arising is the data showing that the static aquifer level at the well field has dropped about 15 feet since it was drilled in 1979. While the level might recover to 1979 levels if the well field was not pumped for a long time, that option cannot be exercised and still meet current customer demand.

Limited water resource

When the last glacier receded from the Puget Sound area thousands of years ago, it left behind a compacted, jumbled piece of terrain that we now call Vashon-Maury Island. In fact our Island is mildly famous because geologists use the term “Vashon Till” to define a low permeable soil, typically interspersed with more permeable lenses that yield small quantities of water. It’s what the glaciers left us with; we get to make the best of it.

Island water resources are very limited. Islanders have known that for a long time. We continue to learn more as we push the boundaries of the resource.

Extensive water studies over the past 25 years have explored the Island water situation quite completely. By 1982, the handwriting was on the wall. The 1983 Carr study took the landmark approach of doing a “water budget” for the Island. It found that “there is no off-Island recharge to any known aquifer”, and recommended that King County “adopt an active management approach”. A Vashon Community Plan followed in 1985 with more appropriate land use plans for preserving water quality and quantity.

An extensive long-term groundwater study from 1987 to 1998 confirmed the primary results of the Carr study and improved the water budget data; discovered increasing trends at some water sources for nitrates, mercury, zinc, and arsenic; obtained federal EPA designation of the Island as a Sole Source Aquifer; and proposed management strategies. Following up on some of the recommendations, King County identified the Island as a Critical Water Supply area. Currently, the County-sponsored Vashon Maury Island Groundwater Protection Committee is monitoring streams and wells for both quality and quantity. The recent Vashon-Maury Island Watershed Protection Plan and the King County Comprehensive Plan both incorporate strategies aimed at protecting the quality and quantity of the limited water resource on the Island.

District 19 Capacity

Capacity problems are apparent at Water District 19. The District serves about 3,000 of the Island’s estimated 10,400 residents, in a roughly



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6 square mile east-central portion of the Island. The District has been striving to increase capacity since its first moratorium on new connections in 1994. The description of each effort could fill a chapter — often a hopeful chapter with the same ending — new demand is still greater than supply.

The first major effort was installation of a \$1.7 million surface water treatment plant in 1995. But demand quickly exceeded capacity, and by February 1996 another moratorium was instituted.

The District has drilled 9 deep wells in search of new water. Three of the wells are productive at this time; none are “gushers”. Five wells are dry or not usable. The most recent Beall well is promising, and the District



is hopeful that the problems with excessive arsenic and manganese can be resolved.

To meet peak summer demands, both groundwater and stream sources are utilized to maximum capacity. Summer demands vary from year to year depending on the weather.

To further address the capacity situation, the District has explored the possibility of artificial aquifer recharge (in the winter, for summer withdrawal), modified the treatment plant for increased capacity, pursued



Slinky Minke

by Orca Annie Stalder, VHP Coordinator

Talk about auspicious — Odin and I were on the phone with other ACS/PS board members the evening of May 6 when something caught my eye in Colvos Pass. An unusual dorsal fin erupted suddenly amid some noisy, circling gulls. The profile and behavior were consistent with a feeding minke whale. I heard one forceful blow, watched the rare visitor surface three times, and then s/he disappeared. Hence, the nickname “Slinky Minke” — now you see ‘em, now you don’t. Indeed, “minke” rhymes with “slinky.”

Our fellow whale saviors were delighted to hear that a minke materialized for our meeting — quick, give that whale a board position!



Great Blue Heron carving, © 2008 Odin Lonning, Tlingit artist.

Regularly seen in the San Juan Islands, minkes are not common in lower Puget Sound. I have lived on Vashon since 1994 and I have not previously seen one in local waters. As of Loop deadline, I am awaiting word from Mark Sears on when he last saw a minke here.

At 30 feet maximum, the dorsally dark brown or gray, rather inconspicuous minke is the smallest member of the rorqual family of baleen whales. In the Salish Sea, they feed on small schooling fish like herring. Visit the ACS website at <http://acsonline.org/factpack/index.html> to see what minkes look like and read about their natural history.

Please support the work of the Vashon Hydrophone Project (VHP): **REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.** The minke could reappear somewhere else around the Island.

Thanks to the Vashon Artists in Schools program, Odin and I were invited to several classrooms during Earth Month (April) to share Indigenous perspective on art, ecology, and whale conservation with Island students.

The first week of April, Odin collaborated with Vashon High

School Wood Art teacher John Burke to guide students in creating carvings in Coast Salish style. In his introduction to Northwest Coast Native art, Odin explained the importance of whales and other marine life to Coastal First Nations. He articulated the intimate connections between Native art, culture, and the natural world.

Odin described his philosophy as a sustainable carver, committed to minimizing his ecological footprint while producing his artwork. Though Odin is Tlingit from Southeast Alaska, he opted to instruct students in Coast Salish design out of respect to the First Peoples of Vashon Island, the S’homamish. Student carvings — salmon, sea otter, wolf, bear, horse and more — along with two pieces by Odin are on display this month at the Heron’s Nest gallery. Please check out the students’ work!

Time-honored Native values call for inspiring the next generations to cherish nature and our animal relatives. At the end of April, Leslie Creed invited me to speak to Ms. Anderson’s enthusiastic fourth graders, who are composing a story spanning 200 years for their Pacific Northwest History curriculum. My contribution as a Native whale conservationist was to detail two centuries of dramatic changes affecting Southern Resident killer whales and their home, the Salish Sea.

Most delectable for me was recounting this from the point of view of a female killer whale! We named her Tahoma, in honor of my now deceased adopted orca and the mountain.

My audience of emerging environmentalists and young historians was highly inquisitive and engaged. They had an inexhaustible supply of questions about orcas, other whales, salmon, and early contact between Northwest Coast Natives and immigrants from distant lands. They bolstered my hope for future stewardship of our blue planet. I eagerly anticipate a copy of the students’ finished story.

Odin and I relish these opportunities to teach in our preferred modality, a multi-disciplinary approach based on traditional ecological knowledge that integrates Native culture, art, natural history, and, yes, science!

“CSI: Cetacean Stranding Investigation” is the ACS/PS talk on May 21, by Jessie Huggins of Cascadia Research Collective. Go to <http://www.acspugetsound.org/speakers/index.html> for more details, or contact Orca Annie at Vashonorcas@aol.com.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 16**

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Where the locals go!

Water District 19

Continued from page 10

new water rights and transfers of old rights, instituted highly graduated water rates to encourage conservation, audited high water users, provided information and encouragement for conservation, offered rebates on water-conserving toilets and clothes washers, offered to buy-back unused water service units, and pursued other efforts. Some efforts are showing success, most notably the conservation effort.

The District will continue to evaluate an array of new possibilities — ranging from rainwater retention with rain barrels to reservoirs, improvements to boost usable storage, operating multiple small wells, desalinization, a pipeline over to the mainland, use of recycled water from the sewer plant, and others. Some of the options require an investment beyond the reach of a 1400 customer system, or present other serious problems. A few options seem practical and promising.

District 19 Water Rates

The efforts to increase supply to meet new demand have come at a large expense to the District ratepayers. Customers, many on limited incomes or pensions, are still paying off the 1995 water treatment plant, past wells drilled, and other capital projects — which together have amounted to about 30% of their water bill for the past ten years and continue at the same level.

As we all pay our property tax bills and our water bills, many of us feel the challenge of ever-increasing economic pressure. Water rates for District 19 are among the highest in the state, having risen from the middle of the pack in 1993. Though rates for the lowest water users have been held fairly steady in the past four years, high water users’ bills have been increased markedly. The approach appears to be leading to lower water usage. Despite a rural customer base, District 19 residential customers now have a relatively low average water usage, even when compared even to cities such as Seattle. Customers’ improved conservation habits are paying off.

The Outlook

While efforts continue to expand capacity, it’s becoming clear that the most cost effective, responsible, and sustainable approach to increase capacity is to reduce customer usage. Conservation of water by customers holds the most hope for allowing new connections to be released and for keeping the costs down over the long run. Conservation by District customers is showing good results.

Chances of relaxing the moratorium in the immediate future are small, though it remains a goal of the District and a major portion of revenues continue to be dedicated to capacity issues. The Waiting List remains, with only two new units released this year, when existing customers sold their unused units back to the District. The District necessarily maintains strict control on new water usages. Lapses in attention to the capacity problem could easily jeopardize the ability of the District to sustainably serve its 1400 customers.

The Vashon Town Plan and current zoning, at build-out, would require about two or three times as much water as District 19 currently has capacity to serve. The District’s year 2000 Water System Plan included an engineering analysis of the required capacity to meet the Town Plan, and the zoning situation has not significantly changed. This remains a concern.

In conclusion, the water situation for the Island and District 19 remains guarded. Our task as Islanders is to be aware of the situation and do what we can to stabilize it. Conservation and protection of the water source is paramount. Sustainability is only possible with the continued efforts of everyone.



Herbs and the Movement of Water

by Kathy Abascal

Since this issue of the Loop is focused on water, I am going to talk about how herbs affect the fluid dynamics of our body. We are, of course, mostly water. Our structure — and our ability to function — depends on the flow and circulation of water in our body. In essence, we have two “oceans” of water in our body. One is held in the cells and the other is held outside of them. By varying the concentrations of minerals, proteins, and other compounds on the inside and outside of cell membranes, we control and direct the movement of water. The water in turn moves substances we need into our cells and removes those we do not.

Herbs play a dynamic role in helping the body move our watery body fluids appropriately. Take for instance licorice (*Glycyrrhiza spp.*). Licorice tends to move fluid to the intestines and lungs. Thin, wiry individuals will often move too much of their fluid through their kidneys. As a result, they tend to be constipated. Adding licorice to their lives gently shifts some of their fluids from the kidneys to the bowel. This

gently overcomes constipation without interfering with bowel function the way laxatives may. Licorice also has an ability to increase blood pressure so we do not automatically use it as a treatment for constipation. Instead, we use it in people with very specific body types who also tend to have low blood pressure. Licorice also shifts fluids to the lungs. This effect is one of the ways that licorice helps soothe dry, irritated coughs. Licorice is a complex plant that has many other effects as well. For instance, it is a strong aid in many viral infections and is an adaptogen that reduces the effect of stress on our bodies, bringing well being — in the right person.

Another interesting plant is psyllium (*Plantago spp.*). Psyllium seeds are covered with a husk that contains a compound that strongly attracts and holds water in a gel; a real benefit to the seedling. This compound is not absorbed into the body but instead acts in the intestines. In a person with diarrhea, the husks absorb the excess water present in the intestines, alleviating that condition. In a constipated person with too little



Red Root, drawing by Kathy Abascal.

water in the intestines, the husks attract water from the inside of body, forming a gel that softens the stool. Because of its many remarkable effects (it also provides fiber that reduces hunger, lowers cholesterol, and helps regulate blood sugar), psyllium is the top selling herb in the world. It is a very safe herb as long as you drink fluids when you take psyllium. If there are no fluids to attract, psyllium can form a dry mass and block the intestines.

The gel that is formed when the psyllium seed absorbs water is very soothing to the lining of the intestines. Many herbs have a soothing effect on mucus membranes and are referred to as demulcents. Slippery elm bark (*Ulmus rubra*) and marshmallow (*Malva spp.*) are two common demulcents. I prefer to extract marshmallow in cold water because it turns goopy and unpalatable when exposed to warm water. In the body, marshmallow has two main functions. It forms “false” mucus that protects the membranes of the throat and also increases the production of mucus in the respiratory tract and the bladder. In both respiratory and bladder infections, the microbes damage the mucus membranes, and reduce the production of mucus. The result is a dry, scratchy throat



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 has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today.*

She is now available for health consultations at the **Full Circle Wellness Center**. These consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.



that bacteria can more easily penetrate. By absorbing water to form a gel, marshmallow forms a soothing barrier for the throat and also turns up the production of real mucus. Marshmallow cold infusions are wonderful in children who have a tendency to develop strep throat. The increased production of mucus in the bladder similarly inhibits bacteria from attaching and soothes the inflamed tissue, reducing pain and irritability.

Some herbs contain compounds that affect fluid movement in the lymphatic system. They have a strong affinity for boggy lymphatic tissue. (Boggy describes a condition where fluid accumulates and movement through the tissue stagnates). As a result, waste is not removed and healing nutrients cannot access the area well. Red root, and other similarly acting herbs (like butcher’s broom (*Ruscus aculeatus*)) pull the excess fluid out of the lymph system and get things flowing again. Red root has long been used in mumps and other conditions that cause swollen lymph glands. Butcher’s broom has been widely studied in conditions that cause swelling, mostly in the legs and ankles, but it has also shown a benefit in lymph edema of the arms. These plants contain interesting flavonoids that are responsible for their action. Both also affect how blood flows through the circulatory system. They somehow keep red blood cells bouncing through the twists and curves of the blood vessels, preventing them from sticking to each other along the way.

Many, if not all, herbs act by affecting the way our body uses water to maintain vitality. No doubt they have these properties because plants also need to control the flow of water. We are all (plants, humans and animals) living proof of the importance of water to health.



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 By Kathy Abascal
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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19) You have spent plenty of time considering your insecurities; now is the time to burst through them. You have had enough stress in your home; now is the time to get outside. And since Saturn in Virgo has been turning you into the picture of hard work, ethics and making sure your efforts make at least some positive difference, you can surely use some time and space devoted to expressing yourself. I strongly suggest you go a little bit wild. I know I'm speaking to an Aries and that is supposed to be a dangerous statement, but I also know I'm speaking in 21st century America, where for many people going wild consists of slamming down a few Red Bulls and rearranging their iPod. When I say a little bit wild, the emphasis is on wild. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You are at a crucial tipping point. It's not necessarily the tipping point, but it may be and you need to pay attention to that. You seem to be teetering on an edge between the past and the future, searching for the present everywhere but the moment. It's as if you see the moment for what it is, and you feel the momentum of your life shift directions. Then, you may wonder whether it really happened. That's how you will know it's true. In fact, if you start to question whether you're full of shit, or whether you really deserve any success or have a shred of creativity, you know you're in the right place. Take a bath in those doubts: make it hot and sweat a lot. Drink a lot of water and flush them through your system. You spend too much time concealing your own insecurities from yourself. Let them hang out and you'll know the true meaning of confidence. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) At this stage, you seem to be working your way toward understanding the problem rather than the solution. They are the same thing, in truth. It seems that the way to unravel a complex puzzle will come to you all at once in a kind of orgasmic rush of connection with yourself. The more important process is what you learn, internally, on the way to getting there. I don't mean this as a spiritual platitude about journeys and destinations. I mean that reconsidering your struggle about reconciling with yourself will reveal more than you can now imagine. That moment of contact will be beautiful, and real, but the understanding you gain of your self-alienation is something you have strived for over many years with far less meaningful results than you're likely to have in the coming weeks. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) A friend or partner may appear to be moving away; in reality, it seems they're moving toward a breakthrough that will bring you both closer together. This person has their own process, and it is complicated — more complex than your relatively simple mode of "go with your feelings." It is true that the world needs to learn how to move on its instincts, or better still, intuition. It's also true that it takes some people longer than others to allow themselves to acknowledge what they are feeling, and to trust it enough to act on it. You live in a world of constant change, akin to the tides. They live in a world where movement seems to threaten structure, as inevitable as movement is. Eventually, it's greeted as a friend, as are you. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) A career matter is likely to be the focus of a personal relationship, and in some ways it's a turning point there. Professionally and personally, you appear to be on a roll, and you seem to be taking new territory after a long phase of hesitation. You may feel that the issue involves your success feeling like a threat to someone close to you, but I don't think this is true. What you're seeing is likely to be a natural result of your putting out a lot of energy; that usually means change and change tends to give people a feeling of instability. Listen to what anyone close to you has to say and offer what support you can, but please focus on your mission. You're in a rare moment when you can expand your horizons in a way that takes you past a tipping point that you've worked a very long time to reach. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) This time is a crucial test for your confidence. You are being summoned to a deeper level of responsibility, but the seeming paradox is that you're being called upon to go past your previous ideas of what it means to be responsible in the first place. I am suggesting here that it doesn't mean what it used to mean. In the past there was something about taking only very calculated risks. Now there is something in your charts about being a lot more bold, though lately you may be having your doubts. You can give your doubts a voice without throwing your life into reverse. You know that you must find a balance between being daring and being effective, but I doubt you'll be able to do one without the other. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You may be asking if old friends are really friends, but there may be one or two you've overlooked whose role in your life would better be suited by the term 'best friend'. Do we really need an explanation of the idea "friend"? In the 21st century, we just might. A friend is someone who is loyal to you. This is not necessarily loyalty to the exclusion of others, but surely not someone who helps those who are hostile to you. Friendship is demonstrated with energy, generally actively and not passively. So look around for such an expression. Finally, a friend is someone whose presence in your life transcends the passage of time. You can skip a week or a decade and they are still fundamentally the same person to you. People who "change" usually are not changing; they're revealing something that was always there. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) This is the time to fire up your ambition and make a few solid and successful moves in the professional world. One likely result is that you'll be appearing on the radar of others as more attractive, influential and visible, but again I suggest you focus on your work life at the moment. Too often people get up each day and do what they are not interested in; now is the time to dare precisely what interests you the very most. Invest your time and energy into both building your reputation and capitalizing on the one you've already created for yourself. You have done an astonishing amount of behind-the-scenes work the past six months, so much you may not even realize how much. With Mars, the planet of action and achievement, moving in your favor, you are in an excellent position to bring that work to the forefront and claim some



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respect (and money) for what you've accomplished so well. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Recently you may have decided to keep something to yourself — such as an idea, a business arrangement, or a personal discovery. Suddenly the planets are aligning in a way that is influencing you to express that very thing. You may not feel ready and you may not want to dilute the idea. However, there may be one person who is appropriate to discuss this with, and at that, strictly in the context of setting the idea in motion sooner than you were planning. You have an opening this week that is like a temporary window into the future. If you miss this one, there will be another; but it may be a while. I suggest you move this plan from the back burner right to the front of the stove and lay a foundation this week, so that when you do come back to it in some weeks or months, you come back to something that is developed and has evolved a few steps rather than merely being a concept. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) The planets and your own instincts are calling on you to experiment with something, and I think that the experiment involves exploring what you feel. An experiment involves experience, not merely thought or planning, things from which we can usually turn back. You may be concerned that once you dare, you will not want to stop. This is a feeling I suggest you embrace — the loss of control where pleasure is concerned. You are a Capricorn, which is to say that at a certain point, the parachute of responsibility guides you back down to Earth gently no matter where you may have been flying. Therefore, I don't suggest you worry about losing control and instead, if you're going to bother yourself with anything, understand why you are so obsessed with self-control in the first place. It is starving

you. In your release, nourishment awaits you. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) The need you feel is emotional, and it's also erotic. There is no conflict unless you say so. If you feel a need to seek a new or deeper version of your identity through erotic play, I suggest you affirm this rather than deny it; explore rather than stuff; love rather than judge. Certainly in the current era we have more reasons and more occasions to say no than to say yes, or so we think. Then when need arises, we have few choices for what to do and feel good about it. Most of our sexual options are all-or-nothing. Whatever. The need you feel is real, not "casual." I suggest you open your eyes and seek out those who are real as well, or where you suspect there is a good chance of this. Honor the nourishing power of Eros. And if, in some way you feel your need is arising from pain, say yes to the pain and the healing that inevitably follows authentic honesty. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) You are beginning to take new territory; don't stop. Ride the momentum you feel, let the seeds that have sprouted push their roots down into the Earth and stretch their stems and leaves toward the sky. Remember this image of roots and branches growing in their respective directions; you draw nourishment from above and from below. One is from the dark and one is from the light; one is from something old, and the other from something new. You are the bridge between these two seemingly different orders of reality. They are the same because you join them; they merge, blend and create new chemistry within you. Remember the concept of tropism: the indescribable, undeniable pull toward that which nourishes us. Feel it, move with it, don't let your mind get in the way. Eric Francis has more to say at PlanetWaves.net. ◻◻◻◻

Island Epicure



By Marj Watkins

Yay! Salads!

Raw foods are in. The movement has spread from the East Coast to the West Coast. Proteins in this diet come from nuts, seeds, and/or sprouted beans or grains. Nut milk supplants dairy milk because pasteurizing or any heating of food above 118 degrees kills enzymes and reduces nutrients. If you're aiming to lose weight, you can do it giving up cooked food, but you'll need to supplement with Vitamin B12 to avoid anemia.

Years ago two women ran a raw foods restaurant and juice bar on Vashon. Anyone remember the Dog Day Café? It preceded the Stray Dog Café, then another restaurant before the Italian restaurant that preceded the All India Café in that space now. Those women had thwarted cancers their doctors told them would kill them, and credited raw foods with giving them decades more of life.

I believe—currently, at least—that a balanced meal needs something raw and something cooked. Root vegetables, i.e., carrots, beets, and potatoes, yield up more of their vitamins and antioxidants when cooked with a little fat to break down cell walls.

One dish with both raw and cooked elements is my creamy chili bean recipe. A can or two of red kidney beans, pinto beans, or black beans, or some home-cooked beans, make it easy to whip up this dish in a few minutes. You almost don't need a salad with it, but go ahead and serve one.

MARJ'S RED BEAN CHILI

4 to 6 servings

- 2 (15-ounce) cans red kidney beans or 4 cups home-cooked beans
- 2 tablespoons salsa picante, or to taste
- 2 teaspoons ground cumin
- 1"x 2"x 3" chunk sharp Cheddar cheese
- 1 red, yellow, or green bell pepper
- 1 red ripe tomato
- 3 or 4 green onions, thinly sliced (be sure to wash them well)

Bring the beans to a boil in a saucepan. Stir in the salsa and cumin. Remove from heat. Grate the cheese and put it in a bowl.

In a blender or food processor, in two batches if necessary, puree the beans, leaving some identifiable bean chunks. Put the semi-puree back in the saucepan. Reheat on medium low.

Wash the vegetables. Dice the pepper and tomato and slice the

onions. Put each kind of vegetable in a small bowl, and add a spoon.

Transfer the hot beans to a small tureen or ladle them into individual soup bowls.

Let each diner top his or her portion with grated Cheddar and a selection of vegetables, or some of each kind.

Offer whole rye bread, cornbread, or whole wheat bread, and butter, plus a salad of the season. A stroll along any of the Island's back roads, or through your yard or garden, will give you a chance to harvest some wild vegetables similar to those Rotaida and Martin gathered in my new novel "Royal Spy" after their travel food was stolen.

SALAD ON THE WILD SIDE

Chickweed
Smooth dandelion leaves, bitter center ribs removed
Dandelion petals
Watercress
Watercress blossoms
Mustard green florets
Tiny wild cress florets
Sorrel
Green leafy lettuce or arugula
Yellow-green inner leaves of celery
Dressing: 1 part rice vinegar or balsamic vinegar to 2 parts olive oil, a dash of coarse black pepper and a few shakes of garlic salt.

Line salad bowl or platter with torn lettuce or arugula and celery leaves. Arrange wild greens on this. Serve dressing separately.

Tip: Undressed leftover salad keeps well in a plastic bag with a piece of paper towel to absorb moisture.

Garden flowers you can garnish a salad: include violets, pansies, day lily buds and flowers, and nasturtium blossoms in summer.

I call the next recipe Forever Salad because you can always find the live raw ingredients at the grocery store.

FOREVER SALAD

4 servings

- 4 very large or 8 smaller green or red leafy lettuce leaves
- 1 tart-sweet apple such as Pink Lady or Jonagold
- 1 small handful raisins or raspberries or 4 or 8 strawberries
- About 1/3 cup almond slices or chopped walnuts

Wash the lettuce leaves well under running water. Pat them dry with a clean dishtowel or paper towels. Cut the apple in quarters, cut out the resulting wedge of core. Thinly peel if not organic; if organic, leave the nutritious peeling on.

Dice the apple and give the pieces a short swim in a cupful or two of salted water. This both seasons them and keeps them from turning brown.

Tear the lettuce or cut it into bite size pieces and arrange them in a salad bowl. Top with the remaining ingredients in the order listed.

Serve with blue cheese dressing or mayonnaise. ○○○○

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We've Got a Lot of Kids Stranger

by Kevin Pottinger

Our five-year old daughter Meredith has developed a fakey laugh, that ingratiating giggle that can be such a valuable tool in social interaction. I hear her working out when to use it; it's as if one day she grew another arm, and is trying it out at the supper table. She'll add a giggle to baldly insulting statements in hopes of squidding past defenses, such as "Daddy, you sure have a fat belly!" followed by her fakey laugh. Or, "Daddy, I'd rather eat baked worms in dirt than your yucky spaghetti, aha ha!" Sometimes she'll add a lilting "Oh my!" at the end. She's still working out when it's best to include that extra insincerity.

Because she doesn't yet understand jokes, she'll chuckle at things that someone may find funny, just in case, or statements she makes that could use freshening up with some feigned amusement. "It's so cold outside I need my winter coat, ho ho!" or, "It's the girls turn to sit by Mom at the table. Aha ha!" Watching Meredith build her social persona is like being present when the molten rock of the earth's crust cooled into mountains, valleys and plains.

Our seven-year old son Colin has learned to tell jokes that have actual humor content. For a couple of years, he understood when jokes were being told, and that they had a predictable pattern of setup and punch line. But that's as far as he could get with it. It was as if his Rosetta Stone was one widget off. "Knock knock!" "Who's there, Colin?" "Orange!" "Orange who?" "Orange juice and apple juice!", then he'd float a trial laugh to see if that would nudge us over into guffaws.

After a pause, my wife Maria and I often blurted out belly laughs in spite of the utter lack of humor in his jokes, because frankly, they were

so stupid, and because he would grin like an idiot after telling his joke, and with his freckles and a few strategic teeth missing, he looked exactly like Alfred E. Newman. It took months of this, and patient explanation of what makes a particular joke funny, before he uncovered the cleverness in jokes.

What finally pushed him into understanding was the "I see London, I see France" verses, with the extra verses that rhyme pink and stink. Once he mastered those verses, he recited them over and over, in the exact same way, with the exact same inflection, for weeks.

Colin has learned several jokes that make sense from start to end, have punch lines and are actually funny: "Knock knock." "Who's there?" "Interrupting Cow!" "Interrupting - - " - - Moo!"

*I'm a stranger here, and I just blowed in your town**. Most days I leave the house in the morning for work before the kids are out of bed. I come home from work at supper time, and after the kitchen's cleaned up, I have another hour or so before we send them off to bed, bickering with each other. By the time the weekend rolls around, I'm essentially a stranger, or more like some vague relative.

I'm a stranger baby, and I just blowed in your town. The kids follow Maria around the house as she picks up their clothes and toys, and when she's off her feet on the couch or in bed they pig-pile on top of her and break into screeching fistfights over favored positions. When it's time to read bedtime books, I'm wholly shunned in favor of Mom. Although I probably should, I don't take it personally.

Just because I'm a stranger, everybody wants to dog me around. One night last week I said three interesting things at the supper table, which seemed to catch the rest of my family by surprise. Over a weekend I can often reacquaint myself with the kids, so that by Sunday night I'm dearest Daddy once more. I thought that it took the kids a few hours to warm up to me; now, I realize that it takes me a few hours to warm up to the kids.

**Stranger Blues, E. James, M. Levy, C. Lewis, Copyright EMI Longitude Music Inc.* ○○○○

Positively Speaking

Remember Who You Are and What You Represent

by Deborah H. Anderson

Everyone's biggest concern was whether Mollie would make it in time to see Bette. As I looked across the table and down each side at the wonderful women I was eating with, friends for almost thirty five years, I was filled with the deepest peace knowing that I, an only girl with three brothers, know what it is to have sisters; lots of them.

Dressed in our finest, enjoying our skate or steak provencale or mussels or blackened ahi, we continued the laugh fest that had begun twenty four hours earlier.

Every other year, now, we gather to celebrate and remember. We, residents of third floor Olney Hall, Mills College for Women class of '73, '74, '75 and one '76'er who actually transferred to the U when we all graduated and became a Husky.

Technically we are Boomers. More importantly we were the cusp generation that endured, survived and grew through the Women's Movement at its very height. When we were born we were taught to stand by our man. Less than a quarter of the way into the journey they told us to take off our aprons and be all that we could be whatever we wanted 'being' to be. Wow.....we got lucky. We got blessed.

So over the table we talk of professors gone by. William Bridges, encounter group central prof who preferred people laying their heads on each other's stomachs and describing their feelings to writing stodgy old papers. Libby Pope, English professor par excellence. Diana Russell Eckman, who puzzled us and later became an expert witness for trials involving marital rape. Merrill Provence, logic and philosophy professor who was loved by one and all. Rey Wik and Charles Larsen, history and government professors who exemplified brilliance.

There we sat in our all female classes with a student/teacher ratio of 11-1, never realizing quite the extent of history we were making. Apart from the occasional male teacher, we were devoid of male influence or competition in the classroom. And, we were no longer a finishing school. We were free to be as smart as we wanted to be and let it show for the sole purpose of sharing it with the world however we wanted.

Did you know that women answer questions twenty seven percent less if they are in a class with men? Still.

The conversation repeated itself over and over that weekend in Vegas. We'd gathered to see the icon of our travels, Bette Midler.

Someone remarks how strange it was when we graduated into the land of men and they weren't interested in our opinion.

Ah.....seethat's what Mills did to us. Mills made us define ourselves by our intellect and our diligence and our curiosity and our humor and our adventurousness.

Nowhere in the mix of our daily life were we defined by men. On weekends, if we chose, we could sign up for mixers at Cal or Stanford, and Queen Bee's that we were, deign to bless them with our presence.

It was not that we considered ourselves equal with men. In the end, we considered men equal to us; a bold and wonderfully life giving attitude!

And what are the blessings of such an educational experience? None of us are rocket scientists in our little group although Dixie Lee Ray was an alumnus. Nor are we running for president, although Barbara Lee has been having a good time representing Oakland for a long time in Congress.

No we are businesswomen, and technologists, and teachers, and



Olney Hall at Mills College for Women – Oakland, California, courtesy photo.

lawyers and theologians, and full time housewives and mothers. Each of us has carved our niche and stood strongly in our own beauty and intellect and wisdom.

And yes, gay or straight, we are wives and mothers. Our children are the most precious part of our lives. Those who married, with only two exceptions, married men who respect and give broad berth to the living of our individual lives. And most interesting of all is out of twelve marriages since the mid seventies, there have only been three divorces. Astounding odds that prove marriages based on respect equate with longevity.

Even for someone like me who had such difficulty learning to stand in her own truth and live visibly with joy and strength, those hours in the classroom, those nights on the floor where we celebrated and affirmed each other, have resulted in lives in the middle of the journey that are full of the riches of a life well

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lived. We live in deference to no one and at the same time, without a need to crush or rule.

Kathy reminds me of the importance of us being trained in critical thinking and the love of great music that feeds our souls.

Gretchen reminds me at heart I'm a screwball who loves a good time no matter how tightly woven I seem.

Pat reminds me there is joy in order, and laughter and philanthropy deepen the heart of the world. And that it's OK to chew gum

struggle and strife and gender barriers we endured and broke, the single most important dynamic was the open development of female friendships. No longer were we competing with each other. We were loving each other, and respecting each other, and affirming each other, and giving to encouragement to each other. There is nothing stronger than women's friendship.

And that's what we celebrate in women's contemporary history. You know, I broke a really important gender barrier once upon a time. And when the old guard tried to finish me off they were puzzled at my resiliency and tenacity and hope. They didn't see the thousands of women behind me and beside me and in front of me cheering me on, telling me to speak louder and laugh and feel the joy of living. They didn't know getting up was not a problem, because my sisters wouldn't let me fall down.

Bette summed it up for us not two hours later. She said...n her burlesque skit... that someone had told her, "They can't love you if they can't see your light." And then she sang, "You've got to give a little, take a little, let your heart break a little, that's the story of, that's the glory of love." We women who are friends hold the follow spot on each other any chance we get.

Here's to you my sisters from Mills College for Women. PEARLS UP!!!!!!!!!!!!!!

Love, Deborah



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Mosquito Fleet Sails Again

by Kai Oliver-Kurtin

Local authors collaborate to tell unique segment of Puget Sound's maritime past

Steamboats have always played a large role in the growth, development and stability of Washington state and the South Puget Sound. The Mosquito fleet was vital in this maritime culture and its history is now rich and colorful.

Jean Cammon Findlay and Robin Patterson have teamed up to pictorially depict the fascinating past of South Puget Sound's mosquito fleet -- from modest launch to sleek liner. The authors hope the book will "give impetus to people to collect their own memories or histories, no matter what the topic."

Mosquito Fleet of South Puget Sound
by Jean Findlay, Robin Paterson
Images of America Series
Price: \$19.99
128 pages/ softcover
Available: April 28, 2008

photographs historical collections from Shelton to Seattle as well as from one of the largest private collections owned by author Robin Paterson;

- * Records the biography of more than a hundred boats in the Mosquito Fleet, from construction to, in some cases tragic, ends;

- * Discusses the varied adaptations the boats made to survive after the heyday of the Mosquito Fleet era

- * Showcases many little-known facts about the boats, people and places.

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Jean Cammon Findlay and Robin Paterson

Highlights of *Mosquito Fleet of South Puget Sound*.

* Reveals numerous unseen

The Third Tower

Continued from page 1

Voice of Vashon Standing By was created to provide critical information to Islanders in the aftermath of a disaster. Since we began broadcasting several months ago, the Island has remained relatively disaster-free (unless you characterize some of the recent ferry disruptions as disasters...and many do). What's important is that everyone on Vashon and Maury Island be able to eventually receive VoV's signal at 1650 AM.

A devoted team of volunteer content providers takes turns each week bringing you "This Week on Vashon," a pre-recorded run-down of the latest Island happenings which rotates on an endless loop. When a ferry breaks down, power goes out or roads close for any reason, VoV interrupts regular programming to go on the air with a rotating, pre-recorded announcement instantly. Updates occur as information becomes available until the situation is finally

resolved, at which time the regular pre-recorded program returns to the air. In fact, this "breaking news" capability has been used at least a dozen times already, mostly for ferry disruptions.

At the moment, our 10-watt traveler's information station broadcasts from just one location behind the VoV building on Sunrise Ridge. Depending on the quality of one's car radio, the signal at 1650 AM can be picked up as far south as Inspiration Point and as far north as the Community Care Center. Some have reported hearing the signal as far away as West Seattle, but not everyone has a radio capable of such reception.

The money has already been raised for tower #2. Last fall, the Vashon Island Rotary Club and Vashon Youth & Family Services staged a Michelle Shocked concert to raise funds for the second tower and for generators for VYFS. Coupled with a grant from Rotary District 5030, the \$10,000 needed to build a second tower was raised. The equipment has been ordered

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Not Just a Great Burger

and should arrive soon. Locations for towers 2 and 3 are still being sought, but the expectation is that transmitters will be placed toward the north end of the Island in the Cedarhurst area, as well as in upper Dockton on Maury Island.

Vashon Island Rotary Club hopes to seal the deal to complete the third tower by staging an Island-wide Soc Hop at K2 Commons on May 31st... VashonBePrepared is set to allocate \$6,000 toward the third transmitter through a generous grant from King County. The plan is for the funds to be a matching grant that would key into and build upon the hard work by Rotary on this last piece of the emergency broadcasting project.

For now, VoV has no way of letting listeners know when breaking news is playing on their radio, but that will change one day soon with the installation of

permanent signs that will flash when urgent information is at hand. An enthusiastic team of Island engineering aficionados (okay, geeks) has eagerly taken on the project.

To get this far, Voice of Vashon has depended on a variety of strategic partnerships with many Island organizations. With their continued help, we hope to very soon announce the completion of the Island's emergency broadcasting network.

In the meantime, please help us get there by showing up at the Soc Hop on May 31. VoV is providing both the music and the DJ. It's going to be a blast!



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 16**



Loopy Laffs

Mark Twain on the Afterlife:
I am silent on the subject
because of necessity. I have
friends in both places.

First money talked, then it
whispered; now it just sneaks off.

One Liners

Apathy is something I'm neither for nor against.
Better to have loved a short man than never to have loved a tall.
Last winter I got a pair of snow tires but this spring they melted.
Never explain—your friends don't need it and your enemies won't believe it.
Regardless of how much patience we have, we prefer never to use any of it.
Some folks call their banks to get their balance. I just shake mine.
About all you can get with a nickel these days is heads or tails.
Is this apisdn umop or am I just standing on my head?
Why is there a permanent press setting on irons?

The father of Microsoft's Bill Gates spoke to a group of business people in Taipei, Taiwan and mentioned the difficulties of having a famous name. "My daughter was buying ski equipment," the elder Gates said. "She handed her credit card to the clerk, who asked, 'Are you related to...him?'" To avoid a long conversation, she said, 'No, I'm not.' The clerk replied, 'I didn't think so. You would have bought better skis.'"

I have just one thing to say.
Well, I don't really have
anything to say. I guess I just
wanted some attention.

One thing I've always wondered
about day light savings time—just
where do they keep it all?

People are made to be loved and
things are made to be used. There is
much chaos in this world because
things are being loved and people are
being used.

There are worse things than getting a
call for a wrong number at 4 a.m. It
could be a right number.

Loopy Zen:
Never accept failure
but get use to it.

A few more euphemisms for
stupidity:

Slinky's kinked.

The cheese has slipped off the
cracker.

Doesn't have all his dogs on one
leash.

One tree short of a hammock.

WILD WORLD

BY ED FROKING



No matter how
much cats fight, there
always seem to be
plenty of kittens.
—Abraham Lincoln

Cowboy Wisdom;
If you plan to insult the chef, best
wait 'til you're done eating.

Flatterers look like friends, as
wolves like dogs. - George
Chapman

OFFSHORE Classic

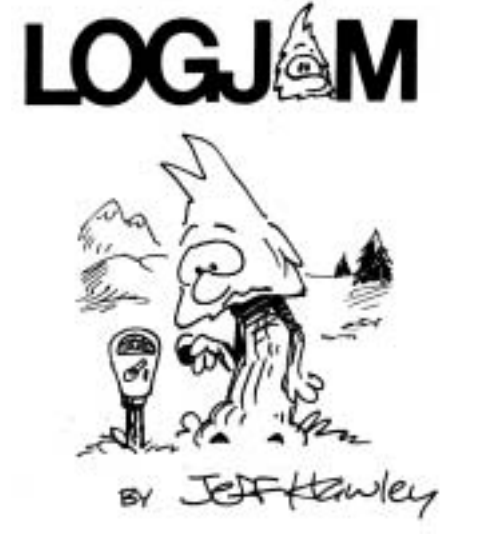


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Solution to puzzle on page 7



More VIPS at: <http://vashonislandpeoples.blogspot.com/>



Loop Arts

Blue Heron Dance Performs *The Sleeping Beauty*

by Janice Randall

More than 50 Blue Heron Dance Company advanced dancers will perform *The Sleeping Beauty Ballet* at VHS Theater, Friday and Saturday, May 15 and 16, 7 pm and Sunday, May 18, 2 pm. Considered to be one of Tchaikovsky's finest works, VAA Dance Director Christine Juarez said she chose this ballet because of its complexity. "I chose this ballet because we have so many advanced dancers. It is a complex and challenging ballet."

Blue Heron Dance Company includes Ballet 2, 3, 4 and 6 and Modern 1, 2 and 3. Younger dancers will take the stage for the first half of the performance in excerpts from *Midsummer Night's Dream*, *La Fille Mal Garde* and *Rose Adagio*. Youngest dancers, perform *The Fairies and the Dragon*, about accepting differences.

Sarah Balcom, as Sleeping Beauty, will be in good company with a large group of experienced dancers, many VHS juniors who have danced together since childhood. Molly Crosby will dance as The Lilac Fairy. Other fairies include: Chelsea Clark; Sami Ressler; Amorita Juarez; Camille Kappelman; Sophie Pawlowski; Madeline Morser; Clarissa Boyajian; Trudy Soriano; and Shannon



Molly Crosby, the Lilac Fairy, awakens Sarah Balcom, *The Sleeping Beauty*. Photo by Mike Urban

Hennessey who plays the pivotal Black Fairy.

New this year, Juarez will present Ten Year Tiaras for students who have danced 10 consecutive years with Blue Heron Dance. "This is a way to recognize commitment and consistency and to show the kind of dancing that persistence can reap," said Juarez.

Forgetting Sarah Marshall

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Collector's Choice Art Sale

by Janice Randall

Mark your calendars now for another Blue Heron Gallery fabulous, fun art sale. Reminiscent of last year's Archives Art Sale, which featured works by Island artists, this year's sale presents works donated by passionate Island art collectors.

The special event begins Friday, May 30 from 5 pm to 8 pm for VAA members only (if not a member, you may join at the door). Doors open for general public Saturday, May 31, 10 am to 4 pm, and Sunday, June 1, 11 am to 4 pm. From Friday evening till Sunday afternoon, a number of Vashon's most discriminating art collectors (and a few off-island ones, too) are contributing art of every kind for sale to members and friends.

While it is expected that some of the artworks will have been created

by Island artists, much will be from artists around the country and the world. Be prepared to look for special finds not otherwise available for sale. If you already collect a particular kind of art, see if works from your specialty are on hand.

Not an auction, but an open gallery event, patrons walk in, find pieces, buy them, and take them home! There will be paintings, prints, photographs, posters, textiles, sculpture, pottery and more. This will be a wonderful opportunity to purchase excellent original art for your home, workspace, summer place, or cabin.

For more information, call Janice Mallman, 463.5131 ext 224, or Susan Sullivan, 463-4164.

The Fattest Kitty on Earth

(A Brand New Puppet Show for grades K-6)

by Bill Jarcho

*Oh my stars, beware, beware,
The Fattest Kitty anywhere!
Wow just look, Gosh what a girth!
The Fattest Kitty walks the Earth!*

When Danny Van Hoot's pet kitty is instantly turned into a King Kong sized feline, it takes all the strength he can muster to keep her safe as she runs amok causing comic catastrophe. With action, suspense, and lots of laughs, this tale of courage and wishes-come-true, is a whole lot of fun for everyone! This 40-45 minute presentation is filled with a wide variety of colorful and cartoony hand-made puppets and masks, designed and performed by Bill Jarcho of Zambini Brothers Puppets. The shows are 2pm and 4pm on Sunday May 18th at Ober Park. The 2pm show is a pay with a can or non-perishable food donation (for the Food Bank) and the 4pm



show is \$5 for Kids and \$10 for adults. This show is suitable for kids grades K-6th. A note of warning: there are some moments of comical, yet loud yelling in the show, so parents be warned. The shows are 2pm and 4pm on Sunday May 18th at Ober Park. The 2pm show is a pay with a can or non-perishable food donation (for the Food Bank) and the 4pm show is \$5 for Kids and \$10 for adults. Sponsored by Vashon Parks District.

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Pinocchio: Truth Be Told, It's Funny

by Sally Leonhardt

Cheryl Krown is so funny, I don't know whether she should be artistic director of Vashon Dance Academy, or a stand-up comic! Personally I'm glad she's our VDA director: her humor shines in her dance classes, and laughter rules the creative, dynamic rehearsals for Dance!Vashon's 2008 performance, *Pinocchio*. As a mother of a VDA dancer, I couldn't be happier.

Building on her own sense of humor by collaborating with her students, Krown has created a wildly entertaining production of

they're in – the Friday night/Saturday matinee, or the Saturday night/Sunday matinee. Principal dancers, respective to the Fri/Sat and Sat/Sun casts include: Ravenna Koenig and Rebecca Snyder as Jiminy Cricket; Chelsea Wagner and Simone Wood as Blue Fairy; Carlie-Sue Anderson and Chloe Zimberg as Cat; Anna Hicks and Rachel Taylor as Fox; Emma Strong and Madeline Osborne as Cleo. Fourth grader Graham Peet dances the part of Pinocchio. Lea Zaglin performs as Figaro; Lisa Mitchell-York, Gepetto's wife; Anne Dulfer as Strombolina and Max Herrington as Lampwick. There are dancing bubbles and jellyfish, mermaids and a turbulent sea, woodpeckers and wind-up dolls. Imagine what awaits you on Pleasure Island 2008! (Think funny. Think updated. Think what every kid asks for – birthday, holiday or just for the asking.)

You have to buy your tickets early! Dance!Vashon productions almost always sell

out. Last year's Aladdin left only eight unsold tickets over an entire weekend. Tickets go on sale May 12 at Books By The Way.

Comedy, beautiful dancing, laughing about the human condition – it's all there in Dance!Vashon's *Pinocchio*. I'm putting it on my calendar as "vacation weekend!"

All performances at Vashon High School Theatre. Show times: Friday, May 30, 7:30 p.m.; Saturday May 31, 1:30 p.m. and 7:30 p.m.; Sunday, June 1, 1:30 p.m. Tickets sales begin May 12. Early ticket purchases are suggested; most shows sell out. Adults/\$12, Children 18-under/\$10. Tickets available at Books By The Way or at the door.



Simone Wood, as the Blue Fairy, hovers over Pinocchio, played by Graham Peet, helping him reach his goal to become a real boy. Photo by Kathleen Webster.

Pinocchio. Although the story has some serious messages about conscience, honesty and moral dilemma, the dances about these story points are so amazing, they're amusing. The rest is hilarious. See it. You'll have a great time. I had a great time dropping in on rehearsals during spring break – in fact it officially counted as my spring vacation and I rate it up with the best!

Pinocchio will be performed on May 30, 31 and June 1. It promises fabulous talent, fantastic dances, fanciful costumes, and, as always, darling toddlers (as cuckoo birds from cuckoo clocks!). It also showcases an interesting twist: Dads are dancing with their daughters. Martin Koenig, in his first Dance!Vashon performance, is playing Gepetto. He will dance with his daughter, Ravenna, who is Jiminy Cricket. The "Lies" are being played by Roger Taylor, whose daughter Rachel plays Fox; John "Oz" Osborne, whose daughters Madeline and Maria play Cleo and a dancing jellyfish, respectively; Grant Ballingham, whose stepdaughters, Carlie Sue and Leanne, play Cat and a Lie Child, respectively; Neil Shiosaki, whose daughter Mykah's role will give you such a big chuckle, I don't want to reveal the surprise.

To see your friends and loved ones, find out which of the two casts

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VHS Students Awarded Photography Scholarships

by Ray Pfortner

Travis Eberle, Jeffrey Lou and Sam Veatch, all Vashon high school students, have been awarded David Webster Scholarships to attend the "Shoot to Show: The Animals of Vashon-Maury Island" photography class being taught by Island photographer Ray Pfortner for Vashon Allied Arts this winter and spring. The three were selected from all those who applied based on the strength of the samples of their photography and the short essays they submitted.

The VAA class began in March and runs through this month. It will culminate in a juried show at the Hardware Store Gallery in June. In the first session of the class, Ray warned the adult

have constantly challenged the adults with their creativity and have added greatly to the class.

Ray already knew Jeffrey and Sam from 2 earlier opportunities he had to work with them: the McMurray Exploratory Program several years ago and the VAA Summer Teen Photography Camp in 2007. And he knew of Travis' talent.

The scholarship is funded by gifts from the friends and family of David Webster, avid photographer and father of photographer Kathleen Webster, a professional photographer



Photograph © Sam Veatch

specializing in portraits and weddings, who lives on Vashon. The scholarship covers the entire tuition for the class.

Kathleen Webster and her Mother, Joan Webster, along with Melinda Sontgerath,

owner of the Hardware Store Gallery, Eric Horsting, Arts Editor of the Beachcomber, and Ray Pfortner will all jury the final show of the student work. The opening reception for the show will be during the First Friday Gallery Cruise, June 6.

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, May 16**

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