In this issue: Sudoku as the key to happiness, Chamomile: it's more than just tea! The Dorsal Spin and Wolftown go on a wild goose chase and much, much, more!



A new bird for Vashon's species list. page 8



Students create armor and poetry with Ask Ernst page 16



A taste of Japan at the Back Bayy Inn. page 19

FIED COP

Vol. 5, #12

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM June 6, 2008

Night of the Notables

by Lauri Hennessey

Fourth grade classes are continuing their "Night of the Notables" presentations. Last week, the first Night of the Notables was held in the classroom of Brownie Carver and Judy Pickett. Kids picked such luminaries as Abraham Lincoln, Shirley Temple, and Jackie Robinson and profiled their lives, dressed like their "subjects" and built displays about their lives.



Lilly Hennessy and Paul Colwell. Photo by Lauri Hennessey.

Lilly Hennessey chose "local" notable Paul Colwell, a singer in Bob's Your Uncle, para-educator at the high school, and one of the original creators of the group "Up With People". Lilly talked about Paul's career and how he "traveled the world teaching kids about peace." The last Night of the Notables features Ms. Heath's class on Wednesday June 11. Mr. James' class takes a different tack Thursday June 12 showcasing a "museum" with exhibits from the imaginary continent created by this class detailing the geography, landscape, habitat, flora, fauna and cultures of this land.

Low Tide Festival Saturday and Sunday



Biologist Bob Fuerstenberg shows two girls the wonders of tidepools. Join him for a talk and beach walk Satuday the 7th at 1:30 pm. Photo by Jay Holtz.

Continued on page 12



Summer at the Tramp Harbor pier. Photo by Ray Pfortner.

Sacred Pause and Breath

Take a deep breath.

Breathe in. Pause. Breathe out.

by Mary Marth

How many of us have used this strategy to calm ourselves, making the mental, emotional way clear to proceed. As we approach the Solstice, the energy of the world around us increases like a winding spring as we get ready for the sacred pause and breath. The Summer Solstice is counterpoint to the Winter Solstice. The half-way mark of our solar journey. The Winter Solstice, the longest night and shortest day represents the pause and change of tide from the dark time of the year and the movement outward towards the light. The outward breath of spring is carried to the point where all energy is required to continue; an almost frantic push to make to the in breath.





At left, the Bounty of Krister with sails aloft, photo courtesy Tall Ships Tacoma. Above, the band Bluepeter poses aboard, photo Dan Brown/Bill Cox.

Vashon's Bounty of Krister Joins Tall Ships

by Kellie William

Tickets are now available for Tall Ships ® Tacoma, which will include the Vashon-Maury Island Maritime Heritage Society-owned vessel *Bounty of Krister*. Tickets may be purchased online or at the Tall Ships Tacoma Ticket Office in Freight House Square, 2501 E. D St., Tacoma. Tall Ships® Tacoma 2008 will be held July 3-7 along the Foss Waterway. More than 30 historic sailing vessels — including the *USCG Eagle*, *HMS Bounty*, the *Niña*, and the *Lady Washington* — have signed up for the event.

Celebrate the Island's Other Residents!

by Ray Pfortner

For the month of June, starting with Gallery Cruise on June 6, the Hardware Store Gallery will be exhibiting a juried group photography show by Vashon residents and non-residents, too, featuring friends old and new, some 2-legged, some 4-legged, some even 6-legged; some furred, some feathered, some



"Heron Takes Wing", photo by Raymond Martinez.

domesticated, some very wild. Yes, the animals of Vashon-Maury Island. *Continued on page 9*

Santiago Visits Vashon Ponies

by Jennifer Sullivan

The Vashon Pony baseball team had quite an experience on Saturday, May 31st when Ramón Santiago, shortstop/2nd baseman for the Detroit Tigers stopped by to work with them. Santiago spent more than two hours with the team (and a handful of siblings) working on hitting, bunting, fielding and base stealing.

Continued on page 16



Ramon Santiago with the Vashon Pony baseball team. Photo by Jennifer Sullivan.

The Vashon Loop, p. 2

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.

Tonight! Treasures Wait at SC Sale

Unique vintage jewelry and collectables are for sale tonight, June 6, as the Senior Center on Bank Road joins the First Friday art tour 5-8 p.m. A showcase of multimedia art work by island artists 50 and better, some for sale and some just on show, will also be featured. Not for seniors only—join us!

Earth Elder Revolution

The "Earth Elder Revolution" free series at the Vashon Community Care Center, 15333 Vashon Highway SW, continues at 2 p.m. on June 18, looking at "Finding Our Place in the Universe Story." It is led by Jan James, activities coordinator at the VCCC, and is open to all members and ages of the community.

Watermark Plays Café Luna

Watermark plays folk to blues to acoustic rock, grooves and ballads, with plenty of guitars, harmony singing, and soaring flute solos. The band is Roger Taylor on guitar and vocals, Kevin Almeida on bass and vocals, Larry Lawson on flutes, and Charles Reed on guitar and vocals. They play around the island, at restaurants, house concerts, and weddings. Hear them Saturday June 7 at 7:30pm.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano

Ad sales and design:

Email: ads@vashonloop.com

Editor: Ed Swan, Email:

editor@vashonloop.com

Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070 Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal

Published every two weeks by Paradise Valley Press

© June 6, 2008 - Vol. V, #12

Don't miss an issue!

Subscribe to The Loop!

\$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!

Zen Jam for the Solstice

A Zen Jam for the Solstice begins at 8 p.m. on Friday, June 20th at Joan Hanna's Barn. Jason Everett, Chip Lamason, and Ken Jacobsen, all members of Vashon's Resonance ensemble, will join chanting and percussion to create spontaneous music for the celebration. Bring the focus of your attention to the present unfolding moment and celebrate the end of the longest day of the year with improvised movement and a dance all your own. Join in the chanting, or sit and immerse yourself in sound. This event is a fundraiser for the Puget Sound Zen Center, with a suggested donation of \$5 - \$10. Join us for this night at Hanna's Barn, the beautiful dance studio located at 7712 S.W. Point Robinson Road. Turn north, down the long driveway, and park perpendicular, on the west side only. Call Van or Karen Crozier for more information: 206-567-4065.



Sign up for Swimming

Sign-ups are now on for the Summer Swimming Session with the Vashon Aquatic Club. New swimmer evaluations can be arranged if you have not swum with the club before, or are unsure about placement. Please send me an email if you want us to check out your swimmer. All session dates and rates are available on-line on the Club website. Summer is a wonderful time to be involved in swimming, especially in an Olympic Year. Become part of the same team going to Beijing, when you sign up with USA Swimming, and the Vashon Seals.

Water Workout

Come join Cara & Dale for a water workout at the Vashon Island Golf & Country Club Pool, Monday, Wednesday & Friday morning 7:30 AM - 8:30 AM. Pay per class: Country Club Members \$4, nonmembers \$5. Contact the club office for more info 463-9410.

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.

PSE Vashon Island Customer Service Office Grand Re-Opening

Come join Puget Sound Energy to help celebrate the re-opening of our Vashon Island Customer Service Office

PSE's new office provides Vashon Island customers with local service and access to energy efficiency information and resources on a walk-in basis

OPEN HOUSE

Thursday, June 12 2 - 3:30 p.m. 18125 Vashon Highway SW

206.463.3688





Music and Art in the Gardens!

by Janice Randall

Although the Garden Tour is primarily about the gardens there are plenty of other reasons to attend! In addition to supporting the Arts and viewing beautiful private gardens tended by passionate Island gardeners, several Island musicians will play music in the gardens. What better place to hear live music than

Austin on guitar and Lynn Carrigan on guitar and bodhran) at the Abel/Stanislaw garden Saturday and Sunday, 1 to 3 pm, and beautiful strains of harp by Leslie McMichael on Saturday, 1 to 3 pm, at the Rhodes/Deaton garden. Lend an ear to these wonderful and generous Island musicians as you stroll

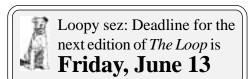


Pictured: Island harpist, Leslie McMichael played music on the porch of the Halstead garden last year. Photo by Janice Randall.

wafting across a bed of blooming perennials or a lush green lawn? Multi-instrumentalist Chip Lamason will play acoustic mandolin and violin in the McEldowney/Mitchell garden Saturday, 1 to 3 pm. Hear Celtic guitar and fiddle from Southwind (Marilyn Kleyn on violin, Steve

through gardens. They are there to support the arts just like you! In addition to music, more than a dozen Island artists will display their art in the gardens. Tickets for Garden Tour are available now at Blue Heron, Heron's Nest and Special DIG. thanks to Tour sponsors, John L. Scott and Puget Sound Energy with additional

funding by Thriftway, JR Crawford, DIG and The Little House.





Troy and Marie Say:

KELLER WILLIAMS

Seattle Metro West

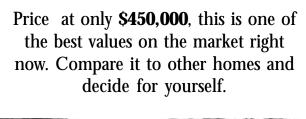
Glendale Business Center





Picture windows frame the view and let in lots of light. Home features two cozy fireplaces, one upstairs and one down.

Hardwood floors were carpeted for childproofing.



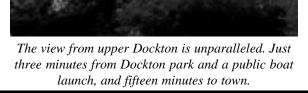


Beautifully renovated kitchen with cork floors, beadboard ceilings, tile accented counters.



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

They don't build them like this any more - 3420 square feet of rock solid brick rambler. Features a master bedroom on the main floor and a full daylight basement with a separate entrance, bedroom, and bath, as well as two separate brick garages. Perfect for house sharing!



What's Your Dream?



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

\$ 1,300,000.

MLS # 28058571

www.vashondream.com



Your Home Team Realty (206) 463-LIST (5478)

For open house and details on all our listings:

www.yourhtr.com

The Vashon Loop, p. 4

Sacred Pause and Breath

Continued from page 1

pause, release, breathe in and begin the cycle again. This is one explanation for the stress and anxiety we feel as we approach these holidays. Most people are aware of this shift at the Winter Solstice. The secularized and commercialized winter holidays are omnipresent and the pressure to "spend and gift" is everywhere. When the "party" is over, the peace and quiet and darkness are a blessing. Some people experience this change in energy anticlimactic, even depressing. But, it is the necessary, momentary rest and repair of the dark part of the year. Summer Solstice provides us with the same opportunity to pause, rest, repair and prepare for the work of maturation and harvest. The gathering together, the in breath.

These concepts are easy to remember if you tend to plants and animals. They experience these seasonal changes without T.V. or radio ads. They experience these changes without spending most of their winter stores and struggling through spring to pay back what they expended. We humans have lost some connection to natural Sure, we notice the cycles. progression of seasons (here in the northwest, especially this year, the changes may only be the difference between freezing rain, hard rain, warm rain, and blustery rain), but most us are separated enough because of our lifestyles that the

At the Summer Solstice, we subtle and profound shifts are use, release, breathe in and begin difficult to notice.

The Summer and Winter solstice give us the opportunity to stop and take a breath, notice the world around us and make the necessary mental and spiritual adjustments. These Celebrations also give us the chance to gather together and share: life, stories, food, love, friendship. A quiet chance to observe and acknowledge the world around us. Prepare for the next in or out breath and make the proper adjustments to ensure a successful season, whatever we do. Let us also remember that the food bank and community needs we generously support during the winter months have just as great a need the rest of the year. The people we connect with at the Winter Solstice need our love and friendship all year long! All those faraway friends and relations would be sustained with messages of love that arrive in a card or note carried on the summer breath, just as those cards and notes sustain them through the dark winter holiday. In the past we gathered together in the dark for comfort and protection, to pool our resources to get through the winter. We should also remember the tradition of standing together in the summer light to share our strength and power. Use the pause between the breaths of the year to look around, love your people, take an inventory, consider the next six months, share, care, think, and enjoy. It's easybreathe out, pause, and breathe in.

A Spiritual Paradox:

How the Soul Ensures Tranquility in a Hectic World

The work whistle blows at the stroke of 5 o'clock. Mahatma Gandhi shuts down the grinder and removes his gloves and safety goggles. Still a little deaf from the continual racket of machinery in the factory, he jumps in his Chevy, pops Metallica's Kill 'Em All CD into the slot, and joins the traffic on I-5 for the drive home. An hour later, he's slumped on the couch, the TV blaring, where he stays until it's time for bed.

Now, what's wrong with this picture? What's wrong is that it's incongruent. Why? Because we associate Mahatma Gandhi with spirituality. And whether we do it consciously or not, we associate spirituality with tranquility.

Does that mean it's impossible for factory workers or those whose lives are full of noise to live a spiritual life? No, but it certainly makes it harder to hear the small, still voice of our soul or our spirit guides when we're surrounded by the racket associated with the modern world.

Your soul makes every effort to keep you on the life-plan it created for you before you were born. It knows where you're going, what you need to make you fulfilled, and when you're straying from the intended path. Your spirit guides are there, as the name suggests, to guide you, and work with you to create the life you want.

by Ainslie McLeod, Vashon Island psychic and author of *The Instruction:* Living the Life Your Soul Intended

To take advantage of their support and guidance, it's essential to break through the barrier of chatter, noise and distraction that fills your conscious mind.

And that brings me to "The Paradox." There were many times when I first became a psychic that I'd be reading a client and make the observation that something was a paradox. The spirit guides I work with would, in their pedantic way, tell me that there was no paradox, and then explain why.

Then, in the middle of a session, I discovered a client had, as her over-arching purpose in this life, a mission of Connection and a mission of Avoidance. "There's your paradox," my spirit guides announced. Since that time, I've come across more and more people with this contradictory combination.

A mission of Connection is extremely common. Most of us have it. It's your soul's desire to have intimacy with other souls. It draws us to have relationships, close friends and meaningful conversation. If you have this mission as part of your life plan, it means you're not meant to be alone.

Continued on page 5





Vashon Guitar Company

Give the Ultimate & Affordable Vashon Gift

See our complete line of guitars at vashonguitar.com, then contact Bob Krinsky for your personal demonstration. 206.463.2712

Feeding the Hungry Spirit

by Sarah Church, Vice President, Vashon Maury Community Food Bank

Springtime - The time of year that lifts everyone's spirit and makes us think about new beginnings. School is almost over for the year and young people are busy making summer plans. It's time to scour the

outdoor grille and scrub the patio furniture, r e a d y i n g everything for the summer months ahead. As we clear away winter's debris from the yard and turn over the dirt for

our vegetable gardens, we enjoy the aroma of the lilacs in bloom and cut the last of the tulips for the dining room table. Spring's warm weather welcomes the sailboats and kayaks back out on the water, and the Farmers Market bustles with shoppers buying fresh foods and handmade items. It's true that living on Vashon for many of us, especially in the spring and summer, is like being on one long vacation.

But while our spirits are high, let's not forget those on our Island who don't have the luxury of planting their own garden or choosing summer activities for their children. Let's remember that there are those who, right now, are deciding whether to pay the utility bill, put a few gallons of gasoline in the car, or order the medicine they need to treat their high blood



pressure. All of us are feeling the squeeze of higher fuel costs. Imagine what it is like when every cent you receive is already dedicated and there's nothing extra for things like eating out or going to the

movies. You can raise the spirits of those who have less and keep yours high too by helping to provide one basic need – food.

Here's what you can do!

away winter's debris from the yard and turn over the dirt for *The food bank drop off hut, courtesy photo.* I. When you plant your vegetable garden, dedicate one our vegetable our vegetable Bank;

2. Purchase a Care Card at Thriftway when you check out your groceries;

- 3. Decide to have dinner out once a week in June and when you do, "Dine Out for the Food Bank" (June 5 22 at all Vashon restaurants);
- 4. Volunteer two hours a week at the Food Bank unload the truck, stock the shelves, help with distribution, lend a hand in the office;
- 5. Drop off non-perishable groceries to the Food Bank donation shed;
- 6. Sign up for a monthly or quarterly automatic donation using your credit card.

Spring into action. Lift your spirits by easing the burdens of others. Begin this new season by supporting your Vashon Maury Community Food Bank.



Paying Attention

by Pastor Dan Houston, Vashon Presbyterian Church

Last spring around this time I had a wonderful visit and snack in the garden of 90-year-old Harry Bebow, along with his daughter Nancy. Harry's a great story teller. My favorite Harry story is "Vashon Instant Farmer Syndrome", a litany of lessons learned by neighbors, mostly involving livestock. The setup repeats like this: One day Harry drives by and asks "Do you have a (fill in one) pen/house/enclosure for your (fill in one) chickens/ducks/ rabbits/turkeys?" to which the new farmer replies "Oh, no, they don't need to have that." The punch line repeats like this: "Where are your (fill in one) chickens/ducks/ rabbits/turkeys, etc.?". "We don't know. They just kind of disappeared!"

Farming teaches, sometimes painfully, the spiritual practice of paying attention. "Paying attention" is the shortest answer I can give to the question "what is spirituality?". Paying attention: to what's happening outside of me; to the ways of creatures – plants, birds, insects, chickens (and, importantly, raccoons!); to others; to God.

For Jews and Christians, a critical connection between us and nature is in the vocabulary of the creation story. The Hebrew word for Spirit is "Ruah". It is also the word for breath. The significance is profound when we read how the Sprit/Breath of God moved over the chaos of uncreation and breathed the word, the name, of each thing created. "Let there be light, plants, animals, fish...".

The God-breathedness of all things in this story stands in contrast to pantheism, the desire to reduce God to the sum total of all created things. (It would be tantamount to reducing a great artist's soul to the total of all her paintings. Surely, as a human being, she is more than her portfolio!).

The God-breathedness of all nature also stands in contrast to dualism, a tendency to divide God's spirit from creation, thus reducing nature to something of secondary importance to the spiritual and intellectual life. Dualistic thinking accounts for much of the apathy "spiritual" people feel towards the abuses of our planet. Ultimately, it focuses us on our own navels and leads to exploitation of nature, and thus of other people, since someone is always downstream from us. Dualists think, "what can this resource do for me?" Biblical spirituality teaches us to learn the names of things, love them, and say with God, "It is good".

I like what Wendell Berry says about this: "It is no more appropriate for me to love nature for what it can do for me than it is for me to love my neighbor only to borrow his tools". Love is paying attention for love's own sake.

It's easier for me to pay attention to creation in June and July because I can get out more and get closer to creation. I ride my bike and walk more. This helps me to pay attention to the neighborhood around the church where I work, to meet and greet my neighbors, and pick up trash. I want to invite you into a spiritual exercise this summer. When you are uptown, please park in our lot and save a couple of quarts of gas as you do your errands. Try walking the neighborhood to see what's happening in God's creation – people, plants, dirt, it's all Spiritbreathed. It's all good.

Peace! Dan



Continued from page 4

A mission of Avoidance is quite the opposite. It's your soul's desire to ensure that you have as much time as possible in this life to be on your own. A person with this mission generally prefers his or her own company, is drawn to solitary pursuits such as reading and gardening, and when it comes to a relationship, can pretty much take it or leave it.

The Paradox happens when a person's soul has chosen both missions for this lifetime. When I tell someone they have this dual mission, they recognize it immediately. It almost always elicits a "that explains everything" response. Though the benefits it offers are enormous, it can create huge challenges for those who've chosen it.



9925 178th Ave. SW



BIKE RENTALS FOR ADULTS AND KIDS

www.vashonislandbicycles.com

VASHON ISLAND BICYCLES

(206) 463-6225

DANDORA'S ROV

May, May please go away. Take the rain and snow and sleet - all bad weather you can keep. June, June for you I swoon - summer breeze and daily sun - school is out so have some fun.

Cheryl's pick of the week: New Merrick canned cat and dog food. Yep - you need some. Don't know where to put it yet, but it's here. Inquire within.

(206) 463-3401

\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

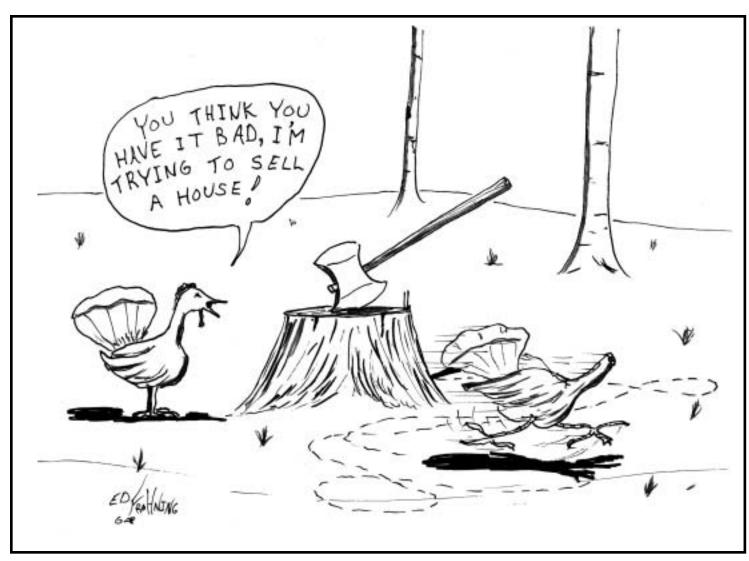
A Spiritual Paradox:

Last week I spoke to three people who described, in different ways, how the Paradox affects them. The first is fortunate to have found a husband who understands her. "When I tell him I need a week to myself, he calls the boys and arranges a golfing trip," she said.

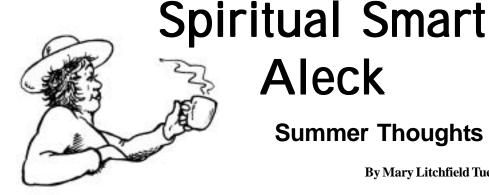
The two others didn't have it so easy. One had found it virtually impossible to be either in or out of a relationship. She told me, "I'd love to be married if we could live in separate homes." The other had abandoned relationships completely after a six-year marriage that gave her no downtime whatsoever. "I told him before we married that I needed a lot of time on my own," she said. "He insisted he understood, but he never really did."

The Paradox is most often chosen by an individual whose life has a spiritual focus, yet also requires them to spend significant time out in the world. They may use it to balance a busy career with their need for reflection, internal processing and, above all, tranquility.

If Gandhi had worked in a steel mill, he might have chosen the Paradox to create balance, and avoid cutting himself off from contact with his soul and his spirit guides. And whether or not you have the Paradox yourself, it's worth bearing in mind that living a more spiritual and connected life begins with creating tranquility so you can actually hear the guidance you're being offered.



The Vashon Loop, p. 6 June 6, '08



Summer Thoughts

Aleck

By Mary Litchfield Tuel

excavations Stonehenge in England have revealed that the site was, among other things, a burial ground. I didn't know that. What I did know, and what pertains to our discussion here, is that Stonehenge is built so that on the morning of the summer solstice the sun's light dawns right through the middle of one of the arches. This is one clue among many that the summer solstice had great meaning for ancient peoples.

It's the longest day and the shortest night of the year, and as such was a time of celebration. Summer is the year in full bloom. Summertime is when, according to George and Ira Gershwin, the living is easy.

In the Christian calendar we mark the solstice on June 24 by remembering the birth of John the Baptist. Even some Christians will read that and say, "Oh, really?" Poor old John the Baptist - he gets nothing like the press and hoop-la that Jesus gets for his birthday six months later, not to mention the cultural excesses.

Christians most often hear about this John during Advent, when we hear him speak of one who is yet to come who is greater than he. He also tosses a few choice epithets at the Pharisees and Sadducees and by extension at us. For example: "You brood of vipers," one of my favorite epithets. John is usually pictured in church bulletins as looking like an ascetic Fred Flintstone, wrapped in a short robe of camel hair, sporting a scruffy beard, his arms raised in warning: repent oh sinners!

The fact that not much is made of John the Baptist's nativity observance either religiously or culturally demonstrates the point I wish to make about summer spirituality: everyone is busy in summer.

Whether tilling the soil, vacationing, getting married, going to or playing games, swimming, sunning, picnicking, going to summer festivals, driving the kids to various activities, et cetera, we are all basking in the warmth and light of the season. Even the homeless have an easier time of it in summer.

In December we all huddle together to beg whatever powers that be to please send the sun back because if the light doesn't return this time we're all going to die in the cold and dark. In the summer the terror of darkness is far away. Even rain is pleasant in the summer, because it's warm, and bright, and it's followed by more sunshine.

Oh, I know that you pagans are going to be out dancing on the night of the summer solstice and goddess bless as you do, but for most of the

at rest of us, it's the end of the school year, the beginning of vacation time, a time of getting out and doing things rather than hunkering down to contemplate rebirth. In summer we are alive and living as fast as we spirits are more can. Our extroverted.

So I don't have any deep thoughts regarding summer spirituality. It's all about living in the light, with the confidence that life is with us indeed. Life is good, and it's good to be alive in this beautiful world. That's summer.

There is, however, a darker side of summer. As the summer wears on, and the days begin to shorten, there is a pressing spiritual question that arises, something we all must face and with which we must deal. That question is, of course, "What in God's name are we going to do with all this zucchini?'



Of all my childhood memories, summer vacations are the best. Those times when dad took off from pastoring a church, mom stopped teaching piano and took the family on a trip. Sometimes it wasn't far away — to a cabin on a lake where we swam and boated and fished. Once it was a trip from Illinois across the country to visit that place of dreams, Washington State.

What I remember of those vacations was that the days were long, the time was carefree, with the five of us truly enjoying being together. The tensions that were common in our household seemed to melt away. What I remember most from those summers was playing to the hilt. Winter time was quiet in contrast — reading inside, writing in a journal; summer was exuberant — swimming, playing baseball, making s'mores over the campfire, and eventually, when I had the sense to live in the West, camping and hiking.

deeply Those embedded memories continue with me each year as I eagerly anticipate the Summer Solstice, the day of greatest light. Even this year, since the dark days of the Winter Solstice, I've been tracking on my calendar the added minutes of light, relishing the surge of energy with the lengthening of days. The garden seems to know it too, with spinach and collard and snap pea vines and ,yes, weeds growing, it seems, by the foot each







Invitation

by Rev. Jan Van Pelt, interim pastor Vashon United Methodist Church, soon to be interim pastor at Olympia First United Methodist Church

week. The abundance of life, God's amazing gift of creation and increasing vitality, never seems more evident than in midsummer

The invitation is to all of us to come out from behind the walls where we live much of the year, out into God's amazing creation, to be awed again by the variety of gifts awaiting us there. It's time to savor

the sights, the sounds, the aromas of summer. It's time to drink in the light, letting it into the depths of our souls. Whether we are old or young, sick or in good health, sad or happy, it is time to allow the gifts of this season to wash over us, heal and restore us within. And then give thanks to the Source of Life, God our

Poet Mary Oliver in her poem A Summer Day teaches us how:

"...I don't know exactly what a prayer is. I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I have been doing all day. Tell me, what else should I have done? Doesn't everything die at last, and too soon? Tell me, what is it you plan to do with your one wild and precious life?"



Don't Forget the Birds

Wilson's Phalarope, A New Vashon Species

by Ed Swan

Carole Elder added a new species to the Island list on Mother's Day with a Wilson's Phalarope seen at Tahlequah. It was surface feeding with some gulls close in shore. This bird takes the Vashon check list to 245 species. Wilson's Phalarope rarely appear on saltwater or out toward the coast. Birders shared a number of sightings in wetlands in the Puget Sound area this spring; Carole's record provides the only saltwater observation.

Though rare west of the Cascades, Wilson's Phalarope breed in good numbers in Eastern



Wilson's Phalarope photo by Jim Rosso.

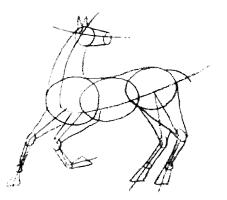
Washington. It favors freshwater habitats such as wetlands and ponds. Nesting populations tend to be mobile as pond conditions change over time. E. A. Kitchin found a disjunct breeding pair or two in the formerly extremely productive Tacoma tide flats in the late 1930's and others were noted nesting at Nisqually National Wildlife Refuge between Tacoma and Olympia up to 1975. No recent westside breeding records exist since the Nisqually population disappeared.

Phalaropes as a whole differ from most bird species in that sex roles often develop reversed. All three species practice polyandry where the female mates with several

males creating a number of broods while the male mates with only one female. Only about 1% of bird species, mostly in the shorebird family such as phalaropes, use polyandry. Wilson's Phalarope mostly prove monogamous with a percentage smaller being The other two polyandrous. phalaropes, the Red-necked and predominantly polyandrous relationships. With all three species, the female attains a larger size than the male and displays the much brighter and eyecatching plumage.

> female Wilson's The Phalarope that Carole Elder saw possessed the diagnostic thick stripe from the bill across the head and down the neck to the upper back and also a rufous front, plumage features different from the other two phalaropes. Red-necked the Phalarope comes to Vashon the most regularly with a few reported each fall. This year the spring flight of Red-necks pronounced itself strongly across

the Puget Sound region with dozens of observations including one or two off Vashon between the Island and Pt. Defiance and another off the southeast tip of Blake Island. These spring sightings constitute the first spring records in recent memory for Vashon, long time resident John Friars remembers them as common in spring back in the 1940's but not in the last couple of decades since he returned. The Red Phalarope, the most pelagic of the phalaropes, meaning the most ocean-going, very rarely graces Vashon shores. Compared to the rare but regular Red-necked, Red Phalarope observations for the Island can be enumerated on the fingers of one hand.



Tom Wallace

Farrier

Licensed Massage Therapist

Practicing on both humans and equines Because there was a crooked rider who rode a crooked horse

www.vashonfarrier.com | Tel: 206.463.9689



Your Photo Source ~ Traditional or Digital

Mon-Fri 10 - 6 Sat 10 - 4

Thriftway Plaza 463-3311

Closed Sunday

We do passport photos -- apply for passports at the Courthouse on Tuesdays, Noon-3:30 pm; 4-7 p.m.

Vashon's spring migration otherwise appeared fairly normal with most species showing pretty much in the middle of their range of arrival dates. Rarities since the first of the year include an immature Yellow-billed Loon seen by Gene Hunn in Tramp Harbor in January, a Western Kingbird reported by Sharon Helmick at Pt. Robinson in



late April, a Western Meadowlark found by Richard Rogers on April 13 at Pt. Robinson, a number of Townsend's Solitaire reports (including one with a photo, which is very helpful), Thayer's Gulls at Tahlequah noted by Gary Shugart in late March, a Nashville Warbler identified by myself at Pt. Robinson on May 2 and finally an immature Brown Pelican first found by John Arum in mid May that has been seen a number of times between Pt. Defiance and Tahlequah. If you have a question about local birds, an interesting sighting to report or a photo of a Vashon bird, call me at 463-7976 email or edswan@centurytel.net. I'm also available as a guide for finding birds on Vashon. Summer makes the best time to have a professional guide show and explain the confusing gull and shorebird species. യയയ



ACROSS

- 1 Day of wk.
- 4 Computer code for characters
- 9 Cram
- 12 Excuse me!
- 14 Thailand citizens
- 16 Chest bones
- 17 Leg bone
- 18 Gets older
- 19 Holds

DOWN

6 Taxies

10 Experts

11 Net fabric

13 Clock time

1 Artist Chagall

2 American river

3 Compass point

5 Japanese religion

4 Storage area

7 Caesar's three

8 Jacob's father

9 Prego's competition

- 21 Surprise attack 23 Skit
- 24 Swan

- 25 "Mister" (German) 28 Disconnected
- 31 Saucer 34 Islam's head
- 36 Abdominal muscles (abbr.)
- 38 Old, ugly woman
- 40 Tub spread
- 41 Speak without preparation
- 43 Italian money
- 44 Last month of year 45 Affirmative
- 46 Revolves
- 48 Hurt one's toe
- 51 Damp

- 26 Elite

- 30 National police
- 33 Waitress on Cheers
- 34 Fish
- 37 Compass point
- 15 Jewish religious leader 42 Morning moisture
- 20 American Association of

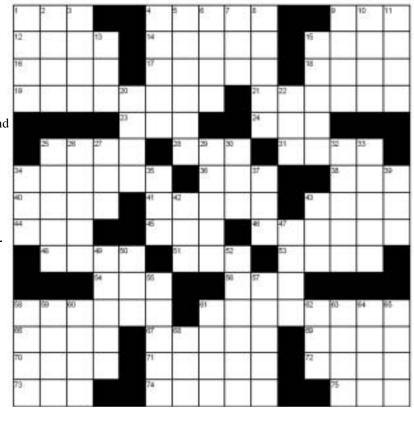
- Retired Persons (abbr.)
- 22 Squad (TV show)
- 25 Compels to go
- 27 River (Spanish)
- 29 Fake
- 32 Bake unshelled eggs

- 35 Straw
- 39 Fuel
- 43 Movie star Taylor

54 Bro.'s sibling 56 Vane direction

53 Jewish scribe

- 58 Lodger
- 61 Slight indications
- 66 Excited
- 67 Listlessne
- 69 Rolled chocolate candy brand
- 70 Travel by horse
- 71 Dough
- 72 Winter precipitation
- 73 Compass point
- 74 Anesthetic
- 75 Have
- 47 Foot part
- 49 Utilization 50 Container
- 52 Employ for life
- 55 Stone
- 57 Snow slider 58 Sticky black substances
- 59 Aegis
- 60 Connection
- 61 Type of worm 62 Tax agency
- 63 Taboo
- 64 Emit light 65 Planted
- 68 Pecan



The Vashon Loop, p. 8 June 6, '08

We've Got a Lot of Kids 1/2 A LOT OF KIDS

by Kevin Pottinger

Since the twins were born we've been driving around in one of those hunter-green minivans.

They're very common. It seems as though every event we attend that offers a parking lot, such as ballet practice or Family Science night at Chautauqua or dinner at Zoomies, will have at least six or seven other hunter-green minivans in the lot. At a distance, the only way one can tell them apart is by studying the hubcaps, which apparently come in several different versions, so statistically the chance of two absolutely identical huntergreen minivans parked in the same lot is somewhat reduced. In case of a hubcap tie, visual examination of the crap on the front seat floor is often the only way to tell which one's yours.

We've spent a lot of time in our green minivan. We discovered early that a short, hot ride in the car often makes a crying baby fall asleep. And when they learned to crawl, we could strap them all into their car seats and not let them out for a while. We discovered you could turn the radio up real loud to drown them out, too. Heavy metal with a lot of screeching vocals seemed to work best for that. For Maria and me, a short ride in our green minivan provided a scene change and the illusion of a little fresh air; a mobile lockdown that gave us a few minutes of precious peace.

Our green minivan is essentially the same car as the gigantic '69 Plymouth Fury station wagon my Mom and Dad used to cart my brothers and sisters around in the early seventies, before the oil embargo. It's close to ninety bucks to fill the tank. Inside, there's room for all of our kids plus a pal or two and all their gear, plus the jetsam in the way-back that rides along on every trip we take: dishes that came we emptied and need to return, the recycling that we forget to drop off every time we pass the dump, the broken part to the riding mower that we brought along to compare to the new part, and the jumper cables, cable chains and a six pack of Fresca that no one will touch.

Each family member has a specific spot in the minivan. Once seats are assigned, pretty much at birth, the spots never change. Both of our three-year old twins seem to enjoy parking in their twin's seat in the middle row and provoking a fistfight by refusing to budge.

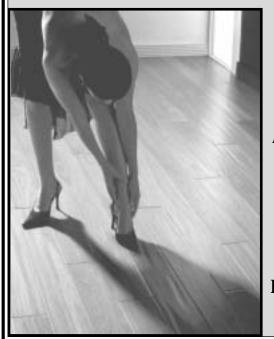
Having read the horrific reports about toddlers and front-seat airbags, my wife Maria and I ride up front. We imagine our grown-up

to withstand an airbag blast without one of our heads shearing off and rolling down the street like an errant gutter-ball.

In the rear view mirror, we only see the bobbing heads of our older kids in their seats in the back row. I recently climbed back there, and found that they've built out a maze of interconnected warrens in the back seat, with plastic storage boxes full of toys, bottled water, and reading material tucked between the cushions. They've decorated the ceilings and walls with the stickers from the drive-through at the bank, poked popsicle sticks into the vents and broken them off, torn off parts of the interior that just weren't working for them, and licked the windows and drawn their names in

As the kids have grown older, we've mostly given up aimless joyriding and have turned to less fossil-fuel-intensive parenting tools. Besides, the kids have all graduated into seats they can get into and out of themselves, and after a few miles they complain unless we can convince them that we have a clear destination in mind, or can tune in some major head-banging on the യയയ

PRECISION INTERIORS When experience & results count



Skillful ~Craftsmanship Wood Floor Finishing

Italian tradition brought to your home.

Installation and refinishing of wood floors - any type, any finish~from solvent base to eco friendly water based finish

For estimate call Mario PRECISION INTERIORS 253-732-6462



Now Booking for Summer Parties Call Troy 206.794.9451

On Losing Your Mother

My dear friend,

Having trod the path you now walk, may I be so bold as to provide a few suggestions to help you get through the next few months? It may be a comfort to you. If it isn't, feel free to ignore it.

- 1. Allow yourself to grieve. Yes, we must work and attend to our family, but allow yourself the space, time and freedom to weep, smile, look at old photos and laugh with family and friends about all the funny things your mother did and said. This is an important step in your current and future health.
- 2. Don't grieve too long. You'll always miss your mom. When a new grandchild is born or the iris bloom or something momentous happens, you're first thought will be, "Wait until I tell mom." Then you will remember she's gone. But is she really? Do you think for a moment that the family she devoted her to us heaping with potato salad that whole life to is ever very far from our grief and asking for help. He her now? There will be times you will feel her close, almost cheering you on or a phrase of hers will come to mind and you'll realize she isn't that far way – only out of sight. She still exists and somewhere in those mansions on high, she's still attending to what matters.
 - 3. If you remember something about your mom - her courage, her humor, her generosity; write it Keep her alive to the generations who come after. Note her birth date, marriage date, dates her children were born and her death date. Note serious illnesses. Put all these on paper or computer disc and share with your siblings, children, nieces and nephews. You never know when someone will

family. Your information will be there waiting.

- 4. Take care of yourself. You were important to your mother, so exercise, get adequate sleep, lose a few pounds, relax, get that checkup you've been putting off. Your mother would have wanted you to be well and happy.
- 5. Allow others to help. Just as you are grieving, so are others but they feel helpless with your pain. Let people bring you supper. Let them treat you to lunch, visit for an hour or help you divide the garden bulbs. Give everyone who says, "Do you need anything?" something to do. They'll feel good they could do something concrete surprisingly, you'll feel better, too.
- 6. Take it one day at a time. God only gives us enough grace for a day. That's why we have to keep coming back to him, talking to him, sharing wants us close, to visit frequently and nothing is too trivial for him.
- 7. Recognize that people will say and do the darnedest things thinking they will be cheering you up or letting you know they care. Ignore the foolish words or gestures. Their heart is in the right place, even if they're an idiot.
- 8. Sometime in the early spring, when the sky is blue, the air crisp and the rhododendrons are blooming, you will find yourself inexplicably depressed. If you think long and hard, you'll remember it's the anniversary of your mother's death. Just accept that sometimes waves of sadness will pass through you, but they will pass.
- 9. Take the time you need. necks and faces to be tough enough become ill and need medical Allow yourself to take life easy and

background, or wish to research the don't rush to decide what to do with things. Time will help you sort things out on a timetable that makes reasonable sense. To force yourself to go through things or make legal and material decisions that could have a lasting impact can be brutal and ultimately counter-productive.

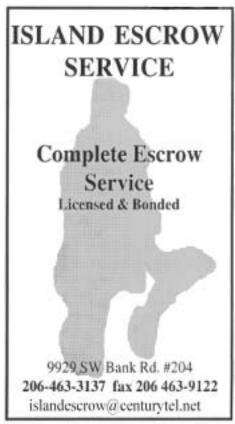
> Remember you are surrounded by people who care, who have gone through similar circumstances. You are not alone.

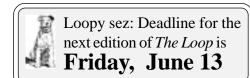
You are and will be in my thoughts and prayers.

Your friend,

Susan

Susan Wolf recently wrote and sent this to an out-of-state friend.





Garden The World

By MEarth

Which Way Now, Kimo Sabe?

We live in a civilization that has lost its roots in this world—and I don't just mean that it isn't civil any more. We have actively and completely detached ourselves from our true place in the natural world, ensconced as we are in this artificial way of life that ignores seasons, elements and our relations in this world, and the living things we share it with—our only known biological relations in the entire universe.

As I've pointed out here more than once, the history of civilization is a map of ecological decimation but, perhaps a new word, say megimation or maximation, would be more applicable because decimation originally meant the death of one in ten and, in our current situation, the survival of one in ten is the more likely scenario played out in the ecology of the land, the air, the forests, the oceans, and even the ecology of being human.

Civilization uses up resources irrevocably—and one of those resources is people. All the 'great' civilizations have relied on slaves (now called the working class), on exploitable natural resources and on fertile land—and, in their passing, have left massive poverty, maximated environments and vast desertification.

Even Greece, considered by many (but not by me) as somewhat enlightened compared to the Romans, had over half its population as slaves. The nouns change—slaves to vassals to peasants to wage earners—but the social situation is basically the same, i.e. very small upper classes are carried on the shoulders of much larger lower classes who control none of their own circumstances. America was supposed to change that and it did for a time, with it's 'Middle Class,' but now that brief window is closing—as anyone still left in that category can tell you.

Empire has always moved onon to the next great forest, the next fertile valley, the next great deposit of ore or petroleum—and now there is nowhere left to go. Every square inch of the Earth has been measured, categorized, had lines drawn around it, been bought, sold, owned and re-owned, fought over and measured a hundred ways for economic potentialities. We have taken the fast lane as far as it will go and traffic is piling up behind us at a frenetic rate as the third world steps up to take its turn at the trough.

Politics are irrelevant, economy has almost become irrelevant. To quote William H. Kötke, "...there is no hope for civilization and its industrialized society. exponentially exploding human Anyone see a good one? Love ME!

population, with growing material consumption, based on dwindling resources and a dying planet, won't

Our leaders are not about to tell us they are squabbling over Titanic deck chairs or that they have led us into a blind alley with no way out. They have to keep assuring us that everything will be okay soon, the war will end, and the environment just needs a little tinkering, applied science and a dose of good-old-American capitalism—but don't be lulled into believing it.

Ecologies all over the Earth and in all the oceans are collapsing at an accelerating rate. Eskimo babies are being born north of the Arctic Circle with PCBs in their livers. 100% of women tested recently Washington State had PBDEs, a toxin found in flame retardants, in their breast milk—even women who drank filtered water and ate organic food. 100%! There are food riots of one sort or another all around the world.

And, if we want to build a sustainable culture, it is not enough to "go back to the land," as many of us thought for so long. For one thing, there is no land to go 'back' to anymore. Besides, that's exactly where our pioneering ancestors went and, as the famous Western painter Charles Russell pointed out, "A pioneer is a man who comes to virgin country, traps off all the fur, kills off the wild meat, plows the roots up. . . . A pioneer destroys things and calls it civilization."

No, a sustainable culture will be made right where we stand or not

We have been 'gardening' this world for a long time and, I have to say, the results have been as far from optimal as I could imagine. I think I know the solution to this problem but I see little evidence people will pursue it. People do not seem to value the life of this world including that of their own children and grandchildren. There is no magic wand we can wave to make it all better.

'Better' will only be a function of hard work and sacrifice that we do not seem to have the stomach for. If 'better' is to be measured by things we have to give up, sacrifices that troubles are going to be a sore wake around the Island. up call.

children that driving the SUV seemed more important than Mexican children going without tortillas or Haitian mothers feeding their children cookies made of dirt because farmers make more growing our fuel than growing their

Did you know that wealthy landholders in Ireland grew enough grain and beef during the great High School students on David potato famine to feed their people quite well? They chose, instead, to sell that food to wealthy English consumers - much as wealthy land owners are doing now, all over the world.

There must be a way out of here.



Check out our new \$1 kids menu

Monday - Friday 5:30am - 4:00pm Saturday - Sunday 8:00am - 3:00pm 17311 Vashon Hwy Sw

Vashon Family Practice

Is Accepting New Patients

Family Medicine * Women's Health Osteopathic Manipulation * Weight Management Most Insurance Accepted * Extended Hours * Same Day Appointments Sjardo Steneker, MD — Jim Shuffield, DO John Share, DO — Caroline Brinkley, MD Weekdays 9 am – 7 pm ** Saturdays 9am – 2 pm 17917 Vashon Hwy SW — (206) 463-2800

Celebrate the Island's Other Residents!

Continued from page 1

The 40 framed prints were all taken over the past 90 days by Ray Pfortner's latest Shoot to Show photography class for Vashon Allied Arts. Two group shoots visited Wolftown, Sea Breeze Farm, and Fairie Hill Farm for full days of photography. At Wolftown, T Martino and her staff worked with the 15 students, modeling wolves, dog sled teams, draft horses, sheep and spring lambs, and birds of prey. At Sea Breeze, Liz milk the cows on camera and the group followed the farm's sheep and pigs and chickens around the Island, ending up at Fairie Hill to photograph their chickens, ducks, and geese. The class also spent many days need to be made, forget it. We all photographing on their own at want more for less and the coming various farms and wildlife spots

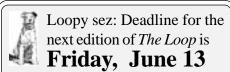
In the end thousands of How will we explain to our photographs were edited down to 105 to show the 4 jurors - Island photographer Kathleen Webster, Joan Webster, Melinda Sontgerath, and Ray Pfortner. The results of their jurying is the exhibit on display - birds, wild and domestic, and mammals from man's best friend and cats to horses and sheep, and even some insects.

The class included 3 Vashon Webster Scholarships covering all their tuition. The scholarships were created in honor of David Webster, avid photographer and father of Kathleen Webster by his family and friends to encourage the next generation of Vashon photographers. The 3 submitted

photographs and essays to win the scholarships. In the end, the youngest students challenged the adults with their skills and their inventiveness.

This is the 6th in the series of Shoot to Show classes offered by Pfortner on Vashon. Earlier themes included Center Marsh and Forest for the Land Trust, Dockton for the Vashon-Maury Heritage Association, the beauty of the Glacier Northwest property for Preserve Our Islands, and Mt Rainier from Vashon-Maury Island for Allied Arts. The "animals" theme was suggested by Melinda and turned out to be second only to the Mt Rainier theme for difficulty. Mt Rainier proved so difficult because of its elusiveness that spring. Animals proved almost a difficult, not for lack of subjects - on the contrary our Island is blessed with great animal subjects - but in the inherent difficulty of getting good photographs of subjects that run and jump and turn away, that fly so fast or are so small. Certainly with animals like with people, it is all about capturing that "decisive moment." The class certainly proved their ability to do just that!

A portion of any sales will be donated to Vashon Island Pet **Protectors and Wolftown to support** their important work.



The Vashon Loop, p. 10 June 6, '08

🖎 LoOp Ed

Sudoku as a Model for Finding Freedom, **Peace and Happiness**

by Mark A. Goldman

on Sudoku. Eventually my curiosity got the better of me and I took a look to see what she was doing. For a week or two, I tried my own hand at solving these puzzles until I found some that were so difficult that I concluded that to continue to agonize over them was just a waste of time. Then it occurred to me that finding freedom, peace, and happiness is sort of like trying to solve a tough Sudoku puzzle.

If you don't know what a Sudoku puzzle is, let me take a moment to show you. Here's a sample puzzle that was laid out for Wikipedia by a fellow named Larry Gilbert:

				7			3	5
			5	9	1			6
	6					8	9	
			4	6				8
Ι			3		8			4
- 9				2	,			7
	8	2					6	
- 0			9	1	4			
	7			8				

The object is to use your cognitive abilities to fill in the blank squares in such a way that each row of 9 little squares and each column of 9 little squares contains all the numbers 1 through 9 in no particular order... in addition, you have to make sure that each of the 9 regions (the internal blocks of 3x3 squares) also contains all the numbers 1 through 9. When you've done all that, you've solved the puzzle. For each puzzle there is only one unique solution. In this case, the solution to the puzzle is as follows:

5	3	*	8	7	8	p	J.	2
6	7	2	1	9	5	J.		8
f	9	8	3	4	2	5	6	7
8	5	9	7	6	1	+	2	3
4	-2	6	8	5	3	7	9	1
7	1	3	9	2	4	l	3	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	đ	3	5
,		5	2	8	6	+	7	9

Well what does this have to do with freedom, peace or happiness? First of all let me remind you that I said that finding these things is sort of like solving a Sudoku puzzle. Maybe not exactly. Nevertheless, there are interesting parallels to consider. Let me explain:

For example, if you consider that the overall puzzle represents the total universe of human existence, let each of the 9 regions (the nine blocks of 3x3 squares) represent sub sets of the whole. Each of these regions might represent a different country, state, person, religion, language, ethnic or socioeconomic group, etc. Now the members of each of these regions have certain

For a while my wife was hooked common goals or values that they hold dear and important. Let us postulate for a moment that our job as sentient and caring human beings is to figure out how to organize ourselves (our politics, our economics, and our attitudes) in such a way that each region is able to fulfill all the critical elements they need, sufficient for that group to obtain a respectable level of happiness and success. If we made it a point to solve world or national problems with this attitude about winning, (which is to say, winning is like satisfying all the terms of a Sudoku puzzle) perhaps eventually we'd have a world that works for everyone, with no one left out and no more need for war.

What I like about this model for solving problems is that it gives us an idea of what it really means to be responsible: the fundamental rule of this game is that this game isn't over until everyone gets to win. You don't win until everyone wins. Of course you might guess that winning isn't necessarily going to be Maybe it's even more challenging than the toughest Sudoku puzzle.

Now in real life there might be more than one solution, but then again, maybe not. We won't know until we get there. But each player needs to be willing to stick it out until every aspect of the game is satisfied. You can't just go out and get say, a 5, 7, 9, and 3 for yourself or your region, if that's what you need, and then build a wall around your region and not care about all the other players just because you got all of your 9. That would be cheating. Intellectual integrity means you don't get to cheat. You have to stay with the problem—i.e., stay in the game—until the game is finished, which is to say, until everyone gets to win. So, if you discover that the numbers you took makes it impossible for everyone else to win, well you have to give something back... not because anyone will force you to, but because those are the rules of the game, and you're a decent honest person who doesn't want to win by cheating. I know it's hard to give something back just when you thought you'd won, but those are the rules. In fact, those really are the rules.

Anyway, I think we really can all win. I think we're all supposed to win. We all are entitled to our basic rights and freedoms and that includes whatever it takes for each of us to live with real dignity. To be a responsible human being means you will never be wholly free, happy, or at peace until everyone has a real opportunity to be free, happy, and at peace. We're all each of us -essential elements of what might be described as a very



big Sudoku puzzle. I believe, until we reach this goal, the closest any of us will get to true happiness will be when we've arrived at being fully engaged at least in trying to win this life game of Sudoku.

Sudoku is good practice and a good reminder of what it really means and what it really takes to yourself. Then, once you get the hang of it, you might want to try your skill at playing in the big game.

Now in this regard, here's a link to a strategy I've been thinking about for a long time that I believe could move us closer to the goal ... I'm hoping one day to get enough players together to really try it out: win in this life. Try a few puzzles http://www.gpln.com/udhr.html

LoOp Letters

Wolftown's Summer Season

Hi Vashon,

Wolftown here. Tourist season is spring have mainly been: upon us. Please help your wild animal friends here at Wolftown by not telling people how to get to Wolftown. Have them call us first and make an appointment: 206-463-9113. Wolftown is very busy this time of year rescuing wildlife. Same day appointments are almost impossible. Call a few days in advance. This keeps your rescued wildlife comfortable and your volunteer staff safe. Wolftown needs a boat to help with marine wildlife rescue. We also need non-toxic leaves such as from deciduous trees or fir to help feed ruminants and wildlife. Please leave baby fawns and baby seal alone! Mom is usually nearby, and they are not orphans. Give spring wildlife a chance. Do not clear trees and brush in early spring!

Wolftown wildlife calls this

Orphan fawn Baby Barn Owl Common Goldeneye (duck) Bufflehead (duck) Great Blue Heron Many seal calls

One pregnant seal needing to beach to have her pup. Some folks were so concerned about her they didn't realize she just needed some space to have her pup.

Deer hit by car, person driving drove right on. This is illegal and not very compassionate.

Thanks! The Volunteer staff of Wolftown

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

The Vashon Loop, p. 11 June 6, '08



Wild Goose Chase

by Orca Annie Stateler, VHP Coordinator

In early June, T Martino and Odin literally went on a wild goose chase to remove fishing line from the neck of a Canada goose at the North End ferry dock. The goose's partner eyed the rescuers with suspicion. The entangled goose was unwilling to comply with the first attempt, but, with extra help from T's partner Pete, the second effort was successful. Poor goose couple, they were guarding a defunct nest with dead eggs.

Vashon-Maury is host to some charismatic megafauna this spring. A black bear roams our woods, and an endangered humpback whale forages in Dalco Pass. Let us act in a respectful, non-invasive manner toward our distinguished guests. Since we lack a splashy photo of this readers to check out the just year's humpback, Odin's Tlingit-

 $\textit{Humpback Whale pendant design,} \ @\ 2007,\ \textit{Odin Lonning, Tlingit.}$

accompanies this column.

During our observation periods, the whale has been in serious feeding mode. A conclusive ID on the humpback still eludes us because this whale seldom raises her/his tail when diving, perhaps because deep low tides, Odin and I pray for dives are not required to reach the cooperative weather at the June 7 food source. To date, no one has clinched the "money shot:" the undersides of the tail flukes. Thus, we are on another type of wild goose chase.

Mark Sears recalled that Dalco did not display flukes often in 2004. If this whale is not Dalco, s/he is remarkably similar in behavior and travel patterns. Four years older, Dalco would be a subadult, so the size of our current visitor is consistent. Cascadia Research Collective maintains an extensive database of North Pacific humpback whale ID photos. Their researchers assigned Dalco a numeric ID in 2004. So far, they do not think this is the same whale, but a high quality flukes photo would be definitive.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. This week, we are thankful for reports and photos from Dan, Ed, Julie, and several callers who did not leave names. Send whale photos to Annie/VHP Orca Vashonorcas@aol.com.

Call NOAA **Fisheries** Enforcement at 1-800-853-1964 to report harassment of the humpback by boats, kayaks, or other watercraft. Only marked research vessels should be within 100 yards of the whale to collect samples or obtain ID photos.

Just after I finished the previous "Dorsal Spin", I learned that a study by SPLASH, a multinational organization of about 400 whale researchers, estimates the North Pacific humpback population is now 18,000 to 20,000, based on thousands of ID photos amassed in 2004-2006. Before the commercial whaling ban in 1966, the North Pacific humpback population was less than 1,500. SPLASH is an acronym for Structure Populations, Levels of Abundance, and Status of Humpbacks. Read about it on the Cascadia Research website

www.cascadiaresearch.org.

In other news, I encourage published Destination Vashon. Several *Loop* writers, such as our

> esteemed former editor, Mary Litchfield Tuel, c o n t r i b u t e d entertaining and informative content. gorgeous orca photo by Mark a r s \mathbf{e} accompanies the whale article I wrote for it.

> Historic, extreme low tides this week compel us to baby-sit the hydrophone. Our

style Humpback Whale design VHP anchor is a vibrant "crabitat," with many crustaceans vying for position on the prime underwater real estate. A bossy Dungeness crab is full of attitude, swiping at us with gargantuan claws when we try to inspect the housing. Speaking of Point Robinson Low Tide Celebration, so that we can don regalia for the Blue Heron canoe welcoming at 11:30 AM.

The June 18 ACS/PS speaker is Lynne Barre of NOAA Fisheries. The topic is implementing the Southern Resident Killer Whale Recovery Plan. In addition, ACS/PS will again be a sponsor of the Summer Solstice (June 21) OrcaSing concert on San Island. Juan Visit www.acspugetsound.org or contact Orca Annie for more details on both events.



Donations Needed for VIPP's Annual FUR BALL™

by Tom De Felice

currently accepting donations for 6th annual FUR BALL™fundraising auction. "The Most Fantastique Fur Ball™Ever" will be held Saturday, August 2nd at the VFW and we need your help in making it truly "fantastique".

Proceeds from the FUR BALL™ provide more than half of the operating funds for VIPP each year. In 2007, 350 cats and dogs were helped by VIPP's services. Of those, 130 were adopted by loving families, 63 were returned to their owners, and 184 were neutered through VIPP's Spay/Neuter Program. For those cats and dogs adopted, VIPP provides examinations, vaccinations, blood tests and micro-chips. VIPP also ensures safe, comfortable housing for those pets awaiting adoption.

One of the many great ways to support VIPP is to donate auction items for the FUR BALLTM And if you think that you don't have anything to donate, think twice. Look around your home or the FUR BALL™is the highlight of business... you just may have some Vashon's summer event season. great things to give. Quality, unique During the silent auction, great food choices for donation. Consider under festive tents amid friends and offering a painting, photograph, or conversation. The live auction sculpture. A piece of antique follows and is where the fun really furniture could bring in some much needed money. Themed gift baskets filled with an array of enticing items are always a favorite of auction guests. Any memorabilia you donate is sure to entice auction attendees. And, who doesn't love great jewelry?

Donations need not only be tangible objects, but can also include experiences and services. Use your

Vashon Island Pet Protectors is expertise to plan and help design a garden or home renovation. How about an Island tour in your classic car, punctuated with a sunset picnic on the beach? Classes such as gourmet cooking, flower arranging, scrapbooking, belly dancing, juggling, or knitting, (just to name a few), are great donation items. Do you have a cabin, beach house or vacation rental? Consider offering it for a group of people. Your unique professional services such as gardening, baking, painting, massage, reiki, accounting, hair design, or spa services are all very valuable and would make exceptional donation choices. (Remember that VIPP is a 501(c)3 non-profit organization and your contribution is tax deductable.)

> Possibilities for donations are only as limited as your imagination. Be sure to talk with your friends, relatives, neighbors, and coworkers to see what they might be able to donate as well.

Auctioneered by Kevin Joyce, new or vintage items are excellent and wine will be served outside begins.

Tickets to the Fur Ball™are \$20.00 and will available starting July 1st. You will find them online at www.VIPP.org as well as at the VIPP booth at the Strawberry Festival, Pandora's Box, Fair Isle Animal Clinic, Books by the Way, and the Vashon Book Shop.

Make your donation today for Most Fantastique Fur Ball™Ever". Donation deadline is June 25th. You can donate online at www. www.VIPP.org by clicking on "Support" then "Give thru the fur ball". You can also contact Kate Dunagan at 206-567-5485 or kateric@hotmail.com



We do passport photos -- apply for passports at the Courthouse on Tuesdays, Noon-3:30 pm; 4-7 p.m.

The Vashon Loop, p. 12 June 6, '08



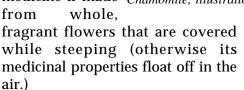
Its Wild Cousin

by Kathy Abascal

Years ago, I made several attempts to plant some chamomile in my sweet, rich garden soil. A few plants survived by moving out into the hard pan of my driveway but most died and I finally gave up on chamomile as a garden plant. So, I was thrilled to find chamomile blooming in my present garden. I am not sure where it came from, but it is thriving and seems to enjoy the neglect that my garden has endured recently.

Chamomile has a wide range of would have to be used in adequate

stellar medicinal properties that are often ignored. As the saying goes, "familiarity b r e e d s contempt." We to tend use chamomile tea bags as a pleasant beverage and forget that chamomile tea is a strong, effective medicine if made



Chamomile is carminative, antispasmodic, and pleasant. Children are willing to drink chamomile tea, and it is an important medicine for them. It works wonders on colic in babies and upset stomachs in of chamomile tea between meals Chamomile's anti- and one before bed. general. inflammatory properties make it an effective gargle for sore throats and it works even better if combined with an equal amount of sage. As a steam, chamomile combined with equal parts of thyme makes a simple treatment for irritating coughs.

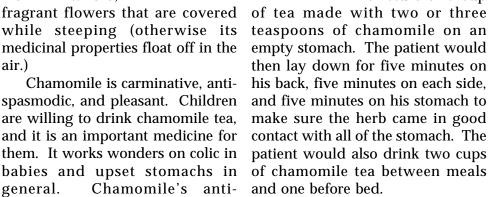
Its Latin name, *Matricaria*, comes from the word *mater* or mother, a term used in traditional medicine for the uterus. Its name reflects its ancient use for painful pelvic conditions, and it will bring rapid relief from menstrual cramps if taken quite hot and slowly, sip by sip. Its antispasmodic action also works on inflammations of the gums and membranes of the mouth, conditions that can make eating an agony. As in sore throats, it helps to add equal parts of sage to the chamomile. Cats are sometimes

prone to ulcerous mouth problems and it might help to add an appropriately sized dose of chamomile tea (without the sage) to their food. Of course, cats can be persnickety and might not accept such food tampering.

Chamomile was once highly regarded for its ability to help poorly healing wounds, and moist compresses of chamomile and chamomile baths were used in some German hospitals to treat poorly healing surgical wounds. If you have slow healing ulcers, you should certainly try chamomile as a compress, bath or a foot bath. Sipping the tea while doing the treatment will enhance its effect. You would use about three ounces for a bath, or a handful of flowers in a quart of water for wet compresses. If you are using chamomile for compresses, make sure you keep the pot covered while steeping and use it while still warm. And make sure you do the treatments frequently if you want to see results.

Dr. Weiss, a German physician with decades of experience using herbs in his medical practice favored chamomile for healing stomach ulcers. He said it soothed spasms, inflammation and directly healed the wound but pointed out that it

strength length of time to completely heal the ulcers. To ensure that the herb came in contact with the entire surface of the stomach, he recommended drink a glass of warm water with 30 drops of strong Chamomile, illustration by Kathy Abascal. c h a m o m i l e tincture or a cup



Chamomile is a very safe plant but be careful if you are taking warfarin. One woman experienced bleeding from the combination although she was using a lot of chamomile. In laboratory studies, chamomile strongly reduced the tendency of blood platelets to stick together, and it is a simple, pleasant way to help counter the tendency to form blood clots in those not taking a blood thinner. In fact, I think it is the perfect beverage for anyone taking an airplane trip. It may help prevent you from forming clots and, because it is so soothing, it will be the perfect antidote to the present madness of airport security as well. When you arrive at your destination jet lagged, tired but unable to sleep, chamomile will lull you into dream



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 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 perimenopause classes on nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.

land. It works extraordinarily well for many types of insomnia

And who is chamomile's wild cousin? It is the pineapple weed that is now happily blooming in our driveways and other areas of compacted, dry soil. It shares chamomile's medicinal properties, and you could gather its wonderful fragrant flowers and dry them. Of course, both chamomile and pineapple weed have small flower heads, and gathering can be a slow process. On the other hand, it is a fragrant, meditative experience that that the patient is richly rewarding in the moment as well as later when you enjoy it as a tea or foot bath.



BLT Spicy Italian Tuna **Veggie Delite**

Monday - Friday 8:00am - 9:00pm Saturday 9:00am - 9:00pm

Sunday 9:00am - 8:00pm

17408 Vashon Hwy SW



Enjoy the Low Tides—Respect the Life

Continued from page 1

weekend's Low Tide Festival but sure to treat them carefully and also connect/events/0607vashon/.

This summer be sure and enjoy not leave them as easy prey for the low tides not just at this opportunistic crows, gulls and other predators. For more information on throughout the season. So many Low Tide Festival beach walks and creatures display their secrets for the other activities call Rayna Holtz at careful observer. However, many of 463-3153 or check out the People for these sea creatures suffer from Puget Sound's website at http:// handling and rough exposure. Be www.pugetsound.org/primary/



underside

Be Gentle. Never lift a rock bigger than your

head. You might smash the animals on the



say at PlanetWaves.net.

Plauet-Waxes



Aries (March 20-April 19) Someone is willing to communicate with you, and to cooperate, and even to shift their thinking. I suggest you be willing to do the same. If he or she is a lover or love interest, the discussion needs to be more on the level of friends or siblings rather than in the highdrama world that erotic polarity can create. How do you do this? Well, I guess if you can figure that out, you've come a long way toward solving the war between the sexes, or perhaps the eternal struggle between top and bottom. You have one specific power — which is to step out of your own sex role and see what life is like if you leave all that behind for an hour or two. It would help if you leave the prearranged scripts of what it means to be a man or a woman out of the room; and the more you recognize what they are, the easier this will be. Eric Francis has more to

Taurus (April 19-May 20) You are holding the solution to a financial problem in your hands. All you need to do is change your thinking. For a Taurus, it may not be your ideas that you cling to, but rather the whole experience of clinging itself, which is ridiculous. You know you are facing some significant questions about your worth and your livelihood, though we might question how those questions are answered. In a few words, resolution comes when we adopt a different viewpoint and then adapt our choices, activities and priorities in such a way that aligns with it. If you are missing something, it's something boldly obvious. And I would add one other point — you may want to see the whole plan or the story of your life unfolded from beginning to end, and feel that nothing else will satisfy you right now. I suggest you be content with turning the pages of the book of life one at a time. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Whatever turmoil or highly unusual inner quest you're going through, you are about to reach the eye of the storm. This is a place of true serenity, where the light of day shines in. It's also a place you always carry within you. The process of your growth and certain highly unusual circumstances in your life are taking you there directly, if you would notice that's where you've arrived. Now, you need only to remember the way; remember the particular feeling or quality of the space; and most of all, remember that this space exists just in the moment when you might be most inclined to forget. It is true that you have an unusually challenging time of healing your mind and settling your restless thoughts for long enough to think creatively. And it's true that you have some truly unusual and even miraculous help in this process now. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) Focus on an image of how good you want your life to be. Work however you can to envision it, and then to illustrate, express or communicate that vision to yourself. Use words, use pictures, perhaps use sound and maybe three-dimensional models. However you do it, work toward a tangible expression of what you want your existence to look like, feel like and to represent to the world. Without writing a book about metaphysics, I can see that in a veiled dimension of your life — what we might call the dimension of manifestation — a development process is afoot, and it's calling for you to engage your conscious mind as an architect and as a designer. You may not see the full results immediately, but if you devote yourself sincerely to this visioning process, I trust you'll receive confirmation that the alchemy is working. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) There is an unusual dialog developing between aspects of your life that too often seem to have no relationship, and a magnificent healing is possible. Look for anyplace in your world where there are uncomfortable fragments — for example a disconnect or competition between your partner and your group of friends; any issue where the rewards or idealism of your work impact a relationship; anywhere you seek freedom and find yourself in the middle of some odd or unusual struggle. Keep going, describing the areas of your life where there are fragments, divisions or ideas that separate you from other people. Look at them honestly and ask what purpose they serve. Ask if that purpose is really necessary. Determine to put the energy to better use and watch how it follows your commands like a sheep hound. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Among its many gems, A Course in Miracles offers a lesson that says, "Let me recognize the problem so it can be solved." That is another way of saying, don't be afraid to see your problems for what they are. Fear not your confusion, your contradictions or your sense that your life is like an airport with too many planes in the sky. The problem with our problems is that we typically don't see them for what they are. Usually, they are simpler than we think. They take less effort to solve than we think, and finally the solution is much closer at hand than we would be convinced to believe by those who define problems as the meaning of life. Here is a clue — you have the perception that you face two different situations, or like you need to recognize two different goals. Consider the possibility that they are the same thing, no matter how odd a couple they seem to make. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) There is a touch of genius to your charts at the moment, as if you are a seer or visionary of your own existence. It goes a lot further than this, however: you have a window open to the truth, and it exists for yourself and for other people to utilize. Make sure you benefit from this opening first and last, and that anyone else who may benefit wait their proper place in the queue. What is good for you is good for the people around you, so it's not like you're hogging anything. Yet the important thing is that you see this signal as a beacon to your own future irrespective of how anyone else may feel. The clearest message you are hearing is the one intended expressly for your ears only. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) No matter how odd or contentious someone's views may seem, you can enter into a productive dialog with them. Productive would translate to highly beneficial for you, as you let go of one agenda and embrace a new and unfamiliar one. This is the time you need as much support as you can get, and it's coming on strong. It just may not be in the language you expect. Therefore, treat everyone like a potential supporter, even if they are a critic. Assume that everyone has a gift for you, even if it looks like they are pointing out a problem. The events of the next week are a portent of things to come, so choose wisely and approach the world with an open mind. At least one decision you make in the coming

Olympic Instruments, Inc.

 Custom Manufacturing, Machining, Welding, Fabrication, Repairs Short & long run production Prototyping

Length Meters for Wire & Cordage

Cunningham Air Whistles

Your Vashon Neighbor Since 1946 Monday – Thursday, 7:00 AM – 5:30 PM

16901 Westside Highway SW Vashon, WA 98070

Phone (206) 463-3604 www.olympicinstruments.com www.cunninghamairwhistles.com



ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B Vashon Island, WA 98070 206 463-3967

219 1st Ave. S. #310 Seattle, WA 98104 206 463-3967



weeks will carry you through at least this time in 2012 — so proceed with full attention, and above all, refuse to rush. Eric Francis has more to say at

PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) People around you are going through enormous, rapid changes — changes they may not understand. They may be perceiving you as going through these changes, which is true but not the way they think. Anyway, the whole constellation of your relationships is developing rapidly and in ways you cannot predict. Furthermore, this process was set in motion some time around early 2004, at which time you either made a commitment, or had one made to you. Search your files for the accurate information; the association or involvement is now up for reassessment or renewal, and you can renegotiate the terms in such a way that everyone benefits in unexpected ways. Now as ever, the unknown is your friend. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) Work and money are two different things; some of the most incompetent people get paid a fortune while some of the most talented languish in obscurity. Fortunately, you fit neither category, though you now have a rare opportunity to connect your best efforts with significant resources. Think big; think clearly; proceed in single steps and be prepared to change course at any moment. Agendas are easy to keep flexible, but one's sense of commitment may not be. Remember that your agenda is a kind of commitment, so you need to maintain the ability to flex both at once. Everything is negotiable; there are enough resources to go around; your best resources and talents are able to align themselves with the ideas and resources of at least one key individual. You will know who they are because they fit the description, "not like you at all, but exactly like you." Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Gradually, you are waking up. It doesn't happen all at once, and at first you had to figure out you were sleeping, or at least getting drowsy when you needed to be full-on wide awake. You are now on part of your journey where you are making a specific inquiry into a romantic, creative or sexual situation. There seem to be two distinct sides or facets to the situation. These dual facets match your inner reality, where you are working out something involving two sides of your nature. They could be creative versus productive; business versus pleasure; friend versus lover; or one of the many (often false) dualisms we have to work out. The key to this situation is making sure that the two aspects of yourself in question are in a constant dialog. You could benefit from stepping into the viewpoint of another — but also making sure that they have the chance to step into, and recognize, your viewpoint as well. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Pisces is notorious for its many insecurities. You of all signs are aware of floating upon or swimming in the vast cosmic ocean. This awareness comes with many feelings, at different times, ranging from profound insignificance to the sense of a direct connection with God or Goddess. At times you might feel like you are tapped into a direct cosmic source, and at others like this matters little in a world that seems to fret over everything else. Some brilliant aspects are developing in your chart that are designed to teach you that you are not only safe in this life, but that you are grounded and at peace with yourself. The imagery is one of an intimate inner dialog. It is true that many have played the game of divide and conquer with you, and sometimes you play this game with yourself. This is a moment of joining, healing and embracing authentic selfacceptance. Eric Francis has more to say at PlanetWaves.net. യയയ

The Vashon Loop, p. 14 June 6, '08

Island Epicure



By Marj Watkins

Foods Against Cancer

This column is for Alice, Alex, Jean, Linda, Carol S. and all the rest of us who are, have been, or have friends or family members struggling with cancer. How can we protect ourselves or best cope with cancer if it strikes?

First, we need to do all we can to boost our immune systems, and to include foods in our meals that suppress cancer cell growth and those that turn cancer cells off.

Raw fruits and vegetables provide enzymes that eat the skin off cancer cells but nourish normal cells. and for antioxidants that prevent normal cells from turning malignant in the first place. Every day, have a vegetable salad for one meal and a fruit salad for another, always with plenty of greens for healing chlorophyll and Vitamin K.

Tomatoes give us Vitamins A and C, plus the carotene lycopene to stimulate our immune systems. Cooking them doesn't destroy or diminish their nutrient value, so enjoy them in salads, sandwiches, pizza, spaghetti, and tomato soup.

Oriental mushrooms—Japanese shiitake, reishi, maitake, Chinese yun zhi (also called krestin and coriolus) maintain, protect or restore the immune system. Over 400 animal studies and a dozen placebocontrolled human studies have been peer-reviewed in medical journals.

maitake, and from reishi mushrooms are sipped as tonics, and included in soups and sauces. Shiitake, easily found at Thriftway, enhances soups and stir-fries. Dried shiitakes from an Oriental store will prove much less expensive. Soak 30 minutes, cut out the tough stems, sliver the tops, and include in soups and stir-fries.

Food-supplied whole Vitamin E combats cancer and many other health challenges, and is several times more effective against cancer than the manufactured, synthetic Vitamin E sold in capsules, so you benefit from even a few units of it.

Best sources of vitamin E in foods: Raw peanuts, International Units per cupful; almonds, 55; Hazelnuts, 29.8; Sunflower seeds, 10.7. Sesame seeds; 4.87.

Best per tablespoonful: Safflower Oil, 6.97 I.U.; Canola Oil, 4.37; Olive oil, 2.49.

All figures above are from Nutrition Almanac by Lavon J. Dunne, Fifth Edition. The oils are richer than they look. One cup holds 16 tablespoons. Use oils in salad dressings. Sprinkle sunflower seeds or sesame seeds on a fruit or vegetable salad. Add a dash of sesame oil to Hot & Sour Soup below and to marinades for stir-fry meats.

Raspberries, strawberries, cranberries, pomegranates, walnuts, pecans, and tomatoes contain ellagic acid. Scientists have proved that it slows cancer growth. Dr. Daniel Nixon of the Medical University of South Carolina (MUSC) began studying ellagic acid in 1993. He isolated a plant phenol that inhibits cancer cell growth, and may prevent cancers from metastasizing. Professor Gary Stoner of Ohio University registered a patent in 2005 for a combo of black and blue raspberries anthocyanins relating fighting cancer metastases with ellagic acid. This naturally occurring plant phenol may turn out to be one of the most powerful ways to prevent cancer before you get it AND inhibit the growth of cancer cells already in progress Ellagic acid does not disappear nor diminish when cooked, like in jam.

Open-faced PBJ: Bavarian rye bread spread with peanut butter, then with raspberry jam. This is wonderfully satisfying with a glass of dairy or almond milk. The fiber in the Bavarian rye cuts the glycemic load of the carbs.

Pomegranate Beverage or warm day cooler: Pomegranate juice combined with cranberry juice, over ice as a hot day refresher.

Cranberries on Salads: Sprinkle dried cranberries over any fruit salad. We especially like them over diced apples (dunked in salted water so they won't turn brown), sliced celery, and walnuts on green leafy lettuce. Raspberry dressing is delicious here, and so is ranch-style dressing.

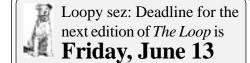
strawberries organic when available)

- 1. Slice organic, washed In Japan teas made from strawberries. Drizzle with honey or sprinkle with Splenda®. Top with yogurt or spray on real whipped cream.
 - 2. Dip washed strawberries in sour cream or yogurt, then in brown sugar or Splenda®

small stemmed strawberries or sliced large ones on baby spinach leaves. blue cheese or feta. Serve with raspberry vinaigrette.

Cranberries:

- 1. Salad: Diced pear, dried cranberries (fresh ones, halved, in season) and slivered almonds on shredded romaine lettuce. Garnish with crumbled Gorgonzola cheese.
- 2. Main dish: Cranberry sauce with poached, roasted, grilled chicken or pork.
- 3. Dessert: Combine dried cranberries and fresh apples, sliced or diced. Cook in a little water. Taste. Add sweetening as needed.





Dear Madame Toujours,

I am eager to breed my AKC champion male Pughuahua Miniature Labrador Duke. He is an outstanding specimen of his breed, and everyone agrees that he should be bred. I have selected a suitable mate for him. She is a mature female Pughuahua Minilab just like Duke, so they should have similar interests—such as home defense and savaging the mailman—and she has had puppies before. She will be flying in from Maine in a week. My question is this: how does one ensure that an arranged marriage will work out? I know there have been many mail-order brides who were happy with their new husbands, but what if they aren't compatible? I would like for them to be soul mates. I would hate for them to endure a Strawberry Desserts (Buy loveless marriage, staying together only for the children. What if the female is a bitch? Is there some way for a parent to make sure an arranged marriage works?

> Sincerely, Mother of the Groom

Chere Mme. Mother,

Bien sur, you are having the legitimate concerns with the son and Strawberry Salad: Arrange the new bride. First of all, many of the doting parents of the canine persons are celebrating the Garnish with chopped walnuts and marriages of les chiens with the tuxedoes and the elaborate dresses and veils and the champagnes. Do not be succumbing to the big silliness. The bride who is expecting the puppies should absolutely not be drinking the champagnes. Also, while the canine types are enjoying to dress up in the amusing costumes and be the center of all the attentions, they are mostly not caring about the fancy marriage rituals. However, they are usually enjoying to eat the wedding cake, so if the wedding is being very amusing to you then certainly you should be having the big fun.

You are already ensuring that the marrying persons are having the compatible interests such as pursuing the "frizbee" disks and

relieving themselves out of doors. This is good. However, the dog persons, they are mostly not caring about having the soul mates. They are liking to have the little romance, and then mostly they are being interested in the foods and the affections and the sleeping on your bed. So long as you are petting everyone and allowing them to take turns to sit on the lap, they are liking each other perfectly well.

Also, I am liking to suggest that when Mme. le Bride, she is having all the puppies, then it is time for *M*. le Groom to be having the little operation. Vasectomy: she is the gift that is always giving, *n'est pas*?

Bon Chance, Mme. Grandmere, and remember that when the daughter-in-law is living in your house and giving you the grandpuppies, you are having the big responsibility to be babysitting the children so that *Maman*, she can be having the little time for herself. This is not the easy task. They are very small. There is the big danger that you are sitting on them by accident. Quelle horreur!



Standing On My Own Hose

by Deborah Anderson

wrote on a lack of perfection in the last column. As I reread my final document after the paper had gone into print and realized I used the word 'quaffed' as in tossed back a few Dr. Pepper's, instead of coifed, in reference to my hair being done perfectly, I sighed relief that I was covered by my own choice to topic.

I suppose a person might look at this column as a sequel to the thoughts I had on shooting for excellence instead of perfection. Shooting for excellence demands a second perspective that empowers it to be more than perfection offers.

Excellence brings us to the topic of self sabotage. Excellence, that place where one sits in the heart of one's passion, brings along the idea of blessing oneself. Blessing oneself is different than indulging oneself. It nurtures the unborn in us, or the unviewed or the uninvited in ourselves. It's greater than loving ourselves. It's doing what's right for

Some people get stuck just trying to love themselves. Some people get stuck before they even get to know themselves.

Let me give you an example. Many years ago I had the grand opportunity to play 'Claree' in the play *Steel Magnolias*. It was the part of a lifetime. I loved it. But when I saw the tape I was dumbfounded. The character I had drawn upon to develop was completely different than what I thought was going on internally. How I THOUGHT I would present in that character given where I was centered on the inside was completely different than how I ACTUALLY looked. The character worked. I was still pleased with the job I did. The other characters were able to bounce off her (Claree) just fine, but what I felt leads to correction, again....... go like inside was totally different.

Some people are like that in real life. How they connect with Gump moment. As he would say, themselves is totally different than that's all I have to say about that. what's really inside.

come. Some people like what they your foot from your hose! think is there and some people don't.

Personally I was very glad I And what keeps us from excellence is standing on our own hose.

> OK.....so you want me to get to the part where I tell you where I stood on my own hose and get the juicy dirt on me with a public confession. Well.....I prayed about that years ago and God was gracious and showed me my sin, as they say in church circles.

I was anybody's. I would do anything anybody wanted me to do or be. I was a pawn.

Isn't that shocking. Now of course, because you know I do that God thing, first I took my foot off the hose that was connected to God and let a little more (heck a LOT more!) flow through. Then I took my foot off the part where I was connected to me. Wow, that was enormous.

I'm still doin' it; taking my foot off of various parts of the hose leading to my life. It's scary sometimes. Those perfectionists are just waiting for someone who's flying with new wings to point out that not all of the feathers are dry and the wings are not moving exactly right. Every time I try something new, I find myself receiving more and learning more about the good parts of me.

So, I didn't pray the prayer just once. I pray it every day. "Show me where I'm standing on my own hose". And I find myself seeing new ways I'm being less than nurturing with myself, or less than kind to myself, or doing something that is going to cause a problem for myself. It may be as little as not planting a packet of seeds for my butterfly garden or as big as shoving a piece of paper aside that goes with something an editor or publisher wants to see. Since perfection leads to condemnation and excellence with excellence.

I think I'm having a Forrest

Have an excellent day and And therein lies what might blessings for the effort of removing

Love Deborah $\omega\omega\omega$

Marilyn Blitz Shows at Back Bay Inn

Watercolor artist Marilyn Blitz yard with the 70 year old apple trees. retired from her Tacoma floral Often seen in Vashon Allied Arts

business and now keeps summer set aside for enjoying Vashon. She returns this year with new works, most of which were inspired by scenes that are part of her life in Burton. "The Rat's Nest" is a rustic, quaint little Burton guest cottage on Quartermaster Harbor. "Boy Picking Apples" is what happens each September in her front



Marilyn Blitz, courtesy photo. www.marilynblitz.com/

2006 she received the "People's Choice Award" at the Vashon Store Hardware gallery. Marilyn's recent watercolors will be shown at the Back Bay Inn with a wine and reception. cheese Friday, June 6th at 5 p.m. A preview of the

auctions, in August

exhibit may be seen at online http://

Hours 11am - 10pm Continued from page 1 While the festival is free, tickets The Bounty of Krister was constructed in Tsawwassen, British Columbia by Sidney-based boat builder Peter London with help from the Tsawwassen Sea Scouts. Built to the wishes of initial owner, Tsawwassen resident Lennart 32 vessels Osterlind for use by the Tsawwassen Sea Scouts, the 23-foot Royal Navy long boat is a replica of the vessel on which Captain Bligh was set adrift in Mutiny on the *Bounty*. The vessel was named for Osterlind's late son, Krister, which seemed appropriate since he was an avid sailor and took part in many sailing and seamanship camps in the area while growing up. Today the Krister is owned by the Vashon-Maury Island Maritime village to village. Heritage Society and used to teach Complete details on tickets, Web

seamanship skills and responsibility to teenagers in the area. Bounty of Krister Captain John Burke, who's also served as captain on the Lady Washington, says the 23-foot long boat is something that would normally be carried by a tall ship between its masts. Captain Burke has spent a lifetime at sea, he started his commercial fishing career at 16, and he sports a gold earring like many a sailor before him. Burke explains, "It's according to an old Dutch maritime law that every sailor have a gold earring. If you fall overboard and drown, and your body washes up on shore, the gold earring can be sold to pay for your

Other ships include the *USCG* Eagle, which will be open for free tours during the festival. The Eagle, dubbed "America's Tall Ship," is the only active-duty sailing vessel in U.S. military service. "Having the Eagle in Tacoma is a huge success for Tacoma," Erlich said. "The Eagle has not been on the West Coast for nearly 20 years, and soon this amazing ship will be in our backyard. And anyone can tour it for free."

funeral."

Great Mexican Food in the Heart of Vashon 17623 100th Ave ~ Vashon Dine Take In

Vashon's Bounty of Krister Joins Tall Ships

are required to tour a vessel or go sailing. Special viewing areas and video tours will also be available for visitors in wheelchairs. The festival begins with the Parade of Sail where sail Quartermaster Harbor on Vashon Island to the Thea Foss Waterway. The best public viewing areas for this unique parade will be along Ruston Way. The parade begins at 10 a.m. on July 3 with all vessels arriving by 3 p.m. New to the festival this year are three themed villages along Dock Street. Each village has food, entertainment, activities, vendors and guest amenities. Free shuttle buses will transport visitors from

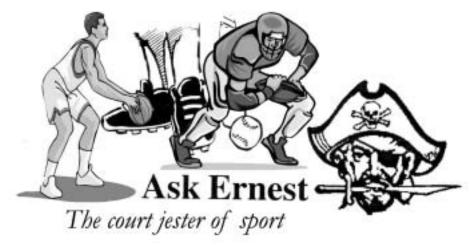
prices, and boarding regulations are available on the Tall Ships® Tacoma (www.tallshipstacoma.com). Discount coupons for General Boarding Passes and Premium Boarding Passes are available at all State Farm ® agent offices in the Puget Sound area. A complete list of State Farm offices is at www.statefarm.com.

If a sailing adventure is more to your taste, tickets are available for morning, afternoon, or evening sails on 15 different ships. Some sailing adventures include mock cannon battles with other vessels. Evening sails on July 4 will include fireworks viewing on Commencement Bay. Prices range from \$40 -\$200 per person. All passengers, including children, must have a ticket.

For more information, visit www.tallshipstacoma.com.



The Vashon Loop, p. 16 June 6, '08



Ask Ernst and the Arts

Poetry at the Vashon King County



Sylvie Shiosakie pokes hole in cardboard, starting the process of creating her armor.

Library this May and June. The **Armor and Poetry**

are created by

Anders Blomgren's

Mythology class in

collaboration with

Schwennesen (as part of the Artist

Program!). There

Carol

Residence

shields,

students

artist

in

are

Come check out the Armor and helmets, versions of chain mail, poetry and more.

The students were encouraged to create their armor to protect and project themselves in the journey through their own story. There is a distinct inside and outside to the armor and a poem (or group of poems) to explain or add to their art. Students were encouraged to make creative solutions to practical problems. For example, there were no paint brushes so students made



Byron Starkey, Kyle York, Loren Frohning, and Hamzah Griffin work on their art outside by the tennis courts.



paint brushes out of grass and brush to decorate their armor. Go now to see this Art Show! Thanks Carol Schwennesen, Carrie Van Buren (Artist in Residence Leader) and the Vashon King County Library for hosting the show.

Kale Abella shows off her helmet and shield while Sami Ressler slaves away at her art in the background.







Hours: 11:30 am to 7:00 pm

17705 Vashon Hwy SW 206-463-2838

Not Just a Great Burger



Santiago Visits Vashon Ponies

Continued from page 1

Following the clinic, Santiago sat with the kids on the bleachers for a playful photo session and wrapped up by signing a baseball for each attendee, several mitts and a few foreheads. Santiago's good friend, Islander Mark Abbott, pulled the clinic together and provided all of the baseballs for autographing.

Coached by Tony Smith, Shasta Smith and Joe Wald, the Pony team has had an amazing season wining all but 2 of their 23 games. The team roster includes: Joe Wald, Brian Gylland, Julian Smith, Jacob Gateman, Jesse Hazzard, Dustin Corthell, Kelly Sullivan, Ben Reoux, Geoffrey Kraabel, Zach Drape, Cole Devereaux and Cody Jackson.

Ramón Santiago was born August 31st, 1979, in Las Matas de Farfán, Dominican Republic. The Dominican Republic is one of the poorest countries in the Caribbean yet it is one of the largest pools of major league baseball talent. There are six professional teams in the Dominican League which have collectively contributed over 400 players to the US Major Leagues. The Dominican's passion for baseball is evident and organized baseball programs can be dated back over 100 years. Children playing baseball in dirt alleys with make-shift

bats, bottle caps for balls and rock pile bases are a common sight.

Santiago embraced his country's enthusiasm for baseball and followed an intense training regimen and his father, a member of the Dominican police force, was a strong influence. His strict upbringing is evident in his quiet and focused demeanor and he firmly believes that every success begins with an unwavering respect for family. Santiago's younger brother, Melvin, also spent some time in the minor leagues until an injury cut his career short.

In 1998 Santiago was signed as an amateur free agent with the Detroit Tigers. He was named the second-best prospect in the Gulf Coast League by Baseball America before making his major league debut with the Tigers on May 17th, 2003. The Seattle Mariners acquired Santiago in 2004 where he was sent to the AAA Tacoma Rainiers following wrist and shoulder injuries. In 2005, Santiago was named the Pacific Coast League Second Baseman of the Year and was chosen as the MVP for the 2005 Division Champion Tacoma Rainiers. Santiago became a free agent in 2006 and was once again picked up by the Detroit Tigers. He continues to play both shortstop and 2nd base for the Detroit Tigers.

Lopy Laffs

How many existentialists does it take to change a light bulb? Two. One to change the light bulb and one to observe how the light bulb symbolizes an incandescent beacon of subjectivity in a netherworld of Cosmic Nothingness.

The First Law of Philosophy
For every philosopher, there exists
an equal and opposite philosopher.
The Second Law of Philosophy
They're both wrong.

Question: What do you get when you cross the Godfather with a philosopher? Answer: An offer you can't understand.

I won't always rise to the occasion, but I'll slide over to it. Why do we chop down trees but chop up wood?

I'm not afraid of dying. I just don't want to be there when it happens.

I had a difficult time remembering names until I took that Dave Carnegie course

An American and his wife were driving in Canada and got lost.

Finally they came into a city but did not see any signs. They saw a man on the sidewalk, so they pulled up to the curb and the lady let down her window and asked: "Excuse me, sir. Where are we?"

The man replied, "Saskatoon, Saskatchewan."

The lady turned to her husband and said, "We really are lost. They don't even speak English!"



Statistics show that at the age of seventy, there are five women to every

Isn't that the darndest time for a guy to get those odds?

I hate mankind, for I think myself one of the best of them, and I know how bad I am.—Samuel Johnson

> Actually found on a bottle of soap bubbles for children: "Calories 26, Serving size 350 bubbles."

"If I sold my house and my car, had a big garage sale, and gave all my money to the church, would I get into heaven?" I asked the children in my Sunday school class.

"NO!" all the children answered.
"If I cleaned the church every day,
mowed the yard, and kept everything
neat and tidy, would I get into
heaven?"

Again the answer was, "NO!"
"Well," I continued, "then how can I get to heaven?"

A five-year-old boy shouted, "You gotta be dead!"



What did the pig say on a hot summer day? I'm bacon!

One swallow does not make a summer. - Aristotle

INDECISION is the key to FLEXIBILITY.

Respect is love in plain clothes.—Frankie Byrne

OFFSHORE CLASSIC







HE WEARS A WIG MADE















The Vashon Loop, p. 18 June 6, '08

Loop Arts

New Music Comes to Blue Heron Stage

New Works Double Bill Resonance/Pat Reardon & Kim Cronin Saturday, June 7, 8 pm

Don't miss two Island bands with all-original music this weekend at the Blue Heron. Resonance, a new band comprised of: Jason Everett, six-string fretted bass, five-string



Resonance, courtesy photo.

fretless bass, and piccolo bass; Bill School. She has played in many Bay Moyer, percussion; Ken Jacobsen, guitars, cello, oud; Chip Lamason, mandolin, violin, viola, guitar, mandola, and mando-cello; and Carolyn Candy, flutes play new world instrumental music And singer/songwriter duo, Pat Reardon and Kim Cronin will play their alloriginal material.

Resonance pulls influences from India, Persia, the Middle East, and traditional American Appalachian. "It's very much world fusion, and almost all original," says Everett. "We all write and there's a wonderful collaborative approach to the music." Jason, who has played bass for over 25 years (straight-ahead jazz to Flamenco and fusion to avant-garde) founded a Minneapolis world music ensemble, Tal Maya, and has performed with several Vashonbased groups including: Rumpus, Turner Down, Loose Change, and with singer/songwriter Sarah Christine. Bill has studied a variety of traditions from drum sets to Afro-Cuban folkloric to North Indian Classical. He has performed and recorded with numerous artists including UMO, Ota Prota, Ela Lamblin, Jeff Greinke, Amy Denio and others. Bill unites an intense love of both timbre and groove and strives to approach each musical piece as a compositional opportunity to both color and shape.

Ken has performed and taught for nearly 20 years. He holds a BA in Classical Guitar Performance and has played numerous concerts and events as a solo guitarist and with duos and ensembles. Ken has developed a large repertoire of classical music from both traditional and modern composers as well as works from Latin and South America, Spain, Turkey and Japan. Chip, past member of Washington by Janice Randall

Mandolin Quintet and awardwinning contra dance band Screech Malone and the Chaos Bubbas, is a student of West Virginia "Listening" fiddle music. He studied with Melvin Wine, Bruce Molsky, Jimmy Triplett and Dave Bing and has recorded two solo CDs of traditional Appalachian

> music arranged mandolin c h a m b e r ensemble and a CD of contra dance tunes with the Chaos Bubbas.

Carolyn and her husband have lived on Vashon for 29 years. A music major at Francisco State University, she eventually became the music teacher Chautauqua Elementary

Area ensembles and Island groups, taught flute lessons and enjoys music of many styles from around the world.



Pat Reardon and Kim Cronin, courtesy photo.

Pat and Kim, originally from the really appreciate it." East Coast, met at Pike's Market in the early 90's. "Pat was busking with his guitar at the Market and I asked to sing with him," said Kim (both a classically trained soprano with dancing and live music at the information, call Shannon Seath and well-studied jazz singer) with a mischievous grin. "And we've been playing together ever since." The duo moved to Vashon Island several years ago to raise their daughter Bryn, who enjoys dancing at the Blue Heron.

"Kim brings her amazing harmonies to my music. She writes songs too, but is shy about sharing them," according to Pat, a self taught musician, who laughingly describes their music as 'not folk, because it's more rock, country and jazz-it's not rap and it's definitely not speed metal. It's doesn't fit into any one genre, but I'm inspired by Steely Dan, James Taylor, Eric Clapton—as long as it's interesting musically and has good stand-alone

Indiana Jones 6/06 - 6/12

Made of Honor 6/06 - 6/12

Chronicles of Narnia: **Prince Caspian**

6/13 - 6/20



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

Both Pat and Kim have day jobs that keep them busy, Pat teaches elementary school in Shoreline and Kim is a social worker. They recorded their last CD in 2000. "I have a lot of new work and would

> like to record, but the day job and family commitments are all-consuming right now," said Pat. The duo has played Café Luna, the Strawberry Festival and frequently play weddings. "Our style is casual and relaxed," said Pat. "I need to play music; it feeds me. And it's nice when people



- Where can you run a sled dog
- Learn to ride a fully trained stallion using classical techniques?
- Be a Shepherd for a day? Including Sheep dog, sheep, Spinning and knitting and Cheese!
- Or learn all about birds of prey? and the Theory of falconry?
- Or take a tour to see our rescued wolves in the educational program.
- And learn about our wildlife rehabilitation that saves injured and orphaned wildlife.

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

Scholorships availible for youth!

206-463-9113 wolftown@centurytel.net

Wet Whiskers **Grooming Salon**

Professional International Trained Groomer Certified

We Offer: Wash and Go **Bath and Brushout**

Thin and Trim and Full Grooming Call today for an Appointment! (206)463-2200

17321 Vashon Highway SW



Conveniently Located inside Pandora's Box



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

Summer Solstice Irish Ceili Dance

Grange Hall! From 7-10 pm on Saturday, June 21st the Vashon Celtic Dance Society will host a community Irish Ceili dance with live music provided by the Seattle Irish dance band Town Cryer (Michael Graham on accordion, Andrew Anderson on guitar and Quatro, and Glen Avantaggio on Fiddle). Renowned Seattle dancer and caller Kathleen O'Grady-Graham will teach and call the dances. The regular suggested donation is \$8 (\$6 for students and seniors). The Grange Hall is located in the ferry dock parking lot at the north end of the Island. Ceili dancing is a "barn dance" style accessible to nearly everyone. No partner or experience is required. Photos of past dances can be found

Celebrate the Summer Solstice at www.hoilands.com. For more Meyer at (206) 774-4047 or Lori Lowrance at (206) 369-9234.



Town Cryer, courtesy photo.

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. 19 June 6, '08

by Heidi Fowler

Taste of the World

Back Bay Inn introduces its first, rotating Taste the World Guest Chef Series. The inaugural evening features Japanese cuisine from chef Paul Motoyoshi. This five-course excursion into Japanese fare is paired thoughtfully with several varieties of sake' (of varying temperatures) and a plum wine. The evening ends with matcha green tea.

Better known as the popular fixture selling hot soup, ethnic foods and teas at the Vashon Island Grower's Association Saturday



Paul Motoyoshi cooking it up with Sara Itagaki at the Vashon spoke Japanese and Farmer's Market. Photo by Lotus.

market, Motoyoshi cooked and taught cooking professionally at venues throughout Seattle including Uwajimaya, PCC Consumer Coops and served many private functions. He learned Japanese cooking including tea ceremony haute cuisine, Japanese restaurant and diner cooking, and exotic, special occasion New Year's cooking from his family, their chef friends and numerous teachers. Motoyoshi also apprenticed as a sushi chef with T. Fujimori (sensei) in his Los Angeles restaurant.

In creating the menu for the Back Bay Inn, Motoyoshi let the ideas come to him, much in the same serendipitous way the opportunity to work with Inn proprietors Victoria Davies and "Stormy" Storms occurred.

"I'll say that my spirit is h prepared from decades of cooking.

Monday, June 9, at 6:30 p.m. The The muses know where to find me. I have no plan or agenda when I write a menu," Motoyoshi says. "I sit down, pray and prepare a menu. New dishes are always entering the stream, so that the diner experiences a sense of discovery. It's a movement of spirits, drawn to community, expressed in the idea of food."

> Beyond a soothing tonic, sake' can be a spiritual experience for some. For Motoyoshi, he says he appreciates the craft of the sake' maker and pictures the craftsmen when he tastes the sake. At home

the rare occasion he takes in sake', he'll heat it and take in the different tastes through temperature gradations, where one can peel back the layers of flavor of a sake.

Both of Motoyoshi's parents came from Japan. He grew up assuming everyone knew how to cook. finds He

Americans there is a great misconception that "Japanese cuisine consists of eating difficult things from the sea, and that we eat them raw," he says.

At first glace, Motoyoshi's menu may appear exotic. In reality, he'll tell you the ingredients are commonly available at most Asian grocery stores.

"The key is taking an ingredient and going one more step, then one more step again, and then one more step after that - or until it tells you when to stop. It's to serve a dish whose ingredients have 'peaked' ."

This special dining event is \$100 per person plus tax and gratuity; book by calling (206) 463-5355. Back Bay Inn is located at 24007 Vashon Hwy SW. Learn more about the Guest Chef Series future events at www.backbayinnevents.com.

Beginning Banjo Lessons

David Keenan will teach a instrumentalist with several Seattle peginning banjo workshop at Vashon Island Music Studio on Sunday June 8th from 12-2pm covering the basics: picks, rolls, chords, hand positions. and basic tunes. This hands-on class is appropriate for beginners as well



David Keenan, courtesy photo.

as those with o m e banjopicking experience. You'll recognize David Keenan the talented vocalist n d multi-

bands such as Ranch Romance, the Buckaroosters, DownTown Mountain Boys, Miles & Karina and others with whom he has toured both nationally and internationally. In addition, he's a composer, record producer, and well-regarded session player. David has taught at Dusty Strings, the Puget Sound Guitar Workshop, the British Columbia Bluegrass Workshop, the California Coast Music Camp, and the American Banjo Camp. He delights audiences and students alike with his extraordinary skills, personality, knowledge, and of course, coiffure. Space is limited, registration for the workshop is required and costs \$30. David will also have time that day for a limited number of private lessons (\$40/hr). Call or stop by Vashon Island Music for more information and to sign up! (463-0552)

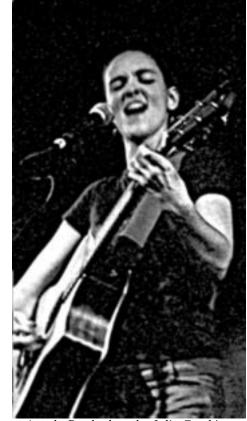


Angela Reed Plays Café Luna

Explosive and elegant, Angela Reed sings and writes in her eclectically influenced blend of pop sensibilities. She sings with a voice that is somehow raw and angelically fluid at the same time. This Seattlebased songstress is a competent lyricist, a melodic soul, a connective and personal performer, and a beautiful example of artistry at work.

"[Angela Reed] stands as an accomplished singer and songwriter whose energy is clear. Undertone reveals honest lyrics and a confident voice for one so young." -Viki Ackland, Lipstikindie.com. "Angela's unique tonality and natural style are delightful and refreshing... [Her] considerable talents as a songwriter, producer and performer, combined with her artless charm, make her the complete package." -IMG Music Promotions Inc.

Angela Reed appears for a Cafe Luna show coming up on Friday, June 20th. More info on events at



Angela Reed, photo by Julie Gambino. Cafe Luna can be found at: http:// www.cafelunavashon.

com/frame_home.htm

Just Fiddlin Round at Back Bay Inn

Friday the 13th – How Lucky! unlucky? Well, it never hurts to be because you might burn your careful. For example, you wouldn't dinner, or worse, your house down want to go off island, because there might be a big windstorm, and you

Just Fiddlin Around, photo by Hans

might not get home until late. And Who says Friday the 13th is you wouldn't want to eat at home cooking. So, the best option is to go see Just Fiddlin Round playing at the Back Bay Inn, Friday the 13th of June from 7:00 – 9:00 pm.

> Having just performed to a full house at Café Luna, and at the Seattle Folklife Festival, JFR is offering another cover free performance of their Old Time Fiddle, Bluegrass and Country favorites. The band has developed some wonderful new music, including, "Can the Circle Be Unbroken," "Homeward Bound," and "Devil Went Down to Georgia," that will be featured at Back Bay. Space is limited, so reservations are recommended. Yee- Haw!More information can be found at backbayinnevents.com.

The Vashon Loop, p. 20



206-794-9451

SURE WE COULD HAVE MADE MONEY AND RECORDS AND BEEN FAMOUS, BUT THAT WOULD HAVE BEEN PREDICTABLE. WHAT'S IMPORTANT IS WE RAISED YOUR EXPECTATIONS!

Loose Change is an 11-piece R&B Band available now for your summer parties. Just give us a call or email us at loose-change@comcast.net

RR Ties- 4 Grades

\$5.00 - \$22.50 ea Vashon p/u
463 5161

Sojourn House Vacation Rental

4 bedrooms, 2 baths, sleeps 8 Luxuriously furnished 2 night minimum, weekly, monthly www.sojournhousevashon.com

463-5193

MEADOW HOUSE

Lovely one bedroom apartment. Short term leases. No smoking or pets. \$750/month, all utilities, cable tv, high speed internet incl. First, last deposit and references req. Call for availability. (206) 463-3009

Owen's Antiques

Now accepting consignments:

- Small 19th C objects
- China
- Porcelain
- Pottery

Visit our website at: www.owensantiques.com

Call

Gay Jungemann at 463-5193

Serving Vashon Island since 1981

TRANSPORT TOWING & RECYCLING TOWING & RECYCLING PAYS A WEEK FREE Junk Car Removal 206-730-9633 WHEEL LIFT - FLATBED - JUMP STARTS - WINCHING - FLATTRES - LOCK OUTS

Home For Rent

Cozy, comfortable, light and bright home with two bedrooms, a large Kitchen propane stove, skylights and 1 & 3/4 bath.

Wood and electric heating, open plan living/dining rms..

Plus !! an additional separate 440 sq ft studio for guests or Business.

Property has combined acre of landscaped flower gardens, plenty of lawn enclosed veggy patch and 1/3 rd trees and creek.

Peek-a view of the sound in the summer and just 1 min walk to magnolia bch.

Situated 1 mile south of Burton close to Vashon hwy but quiet location.

Month to Month and possible lease option From July @ 1350 per month

some work trade possible...Call 206-909-0950



NOW SCHEDULING FOR AUGUST

PDQ Transparent

Full Pressure Washing Service Roof, Gutter, and Impeccable Window Cleaning

463-2648

NOW SCHEDULING FOR AUGUST

Looking for a job well done?

KEVIN BERGIN CONSTRUCTION

ISLAND OWNED AND OPERATED

EXCAVATING BULKHEADS ROCK WALLS ASPHALT

"If you can think it up, we can do it!"

ROCKS - 7 different kinds: from pebbles to boulders

FOUNTAINS - from birdbaths to waterfalls CLEAN COMPOST, TAGRO, STEER COMPOST, TOPSOIL & BARK

(206) 463-6232