In this issue: Island Epicure features fish vs. cancer; VBP shouts Quake, Rattle and Roll; MEarth says: "not in my Garden" to gm corn and much, much, more!



Teens Fast For
Food and help
with VCCC
garden.
page 8



Return of Dalco the Humpback? page 11



Celebrate with a back flip, see Ask Ernest.

page 16

# FIED OF

Vol. 5, #11

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM May 23, 2008

### A Revolution of Values

by Steve Graham

On June 8th, we islanders will have a chance to see and hear an activist legend. Cindy Sheehan, internationally recognized Peace Mom, will be appearing at the Vashon High School Auditorium at noon in support of her run for



Cindy Sheehan at the White House, courtesy photo.

Congress in California. She is running against none other than Nancy Pelosi, she who generated the "impeachment is off the table" quote. Continued on page 15



These fish didn't get away. Photo by Janet Baron.

#### What A Catch!

by Lee Miller

The Vashon Sportsmen's Club recently hosted the annual All Island Kids Fishing Derby at the Club Pond. This is an annual affair where the members of the Vashon Sportsmen's Club invite all of the children on the Island aged 12 and under to come for a day of fishing. Lots of prizes are awarded for different age groups and for boys and girls.

Continued on page 10



A close look at a kelp crab at last year's Low Tide Festival. Photo by Ariel Dressler.

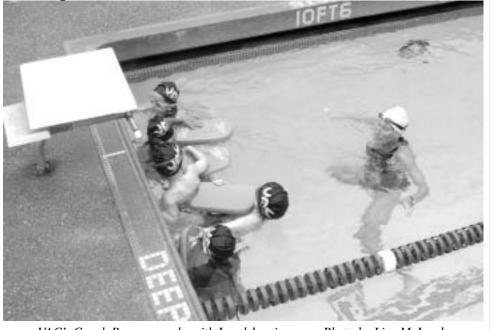
### Low Tide Celebration

by Rayna Holt

"When the tide is out, the table is set" say the Coastal First Nations who have lived up and down Puget Sound for more than ten thousand years. The rich array of life means food for people and animals alike, a place where crows, seagulls, raccoons, and muskrats browse the mud and pebbles for lunch and kingfishers, eagles, and pigeon guillemots forage the waters just offshore. This year the third annual Low Tide Celebration at Point Robinson, 10 to 3:30pm on June 7, will include a visit from a native canoe, the Blue Heron, and songs and stories that span centuries of people living near the abundant beach. Both Leslie Creed and the Blue Heron's skipper, Mike Evans, will tell stories on the beach at 12:30pm.

# VAC Launches Water Safety Initiative

Nine people drown every day in the U.S. The Vashon Aquatic Club (VAC), a local club with 25 years of experience in providing recreational and competitive swimming for Island youth will lead a local partner program of the USA Swimming Foundation to help change that statistic by raising awareness of the importance of water safety. "All Vashon families should teach their children to swim and learn water safety," said Gary R. Gray, president of VAC. The following statistics demonstrate the need for action: Cont'd on page 8



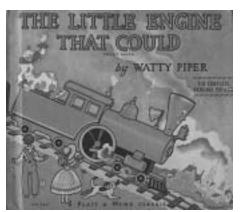
VAC's Coach Pesman works with Level 1 swimmers. Photo by Lisa McLeod.

#### Vashon College Starts Early Reading Program

New Books Monthly to All Island Children Ages Birth to 5 - Free

by Christine Beck

Think Dolly Parton and the mind fills with images of country western music, nutty movies, blond bouffant hair, tight costumes and ... But where's the connection to Vashon island,



Vashon College and our Island children? For all her fame, one of Parton's proudest contributions started in 1996 when she decided to help her home Georgia county, Sevier, by making sure every child under the age of five year had the opportunity to have, hold, read and own books at no cost and regardless of family income. For three years, Parton mailed a new, age appropriate book to every child under 5 in that county on her own nickel. Continued on page 19

### Just Say "O"



Vashon's new arts & community center has just been named. As of June 1, the former Stewart Brothers coffee roasting warehouses will bear the simple name: O.

"The full name is 'Open Space for Arts & Community'," say islanders Janet McAlpin and David

Continued on page 18

The Vashon Loop, p. 2 May 23, '08

### 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.

#### What the Heck is Slam?!

Slam Poetry is performance conference room. Llama John, who poetry presented in a very social, very competitive arena. But, as Julian Park, the initiator of Slam on Vashon, is quick to say, "The competition is not the point, the poetry is the point!" Interim Director of Vashon Youth Council and 2007 VHS graduate, Julian Park, with adult "consultants," Devon Atkins (Poetry Salon & The 8-word, 8-Day Poetry Open Mic), along with folks from Vashon Youth Council, DOIT, the Park District. Café Luna. and VHS's Harris Levinson, has taken the idea and run with it. Slam begins with a workshop on Sunday, May 25th, 1 - 3 PM at the Library

#### **First Orchard Tour of** the Season!

On Sunday May 25, the Vashon Island Fruit Club will hold its first tour of members' orchards this season. The tour will begin at 1:00 pm at Hans Thompson's place at 21715 131st Place SW. Please park on SW 220th Street and walk up 131st Place SW, following the signs. At 2:00 the tour will move along to Paul Macapia's at 9200 SW 156<sup>th</sup> Street. These site visits have been popular with members as the source of interesting ideas and discussion of issues. On Sunday June 22<sup>nd</sup>, the workshop will focus on Bees and Berries at Bob Dixon's and Bob Norton's. Please call Mary Ornstead at 463-0565 for more information.

#### who shows up, in the art of performance poetry. The workshop will be followed with readings at the Village Green in June and begins it ongoing run (First Thursdays) at Café Luna, July 3rd, 7 PM.. Meanwhile, with or without Workshop preparation, anyone who is interested in participating in the June 6th Slam, should contact Julian Park (849-6691). Remember the

lives on Vashon and who was a

headliner during the early 90s hey

day of New York City slam poetry,

has volunteered to coach anyone,

### **Animals** As the economy tightens, the island's homeless and displaced

animals still need the TLC that they receive from VIPP volunteers. You can help by donating to this year's The Fur Ball™Auction, to be held on August 2nd at the VFW Hall. Proceeds from this event account for more than half of Vashon Island Pet Protector's yearly operating expenses. Please consider sponsoring a portion of the event or donating items or services: host an ethnic dinner, a bottle of wine, lessons, jewelry, vacation getaways, tickets to an event, gardening items, all kinds of things are welcome. Contact Kate Dunagan at 567-5485 or kateric@hotmail.com, or donate online at www.VIPP.org.

#### **Vashon Family Practice**

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#### Vashon Library June 2008 Programs

Friends of Vashon Library **Meeting,** Saturday, June 14, 10am to 12 noon. Help support the library by joining the Friends of Vashon Library, the "Friendliest" group on the Island! Our volunteers do a variety of fund raisers to provide programming for all ages. This months meeting will focus on the Strawberry Festival sale and parade. Please join us for fun and refreshments.

LateNight @the Library featuring The Pharmacy, Saturday, June 28, 6-10pm. The Pharmacy will play outdoors in Ober Park at 7:30, and everyone is welcome to this part of LateNight. Guitar Hero and Dance Dance Revolution open play will be available in the library as usual. Surf the web or play a game! The library will be open only to students entering grades 6 through 12 in the fall. Refreshments! Door prizes! Security will be provided.



Support Vashon-Maury Island Whale Research

Sightings NOT Disclosed to Whale Watch Boats

Ladybug One, Sunday, June 29, 2pm. Presented by Harmonica Pocket. Held in the Ober Park building next door to the library All ages welcome. Listen to instruments from around the world and dance along to original songs about ladybugs, spiders and bumblebees. Fun props, gentle songs and surprises are all part of the show.

What is Permaculture? Sunday, June 29, 2pm. Presented by Julianne Jaz. The basis of permaculture is to design environments to become more selfsufficient and to reduce human consumption. It is a holistic approach to creating a household that supports natural ecosystems.

#### **Seniors to Make** Real Robots

Are you as smart as a fifth grader? Design and build robots with them at Chautauqua Elementary School from 1:15 to 3 p.m. Fridays, May 23, 30 and June 6 as part of a free Senior Center workshop. Using Lego Mindstorm kits, you can build and program robots that use sensors to respond to their environment, following a black line or turning around when it bumps into things. No experience is necessary—just bring your curiosity and prepare to have fun. The van leaves the SC on Bank Road at 1:15 and brings you back. Call 463-5173 to sign up.

#### The Vashon Loop

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Published every two weeks by Paradise Valley Press © May 23, 2008 - Vol. V, #11

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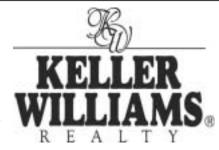
\$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!





Troy and Marie
Save Septic Systems
Few houses on Vashon are on public sewer; most have septic systems. When such a house is

Few houses on Vashon are on public sewer; most have septic systems. When such a house is sold, the fact that is has a so-called 'on site sewage system" is recorded with the County. Oh yes, they are keeping track. In fact, there are some proposed regulations in the works that would require all homeowners to supply a drawing (called an "as built") that shows the location of the whole system — including the drainfield - when they sell. More on this story as it unfolds...we can't imagine that the County is suggesting that people expose their systems in order to document them — are they??? We're working to dig up the full story, if you'll pardon the pun. In the meantime, here is some useful information for extending the life and health of your system. Taking care of septic systems makes good environmental and economic sense.



Seattle Metro West

Glendale Business Center

**Troy:** Hey, that was a very informative septic system workshop last week. We really got the scoop on...

Marie: Don't say it. Yes, it was worthwhile. The presenter, Teri King from Washington Sea Grant covered everything from old-fashioned gravity systems to more complex systems, like the Glendon, which was apparently named after the inventors – two guys named Glen and Don. That's an interesting but pretty useless fact. There was plenty of other excellent information that I thought we should share with our readers.

**Troy:** Like how to select toilet paper. You take a square of toilet paper and shake it up in a jar of water – like a flush. If it disintegrates into a thousand pieces, those little pieces will find their way into your drainfield. That's bad. But if the toilet paper stays together in an artsy little swirl, then that is how it will go into your tank – and stay there until it's pumped. That's good. Teri also had some good guidelines for knowing when to pump your tank. It should be pumped when the scum layer (that's the stuff that floats on the top) is within three inches from the outlet baffle, or when the sludge layer (the stuff on the bottom) is within twelve inches of the baffle.

**Marie:** I think we'll just call a professional to have our tank assessed. I would hate to see you mucking around in our septic tank with a ruler.

**Troy:** You're right. The pros can also tell if your system is healthy, and in light of how difficult and expensive it can be to replace or repair a septic system, this is a case where an ounce of prevention is definitely worth a pound of cure.

Marie: You're right. Some of the recommendations for preventing problems are just common sense. For instance, you want to avoid compacting the drainfield and the drainfield reserve area, so don't drive or park on it, and don't keep animals fenced on it. Also, plant it with shallow rooted, drought tolerant plants. (You don't want to water your drainfield!) Use liquid laundry soap instead of powder, because the powder cakes and can clog your system. Don't pour grease or oil into the sink, and get rid of your garbage disposal. Ground up kitchen waste just fills up the tank faster.

**Troy:** And last but not least, minimize the water you put into your system. That makes good sense from a conservation standpoint as well as a septic system care standpoint.

**Marie:** We have some excellent handouts available for anyone who would like more information. Just call, email, snail mail, or stop by our office at the Glendale Business Center.

Email us marie@yourHTR.com. Call us at 206.463.LIST (5478). Mail us at PO Box 253. Or stop by our office. And hey, if you know anyone who wants to buy or sell real estate, we would love to help.

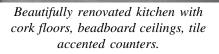
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Mature plantings grace the private backyard on this 2/3 acre lot.

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The Vashon Loop, p. 4

#### **Low Tide Celebration 2008**

Continued from page 1

#### BEACH NATURALISTS & LIGHTHOUSE TOURS

Many of the myriad creatures that live on the beach hide under sand, rocks, or seaweed. Some cling to the faces of large boulders. At first glance, a beach walker may see only sea lettuce, rockweed, gulls, and big purple sea stars. The Low Tide crew of beach naturalists will find them, big and small, and explain how they live in this realm that is sometimes under water, and sometimes Kathy Sider, Bob exposed. Fuerstenberg, Sandi Noel, Beth Lolley, Pam Wise, and others will roam from aggregating anemones to moon snails to red rock crabs, sunflower stars, mossy chitons and geoducks, telling who eats whom. Bob Fuerstenberg will give a talk on beach life at 1:30pm, and at 2:15pm the tide will reach a low of -2.6 feet. While this is not the lowest tide of the year, it will be quite low since the moon will be just past new. To learn why the tides vary, read Captain Joe Wubbold's explanation in this Loop, and then go up to see the lighthouse with him during the festival. He'll give you the history of



Bob Fuerstenberg shows two girls the wonders of the tidepool.

Photo by Jay Holtz.

the light, as well as secrets of tidal flow.

#### GEOLOGYAND NATIVE PLANTS

Where the bounty of the land meets the bounty of the sea, one major determinant of who lives in the beach life community is the type of beach strata, which in turn is a factor of the geologic history of the site. Tom DeVries, teacher and geologist, will talk about shoreline geology at 10am and guide a walk along the shore immediately afterward. Bluff and beach stability is also affected by the vegetation that roots in them. At 10:30am Helen Meeker will talk about native plants of the Point Robinson area, followed by a walk. Vicki Browne will be on hand to identify plants and answer questions as well.

#### ART

Point Robinson's abundance can be expressed in terms of its many beautiful views and the exquisite details of the wood, stone, and shell worn by waves. Both the long views down beaches and across the water and the intimate views of tidal drift along polished whitened logs give escape and moments of discovery to people in need of reflective time. Darsie Beck offers a free two-hour nature journaling workshop at 10am south of the barn to teach creative ways to find and remember the beach and its personal meanings.

#### BIRDS

The extraordinary assemblage of aquatic birds that overwinter along Vashon and Maury shorelines has migrated to breeding grounds, but several notable species nest right here. The bluffs provide a place for Kingfishers, Belted Pigeon Guillemots, and Northern Roughwinged Swallows to dig nest holes and raise young. In the woods above the point there are warblers, woodpeckers, thrushes, sparrows, and many other birds. Dan Willsie will guide birding trips at 8am departing from the upper lot, and at 11am departing from the Audubon booth within the celebration area.

#### **BOOTHS**

One very important part of the Low Tide Celebration is the presence of informed people from many organizations and agencies which are devoted to conserving, teaching about, and enjoying marine waters and shores. Chris Wilke, from the Puget Soundkeeper Alliance, will

> talk about Puget Sound Water Quality at 11am and share information at the **PSA** booth. Karlista Rickerson Arline and Fullerton will display crabs and shells at Washington Scuba Alliance booth. The Public Health Department and the Vashon Community

Council's Septic Solutions Committee will address the harm caused by failing septic systems along the shorelines. COASST will display results of beach monitoring in both Puget Sound and the outer coast to learn from finds of dead birds indications of severe weather events over the Pacific or in breeding areas. People For Puget Sound, the Vashon-Maury Island Land Trust, Maria Winkler and Noxious Weed Control, Vashon-Maury Island Audubon, Keepers of Point Robinson, and other groups will have booths to entertain and inform.

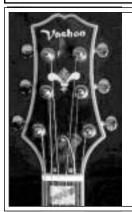
#### FOOD AND TRANSPORT

Again this year the Boy Scouts will sell hot dogs and the Keepers of Point Robinson gift shop will be open. A bus will run along both Pt. Robinson Road and Luana Beach Road to shuttle people from parking sites along the road edges down to the beach level and back again. Parking down on the beach level will be reserved for vendors, for handicapped folks, and for the





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#### Low Tides Bring Us a Low Tide Festival

by Captain Joe Wubbold

The Low Tide Festival to be held at Point Robinson on 7 June presents a Golden Opportunity Not To Be Missed to give all attendees a little nautical information. So here is an explanation of why we have tides, why they are different at different places, and how you can tell what the tides will be on any day in which you may be interested.

When I was a young Cadet at the Coast Guard Academy, so many years ago, I was issued a copy of the classic American text Navigation and Nautical Astronomy, known to sailors as "Dutton", because the first edition was written in 1926 by CDR Benjamin Dutton USN. Therein is a line to equal the classic "A collision at sea can ruin your entire day." The line from Dutton is "A knowledge of the times of high and low water and the amount of vertical rise and fall of the tide is of great importance in the case of vessels entering or leaving port, especially when low water is less than their draft." In other words, if you don't have enough water to float, you go aground.

So we live on a planet that exerts a gravitational pull on everything on it, including the water in the oceans. We have a moon, which because it is so close, also exerts a gravitational

elderly. Key Club will provide traffic supervision.

#### **SPONSORS**

The Low Tide event planners include People For Puget Sound, Keepers of Point Robinson, Vashon Park District, Washington Department of Natural Resources, Washington Scuba Alliance, and Vashon-Maury Audubon. It would not happen without the generous donations of our sponsors: Puget Soundkeeper Alliance, King County DNR, The Loop, Vashon Maury Community Council Septic Solutions Committee, Voice of Vashon, Vashon Island Jr. Crew, Vashon-Maury Land Trust, Island Lumber, Thriftway, Three Olives Catering, and Beachcomber.

pull on all that water. And even our sun, to a much lesser degree, exerts some gravitational pull. When the sun and moon are in a position to exert that pull TOGETHER, we get the highest tides and the corresponding lowest, called Springs. And when the sun and the moon are opposing each other, and the sun's pull cancels out some of that of the moon, the range of tides is lower than average, and these are called Neap tides.

You can determine the highest and lowest tides by looking in the tide tables, bought at any good vendor, e.g. True Value at the checkout counter. Read the instructions, in particular the part about which tables to use and the



Low Tide Treasure: a moon snail. Photo by Jay Holtz.

correction factors. For tides do not rise and fall uniformly. Several factors cause this, including the hydrography of the bottom and the topography of the land masses around which those tides swirl. Note that the minus tides are colorcoded, this year in green in "Dot's Fishing Guide", a common set of tables on the Island. But minus from what? Tides are measured from a common baseline, called a datum. The datum is determined by long term averaging of tidal heights, and also shown on nautical charts. It is enough for our purposes to say that the higher numbers in the high tide table will have water over your personal datum, maybe your beach walk, and the lowest minus numbers will expose your beach a long way out. Our personal datum for Point Robinson is the walkway along the beach. Look also at the correction

Continued on page 9

The Vashon Loop, p. 5 May 23, '08

#### **Eelgrass and the Maury Island Aquatic Reserve**

Eel grass flows with the current. Photo

courtesy Washington State DNR.

by Kyle Murphy, Aquatic Reserves Program Manager **Washington State Department of Natural Resources** 

Eelgrass (*Zostera marina L.*) is a marine flowering plant that grows throughout the shallow waters of greater Puget Sound. Eelgrass is an ecologically important primary producer that supports diverse

assemblages of plant, fish and wildlife, and the sustains complex nearshore food web. Of particular importance is the fact that within the Maury Island Aquatic Reserve herring use eelgrass for spawning and juvenile Chinook salmon—federally listed as at risk of extinction—rely on nearshore eelgrass beds during rearing and migration.

Eelgrass is used as an indicator of

estuarine health. It is sensitive to light availability and therefore responds to activities that modify the shoreline and increase nutrients and suspended sediments. Direct physical impacts, such as a vessel's propeller scour or shoreline modification and development also can damage eelgrass beds.

state's Submerged Vegetation Monitoring Project tracks the status and trends in eelgrass as a key indicator of environmental health in Puget Sound. Monitoring is conducted by the Nearshore Habitat Program in the Washington State Department of Natural Resources (DNR). The program is part of the Puget Sound Assessment and Monitoring Program, which assesses our region's health for the Puget Sound Partnership. The monitoring project samples extensively throughout Puget Sound. Since its inception in 2000, 270 sites have been sampled. The result is a rich dataset that tracks the condition of eelgrass—a regional resource of critical importance.



Eel grass stretches across a mud flat. Photo courtesy Washington State DNR.

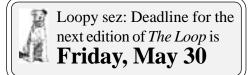
In 2008, the monitoring project is scheduled to sample 107 siteswith an additional seven sites in the Maury Island Aquatic Reserve, including few a within Quartermaster Harbor. At each site, random transects of underwater video footage will be collected and analyzed to determine eelgrass presence or absence. These data are used to calculate eelgrass area and depth distribution at each site. Typically, monitoring of these sites is yearly for five years to look at annual variability and long-term

> trends. seven Aquatic Reserve sites at Maury Island will monitored in 2008 as baseline assessment.

Understanding baseline conditions is important to implement the Maury Island Aquatic Reserve Management Plan. Coupled with future eelgrass monitoring, it will provide

valuable information to DNR and our partners, and assist future management decisions in the reserve. As our understanding of the health of habitats within the reserve is improved, management activities can be modified and focused to continue working towards a healthy and productive ecosystem.

Please visit DNR at the upcoming Vashon Maury Low Tide Festival to learn more about the monitoring program and this summer's monitoring in the Maury Island Aquatic Reserve.



#### **Garden Tour Reminder**

Gardener Bill Deaton reminds everyone to pick up your Garden Tour tickets now, and receive a \$5 discount until May 31. An event for gardeners and non-gardeners alike, Garden Tour is an opportunity to "stop and smell the roses," hear live music, attend Bill's plant sale, see art in the gardens, bid on artistembellished birdhouses and shop at the Garden Market! Mark your calendars now for June 20-22 and come out to support Vashon Allied Arts' 18th annual Garden Tour. This year's Tour is sponsored by John L. Scott and Puget Sound Energy with additional funding by Thriftway, JR Crawford, DIG and The Little House.

More information about Garden Tour is available by calling VAA, 463.5131, or check the website: vashonalliedarts.org.



Photo by Janice Randall.

Discount tickets will be available until May 31.

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## DANDORA'S R

Spring is supposed to have sprung around here. Winter woolens still in observance seem to indicate otherwise. Sadly, dog outerwear still a top seller. Cheer yourself up with a new spring collar.

Cheryl's pick of the week: NEW - By Nature canned dog and cat food - all meat - no grains or fillers. Just the meat and vitamins in four delightful palate pleasing flavors.

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The Vashon Loop, p. 6 May 23, '08

### Spiritual Smart **Aleck Further Adventures** in Parenthood, or, the iPod at the

By Mary Litchfield Tuel

"Well, the cops finally brought my kid home," my friend told me the other afternoon when we ran into each other in the book room at motor, not so much. Granny's.

around her shoulder, "You are no longer a 'having the cops bring your kid home' virgin."

A mother of young children who was standing nearby overheard this exchange and glanced at us with a startled expression. She said, "Something I have to look forward to, I suppose."

Not if you are fortunate. Perhaps. There is a large club of parents who get phone calls they never wanted to get.

In this instance the (adult) child in question had not committed a crime. She had not shoplifted, or taken a car joyriding, or wrecked a car she'd taken joyriding, or wrecked her own car. Please do not ask why I am familiar with reasons why the cops might bring your kid home, or ask you to come bring the kid home.

My friend's daughter was in a boat that submerged in Lake Union. "The boat didn't sink," her mom explained, "it submerged. It is a Porta-boat® and will not sink due to flotation around the gunwales." The Port-a-boat® belonged to Mom, and was powered by a two-horse motor she had purchased for the boat the day before. Daughter was under way with her mother's blessing and a few friends and relations.

"I was going this way, Mom," her daughter said, pointing straight ahead, "and then I was going this way," pointing down.

Daughter did have the presence of mind to turn off the motor when she saw what was happening.

It was a maiden voyage for the boat and the motor. Daughter and friends had piled in without stopping to spread the ballast evenly throughout the boat, and the bow was a little low. They were putting along at a strolling pace when the bow began shipping water, and pretty soon, it was under water, and right after that everyone and everything in the boat was in the water. Daughter had insisted that everyone wear life vests, so they floated, but there was a tragic loss of iPod and cell phone. Oh, the humanity.

"It was a case of mis-loading and not sitting in the right places," Mom

Given that everyone was safe, not drowned, and escorted safely home by Seattle's finest, Mom was

Union concerned with the fate of her boat and motor. The boat, once pulled out of the water, was fine. The

**Bottom of Lake** 

So she took the motor to her boat "Ah," I replied, putting an arm engine guy, and he took it apart and cleaned it and oiled it and put it back together, good as new or nearly. Then it slipped out of his hands and cracked its casing on the floor.

"God does not want me to have a two-horse motor," my friend mourned.

I commiserated with my friend on this whole turn of events. It turned out pretty well, considering. Daughter did show presence of mind, the passengers were fine, the boat was fine, and the motor dealership had a supply of casings on hand because apparently dropping and breaking them is a common occurrence.

You've heard it before and I'll say it again: being a parent never ends. They grow up and you're still praying for their safety and wellbeing, and sometimes things happen that are not at all what you planned or expected. In fact, most of what happens falls in the unplanned and unexpected categories.

As for having your kids brought home by the cops, or getting that phone call telling you to come pick up your kid - well, if you are fortunate, that will never happen to you.

If you are not so fortunate, you will have to adjust your expectations and understanding of what raising children and being a parent can be. We are united in sympathy and understanding, so if you get that call, remember - you're not the first, you won't be the last, and there are a lot of people who understand exactly how you feel.



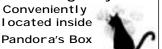


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#### The Blue Heron Canoe **Welcoming Ceremony**

by Ann Spiers

This year's Low Tide Festival features a welcoming ceremony honoring the landing of the Native American canoe, the Blue Heron. The canoe arrives at 11:30am, Saturday, June 7 at Point Robinson. All Islanders are invited to join the beachside greeters and, if so moved, to sing and drum the crew ashore.

who "owns" the beach comes out to give permission for the canoe to land. The canoe zigzags as it approaches, allowing those on the beach to count and identify the crew as friend or foe. As the canoe nears, it turns counterclockwise to complete a circle. Then it again approaches the shore with the lead



The Blue Heron, 4th canoe from left, joins other tribal canoes during a welcoming ceremony at the Quileute Nation's beach at LaPush on Washington's outer coast. Photo by Ann Spiers.

Captain Joe Wubbold, Point crew person now standing, ready to the rhetorical exchange between the exchange ensues. Islanders and the arriving canoe. Lunch is planned for Skipper Mike and his crew of pullers. At 12:30 on the beach, native tales will be told by Evans and Leslie Creed, the welcoming's organizer.

To involve the Island community in this Northwest native ritual, Snohomish Nation's Chairman Mike Evans has traveled to the Island to meet Islanders and to develop a ceremony for the canoe landing. Evans created the welcoming song in Puget Sound Salish Lushootseed and English, taught the song to Islanders, and recorded it on CD.

Northwest tribal nations observe an arrival ritual when traveling by canoe for trade, transport, and seasonal gatherings. Before each landing, the canoe approaches the shore, and a member of the group

Robinson's Lighthouse Keeper, has ask permission to land. Before agreed to be the shore-side lead in permission is given, a spirited

Vashon's song opens with the shore-side leader singing one stanza unaccompanied. For the next four stanzas, all beach folks and drummers join in. Two verses in Lushootseed are followed by two verses in English. The words in English are "Land you folks, Land you folks, the Blue Heron." The song's simplicity insures it will be heard by those in the canoe and creates a rousing chant.

When giving the song to Islanders, Evans said, "This song belongs to the Vashon Island community. It is theirs to keep or give away—the same or not the same. Mike and his family ask that you do two things: one, that you to sing the song as originally created, and two, remember where the song comes

Continued on page 7

#### Nature and the Art of Journal Keeping with Darsie Beck

As part of the Third Annual express these discoveries in journal Low Tide Festival, Darsie Beck will form. Darsie will share his nature



A page from Darsie Beck's journal.

offer a free 2 hour workshop on the travel related art supplies available nature and art of journal keeping from 10am to noon on Saturday June 7 under a canopy south of the packaged journal keeping supplies boat shed at Point Robinson.

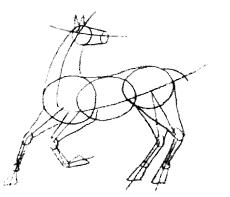
Discover the often ignored mysteries of nature found on the beach and its environs and learn to

iournals as well as tips on what materials you will need to begin your own journal. He will demonstrate the use of watercolor pencils and ink and also the technique of "seeing drawing". And he'll share valuable tips on the various types of day packs and variety of sketch books and other

for journal keeping.

Essentials 4 will have preavailable for this event. For more information, contact Darsie at 463-5633 or 206-669-0745.

### **Best Beach Behavior** Handle the animals carefully! Rease, no collecting: Leave the animals in place. Beach creatures are specialized to their own homes. Use wet hands. Dry hands can hurt animals. Be Gentle. Never lift a rock bigger than your head. You might smash the animals on the



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#### **Canoe Welcoming Ceremony**

Continued from page 6

from. In this way, the song will grow in strength and power. This song was created in February 2008 to welcome the canoes ashore." Copies of the song and drumming are available on CD by phoning Leslie Creed, 463.3347. Rehearsals are planned.

The Blue Heron's journeys are part of a revival of the Northwest tribes' canoe culture. The 1989 Paddle to Seattle has generated annual summer Inter-tribal Canoe Journeys with more than 40 canoes paddling from tribal towns on the outer coast, Vancouver Island, Alaska, and Puget Sound. They journey to gatherings in British Columbia, Alaska and other traditional Native American gathering places.

Festival organizer Rayna Holtz hopes that the Blue Heron welcoming will be part of a revival of Island interaction with the First Peoples, whose rich and abiding history on the Island is scantily documented and rarely remembered. She predicts this festival landing will be the first of many.

#### **Island Drummers** Needed



Island drummers needed welcome ashore Native American canoe Blue Heron for the Low Tide Festival 11:30 a m, Saturday, June 7, at Point Robinson. For information,

Leslie Creed 463 3347.

Island Birding Guide Species Identification How to Attract Birds Ed Swan (206) 463-7976

edswan@centurytel.net.

underside		
ACROSS	27 Airport	56 Shoot
1 Snow slider	29 Connecticut city	57 Sixth
6 Get out!	32 Flightless bird	58 Enclo
10 Union of Soviet Socialist	33 Long time	windo
Republics	34 Had too much to drink	60 Grief
14 L	37 Young Women's Christian Association	64 Won
15 Speak indistinctly	41 Food	66 Loads
16 Father	43 Verve	68 Vio
17 Aleutian	44 Evince	69 See ya
18 Tropical edible root	45 Type of plane	70 Cease
19 Indecent language	46 City	71 Profe
20 Cheerleader's need	48 Hoopla	72 Engag
22 Thick drink	49 Some	73 Medio
24 Unrefined metal	51 Pure quartz	74 Bird h
25 Unit	54 Bustling	
DOWN	23 Male cat	52 Navy

1 Hit

3 Detail

4 Explodes

5 Answer

8 Halo

9 Tram

10 Highs

11 Country

13 Appraise

21 Consider

12 Refuse

2 Weight unit

26 \_\_Oyl (Popeye's girlfriend) 28 Males 29 Page 30 Howl 31 Towards 6 Concord e.g. 35 Fasten 7 Holding device 36 Protective garment 38 Journalist's question 39 Musical repeat 40 Truant 42 Petty fight

46 Reeled

50 Pinch

47 Greek god of war

72 Engage 73 Medicine amount 74 Bird homes 52 Navy cleric 53 Step fast 54 Computer characters 55 Pointed weapon 56 Transmits 57 Every 59 Taboo

61 Professional

football team

63 Cleverness

65 Female deer

67 South southeast

62 Elide

56 Shoot clay pigeons

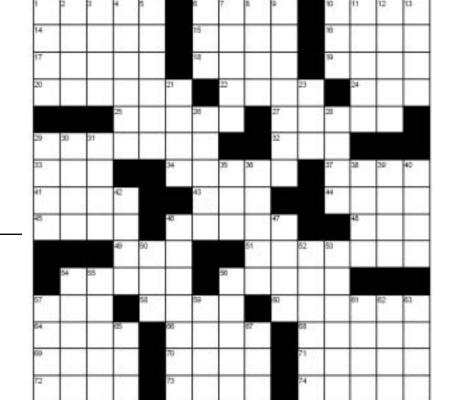
58 Enclosed section of

68 \_\_ Vice (tv show)

57 Sixth sense

window 60 Grief

69 See ya! 70 Ceases 71 Profess



Solution on page 17

The Vashon Loop, p. 8 May 23, '08



#### **Teens Fast for Food**

by Marcy Summers

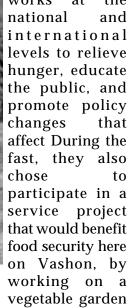
world.

year, the youth did most of the Fast to allocate all donations to Bread for

The best way to learn raised to benefit, addressing such compassion for the hungry is to go important issues as: "Do we want hungry yourself! That's what a to help provide immediate relief for group of eleven Island teens people who are starving, or address demonstrated on May 16-17, as they the root causes of hunger (or both)?"; went without food for 12-24 hours "Do we want to support to raise money and awareness for organizations which are local, hunger issues at home and in the national, or international in scope?"; "Do we want to focus more The 2008 Fast for Food was narrowly on hunger issues alone, or

sponsored by the Vashon United to include the closely-related issues Methodist Church and led by of environmental degradation, war, Jennifer Newell and Marcy overpopulation, etc.?" As a result Summers. And, for the first time this of these discussions, the kids chose

> the World, which works at the national changes chose



Teens in the Fast for Food assist Julia Lakey in planting a garden at VCCC. Photo by Erica Walker. planning themselves. As part of the at VCCC. The youth have raised

organizations they would like funds Marcy Summers at 463-7720.

Fast, participants made a careful about \$1300 to date. Donations will selection of which non-profit be accepted until May 28; contact



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#### Dance! Vashon presents Pinocchio

May 30, 31, and June 1 Vashon High School Theater Friday 7:30 p.m., Saturday 1:30 p.m., Saturday 7:30 p.m. and Sunday 1:30 p.m. Tickets At Books By The Way and at the door

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#### **VAC Launches Water Safety Initiative**

Continued from page 1

\*Drowning is the second leading cause of unintentional injuryrelated death for children between

the age of one and 14. (Centers for Disease Control, 2003)

\*Nine people drown in United States every day. (CDC)

\*Two-thirds of all drownings occur between May and August. (Orange County California Fire Authority)

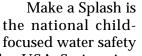
\*Approximately child of drownings occur

because of a lapse of adult initiative of the USA Swimming supervision of less than five minutes.

To help parents, the club has teamed with the USA Swimming Foundation and local program partners, Vashon Park District and King County Division of Parks and Recreation, to provide free and reduced fees for American Red Cross Learn-to-Swim lessons and water safety at the King County Pool. King County will become a source of safety training by offering these classes to all Vashon 2007-2008 3rd and 4th grade students. King County Parks will provide half the fee for a swim session of 10 morning lessons or 8 afternoon lessons to 3rd and 4th graders. Vashon Park District will be voting soon on a motion to provide the other half of the fee. In addition, another part of the project offers, on

an income sliding scale basis, qualified families up to \$100 in scholarship funds for lessons.

"We are very grateful to County Councilmember Dow Constantine for his recognition of important community safety and health issue and for working with King County Parks to arrange reduced fees for participants in this program," said Gray.



Foundation. The initiative aligns the nation's top learn-to-swim resources in an effort to raise awareness of safety and provide water opportunities for all children to learn to swim. There are many ways to get involved in Make a Splash, from sponsoring a swim lesson for a child who otherwise could not afford it, to purchasing official Make a Splash products at the on-line store to show your support, to providing swim lessons locally through the Make A Splash of Vashon Fund.

For more information on Make a Splash, including downloadable water safety materials, visit www.makeasplash.org. Detailed information will be available beginning May 28th at: http:// www.swimvashon.org/.



Coach Lisa McLeod works with a swimmer. Photo courtesy VAC.

The Vashon Loop, p. 9 May 23, '08

### Garden The World

By MEarth

Baja Hiking Guidebook 50 Hikes in the Cape Region — Baja Sar www.bigravenbook.com

#### **Food Shortages Make GM Grain More Attractive**

One 'disturbing'-aspect of the worldwide food shortages is an increased acceptance of GM (Genetically Modified) foods.

To quote a recent article from the some "In web, Japan, manufacturers, for the first time, have begun buying genetically engineered corn for use in soft drinks, snacks and other foods. Until now, to avoid consumer backlash, the companies have paid extra to buy conventionally grown corn. But, with prices having tripled in two years, it has become too expensive to be so finicky. 'We cannot afford it,' said a corn buyer at Kato Kagaku, a Japanese maker of corn starch and corn syrup."

A spokesman for a Korean company that makes corn starch and corn sweeteners points out, nonengineered corn costs about \$450 a metric ton—a substantial increase from the \$143 they were paying in 2006. At the same time, genetically engineered corn cost about \$350 a ton. Hmmm. What a remarkable coincidence.

Even in this country, growers and marketers, once reluctant to accept GM technology because they feared losing sales both in this country and world-wide, are now putting such concerns aside in their

Many of us are also concerned that such plants and seeds pose grave risks to human health and

food shortage—as an 'opportunity' to argue that while their products could be considered unnecessary during times of plenty, they are now essential for a world that will be demanding more food and fuel in

This, despite a recently released report produced under auspices of the World Bank and the United Nations, giving the assessment that genetic engineering could only play a very minor role in relieving hunger, a report so negative that biotech companies withdrew from the project in protest. That was not a truth they wanted to hear.

People still dedicated to the prevention of the wide-spread use of genetically modified food-stuffs observe that the current food

> problems are not much opportunity but opportunism on predatory companies.

am not particularly too many subjects, but the morality of corporations like ConAgra, Nestlé

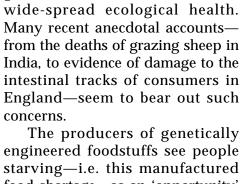
Monsanto—and this, until lately under-reported and seemingly unintended circumstance, makes me wonder.

On the one hand, such companies are bellying up to the trough in anticipation of huge profits if we continue to use food for fuel (Monsanto ALREADY has a GM variety of corn that is easy to make into ethanol), they are, at the same time, going to make billions more as their GM seed gets into the human food stream in unregulated urgency.

Incidental? A coincidence? Not likely to my way of thinking.

Who was in a better position to promote and predict the result of

interesting—read requirements rapidly increase to previous levels and beyond.



the decades to come.

renewed interest in bio-fuels? Who would be better situated to foresee the resultant food shortages? Who could have acted to prevent this world-wide emergency? How is it that here, in one of the most prosperous countries in the world, we have food-rationing and panic buying of rice at Costco and Thriftway?

It is a long-subscribed policy of the part of these the oil companies to create shortages, throw people into a panic and then raise prices. How do you get people to accept \$4 a gallon gas? Create a shortage, raise the price to paranoid about \$5 and bring it back down. Abracadabra, people are happy to get it for \$4. The food companies, international ever vigilant in the efforts to monopolize the raising of food and especially food- the power to feed the people, have related companies taken a page out of the old book and seem to be doing the same thing. How do you get people to spend \$4 on a loaf of bread? Raise the price to \$5 and then bring it back down.

> Do companies that don't seem to care that their seeds kill sheep and damage people's digestive systems, seemingly because their profits are foremost in their thinking, think twice about people going hungry because they cannot afford food? I doubt it.

Spokesmen for the industries are saying the same things tobacco companies said decades ago-it's safe, it's harmless, it's good for you and will continue to rake in profits while poor people starve and their consumers suffer the unintended, long-term consequences that ALWAYS arise with the use of technology. 50 years from now,



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when millions more have died of hunger and many millions of people show adverse effects, they will—as the tobacco companies did for so long—throw up their hands and say "We didn't know."

Yeah, right. Be careful out there, ME.

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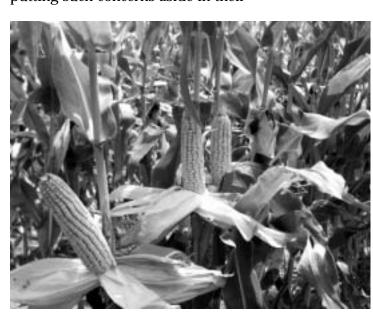
#### **Know Your Tides**

Continued from page 4

table in the front of your tide tables. It will correct the tide levels and times to your particular location. My correction factor, for my house, is the one for Tahlequah, Neil Point.

Tides and the currents associated with them are elegant pieces of natural engineering. After centuries of collecting data, we can predict with some accuracy when tides will occur, and their heights. For water people like us, knowing how to read the tide tables will allow us to enjoy even more the wonderful place in which we live. And I hope that this piece may motivate some to get a copy of Dutton, the older the better for some of the language, and learn more about all of the things that were being put into the minds of those young Cadets so many years ago.





panic to increase supplies when stock-piles are low.

GM technology, for those who don't know, modifies crop seeds mainly canola, corn, cotton and soybeans—by splicing genes from bacteria into them with the stated intent to help them resist disease, insects or the application of herbicides—and possibly require less water or fertilizer. Actual field use. however, does not often show such improvements. The studies we have seen seem to indicate that the first and sometimes second use of such seed has some percentage of the desired result but, after that, fertilizer, water and herbicide

#### 🖎 LoOp Ed

#### Reality

by Mark A. Goldman, www.gpln.com

These are interesting times. With oil trading above \$100/barrel, a larger portion of our national income is being allocated to the cost of energy than most of us ever anticipated. We are very near or already past what geologists call peak oil. Peak oil is the point at which we will have used up half of the earth's oil reserves. Prior to peak oil it was always possible to increase oil production at will. After peak oil it is impossible to increase overall oil production at will, and at current levels of demand the relentless general trend will be constantly declining production rates until one day it will no longer be feasible to extract any significant quantities at all. Oil will still be allocated according to price, but now more people will not be able to afford very much. This means the age of cheap energy is over. This is true for all non-renewable resources.

In turn, this means that our economy, which runs on oil, cannot sustain past levels of growth into the future. The pundits on TV are discussing how long it's going to be before the current recession will turn around and we come out the other side ready for the next round of growth. In my view, this recession is not going to end any time soon and without appropriate leadership it might not end in our lifetimes. The result might easily look like an economy in the middle of a very slow motion train wreck.

This sounds like a dire prediction. That's what it could turn out to be. Americans, in general, don't like to contemplate reality. We like to live in a dream

world Up until now it's been easy to do that because as long as energy was cheap we were all free to pursue other interests



Mark Goldman

and put Now reality is going to confront us at every turn. Without cheap oil our food supply will begin to contract. American corporate agriculture runs on oil. It takes oil to prepare the earth, it takes oil to fertilize the fields, it takes oil to harvest the crops, it takes oil to kill the bugs, it takes oil to ship the produce, it takes oil to keep things cold, and it takes oil to cook our food.

It takes oil to drive to work. Now consider, as a general trend the cost of fuel is not going to go down except for short-term market fluctuations. We can buy more energy efficient cars and that will help, but that won't solve this eventually carry over and corrupt problem. Our oil based, combustion

engine based economy is coming to a close.

A lot of people don't have much money and now they have less credit than they used to have too. We are the only industrialized nation with a zero to negative savings rate. Very few industries do not in some way depend on energy and yet nearly every corporation in America is committed to growing at doubledigit growth rates. There is not going to be double-digit growth in America. Some companies will be able to do it because some of their competitors will fail. But the overall trend is headed in only one direction. You can argue these points with me, and I am willing to argue them, but I don't have the space to argue all of them here.

As corporate executives confront this reality, one can only imagine what kinds of strategies they will use to try to insure their double-digit goals. Their strategies have been evolving for a long time. Look how much money they expend now corrupting national and local governments with their teams of lawyers and lobbyists. Why do they do that? Because they don't know how to earn double-digit growth legitimately. The only way they can do it is to dip into your pocket and extract your wealth through deceit, corruption and/or back door government collusion. Corporate and government dishonesty, crime and fraud are rampant.

So we have some very severe problems facing us. From government we get mostly lies because every government official is afraid of what we might do if they told us the truth. They are not stupid or uninformed... at least not at the highest levels. We are in Iraq to control resources. That's what it was always about. They knew if they had told us that in the beginning, we wouldn't have let them get away with murdering a million people to take control of the oil. They sugar coat and lie now about almost everything they do. No matter what the politicians tell you, we are not leaving Iraq, at least not until we are sure that we will have access to the oil without interference from anyone... or until we have some enlightened leadership.

Now this is important: The everything else out of our minds. problems we face are so dire, that if we approach them with anger, fear, and anguish, we will surely make them worse. And yet for an awful lot of people, that will be their initial response to being confronted with, and being awakened by—reality. I am convinced the problems are solvable. Human beings are capable of great creativity, compassion, and sacrifice. But we can't solve problems we are afraid to talk about. and we can't solve these problems if we are afraid to tell the truth. The truth about what? In this case, the truth about everything! You can't lie about some aspects of life and expect that those lies will not other aspects of life.



We can't arrive at optimum solutions if we are so afraid that we can't be rational and open to new ideas and new ways of thinking. I don't think we will be able to satisfactorily solve the problems we face, unless the great majority of us become willing to change our interests, our habits, and our attitudes. This is not going to be

No politician is going to tell you what I've just said, but that's the way it is. In fact they will go to any extreme to tell you what I'm saying is just a lot of nonsense. Make no mistake... the problems are all going to get solved... the only question is how painful is it going to be and will they get solved with any semblance of justice and fairness?

If we look out for only ourselves, we can be pretty sure that's what others will do too. And if we do that, I can assure you, the suffering will be immense for most of us. We are all members of one family. We need to remember that and realize that everyone has a stake in finding viable solutions without anyone having to sacrifice their basic rights or dignity.

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#### What A Catch!

Continued from page 1

The Pond is stocked with lots of trout and the biggest one is often a very large trout caught by a very small child. This year was no different. The winner was Martin Ellison who was there with his Uncle Dan Rice. But there were lots of fish caught and the weather was very cooperative. There were about 100 kids fishing with their parents and grandparents and aunts and uncles and all had a good time.

Amerongen van entertained the fishermen and their friends with his great guitar playing and singing while wife Clare signed in the fishermen into the proper age groups and awarded the prizes. Jim Chun, Orin Chalker, Will Gerrior and Stephen Holtz served up the Hot dogs and Chili and Pop and Ice Cream which were big hits of the day.

Tommy Craven was the official measurer. There were quite a few fish that were very close to the same size but Tommy did a great job and there was only one tie. Everyone went away happy and all are looking forward to next year.

#### **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, p. 11 May 23, '08



#### **Return of Dalco?**

by Orca Annie Stateler, VHP Coordinator

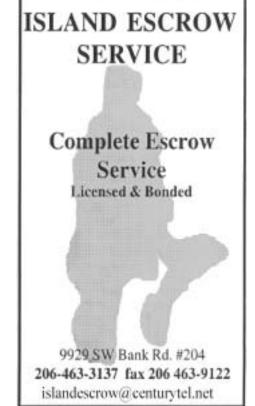
Whulj is a Coast Salish word for "the saltwater we know." Cetaceans — whales, dolphins, and porpoises — are exceedingly enigmatic denizens of saltwater. This month our Whulj has had some uncommon baleen whale visitors.

In May 2004, a 20-foot juvenile humpback whale arrived around Mother's Day and chowed down in Dalco Pass until mid-June. We nicknamed the whale Dalco. The accompanying photo by Mark Sears shows Dalco breaching, with Commencement Bay in the background. Alas, he could not coax Tahoma (Mt. Rainier) out of the clouds!

This May, the VHP confirmed the presence of a lone humpback whale in Dalco Pass. We got our first reports on May 12 and the whale was still around as of May 20. We cannot yet verify if this humpback is Dalco. Odin and I found the whale in the same spot where we first saw Dalco four years ago.

During our observation period, the whale was resting and did not fluke. Researchers identify individual humpbacks by the markings on their serrated tail flukes, dark above with highly variable black and white patterns on the undersides. We are still seeking the elusive "money shot" that could clinch the ID.

Earlier this month, Mark Sears got several minke reports from West Seattle, but we surmise that the



Behaviorally, lone minkes are subdued and inconspicuous, while lone humpbacks are known for breaching, fluking, and waving those splendid pec flippers. Class, your homework: go to http:// acsonline.org/factpack/index.html to compare humpbacks with minkes.

Please support the work of the Vashon Hydrophone Project (VHP): **WHALE** REPORT LOCAL SIGHTINGS ASAP TO 463-9041. We extend many thanks to Scott and Julie for their helpful reports. The VHP appreciates photos - send them to Orca Annie Vashonorcas@aol.com. Humpbacks emit ghostly shrieks sometimes while feeding, so we are on standby at the hydrophone. These calls could carry a great distance underwater.

The humpback is here to feed on small schooling fish like herring. The whale could leave tomorrow or stay awhile, as Dalco did. Vashon might be a pit stop on the journey to summer haunts in Alaska. At any rate, the whale needs to fatten up for the long fall migration to warm water breeding and birthing

Hawaii or Mexico.

Historically, humpbacks were common Washington and British Columbia early 1900's. Whaling reduced humpbacks to about 10% of their original numbers. Most populations are recovering



minke whale I saw on May 6 did not hang around Vashon. An adult minke, 32 to 35 feet, is significantly smaller than an adult humpback, 52 56 feet long. A subadult humpback might appear to be the same length as a minke.

Minkes are smooth and sleek with pronounced, curved dorsal fins like dolphins. Humpbacks are knobby with rather stubby dorsal fins and the longest pectoral flippers of any whale. Humpbacks produce a large, visible blow; minkes do not.

since the International Whaling Commission gave humpbacks worldwide protected status in 1966. Still, the North Pacific population is just 6000 to 8000. Humpback whales are an endangered species and, like all marine mammals, legally protected from harassment under the MMPA.

We are privileged that a few humpbacks are finally returning to inland waters. Be courteous to our distinguished guest. The whale in



by Tina Taylor

In the coming weeks as next school year's budget it being settled, scheduling is done at McMurray and Vashon High and placement is done at Chautaugua, you may hear a lot of information about class sizes, teacher to student ratios and funding for teachers and staffs.

Right now in Vashon schools we have a certificated staff to student ratio of one full time employee for every 16.68 students. That's not bad for Washington State. But does that mean that each teacher has 16 or 17 students per class? No. Teachers are only part of the picture when it comes to certificated staff in our school district. Other important certificated staff members in our schools are librarians, counselors, occupational therapists, speechlanguage pathologists, psychologists, nurses, physical therapists, reading resource specialists, math specialists, and teachers working in Family and Student link. All of these people work with children daily and provide invaluable services for our Vashon kids!

Actual class sizes until commercial significantly over 16 or 17. Right whalers wiped now in Vashon schools there are 1st 5th grade classes with 27 students, Band class with 86 students and at least 30 classes at the high school over the limits set in the teacher's contract. Picture one teacher with students...with musical instruments! Larger class sizes than these are planned for next year.

> Some statisticians will tell you that we are lucky to have these numbers. Schools in Seattle and all over our state have classes of 30 or more in first grade. It is very important to remember that Washington State is nearly last in class size in the nation.

> Vashon is currently ranked 133 out of 296 Washington districts. We are not at the bottom of the bottom...yet.

Vashon has maintained lower class sizes than many other districts in our state through a combination of funding extra staff with local levy money and sacrifices by the staff in salary, professional development and classroom and program supplies.

The state currently funds 49 certificated staff members per 1,000 students in Kindergarten through third grade and 46 certificated staff members per 1,000 students for fourth through twelfth grades. Vashon is among the many districts that fund extra teachers and staff beyond these numbers.

We have sacrificed and worked very hard to keep our class sizes low because we, the educators and the community, know that fewer students enables teachers to form better relationships with their students, spend more time understanding students' learning needs, provide more learning opportunities for students and individualize instruction. The time a teacher or staff member can devote to individual students' needs are decrease as student numbers increase.

Some will say that quality them out in the grade classes of 21 and 22 students, teaching is the key to a good education. Others will argue that consistent curriculum is the most important. Others say a wellqualified teacher is the solution. All of these factors are important parts in a good education. But the National Education Association, the Washington Education Association, common sense and the teachers here on Vashon will all tell you that reasonable class sizes make a great difference in the quality of education we can provide for your kids.

> Loose Change Band is Now Booking for Summer Parties Call Troy 206.794.9451

The Vashon Loop, p. 12 May 23, '08



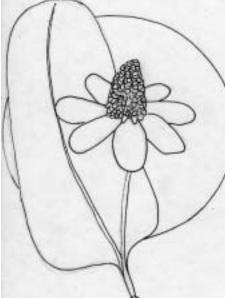
by Kathy Abascal

When it comes to herbs, I am like a child in a toy store — I have everything I need at home but I always find new plants I want in my pharmacy. My favorite herb tends to be the plant that is most useful for whatever ailment I am dealing with at any given moment. But, despite my inability to name consistent favorites, I do have some plants friends that I hope never to be without. Yerba mansa (Anemopsis californica) is one of those special friends.

very special plant.

Yerba mansa belongs to a very old plant family with only a few remaining members and all are medicinal. As its Latin name indicates, it grows in California

and, as it common n a m indicates, it is found throughout h Southwest. It locally abundant in many areas but is challenged in wild the because many of its wetland and stream-side habitats have b e e destroyed. In



Yerba mansa (Anemopsis californica), illustration by Kathy Abascal

addition, many areas where it grows, especially in Southern California, are polluted with agricultural pesticide run-off precluding its use as a medicinal.

Fortunately, yerba mansa puts out a gorgeous white flower and is a popular ornamental in dry land gardens as it does well in dry, hot summers. Yerba mansa loves alkaline soil, and can grow in seriously disturbed soil where it sweetens the soil as it grows, and it is organically cultivated in its native habitat. I have shared yerba mansa roots with gardeners in the Northwest but it does not thrive here. This may be more related to the wet weather than the acidity of the soil as my friends in the Northeast have had better luck growing the plant. It is spreading happily back at Jim Duke's medicinal garden in Maryland despite its acidic soil.

Yerba mansa has fragrant, strong green leaves and a pinkish, shrimp-like root that emits a complex camphor type scent. The leaves make a peppery tea that causes sneezing and helps clear out congested sinuses but its main medicinal properties are in its roots. Like many plants, yerba mansa is antimicrobial but it is uniquely able to numb and draw out fluids without sealing in infection. In contrast, most other astringent plants quickly seal over wounds which impedes drainage from the infection.

Yerba mansa's qualities make it very special and its most splendid actions are on abscesses. I have used yerba mansa tincture innumerable times to treat tooth abscesses. The tincture applied directly to the gums numbs and provides almost instant pain relief. It quickly begins to draw out the infection and help the abscess drain, a critical component of healing these types of wounds, while its antimicrobial action fights the infection. Of course, when you have an infection in your jaw, you need to monitor the condition very carefully. These infections can easily turn systemic and antibiotics are needed for some abscesses. I also combine yerba mansa with other herbs to reduce the bleeding and inflammation of gingivitis.

Yerba mansa works equally well

abscesses in animals, particularly cats. Hot a strong tea of yerba diluted with water will work on the infection while encouraging drainage from the wound. It is important to apply compresses the frequently for complete healing. As with tooth abscesses. care is needed to make sure that healing is progressing enough. rapidly Sometimes, when the abscess has closed

over, a surgical drain and antibiotics will be required but for the most part yerba mansa alone will do a fabulous job of healing.

Yerba mansa works well on dog and cat bites to humans for the same reason: It numbs, encourages drainage, and fights infection. It has also proven useful for injuries from fish scales and barnacle scrapes, wounds that easily fester.

I use yerba mansa in one of my "serious" cold formulas where I combine it with echinacea and some other antiviral herbs. This is a strong tasting tincture but one that can work miracles where the person has ignored the early symptoms of a cold and needs a strong herbal mixture to restore balance. Finally,



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 prescription medicines you may be taking is consultation. She

included in the consultation. 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 perimenopause, classes this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.

I always include yerba mansa in my formulas for bladder infections. Here again it provides a strong antimicrobial action with some welcome numbing effects.

There are, of course, other plants that can accomplish some of what yerba mansa does but I know of no other single plant that is able to do all of the things this plant does so elegantly. I imagine that is why history suggests that yerba mansa was a popular trade item among compresses dipped in indigenous North American tribes. It is certainly why I always try to mansa or a tincture have yerba mansa with me wherever I go.

#### Return of Dalco?

Continued from page 11

Dalco Pass is in an area of heavy boat traffic and is susceptible to disturbance. Boaters need to stay 100 yards away at a minimum. In a pinch, Dot's Fishing Guide 2008 Tide Tables lists basic whale watching guidelines. Better yet, to eliminate disturbance, watch the humpback from shore.

As a cautionary note to fishing enthusiasts, Odin and I learned in the Large Whale Disentanglement class we attended recently that humpbacks are vulnerable to entanglement in crab pot lines and other fishing gear. Derelict gear kills marine life. If you spot it, report it to WDFW online or call the derelict gear hotline at 1-877-933-9847.

In the disentanglement class, Odin and I felt validated by others who share our conservation philosophy that making a lurid spectacle out of an unusual whale event typically serves human egotism at the expense of the whale's well-being. We abide by the precautionary principle and do not disseminate whale sightings by any method that could compromise the safety of an endangered species in our waters. Islanders can ensure the humpback has a peaceful time feeding off Vashon if we put the whale's needs first and show greater reverence for Whulj.

Finally, Odin and I will be selling artwork and performing at Northwest Folklife Festival, May 23 – 26. If you can, please visit us.

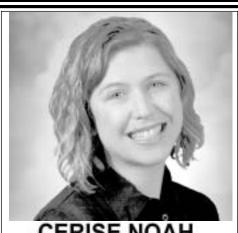




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### Planef Wares



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

Aries (March 20-April 19) At last you have begun a new story of your life, one that seems to be dedicated to coexisting in harmony with others. Look around and you may notice that many people, all of us at times, define our existence on the basis of who we are in conflict with. In my view of psychology, this is an eruption of the conflict we experience within ourselves. Were we at peace with ourselves, we would indeed be at peace with one another. Your mission at this point is to be in harmony with your significant creative and erotic passion, and with the influence that it has on others. The world is not as simple a place as you would often like it to be, and the emotional reactions of people around us are often invisible to our perception. Denial helps nobody. Therefore, the best you can really do is be authentically yourself, and pay attention to the data that your senses return. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) By now you have probably received some form of the message that you need to reorganize your financial reality, but this seems to be coming with some potent emotional signals that may in certain moments be leaving you feeling anything but confident. Indeed, it seems you may feel like you're looking right at a limit: a time limit, a space limit, or insufficient cash to get by the way you want or need to. Without commenting on whether this is really true, I will say that if you perceive such a thing, remember that necessity is what provokes the human spirit to invent its way out of a box. Invention insinuates the creation of something new, and that implies change: get used to this concept, because plenty is on your inner horizon. Though it may seem abstract, Thing One that is changing is how you think of yourself. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Mercury is about to station retrograde in your sign, which is another way of saying that the planet that, in theory, resembles you the very most is going to be with you through mid-July. Let's put it this way. If you ever had the idea that you're a mystery to other people but wondered how that was possible, check out what a fabulous mystery you become to yourself. You have a restless and curious mind, so I presume you will find this experience intriguing. If there are times that you find it unsettling, perhaps respond with compassion and an open mind. You're likely to discover some old material you would rather not be aware of; the best way to be free of that material is to raise your awareness. The whole phenomenon of your shifting perception is rooted in seeing things from a different point of view. Keep doing that. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) Planets are aligning in a way that signifies an unusual spell of profound introspection: dream activity, spiritual or psychological work, inner dialog and confronting your fears all come to mind. Other factors suggest that you are filled with the feeling that you know what is important to you. If I may be so bold as to suggest something — don't be so sure you know. You may be able to pursue certain specific financial goals without interfering with your inner process, though I suggest you keep your priorities in order. At this stage of your life, your inner world is the one that matters the most. I recognize this defies the teaching of nearly every aspect of Western culture, but so be it. While you're at it, keep going: this is the time to have no secrets from yourself. None, as in not a one. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You may feel you've reached some kind of practical limit, but what you're really coming up against is the boundary of a structure that you can now work outside of. On one level, it's a structure in your belief system. Human beings are as susceptible to our beliefs as computers are to the software that runs them. They quite literally are the programs with which we define our reality. Beliefs seem to be based on the truth, but more often the opposite is so: we based the truth on what we believe. This can seem like an impossible paradox to step out of, but it's not as difficult as you think. Start with a basic equation: What if this [insert an idea] were true? What then would be a natural outgrowth or result? If you think in terms of possibilities and not absolutes, you will be able to get out of any mental trap in which you find yourself. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You cannot control how certain people feel about you, or what they think about you. In truth you cannot control how you feel about yourself; you can just feel and acknowledge. The closest you can come is to let go of the judgments you may be holding against yourself for as long as you can, and trust that into that environment some new feelings or ideas will enter. You are obviously pushing yourself to take a bolder, more adventurous and more visible role in the world. When we do this, plenty of misgivings and inner conflicts can bubble to the surface. You may fear that these are going to compromise your ability to be a leader, or reveal to people that you have deep misgivings about yourself. Yes, people respond to your energy and you respond to theirs. But they are not mind readers, and even if they were, everyone is responsible for what they perceive. Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** If there seems to be some deep issue troubling you, then go deep. I suggest you go deep enough such that the many parts of yourself disappear and it's just you that you're in communication with. How will you know? At first, you may feel guilty about how you feel, or some resistance to acknowledging whatever may be on your mind. That's a good sign — a sign that you're moving in the right direction. You may feel a need for emotional independence, or authority over yourself, and this may not quite align with a sense of obligation to something or someone. In confronting this hook directly, you have a chance to let go of it. Commitment is one thing; a lurking sense of guilt is another thing. At the least, make sure you're well aware of the difference. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) People may be in the mood to renege on their agreements, but they are not going anywhere so fast. Forget what they think at the moment; and don't worry about trying to hold them to anything. What matters is what happens. Meanwhile, you have some excellent reasons not to worry. You have other sources of assistance and funding; you have a diversity of supply lines, which is part of what makes you such an excellent survivor. Right now, you need to let nothing distract you from your significant leadership role. Quickly



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address your own needs or any organization needs you have, and then deal with flaky people second. Start by making sure there are no misunderstandings, which are likely to be abundant the next few weeks. Keep your cool and get the basic facts. Start there, and proceed logically. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You may feel like you're not exactly on the right track, though I think that you're about to prove yourself wrong. Though it's a tall order, I suggest you not get too hung up on linear time. The symbol for Sagittarius is a centaur or a hunter. I propose that it be a spiral, because this is more in accord with your experience of time and movement through the world. You're about to get a taste of the spiral effect in terms of seeing how close you are to a certain goal when you thought you were so far away. The difference is often one of attitude, which can affect whether you walk with your eyes pointing toward the ground or facing outward toward the horizon. Note, if a relationship starts to move, shake or seem like it is something that it was not, or wasn't something that it is, that, too, is a matter of perspective. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) You were looking in the wrong direction for that innovation or breakthrough — you had it in you all along. Just make sure that you benefit from it as much as everyone else does. For that to happen, I suggest you keep your ideas under your hat for a while. Through the halfway mark of your solar year would be a good time — the Cancer solstice, or a few weeks after. You may feel you have an excellent concept now, but it's going to get a lot better. So let it incubate, let it bounce around your gray matter, and spend plenty of time tinkering in your workshop like a good inventor. Though I despise secrets of any kind, this is not about secrecy, it's about not diluting your ideas, and it's about making sure

you know who is really on your team before you invite them to the big game. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) I hear from a lot of people about their ideas on creativity, and I hear some weird ones. The result is not the process. A finished painting in a gallery bears little resemblance to the art studio where it was created (some colors on the floor might match colors in the "finished" work). True creativity is a process composed of about 66% allowing, 33% controlling and 1% pure and total anarchy. The whole thing is done on a dare. In a workday you expect that by 5 or 6 or 10 you're likely to have such and such done. The creative/artistic process might start at 1 am, you surrender to it, and by 5 am you end up someplace entirely different than you envisioned, having created something with no resemblance whatever to what you intended. And you call it good. This is the approach to take with your whole life for the next few weeks; it is an approach you can learn to apply for as long as you're mindful enough to remember. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Mercury is about to station retrograde in your solar 4th house — the angle of your chart associated with your security base. You have an air sign here (Gemini), and that tells us that your ideas about security are as important as the real thing. It reveals that most of what influences you to feel safe or not involves something on the mental level. The retrograde is calling you to go deeper: to investigate why it might be that you don't feel safe, or why you do; and to look at the subtle interplay between what you think and what you feel. I suggest you take the question of safety in reverse: instead of just looking at what induces you to feel safe, look at what makes you feel insecure, and question whether these factors are valid or based in reality. യയയ

### Island Epicure



By Marj Watkins

#### **Fish Friends:** Seafoods vs. Cancer

Selenium, a mineral known to help Vitamin E work better, recently gained another reason for appreciation: According to Health Sciences Institute, a consortium of medical doctors and nutrition Ph.Ds, selenium helps prevent and cope with breast cancer.

Seafoods highest in selenium: Scallops, Shrimp, Oysters, Snapper, Mackerel.

Other sources of selenium: mushrooms, especially shiitake and crimini varieties, and from halibut, tuna, sunflower seeds, almonds, Brazil nuts, and papaya.

Lucky for us, oysters from our cool (so far) northern waters remain edible even in months with Rs. They may be leaner, but still contain valuable selenium, zinc, and omega-3 fats.

"What about mercury in fish?" you may ask. The FDA says the safe level for human consumption is one part per million. The last figures I've found on that came from a survey the FDA did in 1990-92. The amount of mercury poured into our marine environments since them has probably been huge. Even so, considering the starting point of early 1990s, it can't be dangerously high in a portion of fish from the deep blue sea, such as albacore tuna or tilapia. But avoid tilapia from the contaminated Gulf of Mexico.

Atlantic Ocean tilapia in that FDA survey contained only .01 mercury part per million. Tilapia is a tender, quick cooking white fish similar to sole. I buy it frozen and thaw the package under running water when ready to use it. Dredged in a combo of cornstarch and flour, then fried a couple of minutes per side in butter, it´s super-delicious.

Seafoods lowest in mercury: Shrimp \*\* Pollock Canned light tuna \*\* Tilapia Salmon \*\* Catfish

The FDA and EPA jointly advise, especially for pregnant women or women who could become pregnant: Don't eat Shark, Swordfish, Mackerel (oh-oh!), or Tilefish because they contain high levels of mercury.

Notice that only shrimp are included among best selenium sources and also among lowest in mercury. Anyone still fear cholesterol in shrimp, once banned for that? Relax and enjoy your shrimp salad. The tasty little dears give you the best kind of fats, the Omega-3s.

#### SHRIMP EGG FU YUNG

4 servings

½ pound small fresh shrimp 1 teaspoon salt, divided

2 teaspoons lemon juice

4 or 5 eggs

4 green onions

¼ chop chopped red bell pepper 1 large or 2 or 3 small mushrooms,

chopped

3 to 4 Tablespoons chopped water chestnuts, optional

(but they give a nice crunch) A few dashes of coarsely ground black pepper

2 Tablespoons light olive oil

Sprinkle the shrimp with ½ teaspoon salt and the teaspoon lemon juice. Mix. Reserve.

Crack eggs into a large mixing bowl. Beat with ½ teaspoon salt.

Heat oil in large skillet. Stir-fry onion, water chestnuts, and bell pepper about 2 minutes. Add the shrimp mixture and the fried vegetables to the eggs. Mix well. Fry like pancakes.

#### SAUCE FOR EGG FU YUNG Makes 1 cup

1 cup chicken broth

1 Tablespoon soy sauce, or to taste 1 Tablespoon cornstarch, mixed in

1 Tablespoon water

Pepper to taste

Heat the chicken broth. When it boils, stir in the cornstarch mixture. Stir-cook until it thickens and clears. Add a dash of black pepper. Chinese cooks use white pepper, but I like to be able to see the flakes and know how much I'm putting in.

Salmon is the champ for Omega 3 fats. With the summer salmon run just beginning, the price of fresh, wild red salmon should come down, or at least not rise as fast as most food prices. Canned red salmon makes delicious inexpensive meatloaf on days cool enough for heating the oven or salmon patties on warmer days.

SALMON LOAF: Mix 1 tall can red salmon (bones and skin are edible), 2 eggs, 1 handful oat bran or about 1/3 cup cooked rice, ½ to 1 teaspoon Dillweed, and ¼ cup minced fresh parsley or 1 rounded tablespoon dried parsley. Turn into an oiled 6x6-inch baking dish. Bake in preheated 350 degree oven 25 minutes. Makes 4 servings.

#### SCALLOPS IN WINE SAUCE 2 to 3 servings

1 Tablespoon light olive oil ½ pound small scallops ½ teaspoon dill weed Salt and pepper to taste 2 Tablespoons sherry or other white wine 1 teaspoon honey or to taste 1 teaspoon cornstarch+ 1 Tablespoon water Heat the oil in a small skillet. Add the scallops. Sprinkle with dill weed, salt and pepper. Cook 2 minutes. Add wine and honey. Stir gently. Combine, stir in and stircook until the sauce clears. Transfer to heated serving dish.

Sprinkle with fresh, minced

parsley if desired.

 $\omega\omega\omega$ 

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Dear Madame Toujours,

the third grade. I am in love with my teacher Mr. Whitman only he lets us call him Mr. Joe. I have tried to show Mr. Joe that I love him. I bring him flowers and give him cards with funny messages on Christmas and Hanukkah (because I am not sure if he might be Jewish) and on Halloween, but I don't think he notices that I love him. I think he thinks I am too young, but in ten years, I will be eighteen, so I'm practically a grown-up, also I am a lot more mature than Sissy Richards even though she has blond hair like Heather Locklear on Melrose Place (which I am not allowed to watch except sometimes when my babysitter Candy is over and she lets me stay up late if I don't tell my parents and I pretend to be asleep when they get home).

Do you think I should ask my mom to let me wear lipstick and color my hair blond like Sissy **Richards?** 

> Sincerely, In Love with my Teacher

Chere Mlle. In Love,

I am sympathizing with your trouble. This is the very difficult matter for you. *M.* Joe, he is the older men, they have many advantages: they are mature and sensible. They have the good conversation. They are employed. Also, M. Joe has the education, and he is liking children. Clearly, he would be an ornament to your life.

And of course, it is impossible for My name is Penny, and I am in you to be thinking of marrying someone of your own age. The gentlemen of your own age, they are mostly dirty and rough, and they are busy playing violent videogames and pretending that you are infested with cooties. They will mostly not become attractive until they are in their early twenties. However, this is very convenient because the boys will finish being obnoxious at about the same time that you are thinking that you might be almost old enough to marry one of them.

On the other hand, M. Joe, if I am guessing correctly, is perhaps twenty years older than you. This means that when you are the nubile, young thing of eighteen, he will be almost forty. He will be losing his hair and growing a paunch. You will be wishing to go to parties, and he will be wishing to stay home and watch the television or discuss serious topics. This will be very tedious for you. All things being considered, perhaps it is better if you are not making any very serious plans for the future with M. Joe.

In the meantime, you can be having the big fun with the little girls who are the same age as you. This is a very good time to play emancipating video games such as fellow. On the one hand, the older Tomb Raider in which the largebosomed archeologist leaps about and shoots things such as dinosaurs. These may be useful skills for you someday.

> Bon Chance, Mlle. In Love, and do not worry: you are not required to have the large bosoms in order to be the archeologist. Usually, the large brains will suffice. യയയ





#### "An Excellent Heat Wave"

by Deborah H. Anderson

we just saw last weekend. Personally, I need a little more than that.

As I rejoiced I had finally made peace with having curly hair and didn't have to worry about the frizz that comes with heat, I thought about all the ways heat makes life less perfect. Sitting through the sauna that was the Vashon High School Theater on opening night of the Blue Heron Dance recital, I kept admiring how excellent the production was in spite of the heat.

Mind you, if I ever do write the great American whatever and make a million, my contribution to Vashon is going to be a HUGE great honker of a proscenium stage where great crowds of dancers can take full size steps without worrying about falling off the apron ( such as it is) or landing in one the upstage character's laps. Girls.....you did magnificent with spot turns that had to be cropped on every spin.

I've got a new kick. Actually it's a new old kick. I'm revisiting a kick let us say. I've come to believe that perfection is not where it's at. I like excellence instead. Perfection is staged. Excellence is lived in.

I remember what perfection was like. Really I do. Picture this. Summer 1984. It's my first summer as a camp co-director at Camp Burton. Every pair of shorts had a matching top and sweatshirt and sweater. My socks matched. My shoes were pristine. My jewelry was the perfect gold touch. Hair, newly frosted and carefully quaffed. Of course I had eighties glasses. But at the time, wearing hinges that hung on the bottom of your frames was considered quite trendy. They had that little curve up to the earpiece. My nails were done. My lesson plans were perfect.

Today.....well. My brown jeans I got at Value village and my melon v neck aline cotton that is so old I can't remember where it came from. Hair frizzed from the heat. Big ol' I did not cover up tonight even though I was going out.. The pants have a design on the bottom that I get lots of compliments about. Truth be told it's a bleach stain.

Every year in our old place we had a major infestation of maggots on the kitchen floor. Every year we had to throw bleach on the floor to kill 'em. Ever year I spattered whatever pants I had with same said bleach. Every year I would remember too late I had forgotten I needed to take my pants off before I threw the bleach.

Nuts.

I may go back to a staged appearance again this year. I've been toying with the idea as the

Hopefully that wasn't summer outside world doesn't see excellence until they've seen perfection.

> But I learned to be excellent here on the Island and toss perfection to the wind. I prefer it now. So it's really a dilemma for me about returning to it.

> We don't do a lot with perfection here. Oh yeh. We all congratulate ourselves as if we were in the world competitive market. But the truth is most of what we do doesn't fly in the outskirts let alone the mainstream. The projects that do make it abroad, as 'twere, seemed hinged on some commercial value, or cultural hotspot.

> We have a lousy theater at the high school. Everyone knows that . Everyone wishes for something different. BUT.....we do excellent work on that inadequate stage. It isn't perfect. It almost can't be by the definition of our culture here.

> But the work done on that stage, like so much elsewhere, is done with passion from the heart to the best of everyone's ability. And amateurs are welcome. I know a lot of teachers who introduce their students to excellence. It warms my heart.

> Hopefully these words have not left you perfectionists sputtering. It's been said the current trend is solely impressed with visuals. Weeeeeeell, don't move to Vashon. We are a delightful array of whatever's available with a positive spin.

> I hope we embrace our love of excellence. I hope we always say, we deliver out of our passion and desire to do our best.

> This column has had a lot of typos in its history. My son once commented I wouldn't be able to use anything for clippings if I wasn't more careful. He's write ( I did that deliberately. Did you catch it?) But what matters to me are the emails I get saying "Wow...you encouraged me." Or the people who stop me in the aisles of Thriftway to say this or that touched their hearts and made them think.

Perfect is too matchy matchy for zit under the left edge of my lips that me now. I like life like everyday was a heat wave and we carry on anyway doing our best to rise above whatever and get the job done. See....now overtown that would be called a run on sentence. Today, I call it a descriptor in excellent rural glory.

> According to the Encyclopedia Britannica

> Perfect:.." conforming to the ideal" or Excellence: "The fact or state of excelling. Possessing good qualities in high degree. Unusual goodness or worth. Preeminence, transcendence, distinction, merit, virtue."

antonym....inferiority I'm goin' with excellence. Love Deborah  $\omega\omega\omega$ 



#### A Revolution of Values

Continued from page 1

Most of us know at least Heartache to Activism, was Cindy's something about extraordinary history in the anti-war movement. Her son Casey was killed in the Iraq war on April 4, 2004. Following that loss, Cindy became more and more active with others who were questioning the reasons for the war and the policies behind She it. attracted international attention in August of 2005 when she traveled to President Bush's ranch in Crawford, Texas and set up camp outside the ranch, seeking a meeting face to face with Bush. That meeting was never granted, but the fame of the encampment, "Camp Casey", brought huge publicity to the antiwar movement and to Sheehan herself. Thousands visited the camp, including many antiwar activists, Congressional representatives, media figures and celebrities.

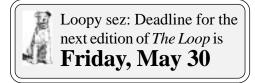
From that time onward, she became an icon of the antiwar movement and was active in many protest movements against it. In late 2005, she helped organize the Bring Them Home Now tour, sponsored by Gold Star Families for Peace and several other antiwar groups, which led a series of rallies and demonstrations around the US, winding up in Washington DC. Cindy herself was a featured speaker at many of the rallies. At the culmination, Cindy was arrested along with several hundred others at a demonstration in front of the White House.

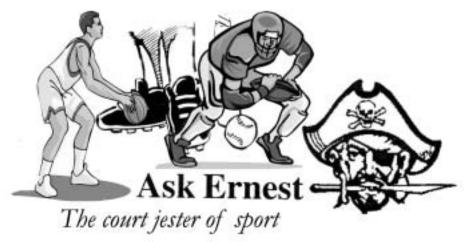
Her work has been very well received overseas, particularly the United Kingdom. A play about her, Peace Mom, written by Nobel Laureate Dario Fo, premiered in London in December of 2005. She has done shows and interviews all over the world and worked with international antiwar groups since 2005. Her own memoir, Peace Mom: A Mother's Journey Through published in September of 2006.

In May of 2007, she formally left the Democratic Party in frustration over their continued funding of the war. She stated her intention to abandon activism altogether, but proved unwilling to stop. In July of 2007, she announced her intention to run for office as an independent against Nancy Pelosi in her San Francisco district. Since that time she has been developing her campaign and has taken her message on the road across the U. S. Her message is focused around moving from a war economy to a peace economy and what that means to all of us.

That message will be here on Sunday, June 8th, sponsored by the Progressive Action Committee PAC (PAC2) and the Vashon Maury Island Green Party. There will be a brunch for a small audience in the morning, followed by the general session at the Vashon High School Auditorium at noon. Tickets for the noon session are on a sliding scale from \$10 to \$25, and are on sale at the Vashon Book Shop and Books By the Way. A small number of tickets for the brunch are still available. Contact Maryrose Asher at 567-0593 or dmasher@comcast.net for more information on those.







#### **Sport Shorts**

#### VHS Baseball

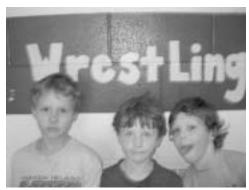
Team Places 2nd in League

**VHS** Boys Soccer Team Places 1st in League and beat Friday Harbor to qualify for the t a t Championships.

**VHS Softball** Team wins more games than the last few years.

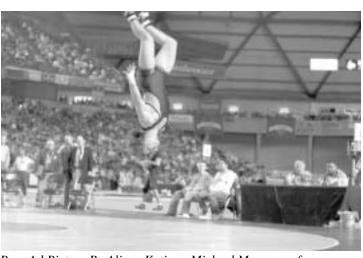
qualifies girls for high back flip. the post-season.

Boys and Girls Track keeps up their tremendous participation and qualifies boys and girls for the postseason.



Young Freestylers Jamiah, Tommy, and Chase put on their tough guy faces for all of you on Vashon Island. "I'd like to thank you for the support," Tenacious Chase said "and I can't wait till you see my dive-roll next year. I love noodling!" Tommy said something like this: "I love plain noodles from the Rock and Anders, you're the easiest wrestler in the world!"





Bass Ad Picture By Alison Katica: Michael Mangrum, from Girls Tennis Auburn Riverside, celebrates his 3rd state wrestling title with a



Graeme Britz "Cracker" and Tiny Timmy Jovanovich celebrate with a wooden carving in Sedro Woolley after competing in the Freestyle Wrestling State Tournament. Britz lost 2 close decisions and Jovanovich won 1 match, finished just short of the top 6.



Bearing gifts from Daphne in Mythology Class, Freestyle Wrestler Dominick "D-Train" Stemer and star soccer goalie Byron "Big Dogg" Starkey pose before climbing Mt. Olympus.



D-Train Stemer, Alex Stemer, Graeme Britz, and Timmy Jovanovich finish Freestyle practice and take time for a picture before signing autographs. Britz and Jovanovich both competed in the Freestyle State Tournament, battling against tough competition from around the state.



Hours: 11:30 am to 7:00 pm

17705 Vashon Hwy SW 206-463-2838

### Not Just a Great Burger



#### **VAC Names McLeod Head Coach**

by Gary Gray

This month the Vashon Aquatic youth development and athlete (VAC)announced Club the appointment of Lisa MacLeod as Head Coach of the Seals Swim Team. "Lisa deserves

recognition and promotion more than anyone I have ever met, said Gary R Gray, president of VAC. responsibility and commitment she the last couple of years has created e n v i r o n m e n t where swimmers

are developing at a pace faster than we can record USA Swimming. The Board is them. I don' think there is any club record that has not been broken in the past year."

MacLeod has been with the team for three years and lead coach for the past 18 months. During that time, she has been responsible for the renovation and development of the competitive swim program. She has also been responsible for the website development and maintenance which has gotten considerable recognition for its content, in-depth material for competitive swimming,

recognition. Recently, MacLeod was elected to the Board of Review for Pacific Northwest Swimming, this the Local Swimming Committee for



Coach McLeod gathers up the Seals. Photo courtesy VAC.

charged with review adjudication of complaints, protests and appeals regarding the administration and operation swimming within its jurisdiction.

The Seals Swim Team is coached by six USA Swimming, ASCA, & USAT certified staff, and have earned the respect of other coaches and teams in the region through the development of such a successful program.

BY ED FRONNING

### Lopy Laffs

Cupid's dart hurt more coming out than it did going in.

Faith...must be enforced by reason...when faith becomes blind it dies. - Mahatma Gandhi

It's not so much how busy you are, but why you are busy. The bee is praised. The mosquito is swatted. — Mary O'Connor

Did you hear about the man who

saw the sign "Drink Canada

Dry"? He moved there.

Cowboy Wisdom The only time a woman can change a man is when he's a baby.

#### **One Liners**

The only things Adam would recognize if he came back to earth are the jokes The trouble with current times is that the future is not what it used to be. If you're not part of the solution, you're part of the precipitate. Curiosity killed the cat, but for a while I was a suspect. The most common cause of car sickness is the price. Character consists of what you do on the third and fourth tries. The two most important senses we have are horse and common. Being an optimist after you've got everything you want doesn't count.

Zen Crafters: Total Enlightenment in about an hour.

The new groom grumbled at dinner: "Why can't you make bread like my mother does?" "Why can't you make dough like my father does?" answered the bride.

Advice for the day: If you have a headache, do what it says on the aspirin bottle: Take two, and keep away from children.

When the well's dry, we know the worth of water. (Ben Franklin)

I have the world's largest collection of seashells. I keep it on all the beaches of the world... Perhaps you've seen it.



Jesttawley

O.K., LOGJAM, I FINISHED GREAT! INSTALLING TURN YOUR NEW IT ON! LANDSCAPE





MAHT

No one wants advice—only corroboration. —John Stienbeck

COURTHOUSE & HARDWARE IS

THANKS, JUPGE.

SAY, THIS IS ONE

LIGHTING!

HERKY HATRACK

Y'GOT HERE!

When I was little my

was six."

grandfather asked me how old I was. I said, Five." He

said, "When I was your age, I

eyore on Valium

I tried to be a professional fisherman but discovered that I couldn't live on my net income.

WILD WORLD

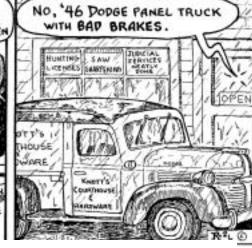
Honesty is the best policy - when there is money in it.

Church Signs: Since you can't take it with you, why not leave it here?

#### OFFSHORE CLASSIC



LAND PIRATE



ARGGG ... IM 'ONE-EYE' -LEADER OF A FINE A BAND

AND PIRATES YOU'

WANT TO MEET



The Vashon Loop, p. 18 May 23, '08

### **Loop Arts**

#### VAA hosts Collector's Choice Art Sale

by Janice Randall

sales. Reminiscent of last year's Archives Art Sale, which featured works by Island artists, this year's sale offers works donated by passionate Island art collectors. Collector's Choice Art Sale will take

Don't miss another of Blue and the world. Be prepared to look Heron Gallery's fabulous, fun art for special finds not otherwise available, especially all in one place and all in one weekend! 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, purchase and take them home! There will be paintings, prints, photographs, posters, textiles, sculpture, pottery and more. This will be wonderful opportunity to purchase excellent original art for your home, workspace, winter cabin.



Islander Mary Van Gemert has collected art for many years. She will donate several pieces to the Collector's Choice sale. Photo by summer place or Susan Sullivan.

place at Blue Heron Gallery May 30, 31, and June 1. Some of the Island's most discriminating art collectors (and a few off-island ones, too) have contributed works of art of every kind for sale to VAA members and friends.

While some art will have been created by Island artists, much will Mallman, 463.5131 ext 224, or be from artists around the country

#### Just Say "O"

Continued from page 1

Godsey, owners and stewards of the new facility. "We believe it's a true description of the new mission of these buildings – to be an open space for arts and community use," Godsey says. "And it has already begun to fulfill that purpose."

The two have been considering the name for several months, running it by friends and using it with consultants in meetings about the facility. Godsey says that everyone involved in the project continue to be approached by quickly began to just call the facility island groups who have various 'O' for short. "Then I began to specific interests in the facility. "'O' research the letter 'O' as a symbol, isn't just a home for arts," he and what I found helped us to explains. "There are a lot of great realize that 'O' not only feels right, it makes a lot of sense."

many cultures the circle character 'O' serves as a symbol of home to community, of coming together around a shared need or purpose. "Often the symbol 'O' also Godsey continue to develop the represents endless possibilities," Godsey adds. "And that, quite literally, is what this facility is year. "We're working with a team designed to provide."

Given those symbolic meanings, and as an abbreviation of "Open Space", the name 'O' strikes McAlpin and Godsey as perfect.

Asked how 'O' is doing so far, they are both enthusiastic. "We were just given one hundred theatre seats last month, plus we details soon!"

The Art Sale begins Friday, May 30, 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.

For more information, call Janice Susan Sullivan, 463-4164.

have one hundred more seats coming to us this month," Godsey reports. "And we're about to hire someone for our first paid staff position which is exciting," McAlpin added. "It means that by late summer the Circus Arts room will be completely ready and available." McAlpin notes that the room is smaller than the Grand Hall. "It's perfect for rehearsals, intimate performances, classes, meetings, events - all kinds of gatherings," she said.

Godsey reports that they projects, events and programs out there looking for a place to land Godsey says he found that in in this community. We're beginning to see how 'O' could be many exciting opportunities!"

Meanwhile, McAlpin and overall site plan, a process they have been leading for the past of island consultants and advisors on creating the floor plan for the Great Hall and the smaller rooms adjacent to it." The 'O' team expects to complete that process this coming fall. "We're working hard to stay on schedule," Godsey beamed. "Stay tuned for more

**Indiana Jones** 5/22 - 5/29

Young At Heart 5/0 - 5/15

**Coming Soon:** The Visitor and Walle



Or, for show times and info, check www.vashontheater.com

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Hours: Mon – Sat 9:30 – 5 PM

Sunday Noon – 3 PM

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#### **Beck Shows At The Little House**

Think of The Little House and Islanders think "glitz, glitter, fun and wonderful things"! This month the Little House joins the Gallery Cruise on June 6 at 6:00 pm and is presenting the work of Christine Island Beck, potter photographer. For the First Friday Gallery Cruise and throughout the month of June, The Little House sparkles with Beck's most recent functional ceramics, each of which is combined with vintage silver serving and other pieces. The accompanying silver pieces are decorated with silver wire, crystal and gemstone beads to complement the pots they grace. Beck has also created some individual silver serving items that simply stand alone. Part of her mission, says Beck, is to save and recycle of these lovely heirloom silver pieces back into our everyday lives.

Beck's fascination with the combination of old silver and new ceramics started over a year ago and has reached maturity with the newest piece, created exclusively for The Little House. The vintage silver that she has collected from around the United States and also during a trip to Europe is gracefully with functional, combined handcrafted ceramic

Open 7 days a week 6am till 2am Family run business for over 30 years 17611 Vashon Hwy SW Entertainment Dinner 206.463.0940 Where the locals go!

including sugar bowls, pasta and salad bowls, cups and more to create sparkling pieces that are tableready for gifts or personal collections.



Blue Cup with Iced Tea Spoon, by Christine Beck.

In addition to her ceramics, Beck is also exhibiting her line of photographic note cards at The Little House. The cards, mostly of Island images, reflect Beck's fascination and love of color, contrast, texture and the vignettes of life. All of the cards are printed on archival papers using archival inks and each is suitable for framing (or simply sending!).

For Beck, she and The Little House represent an ideal pairing. "Both Bettie and I have a bit of the crow in us", says Beck, "we are attracted to sparkle, color, flash and beauty. We also both love the soft patina that age imparts to vintage items".

The Little House will welcome visitors for the First Friday Gallery Cruise from 6:00 pm on and Beck will be on hand to greet visitors and answer questions about her work. The Little House is open every day, Monday through Saturday 10 am to 6 pm and Sundays from 11 am to 5

#### Quake, Rattle & Roll!

**Calling All Flattop Cats and Dungaree Dolls** for a Great Cause and Lots of Fun

and Roll!

Standing.

A 50's & 60's sock hop

To fund a radio tower for

Voice of Vashon

by May Gerstle

things really, really well! We help our neighbors and we know how to party! So, all of Vashon is invited to a major party that also helps your neighbors. The Quake, Rattle & Roll Sock Hop comes up on May 31st. Proceeds will go to complete the

Island's e mergency broadcast system Voice Vashon Standing By. The funds will "raise the tower" and complete the goal of blanket May 31 radio coverage 7-11 pm of our \$10/person community on K2 Commons 1650 AM.

In **Fifties** and Sixties, sock hops were held in high

school gyms where the wooden floor had to be protected so everyone took their shoes off. This time things will be hopping at K2 Commons and it's a shoes-optional event. "Prince Voltaire, the Motor City Hipster" will spin the disks and that's not all. There'll be a mini auction of "unusual" disaster preparedness items, a raffle to see who gets to ride in the Vashon Fire & Rescue fire engine during the Strawberry Festival parade and the ever popular team competition in the famous "Tower Building Contest". That's not to mention the door prizes, gifts, food, and drinks. The event is being sponsored by VashonBePrepared and the Rotary with support from many other community groups.

This third tower raising will add emergency broadcasting coverage to

Vashon knows how to do two Vashon. Voice of Vashon Standing By already broadcasts community information at its first transmitter site at the center of the Island. The second transmitter will go on the north end and has been paid for by an earlier fundraiser. So, this third

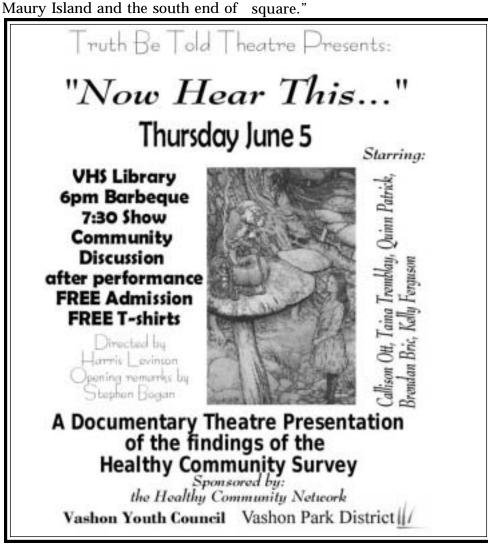
transmitter will complete the set.

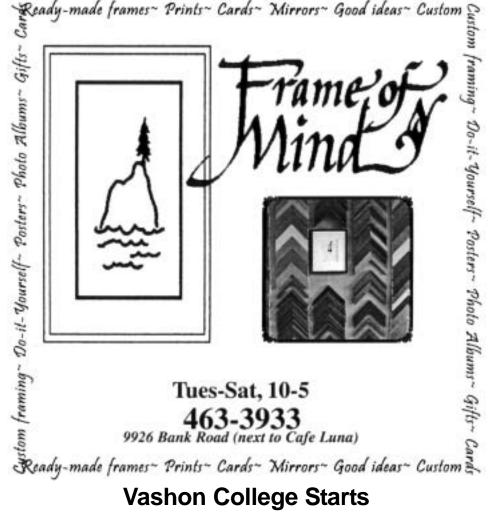
When there's no disaster activation underway, Voice of Vashon broadcasts a continuous loop of community information 24/7 as allowed by its special "Travelers Information Service" FCC license. When disaster strikes, the e m e r g e n c y broadcasting team will be able to switch to live broadcasts to provide continuous information on where to take the injured,

where to get food and water, how to keep your family safe and comfortable, and many other items of vital information. The system has already served the Island during smaller emergencies with ferry service bulletins and information on major power or telephone outages.

Tickets are \$10/person and are available at the local book stores and at the door. Quake, Rattle & Roll takes place Saturday, May 31st, from 7-11 PM at the K2 Commons.

Our own Prince Voltaire, the Motor City Hipster, reminds us that in 1956, as the rock and roll phenomenon swept the nation, Little Richard warbled: "All the flattop cats and the dungaree dolls are headed to the gym for the sock hop ball." So, as James Dean might (but did not) say: "Be there or be square."





### **Early Reading Program**

Continued from page 1

Parton starts the series for the youngest children with her best beloved book, *The Little Engine That* Could. For Parton, this childhood classic epitomized the will and perseverance that helped her overcome early poverty in rural Georgia, resulting in a successful and fulfilling life.

As word of her achievements grew and requests for the Library came in, Parton and her Dollywood Foundation developed ways in which other interested communities could participate in the program, using local sponsors, from private donors and institutions to school districts, to underwrite the costs in their communities. Thus the Imagination Library took root and, over the years, has spread through 42 states in the US, Canada and the UK. The books are selected by a panel of experts in child development and published exclusively by Penguin Group USA.

Teachers and researchers working with children participating in the Imagination Library have observed that these children come to kindergarten already imbued prepared. By age five, the Imagination Library children will each have read and have his or her own library of 60 books- and Vashon College is underwriting the costs for all participating Island children.

The Vashon connection to the Imagination Library takes the form of Bob Booth, former Georgia journalist and weekly newspaper owner, who experienced the success of this program first hand when he brought it into his county in Georgia. There the program was sponsored by the local school district which had a line item of funds available in their budget. Booth retired, left Georgia and moved to Vashon over a year ago but he brought his vision of the

Imagination Library with him. He was delighted to see that Vashon was an ideal community for the program, currently having almost 500 children who would benefit from the Library and its books. He presented the program to Vashon College and the college immediately determined that the Library epitomized its' goal of providing life long learning- in this case starting at birth. The college is sponsoring all costs of the program for enrolled children and the Imagination Library joins the College's other programs under its' banner "Vashon Reads!"

And enrolling is so simple! Just pick up a registration form at The Little House, Vashon Bookshop, Books by the Way, the Vashon Pharmacy or the offices of Youth and Family Services and the Youth and Family Services PlaySpace. Each child is enrolled by name and date of birth, along with the name of the adult completing the form. The only requirement for participation is that the adult completing the enrollment form for the child pledges to read each book to the child as the books with a joy of learning and better arrive. And remember, there is no cost to the child or the family due to the sponsorship of Vashon College. The books are mailed directly to the children from the Imagination Library in Tennessee and, once enrolled, each child can experience the joy of a new, age-appropriate selection arriving in the mailbox each month until their fifth birthday. The final book titled, Look Out Kindergarten, Here I Come, is mailed when the child turns 5. To learn more about The Imagination Library, log onto its website at imaginationlibrary.com. To obtain a registration form, either visit the locations listed above or call Vashon College at 206/408-8000.

The Vashon Loop, p. 20 May 23, '08



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