

In this issue: Grayscale is the new Red, White and Blue; GTW finds the glass half full, the Spiritual Smart Aleck creates a new euphemism for cleaning and much, much, more!



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Steamboat  
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Vashon Latter-Day  
Saints celebrate  
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# THE LOOP

Vol. 5, #13

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM June 20, 2008

## Don't MissThe Garden Tour!

Saturday-Sunday, June 21-22

by Janice Randall

Who cares what the weather is doing? Our gardens are oblivious for the most part and many veggies, such as kale, lettuces and beets are deliriously happy! For 18



Linda Rhodes and father Bill Deaton have been laboring in their pristine garden for months in preparation for this year's Garden Tour. Tickets for Garden Tour are available at Blue Heron, DIG, Heron's Nest or the gardens on Saturday and Sunday. Photo by Janice Randall.

years, Island gardeners have opened their garden gates to allow the public to see their outdoor sanctuaries where so many hours of love and sweat are represented. Thanks to them, this weekend from 10 a.m. to 5 p.m., Saturday and Sunday, generous garden owners again invite us all to visit their gardens. *Continued on page 16*

## Vashon Welcoming Song

by Rex Morris

At the 2006 Low Tide Festival, attendees were surprised to see a Native canoe approaching the festivities. As it became apparent that the canoe was headed to the shores of Point Robinson, astonished people gathered down on the beach. *Continued on page 6*



Blue Heron Canoe arrives at Low Tide Festival, Jay Holtz photo.



## What Is Patriotism?

by Ed Swan

*Our country right or wrong. When right, to be kept right; when wrong, to be put right.—Carl Schurz, 1872.*

With the approach of the 4<sup>th</sup> of July and an extremely important presidential election in the fall, a lot of commentary and questions about patriotism arise. Is patriotism about symbols or substance? The symbols of patriotism consist primarily of our flag and our

*Continued on page 4*



The Backbone Campaign's Procession for the Future, courtesy illustration.

## Power to the People!

Vashon Musicians Come Together for Backbone Campaign Fundraiser

by Carol Eggen

Back by popular demand, the Backbone Campaign offers another musical feast of Island musicians playing their favorite songs. This time the theme is "Songs of Freedom: People Power Music Across the Decades", at Red Bicycle Bistro (formerly Bishop's) on Saturday, June 21, at 7:30 pm. The evening promises a jam-packed line up of some of Vashon's best musicians, an auction of beautiful items generously donated by Island businesses, and lots of inspiration, laughs, and community. Steffon Moody will emcee the evening, and Kevin Joyce will auctioneer. *Continued on page 15*

## Fireworks for the Fourth!

The Hardware Store Restaurant and friends are joining again this year to sponsor a fantastic fireworks display in Quartermaster Harbor. To accomodate the contributions that



Inner Quartermaster Harbor, 2007. Photo copyright Ray Pfortner.

are generously being offered, a Fireworks account has been established at Bank of America on Vashon. For details, call Melinda at 364-1800.

## Vashon Reads About Food

by Christine Beck

Saturday, June 21, Vashon College and Vashon Reads 2008 will join with the Vashon Island Growers Association (VIGA) at the Saturday Market to celebrate VIGA's Nutrition and Wellness Fair and introduce the Vashon Reads Common Book selection for 2008, *Plenty, Eating Locally on*

*Continued on page 11*



This season's Vashon Reads logo, illustration by Mike Masi.

# 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.

## Bees, Berries and More

Vashon Fruit Club's next event is scheduled for Sunday June 22nd at 1:00 and will feature the bees of Bob Dixon and the berries and orchard of Bob Norton. At the Dixon home we'll see how to maintain a hive of bees from startup until harvest of honey. The location is at Portage (22113 Dockton Road SW). Park on the water side of Quartermaster Drive before the stop sign at the intersection with Dockton Road and walk to the brown house on the corner.

Next we'll visit Bob Norton's orchard and learn about his experiments with apples, cherries and berries. We'll conclude with a sampling of Norton strawberry shortcake. The location is on North Maury (6122 SW 244th Street). From eastbound Point Robinson Road, turn south on 59th Avenue South, then west on SW 244th and proceed to the second house on the right. Park in the yard and down the road to the orchard.

Please contact Mary Ornstead at 463-0565 with any questions regarding this event.

## 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

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  
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## Kids Summer Yoga and Dance!

We'd love to have your 4 - 6 year olds join us for camp this summer! We're combining music and yoga, plus time for plenty of sweet summertime fun. Kim Thal and Gabriele Burgess will provide sing and dance-along music similar to their ever popular Swing Set classes, and Amy Kessel, certified Yoga Instructor, will teach age-appropriate yoga

poses along with yoga games and songs. Camp will be held in Amy's backyard, the former Puddlestompers Preschool, a perfect setup for organized games plus lots of free play. Camp Dates: Aug. 11 - 14. Camp Times: Monday through Thursday, 10-1. Cost: \$150. Please RSVP via email or call Amy at 567-5990 or Kim at 463-0062.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 27**

## Video Book Review Contest

Wednesday, July 2, 3pm  
Read a book, make a movie, and enter a contest to try to win a video camera! You can use Vashon Library's camera and laptop for editing when you come to this event. Submissions will continue to be accepted throughout the month of July. You create a short video about your favorite book (a review or a book trailer) and upload it to your YouTube account with the tag VBRkcls2008. The grand prize is a Flip Camera, and the three runner-up prizes are MuVo MP3 Players. For teens entering grades 6 to 12.

## The Amazing Flea Circus and Magic Show!

Presented by Payne Fifield  
Monday, July 7, 7pm  
Ages 5 and older  
Hold your breath as you watch the death-defying acts performed by Professor Payne's Performing Fleas. Witness amazing feats of daring-do performed by Hercules, the world's strongest flea; Marceau, the world's only mime flea; and Fearless Flambeau as he is shot out of a cannon! Registration required beginning June 23, 206-463-2069.  
Sponsored by the King County Library System and Friends of the Vashon Library.

## Free First-Time Home Buyers' Seminar "How to buy a home Zero down" Wednesday, July 16th, 7:00 to 9:00 pm

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## Radio Club Hosts Field Day

The Vashon Maury Island Radio Club will be participating in the national annual "Field Day" exercise, June 28rd & 29th. It will be held on the field behind the Vashon Health Center and Granny's. The public is invited to attend and speak to our members about ham radio. You will be able to see many forms of ham radio communication and even try your hand at transmitting a message. The Field Day starts at noon on Saturday and goes straight to noon Sunday. Stop by any time.

## Vashon Library July Programs

### Walk on the Wild Side: Incredible Mini-Beasts

Presented by Barbara Gustafson  
Dive into the world of flying, crawling, swimming and hopping critters! Come prepared to examine bugs found in the water, trees and soil of Vashon. Learn where to find them, how to catch them and why they are important to our planet! Registration required beginning June 23, 206.463.2069. Co-sponsored by the Vashon Park District.

Tuesday, July 08  
9:30am: Ages 5 to 7  
11am: Ages 7 to 11

### Walk on the Wild Side:

We will investigate terrestrial bugs, including ants, beetles, pillbugs and mealworms using a magnifying lens. While playing bug bingo and building clay critters, learn what's what in the invertebrate world.

Wednesday, July 09  
9:30am: Ages 5 to 7  
11am: Ages 7 to 11

### Walk on the Wild Side:

Today is an investigation of local pond water that will illustrate the stages of insect metamorphosis, camouflage and adaptations to a watery world.

Tuesday, July 15  
9:30am: Ages 5 to 7  
11am: Ages 7 to 11

### Walk on the Wild Side:

Catch me if you can! Learn about te physical features of mini-beasts that help them to catch their prey. Also, play a bird beak game to see how birds prey on an assortment of spineless critters.

Wednesday, July 16  
9:30am: Ages 5 to 7  
11am: Ages 7 to 11

### Walk on the Wild Side:

Construct and take home your own bug net, butterfly holding cage and temporary bug home. Also, learn how to set up bug traps, a Berlese funnel and other tools for further mini-beast investigations.

Sunday, July 20, 1:00pm

### Garden Art from Found Objects, Salvage and Really Good Junk

Presented by Beth Evans-Ramos from the Salvage Studio  
You've heard about how to reduce, reuse and recycle, but have you heard of "repurposing"? Learn secrets and practical tips for reinventing found objects. Discover the satisfaction of finding something discarded and turning it into a whimsical piece of garden art. The Salvage Studio is devoted to rescuing abandoned, forgotten or discarded items and finding a new or better purpose for these castoffs. Registration is required. Call 463-2069 to register. Sponsored by Friends of Vashon Library



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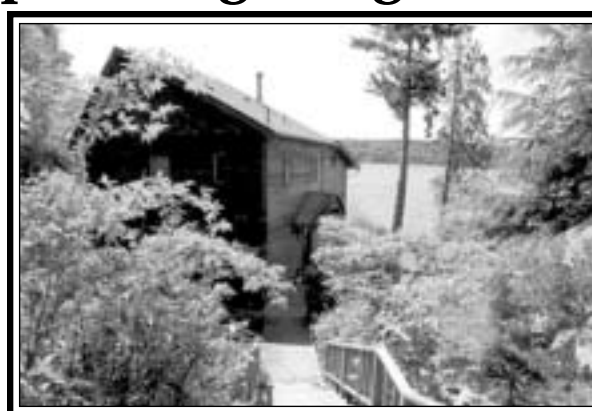
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# What Is Patriotism?

Continued from page 1

countries great accomplishments and power. The symbols, however, come about only through the substance provided by the values set down in the creation of the United States in the Declaration of Independence, the Constitution and Bill of Rights: democratic rule by all the people, pluralism and the rule of law. Patriotism consists of the struggle to sustain and develop those values to face each year's new challenges.

From the very beginning of our nation's history, the effort to keep democracy alive and growing forms one of the central narratives of the story. We start with the enshrinement of slavery in the Constitution and continue on from there. No decade appears without an external threat such as Nazi Germany or an internal challenge from some religious or financial organization's or social group's attempt to escape accountability, set the rules for everyone else or shut out another institution or group

from access to a seat at the table for decision making. All of these crises engendered appeals to patriotism to unify the country around one cause or another.

This year as the flag waving reaches a fever pitch, the question remains: does the flag waver want a partner or a follower? Is the sales job all symbols with no explanation or connection to how democracy works? Does the appeal speak to our fears or to our understanding? Is the flag waver's response to questions a personal attack or an answer to the point? The patriots, of whatever political persuasion, will be those who propose policies that strengthen the Constitution instead of insisting that times of crisis mean giving up parts of it. They will be able and happy to explain the connection of policy to values because they intend to work as an equal among equals, not as master to servant. Anything else dribbles down to the demand, "Be on my side, but don't bring your brain!" That's not patriotism; it's the beginning of the subversion of the Constitution.

## from "The True Americanism"

Here's another quote from Carl Schurz relating to patriotism that with updated vernacular, sounds like it could be pulled from today's headlines. -the editor

What is the rule of honor to be observed by a power so strongly and so advantageously situated as this Republic is? Of course I do not expect it meekly to pocket real insults if they should be offered to it. But, surely, it should not, as our boyish jingoes wish it to do, swagger about among the nations of the world, with a chip on its shoulder, shaking its fist in everybody's face. Of course, it should not tamely submit to real encroachments upon its rights. But, surely, it should not, whenever its own notions of right or interest collide with the notions of others, fall into hysterics and act as if it really feared for its own security and its very independence.As a true gentleman, conscious of his strength and his dignity, it should be slow to take offense. In its dealings with other nations it should have scrupulous regard, not only for their rights, but also for their self-respect. With all its latent resources for war, it should be the great peace power of the world. It should never forget what a proud privilege and what an inestimable blessing it is not to need and not to have big armies or navies

to support. It should seek to influence mankind, not by heavy artillery, but by good example and wise counsel. It should see its highest glory, not in battles won, but in wars prevented. It should be so invariably just and fair, so trustworthy, so good tempered, so conciliatory, that other nations would instinctively turn to it as their mutual friend and the natural adjuster of their differences, thus making it the greatest preserver of the world's peace. This is not a mere idealistic fancy. It is the natural position of this great republic among the nations of the earth. It is its noblest vocation, and it will be a glorious day for the United States when the good sense and the self-respect of the American people see in this their "manifest destiny." It all rests upon peace. Is not this peace with honor? There has, of late, been much loose speech about "Americanism." Is not this good Americanism? It is surely today the Americanism of those who love their country most. And I fervently hope that it will be and ever remain the Americanism of our children and our children's children.

- Carl Schurz, "The True Americanism," April 18, 1859



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## A Veteran Takes a Wide View on Patriotism

by Olde John Croan

When I think of Patriotism, I first think of how we won our freedom and how we maintain our freedom. We first had to define the freedoms that we, of the United States of America desired. Our forefathers wrote the Constitution of the United States of America and we have more clearly defined our freedoms through the Bill of Rights. Our Forefathers, that helped develop and signed the Constitution, were typically reasonably wealthy Colonist. If you read the story of the lives of the signers of the Constitution, you will be amazed at the sacrifices that they made to define our freedoms. The developers of our Constitution started the sacrificing and patriotic process of developing a Democratic form of Government of and for the people of these United States of America. Each subsequent action, to obtain and maintain our freedom, required sacrifices from our Government and their military and from the citizens that provided the funds, the weapons, the food, and the military men and women that defeated our enemies. When we look for outstanding acts of Patriotism, we obviously must look at the Military who made their breasts a barricade between our country and its foes. I believe our Military Heroes are dedicated men and women that were doing what they could see needed to be done to help win the battle. I suspect that many were so busy that they did not have time to consider the risks. We call these Patriotic persons, Patriots, and they deserve all that the consecrated wealth and taste of the United States of America can provide them. I believe there are many degrees of Patriotic persons, that we call Patriots. My definition of a Patriot, is a person that helps a fellow human being to live a more positive and enjoyable life. We also need to remember and award the dedicated workers and citizens of the Home Front that provided items and services needed for our Armed Forces and our citizens. I believe

that the following services need to be emphasized but not be limited to the services noted: those of the Medical professions that help our Military and Citizens, those that care for our elderly population and those that raise our children, our greatest assets and the leaders of tomorrow, to be responsible citizens of these United States of America.

What is Patriotism? Doing what ever is needed to make the United States of America a place that the freedoms defined by our Constitution and the Bill or Rights are provided to each citizen of these United States of America, protecting our freedoms by negotiations and military actions, as needed, and by being a good neighbor to the Governments of the World. Acts of Patriotism can be an act of a Patriot that saves many lives through the sacrifice of the Patriot's life, to simply helping someone to do a relatively simple task.

How do we encourage Patriotism? By recognizing and awarding Patriots in the Government, Military and the Home Front for making this World a better place to live and raise our families. If someone helps me or I witness them helping others, I thank them for their kindness and support. I consider that I have encouraged a Patriot to be more Patriotic.

Who can be a Patriot? Each of you can be a Patriot if you help someone to live a better life. The Residents at the Vashon Community Care Center that help each other, I consider them to be a Patriot.

If each of us helps others, our collective Patriotic Acts will help to make Vashon Island, Washington State, the United States of America and this world a better place to live and raise our families. Through our collective lives, that are guided by our Higher Power, that I call God, we can demonstrate what Patriotism means. I challenge you to help upgrade the meaning of Patriotism.

Olde John Croan, Maj. USAF (Ret.), member of the Vashon VFW.

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# A Declaration of Patriotic Integrity

by Deb Pierce

It is easy to become discouraged when we witness corruption in government, escalating gas and food prices, and the mediocrity of workmanship and customer service. The seemingly endless violence in movies may numb us into thinking that such behaviors are acceptable. We can even start to believe that we are *entitled* to behave badly, when things displease us. But when we justify our actions instead of correcting them, we have lost our balance.

In politics, religion, relationships, work, and government we need to rededicate ourselves to higher standards of integrity. We need to snap out of our collective discouragement, and put things right. This is our duty as citizens, and as human beings.

I was thinking about our constitution, and about how the people who wrote it charged us to alter and abolish any form of government which became destructive to our human rights. To be patriotic does not mean to uphold the current government, but to demand that it be accountable to the people. Recently I have been much inspired by the John Adams series, (and the book), and I started drafting a new declaration of integrity for our country. It is a proclamation of our rights and a pledge of allegiance to our country's highest ideals—the ideals upon which our country was founded. Here is what I have written so far—with appreciation for Thomas Jefferson, John Adams, and so many others, then and *now*, who have worked to create and safeguard the freedom we take for granted:

We the people of the United States, with respect for human dignity and for our founding principles declare that we hold *these* truths to be self-evident: that all men and women are created as equals, that we are endowed by our Creator with certain intrinsic rights. That among these are life, liberty, and the pursuit of happiness.

We proclaim our freedom as citizens of the United States of America: freedom of speech, freedom of assembly, freedom of worship, and freedom of choice; we proclaim our right to free elections, freedom of worship, freedom of lifestyle, freedom to govern our own bodies, and freedom of healthcare. We pledge allegiance to our country; and to our constitution which guarantees us this freedom.

We further proclaim that our right to fair and free elections empowers us to choose our leaders through a popular vote in which every adult citizen is allowed to vote, and every vote counts equally.

We the people, as charged by the founders of our country, do hereby overrule any leaders who break oath with us by failing to uphold our constitution, or by undermining our liberty as citizens.

We pledge our allegiance and commitment to the highest ideals of fairness, integrity, and excellence in government, business, trade, and in foreign and domestic policies, that we may be one Nation, under God, united in the pursuit of peace, hope, and mercy; with liberty, tolerance, and justice for all.

*Deb Pierce is a playwright, director, and Registered Drama Therapist. She's currently the Artistic Director for the Lighthouse Theatre. See page 18 for an article on their drama therapy training.*



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## A Promise

By Major Dean Richardson, USAF. Major Richardson lives on Vashon with his family and pilots C-17s around the world from McCord AFB.

A promise. An oath. A responsibility. When I think about patriotism these are the words and ideas that come to mind. A promise I made in 1989, nearly twenty years ago now, to defend the constitution against all enemies, foreign and domestic. An oath to serve my country faithfully and a responsibility to uphold the high standards that are expected of me. Those are significant issues to say the least, especially for a 19 year old kid to comprehend. In all honesty I didn't fully comprehend the significance back then as I contemplated my future. My older brother had joined the Air Force just four years earlier and my father had served during the Vietnam War so it seemed logical to follow in their footsteps. Yet something motivated me more than just my family history and more than the slick production of "Top Gun".

My military career has not always been red, white and blue moments of bliss. My personality isn't really the type that you would identify as "gung ho" and I've had

moments where I felt like leaving the military. But here I am just a few years from retirement looking back at a few difficult moments to be sure, but far more great memories. I was married, graduated from college and brought two children into the world all while serving my country in one way or another. The fact is I am very fortunate. I have been able to give something back to my country. It is a privilege to serve in the United States armed forces and it is an even greater privilege to live in the United States of America. That is what motivates me.

This is not about flag waving or military recruiting or nationalistic chest-thumping. I recognize that our country is not perfect – no country is. But twenty years ago I made a momentous decision because I owed something to my country. I felt a responsibility to repay the freedom and opportunities given to me by so many before me. A promise, an oath, a responsibility and, above all, a privilege. That is the essence of patriotism to me.

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THIS YEAR I AGAIN WOULD LIKE TO PASTE ANOTHER BIG PRODIGIOUSLY PATRIOTIC BUMPER STICKER ON MY RIG, BUT DUE TO THESE GAS PRICES...

...MY RIG HAS NO BUMPER.

Ed Vining 6-08

# Vashon Welcoming Song

*Continued from page 1*

The Blue Heron canoe crew, under the helmsmanship of Mike Evans, a cultural specialist and Chair of the Snohomish Nation, approached in the traditional way, singing their canoe songs. Once those on the shore had gathered, the canoe used their time-honored custom for such occasions, showing first one side of the canoe—traditionally so those on shore could see any markings on the boat and count the warriors—and then the other side, before rowing up to the beach. They were, of course welcomed and their canoe lifted out of the water and beached carefully on shore. They were there to hear storyteller Leslie Creed.

One of the people at the festival, Ann Spiers, who had attended welcoming ceremonies before, especially felt the need to have a song to sing in response to the songs those in the canoe were singing, since that is the accepted way it is done. This year, when the planning for the 2008 Festival was begun, Spiers voiced her opinion that, as the canoe was planning to return, there should be a song the attendees could sing for the occasion. Creed contacted Evans and asked if there was a song he could share. He told her he would have to think about that.

He reported that his thought was, “What can I teach these people?” Many native songs—and especially such things as welcoming songs—belong to individuals, tribes, or nations. He could not teach the Puyallup Welcoming Song, it belongs to the Puyallup, he couldn’t teach us the Snohomish Welcoming Song, we weren’t Snohomish.

Within the hour, he called her back and told her, “A song has come in,” his long-respected way of saying the spirit had given him a song for Vashon Islanders. This seemed like a very auspicious event. Arrangements were made to hire Evans as a cultural specialist and advisor to the Low Tide Festival and, when other funding fell through—as it all too often does in these cases—Captain Jack, the keeper of the Lighthouse, beat the bushes and found donations to fill the void.

Evans traveled here to teach the song to a core group of songkeepers who, in turn, taught it to other Islanders, who also became songkeepers, the traditional name of people who ‘keep’ a song for a nation or a people. He told them at that first meeting that whenever he sang the song, shared the song,

taught the song or talked about it, he would always call it The Vashon Community Welcoming Song. He told them the tradition of such sacred songs—that whenever the song was ‘brought out,’ or sung in public, the story of the song must be told—where it came from and how—and that it must be sung as the spirit gave it.

He returned during the week before the festival to attend a final rehearsal and see how the songkeepers were doing. Despite the difficulties of the Lushootseed language, he pronounced it “Recognizable,” which turned out to be more of a compliment than it first seemed, as he explained that often he teaches songs to groups of people only to find that, later, they are not recognizable.

When the morning of the Low Tide Festival dawned without rain, it seemed like it was going to be a good day. Many people attended the festival, with a shuttle bus running, workshops, walks, guided tours of the lighthouse, booths and talks giving everyone ample occasion to delve into whichever aspect of low tide on the Puget Sound that interested them most.

The canoe was launched from Redondo and festival attendees—some with high-powered binoculars—watched them almost the whole way. About half way over, the canoe seemed destined to argue with a large tug boat, that was towing a sizable barge, about right of way. From the beach, it seemed like they were well ahead of the tug and could have crossed in front of it with ample room, and maritime law suggested the canoe should have the right of way but, as Skipper Evans reported later, he could not make eye contact with the tug skipper so, uncertain whether or not the tug had seen them, the paddlers backed off and waited for it to pass.

After that, the eight member crew and the helmsman paddled hard for Pt. Robinson. As they grew closer and closer, a drumming began down on the beach that drew over 150 people down to greet them. Creed led everyone in singing the Vashon Island Community Welcoming Song for the first time in public.

The canoe approached in the traditional way—showing those on the beach first one side and then the other before nosing in to begin a flowery dialogue, as it has always been done, with the Headman of the beach, Captain Jack, asking

*Continued on page 9*



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## Today’s Patriotism Comes with Mixed Feelings

by Dan Chasan

I think often how lucky I am to live here, with American freedom and relative affluence, no need to worry about Middle Eastern levels of violence or Third-World diseases. But I don’t think that’s patriotism. It’s just recognizing a good thing that other people—and accidents of geography—have created for me.

I recently had what I think was a real moment of patriotism when Rough Crossings: Britain, the Slaves and the American Revolution by the Columbia University historian Simon Schama left me feeling depressed and upset. Schama writes that some British leaders in North America promised freedom to slaves who jointed them, that the colonists refused to do that, and that many slaves consequently fled to the British side, in search of freedom. (Ultimately, many of the former slaves got a raw deal from the British, who proved as racist and greedy as their former compatriots, and who of course still worked their own Caribbean sugar plantations with slave labor.)

It wasn’t news to me that some of the founders had owned slaves. I have a degree in history. I’ve read biographies of Washington, Jefferson, etc. I know that the Constitution acknowledged slavery. And yet . . . I found it upsetting to read just how hostile those revolutionary heroes were to anything that might undermine the slave economy, just how blatantly they were fighting for the liberty to own other human beings, just how rationally slaves believed that England, not our founders, offered their best hope of getting some basic human rights.

I found it upsetting because, after all, I really believe in those ideas and in this country as a place where those ideas have meaning. (Yeah, I know that we’re still imperfect and we were a lot more imperfect 50 years ago. I’m old enough to have worked for civil rights in the 1960s. I know what

happened in the streets of Seattle during the anti-WTO demonstrations in 1999. I’ve read about Guantanamo and Abu Ghraib. And yet . . .)

The New York Times columnist Thomas Friedman wrote recently that Egyptians like the idea of Barack Obama becoming President, a kind of minority victory that would be unthinkable in their society. “Every once in a while,” he wrote, “America does something so radical, so out of the ordinary—something that old, encrusted, traditional societies like those in the Middle East could simply never imagine—that it revives America’s revolutionary ‘brand’ overseas in a way that no diplomat could have designed or planned.” Friedman suggested that the foreign enthusiasm for Obama “reveals . . . how much many foreigners . . . still hunger for the ‘idea of America’—this open, optimistic, and, indeed, revolutionary, place so radically different from their own societies.”

Every 4th of July, I read the Declaration of Independence out loud. Yes, it contains passages that are at best politically incorrect (“the merciless Indian savages . . .”). Yes, the people who signed it did not assume that it defined the rights of black people or red people or poor people or women. And yet, it does say that “all men are created equal,” and that “they are endowed by their creator with certain inalienable rights.” Over the centuries, we have expanded the definition of “all men.” With luck, we’ll keep expanding it.

At its root, patriotism is just a kind of tribalism. We see in the modern world that tribalism is at best a mixed blessing; think Iraq, the Sudan, Rwanda, the former Yugoslavia. And yet how bad can it be, if we define our particular tribe by its belief in those old words?

Dan Chasan is a member of the Vashon Island School District Board of Directors and a long-time Islander.

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by Todd Pottinger

A dictionary will tell you patriotism is pride in, and devotion to, one’s country. In these times we live in, it has come to mean many things, from a “with us, or against us” line drawn in the political battles of the moment, to a white-hot marketing slogan. If you haven’t seen the profusion of post-9/11 red, white and blue, “U.S.A.”, “Power of Pride”, “America’s \_\_\_\_\_”, etc., marketing materials found on everything from cars to milk, (all exploiting that powerful symbol of patriotism) you’ve simply been buried in an underground bunker for the past seven years. “Follow the money,” Deep Throat whispered to Bob Woodward. No truer today, with the undeniable success of millions spent on marketing campaigns cashing in on our sense of pride in, and devotion to, our country. The transformative effect of this media landscape cannot be overstated. Rupert Murdoch would agree with that, ca-ching.

How could one of our most treasured expressions of human devotion, that is, a patriot’s willingness to die for one’s country, become a cheap slogan? How could one person’s patriot suddenly become another person’s Al Qaeda sympathizer? How can we protect the values of patriotism while at the same time “all get along”? I’m hearing Rodney King’s plaintive voice after this admittedly imperfect man with an extensive arrest record was beaten senseless by those who have “To Protect and Serve” on their driver’s door. Yet King, one eye swollen shut, in that halting, fragile voice, still had the sense to try to bring us all together, his vain attempt to call “time out” as L.A. burned. There will never be any Rodney King statues, or memorials. He has maintained an unfortunate and busy arrest record since his time in the spotlight. But his message of unity, the resonance he had in that moment, in the worst of times, is illuminating.

With the media serving as the nerve endings of our modern society, 9/11 brought fear on an unprecedented scale. Suddenly the stars aligned: a fearful public tolerated a degradation of freedoms in exchange for a perceived increase in safety (can you spell Homeland Security and the rest), fear means more attentive listeners and readers, fear means business.

Indeed, my upcoming memoir on my 20 years in commercial broadcast journalism will wear the title, “ ‘Pretty Scary’ – Selling Cars and Scaring Soccer Moms - My Life in a TV Newsroom”. Next time you watch the news, count the number of times you hear “Pretty Scary”. It is rumored (and confirmed in one Seattle-area TV station that will go nameless) that in broadcast boardrooms across the country, planners are poring over charts, graphing the use of this little phrase like McNamara counted Viet Cong.

And so there lay the patriot, wounded, revengeful. Somehow, lost in the dust cloud and the fear rising up from the towers’ collapse, the patriot forgot about due process, about who to believe, about the value of moral authority, about just causes, about those who fought and died for real threats against our country, about who our fellow patriots are and their right to the title (Max Cleland, anyone?). The patriot was swept away as the tide went out to Iraq, sold out by a mirage no thicker than a paper dollar, guided by a zealous sense of destiny, compromised by a hollow belief in our own supremacy.

And the question the patriot now needs answered is this: “You have seen the power of fear and how it has sullied my good name. Next time, how will you ensure the word patriot does not become a cheap commodity?”

*Todd Pottinger is a former TV news reporter who grew up on Vashon but now lives in West Seattle.*

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Presale Carnival Tickets

Presale tickets for the 2008 Strawberry Festival Carnival are available now. They are for sale at Vashon Auto Parts/NAPA on 100th Ave SW. Make checks payable to Vashon Chamber of Commerce, the cost is \$17.00 per session. There will be one session on Thursday from 3-9 pm, Friday from 3-9 pm and either session on Saturday noon to 5 pm or 5-10 pm and Sunday from noon to 5 pm. Exchange your ticket for a wrist band at the carnival ticket booth at the beginning of the session of your choice. Questions? Call the Chamber office at 463-6217.

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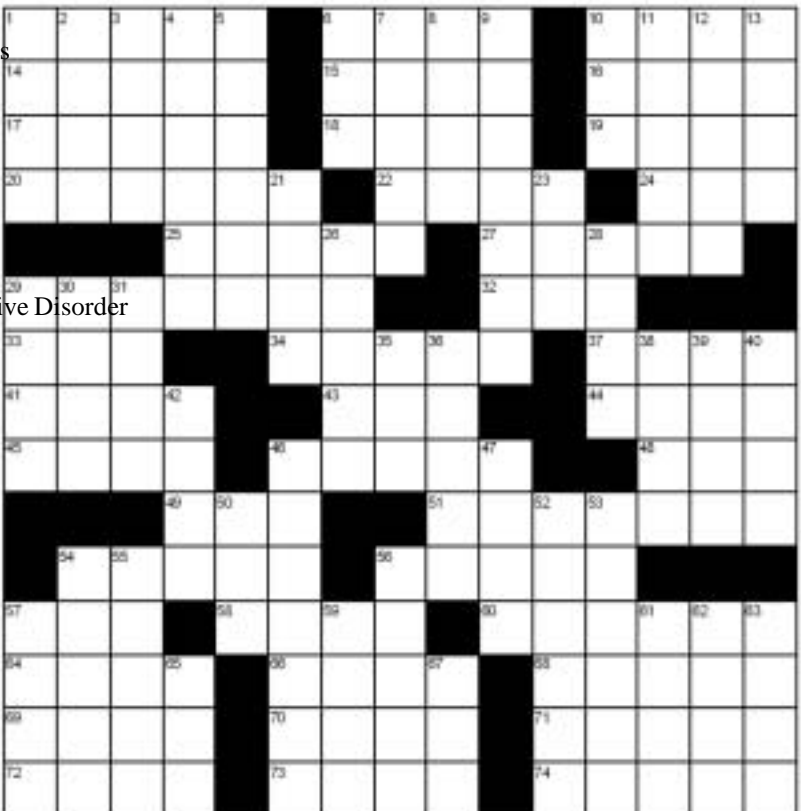
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ACROSS		
1 __graph machine	29 Roman goddess of wisdom	57 Title of respect
6 Absent without leave	32 Change hue	58 Ocean Spray's drink starters
10 Object	33 Expert	60 Has faith in
14 Type of wood	34 Desert plant	64 Inheritor
15 __ Minor (Little Dipper)	37 Taxies	66 Colored part of eye
16 Not any	41 Asian humped ox	68 Eskimo home
17 Peals	43 Neither's partner	69 Otherwise
18 Girls	44 Cut open	70 Invoke
19 Joint	45 Eve's garden	71 Head of a committee
20 Lands with a house	46 Storage area	72 Attention-Deficit Hyperactive Disorder (abbr.)
22 Winnie the __	48 Jimmy	73 Compass point
24 Greenwich Time	49 Division (abbr.)	74 What's in
25 Ladies' counterparts	51 Smelt (2 wds.)	
27 Refund	54 Female singer __ Apple	
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DOWN		
1 Bare	23 __! (call attention)	52 Words to a song
2 Wading bird	26 Mock	53 Tutored
3 Montana (abbr.)	28 Upper body muscles	54 Catch in play
4 Betroth	29 Labyrinth	55 UK members
5 Shellfish	30 Type of tea	56 Makes a sweater
6 Back to school mo.	31 Northeast by east	57 Popular stadium
7 Outerwear	35 Portable bed	59 Opera solo
8 National capital	36 Evildoing	61 Murder
9 Dodger Tommie __	38 Dog food brand	62 Grind
10 Pen stuff	39 Energy	63 Mad
11 Island nation	40 Eye infection	65 Scarlet
12 Foe	42 Destroy	67 Place
13 Be introduced	46 Greed	
21 Covet	47 Coin	
	50 Business abbr.	





# Spiritual Smart Aleck

## Searching for Treasure

By Mary Litchfield Tuel

We moved into our current home last October.

At the time that we moved I had a fresh case of mononucleosis, as well as pneumonia, and bronchitis. Also sinusitis, which hardly seems worth mentioning except for its small contribution to my overall feeling of having been run over by a steamroller.

I spent the winter living with mono, a little virus that, like the boll weevil, was lookin’ for a home, and found one in me. I knitted, and slept, and watched movies, and slept, and read, and slept. I did have enough energy to complain about my lack of energy. I’m better now, still tiring easily but bouncing back in a few days. Last winter I didn’t have an ounce of bounce in me.

Now that I have a little more energy, I’m starting to do things I have put off for a long time, like unpack the boxes we threw stuff into when we moved last fall. Early excavations reveal that I have enough pens, pencils, and blank paper to supply a small stationery store. I have been shoveling writing implements into my desk drawer and have been piling blank notebooks and sketchbooks on bookshelves.

Having dealt with that layer, I have hit the real silt and sludge of daily life: boxes and boxes of photographs, files, clippings, songs, poems, letters, receipts, bills, catalogues, instruction booklets for gadgets we threw out years ago, and other non-specific memorabilia.

The difficulty attached to these items is that I feel I have to look at each one. What is it? Why do we still have it? Do I wish to keep it, and if not, do I recycle it, shred it and then recycle it, or toss it? If I keep it, then where do I keep it? It’s a tedious process and I find myself talking to myself: “Well, pretty easy to see why I’ve been ignoring this stuff.”

There was a reason that each item ended up in one of these boxes. The reason might have been as solid as my belief that I have to keep bank statements for seven years, or forever; I can never remember which. Pictures of the kids at any stage of their development – gotta keep those! Letters from our long gone mothers? Keepers. That chunk of Scharffen Berger chocolate? Score! Or at least I thought it was a score, until I nibbled off a bite. It doesn’t taste nearly as good after nine months in a box.

What I’m looking for is treasure. The treasures are what keep me going back to those dusty boxes and their dusty contents. They’re in there, in between the terribly important notices that came in the mail that I meant to read later.

My husband and I aim to travel into our so-called golden years (my husband says that we are now “nouveau elderly”) with a lighter load. The immediate goal is to have an emptier, tidier home. It is tedious work to do an archaeological dig on your own life, but it seems to be necessary to deal with the past before you’re free to enjoy the present. Also, there will be fewer things to trip over in the house, and that becomes more important as we get older. It will be easier to find and enjoy the things that have meaning – what’s the point of a treasure you can’t find, or enjoy?

We are also saving our sons the tedious job of doing this after we’re gone. They of course would just shovel everything into a dumpster, and don’t think I haven’t thought of doing that myself, but there is so much to shovel, and honestly, there is treasure in there. Not the money kind, the heart kind.

That’s what I’m looking for as I pick up each item, dust it off, figure out what it is, and make a decision. Not exciting work but worthwhile in the end.

~~~~~

## Peace Corps Comes Through

by Maridee Bonadea

*On December 31, 2006, Maridee Bonadea sent the email submitting her application to the Peace Corps. Last fall, she wrote in the Loop about the long path towards joining the Peace Corps while still waiting to hear if she made the final cut. Now she has the date for her the start of her service.*

Applying for the Peace Corps has been a long process and finally I can announce that my departure date is July 6, 2008 destination Mali. When the Peace Corps’ orientation packet came for Mali the most interesting section was the one on diversity. The diversities addressed were seniors, people of color, gays and lesbians and religions. Because I am 58 years old, a lesbian and don’t consider myself a Christian this was good news to me.

As for being a lesbian, that is just a part of me and a part of my culture that will be in the back ground. The fact that I lived in the Gay Ghettos for most of my adult life and raised children, both mine and foster kids, both gay and straight, will for at least a couple of years be a memory. My daughter may visit me, but maybe not too. She is proud of me joining the Peace Corps and I will miss her. On the Peace Corps application they ask if you’re married, not if you have a domestic partner. There maybe a difference with straight people whether you’re married or in a domestic partner situation but for gays and lesbians there is no difference.

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## PANDORA'S BOX

School's out! Jenny's back! The Mariners are still losing.  
The sun is finally shining. Seems like things are back to normal.

---

**Cheryl's pick of the week:** Ultra horrific new prices on many goods. We apologize but cannot continue to absorb the new grain increases. If it's any comfort, our margin has not changed in 25 years. We can help you find the most affordable quality food that's appropriate for your pet.

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## Wolftown Rescue Request

The high gas prices are affecting everyone and Wolftown is no different. We are really struggling with a decrease in donations lately. When we do our wildlife rescue we use our pick up truck as it is required to move large animals and also carries all the necessary equipment for rescue. Our gas bills are increasing like everyone else and the extra costs are hitting us hard this year. We ask that anything you can manage to donate, any small amount would be greatly appreciated to help us sustain our animals and attempt to keep the wildlife on the Island safe and healthy. We also have a beautiful Bald Eagle in right now with a wing injury. Curly is doing well so far though it is very costly to feed him and pay for the vet care required. If you would like to donate directly to Curly, please send a check to “Wolftown” and write in the memo “Curly” or “Bald Eagle” and we will ensure those funds are used specifically for Curly’s care. Wolftown can only do wildlife rescue for animals that are injured, sick or orphaned. If you have nuisance wildlife you would need to call the WA Fish and Wildlife Service directly. Thank you in advance!

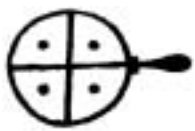
Wolftown

and my family were always active in the community.

Looking forward to serving; until next time.

# Garden The World

By MEarth



## Good News/Bad News

Sometimes it seems that there is so much bad news that I find myself wanting to write about it in every issue of the *Loop*—but, in attempt to keep people reading (who wants to be scolded and bummed out all the time?), I have tried to alternate my columns—good news one issue, bad news in the next.

However, recently I have found it difficult to keep up that optimistic pattern.

Between the collapse of ecologies all over the world's lands and seas, the over-population, the food shortages, fuel crises, genetic pollution, the seriousness of the everyday weather news, peak oil, peak water, peak food, the unending war and continuing genocides, it is easy to get into a negative mindset.

On the other hand, there are many good signs if we are willing to look for them—and many solutions for our myriad problems if we are willing to engage them. This time I decided to put the good news and bad in the same column.

One good sign came to mind recently at Vashon's recycling bins at the dump. There he was, a grizzled old-timer who, ten years ago, would have thought nothing of flipping his beer bottles in the trash or into a drainage ditch somewhere, diligently sorting his paper and cardboard, gently setting his bottles into the glass bins, and dutifully stuffing newspapers into an over-filled newspaper bin.

It is his (and my) generation that is probably most responsible for the mountains of waste that scar this nation's landscape. I started recycling in the early '70s and I had, at one point, given up hope on many of my generation, certain they would never change their lax attitudes. Last week, watching with tears in my eyes, I thought, if this gnarly old son-of-a-gun can get it, maybe it's not too late.

People worldwide are devoting their lives to trying to make a difference and, in some cases, it is working. Grass roots efforts world wide are having positive effects—as an editorial carried by the *Seattle Times* recently pointed out, “135 million people have escaped dire poverty between 1999 and 2004; in Southeast Asia, the number of people without clean water has been nearly halved since 1990; in 2007, UNICEF said that for the first time in modern history, fewer than 10 million children were dying each year before the age of five.”

Another key component of the equation—also pointed out in Peter Bloomquist's editorial—is the youth of the world. The next generations of young people have never lived in

a world without the internet, pollution, over-population, war, starvation and world-wide poverty; they are dedicating themselves to make a difference. Whether it is fundraising for disadvantaged peoples, schools, hunger, and any and every other cause you can thing of, taking it to the streets ala WTO, or boycotts of sweatshop clothes, the young are more and more willing to take a stand.

I have to honor that and pray it continue.

If enough of us support the work of the world's optimists, we will find we have the tools to repair the damage we have done here on our home planet. It seems to me that, for every one of the major problems we have, there is someone working on a real solution. The struggle is going to be convincing enough people to listen and learn.

People using bio-intensive farming methods are proving daily that all the food a person needs can be grown on a sixteenth of an acre and yet, all over this world, governments and international corporations are choosing the ecologically disastrous factory farm model over and over, the system that brings us prohibitively priced food laced with poison and of dubious nutritional content. Why is it, with the solution at hand, that any other choice is made?

Good News: We know how to feed everybody. The Bad News: We're not going to do it.

Since the Bush cartel has been in power, every government source of information about earthworm culture has been closed down. Governmental web sites are virtually non-existent—even ones that had been up for years. Why? Because Big Agriculture has it's input and advocates of vermiculture are considered a 'fringe element,' like organic gardeners.

This, at the same time a man in India, named Uday Bhawalkar, the founder of the Bhawalkar Earthworm Research Institute (BERI), is pursuing a bio-technological solution to such problems as waste management, sewage treatment, and the remediation of over-worked, poorly managed and often over-saturated or salinated farm soil. He does this with burrowing worms, the cousins of the red wigglers used in the Worm Guy's waste processing facility and casting production. Bhawalkar's research is reviving previously abandoned soils, reducing the need for irrigation (by 40 to 60 percent), and increasing profits and yields in crops across the spectrum—50% in grape culture, doubling and even quadrupling grass pasture production—and, at the same time, increasing the availability of soil nutrients in a wide range of agricultural applications.

Traditionally irrigated farms suffer from enormous problems—first of all, one inch of rain does as much good as 6 inches of irrigation. Secondly, huge percentages of water is lost in the irrigation itself, not to mention the fact that land that is



## Espresso

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irrigated tends to accumulate salts and other water-borne chemistry and, after a number of years, actually even become too water-logged to use any more. We lose millions of acres every year to these and other problems engendered by modern agricultural practices.

The good news: We know how to solve the problems of over-used soil and abundant organic waste. Bhawalkar's quote is 'there is not such thing as organic waste, just wasted organics.'

The bad news: factory farm friendly governments are not even going to notice.

I will steadfastly remain an optimist until the last, hard days come and continue to pray that the powerful in this world remove their blinders, open their hearts and see the sacred path that returns us to the sane and good way of life we were meant to live here on this Earth, our Mother. Blessings; ME. ☯☯☯


## Vashon Welcoming Song

Continued from page 6

permission to land—the most telling phrase being, “We're tired and we need to use the restroom,” which got a good laugh and, of course, permission to land. A dozen people rushed to help them carry the boat onto the shore and beach it carefully, after which, the paddlers and dignitaries were fed a beautiful meal prepared by 7 Olive Catering—and, after they were fed, a few indignitaries were as well.

## Learn About Historic Roads

The community is invited to learn about some of King County's oldest and most scenic roads on Tuesday July 1st, 7:00 – 7:30 pm at the Vashon Heritage Museum, 10105 SW Bank Road. King County Roads, 4Culture and the County's Historic Preservation Program have researched dozens of roads in unincorporated King County. Three roads on Vashon and Maury Island are being considered as heritage corridors: SW Cedarhurst Road, Westside Highway and Dockton Road. The project will not result in any new regulations for local property owners. More information is available at [www.kingcounty.gov/roads](http://www.kingcounty.gov/roads), or by calling Ruth Harvey at (206) 296-3477.



## PIANO/STRING CONCERT AT BETHEL CHURCH

**JUNE 29, 7:00 PM**

On Sunday evening, June 29 at 7:00pm, the sounds of our new Boston piano will fill Bethel Church during a benefit concert. A rich evening of musical variety will be offered:

- Justin Cormier, Pianist from Auburn: Classical and Contemporary sacred music
- Dorothy Herivel, Pianist from Everett: Jazz accompanist
- Karin Choo, Violinist from Vashon: Beethoven Sonata
- Marla Erickson, Worship leader from Vashon: Piano and vocals
- Isaac and Thomas Sherack: Young musicians from Vashon
- Musician from Sherman and Clay Pianos: Hymn arrangements
- Emily Herivel, Vocalist: Classical and Jazz

**REFRESHMENTS WILL BE SERVED**  
Donations towards the piano fund will be received at the concert.  
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 **LoOp Letters**

**More on Water**

The recent issue of The Loop featuring Vashon water is an open door for comment; thank goodness for the opportunity. Make that complaint, however, as the three points I make have irritated me for years. The three are watershed protection, pouring drinking water down the toilet, and stone age metering.

Watershed protection is not mentioned by any of the authors, yet most recharge is on private property. Nitrates from some farming practices constitute an obvious problem that is worsened by a hands-off attitude at the state level.

Use of potable water for much of washing and all of flushing would be insane if practiced in the third world, especially in those areas where there is not even enough pure water for drinking. And even here the practice makes no sense. While alternate practices are known, the big fix is to change our attitude towards water. Michael Laurie points in one excellent direction. Another, the science fiction novel “Dune”, is more entertaining. More the point is this example from the issue: the well-explained fact that septic systems do conserve water obscures the fact that such water had been wasted. Finally, the article by Frank Jackson, eloquently setting out the problems in meeting “demand”, gently refrains from questioning the sacred right of Americans to waste.

Remote readout of water use has become a national standard but is being studiously ignored here on Vashon. The utility, the consumer, and in spades the private well owner, all benefit from remote readout. It has been shown conclusively that having a readout “in the kitchen” reduces consumption by some fifteen percent. Look at it this way: would you drive a car in which the gas gauge was located at the tank? No more should you use water when you cannot see how much. All this was brought out by a Vashon study three years ago which then disappeared like water into a sponge. I am unimpressed by the wringing of damp hands over conservation while the single most effective means is ignored.

Tom Herring

**Cough It Up For the Fur Ball™**

VIPP will hold their 6th Annual Fur Ball™ Auction on August 2nd at the VFW Hall. You still have time to donate items. The donation deadline is Wednesday, June 25th. You can support us by donating items or services or a sponsorship. Drop your donations at John L. Scott uptown or Amiad and Assoc. Questions? Please contact Kate Dunagan at 567-5485 or kateric@hotmail.com, or donate online at [www.VIPP.org](http://www.VIPP.org).

**Thanks for Supporting Lolo Diklo**

I'd like to thank everyone who supported the recent fund raiser for Lolo Diklo: Roma Against Racism. I wish I could thank everyone individually but there're just too many of you. Will Forester of the Grange, John Burke, Monica Damore, The Vashon Bookshop, the staff at the Vashon Library and Liz Lewis to name just a few of the people who helped set up and pull off this event.

A special thanks to Three For the Road, Emerson Shedenhelm, Lila O'Brien and Zoey Rice. And to the entire Vashon Community which supported us with your presence and energy. Thanks to all of you, Lolo Diklo: Roma Against Racism is getting a laptop.

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**Introducing Myself as a Candidate for Congress**

by Mark A. Goldman

On March 5, 2007, I announced my candidacy for President of the United States. That's why some of my commentaries refer to me as a candidate for president. That was long before Ralph Nader entered the race. Now I no longer think that my candidacy for President serves a useful purpose.

I decided instead to seek the US Congressional House seat in my district (7th District, WA State). We need legislators who understand the issues and have the courage to pursue them.

On June 9, 2008, seven days after I enrolled myself as a candidate for Congress, Dennis Kucinich finally entered articles of impeachment against George W. Bush. Surrounded by empty seats in the House Chamber, Kucinich finally completed the reading of his impeachment document at midnight EST.

Perhaps the major reason for my decision to run for Congress, was that my incumbent opponent, for more than four years, refused to enter articles of impeachment when he was asked to do so... by me and others. Of course, I could be running for Congress in any district in America and say the same thing. The price paid for his/their negligence has indeed been dear.

Though late in coming, this turn of events by Kucinich represents a great opportunity for Congress and

for all of us to redeem ourselves by finally taking responsibility for the crimes and injustices that have been committed by Bush and his many enablers... we among them. Why do I say “we”? Because Bush's crimes were perpetrated day in and day out almost from the moment he stepped foot into the White House and it was our responsibility to stop him when we saw that he was an out of control criminal running amuck and that our representatives were stupefied like deer in headlights.

If you think my attitude has a twinge of anger in it, you are not mistaken. I am not happy at what has happened to us, to the rule of law, and to the many people whose lives have been trampled upon by my country and my people. But I have not lost my love for you.

Perhaps if I were a lawyer, like say, Hillary Clinton, or a law professor and legal scholar like Barack Obama, or if I had been a prisoner of war like John McCain and had a lot of time on my hands to think about it, maybe I could think of a crime that George W. Bush and his staff and military enablers didn't commit, but for the life of me, off the top of my head, I can't think of one: from petty larceny to grand larceny, from lying to a nation to instigate illegal wars, to rape, torture, murder, obstruction of justice, criminal negligence, crimes against humanity, any number of war crimes, illegal

renditions, kidnapping, illegal detentions, bribery, war profiteering, subversion of the Constitution, extra judicial executions, invasion of privacy, moral turpitude, malfeasance in office, corruption of subordinates and the media, fraud... and the list goes on and on. I can't think of one. Can you?

For the balance of Mark A. Goldman's introductory statement of his candidacy for a Congressional seat, go to: <http://www.gpln.com/announceforhouseseat.htm>



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Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, June 27**

## Get Up to Steam!

by Jean Findlay

The Vashon-Maury Island Heritage Association will host a presentation and book signing by local authors Jean Cammon Findlay and Robin Paterson for their new book, *Mosquito Fleet of South Puget Sound* at 2 p.m. on Sunday, June 29 at the Heritage Museum.

Steamboats provided a way to move goods and people from 1853 until about 1930. One chapter of the book is devoted entirely to Vashon Island boats, beginning with the *Swan* and concluding with the most enduring steamboat of all, the

Washington steamboats in his youth. He has an encyclopedic knowledge of south Sound maritime history and a vast photograph collection of steamboats and tugboats. He owns and operates the retired tugboat, *Joe*, and volunteers his time at the Museum of Puget Sound (located on Stretch Island in Case Inlet) which has a large Mosquito Fleet exhibit. Findlay counts on her family heritage. Her father worked on tugboats and was a commercial salmon fisherman in Alaska. One grandfather was master of the bark, *Levi G. Burgess*,” and her other grandfather was a steamboat engineer. Many uncles also served on steamboats as either captains or engineers, and one uncle built a 50-foot ketch called the *Bobcat* which he sailed from Puget Sound to the Caribbean.

To commemorate this rich period in Puget Sound

history, VMIHA is also sponsoring an around-the-island cruise aboard the National Historic Landmark Steamship *Virginia V* on August 17. Tickets are \$60 for VMIHA members and \$75 for non-members. For more information or to purchase tickets, contact Barbara Steen at 463-9355 or VashonSteen@aol.com, stop by the Island Heritage Museum on Wednesdays 1-3 or Saturdays 10-1, or send a check to VMIHA at PO Box 723, Vashon WA 98070. Proceeds support the Island Heritage Museum.



The Virginia V, photo courtesy Vashon-Maury Island Heritage Association.

*Virginia V*, which unlike almost all of her sisters, continues to operate today with her original engine, now 104 years old. Vashon also made history when Gert Wiman became the first woman on Puget Sound to earn her master’s papers in 1907. Both she and her husband, Chance, captained the *Verona*. Other stories in this chapter detail the competitions and rate wars among the various boats.

Findlay and Paterson come by their interest legitimately. Paterson remembers riding on Lake

## Donna Romero at Silverwood Gallery

“Did I mention my Shrinky-Dinks™?” asks Donna Romero. We’re talking about her show at Silverwood Gallery when she poses the question. “No one knows how I draw that small, but here’s the secret. It’s Shrinky-Dink™” Romero is a well-known and respected artist whose exquisitely executed paintings of interiors are snapped up. The way she renders a slice of light jutting over a table, or the delicacy of a shadow, soft as a whisper, on a green eggshell is breathtaking. She is painting more wonderful eggs and hallways and windows. That might be enough for most artists. But Romero is the kind of artist that doesn’t rest. Not on her laurels and not after painting a body of work. She has explored a new direction she calls collages. “It’s basically a great way for me to revisit images I don’t want to paint again, but I



“Mini White Stack #1,” by Donna Romero.

want to use again. And if that’s not enough unbridled creativity, she doesn’t stop there. “This is photo transfer onto cloth that is mounted on board, then painted with oils. It allows a wider view of the interior. I use different kinds of cloth, so it has a mysterious, dimensional look.”

And about the Shrinky-Dinks? I promise to keep her secret, but she claims it’s no secret at all! “There’s a whole Shrinky-Dink™ show in Seattle every couple of years”, she explains. “A benefit for women’s shelters. My Shrinky-Dink™ artwork sells at the highest price on record.” I hesitate to ask what else she’s preparing, realizing

that for Donna Romero, the possibilities are endless. I decide to wait and see.

Romero’s will exhibit with Ivonne Escobar de Kommer and Joy Mann at Silverwood during June and July.

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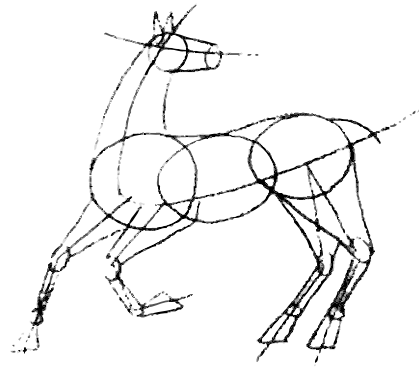
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## Vashon Reads About Food

Continued from page 1

the *100 Mile Die* (2007) by Vancouver BC writers Alisa Smith and J.B. MacKinnon. What our VIGA farmers have known for a long time- eating locally is both healthy and environmentally sound- is put up a notch with Smith and MacKinnon’s experiment in eating only foods produced within 100 miles of their Vancouver home for one year. And *Plenty* reflects the Vashon Reads 2008’s theme this year – Food, where food really comes from, how far does it travel, what might be in it, how to consume it ethically and how to get it locally.

So just what is a 100 mile diet and what is there within those 100 miles? Smith and MacKinnon, both vegetarians, set out on this experiment with open and optimistic minds as they seek to reduce their food carbon footprint by lessening the 1,500 to 3,000 miles the food we eat typically travels. The reader follows them through both the highs of finding excellent local wines and cheeses to the low of finally locating wheat, only to find it contaminated first by rodents and lastly by weevils.

As their year progresses, the authors face challenging additions, substitutions and deletions to their diet (what about coffee, you might ask!) but accrue a wealth of self knowledge and insight. A Northwest reader will experience with them the difficulties faced by

eating, year round, only foods produced in our often chilly climate as well as the interesting food storage issues faced when living in a one bedroom urban apartment. But throughout the book, the authors clearly express the pleasures they found and continue to enjoy in connecting with local growers, preserving their own food and feasting when the produce is abundant.

Join Vashon College and Vashon Reads 2008 in learning more about the origin of the foods we eat, the possibilities and pleasures in learning to eat locally, and the joy from reconnecting with the food producers and the land they tend. Events, including meetings, potlucks, and a lecture series on Sustainability- Feeding Ourselves with an appearance by the *Plenty* authors, are being scheduled by Vashon College throughout the summer and early Fall.

On June 21, Vashon College and Vashon Reads 2008 will offer visitors to the VIGA Nutrition and Wellness Fair a special 25% off coupon for *Plenty*, redeemable only on June 21 only at either the Vashon Bookshop or Books By The Way. Both book stores are generously offering this discount in support of Vashon Reads 2008! The coupon handout also includes a “Suggested Additional Reading List”, compiled by Vashon College for those of hungering for more than just one book about food!



Plants Are Amazing

by Kathy Abascal

From a human perspective, culinary herbs and spices, the ones we humans have used since time out of mind to spice up our cooking, are among the most amazing plants known. One of the most amazing of all is turmeric (*Curcuma longa*). This little grub-like root is about to be recognized as a strong medicine by conventional medicine. In fact, one scientist recently suggested that the plant should be renamed *curecuma* because of its ability to cure so many health issues.



Tumeric, drawing by Annie Brule.

Turmeric is best known as a yellow powder used in Indian cooking where it is a central ingredient in virtually all curries. When added to an alkaline solution (slaked lime), turmeric turns red and is called kumkum or bindi which is used more ritually. Turmeric is not just a spice, it has also been used as a medicine for thousands of years. In Ayurveda, turmeric is used for respiratory issues (asthma, bronchial hyperactivity, allergies), liver disorders, anorexia, rheumatism, diabetic wounds, colds, coughs, and sinusitis. In Chinese medicine it is used to treat illnesses that cause abdominal pain. In ancient Hindi medicine, it was used to treat sprains and swelling. There are over 2600 studies on turmeric, most of which look only at turmeric's seemingly most important constituent, curcumin. However, recent studies show that

other compounds in turmeric are also active and beneficial. The curcumin studies show that it is antioxidant, anti-inflammatory, anticarcinogenic, antimicrobial, protects the liver, prevents blood clots, prevents cardiovascular accidents (e.g., heart attacks), and is anti-arthritic. Scientists working at the biochemical level report that curcumin affects a huge number of molecular targets. At the cellular level, curcumin prevents multi-drug resistance from developing, inhibits tumor formation and angiogenesis (the creation of new blood vessels for cancer growths). It slows the response to mutations that lead to malignant growth and metastasis of human cancers, and it quiets the production of too much COX-2.

In animals, curcumin prevents toxins from inducing cancers of the colon, duodenum, esophagus, stomach, liver, breast, leukemia, mouth, and prostate. It also prevented cancers from forming in animals genetically predisposed to developing tumors. Finally, it sensitized cancers to the effect of various chemotherapy drugs.

Human studies are equally positive. In rheumatoid arthritis, curcumin provided as much pain relief and anti-inflammatory action as the drug phenylbutazone. Post-surgery, curcumin enhanced the anti-inflammatory effect of phenylbutazone. In various skin disorders (such as superficial basal cell cancer and genital warts), topical use of turmeric tincture or ointment provided "remarkable" symptomatic relief that in many cases lasted for months after the treatment stopped. It was stellar at preventing itching; it also reduced pain and odor. It appears to be very helpful in patients with psoriasis.

In 7 days, curcumin reduced cholesterol levels by 12% while increasing HDL (good) cholesterol 29% in healthy adults. In patients with atherosclerosis, it quickly reduced LDL and increased HDL. Turmeric improves gallbladder contractions and is believed to reduce the risk of gallstone formation. It is a strong anti-inflammatory, and improved symptoms in patients with Crohn's disease. It appears to have an ability to slow dementia and people who eat turmeric frequently suffer less Alzheimer's disease. Finally, preliminary studies show a benefit in cancer patients as well. At present, there are some 12 ongoing studies of how turmeric may benefit people suffering from a variety of cancers, Alzheimer's, and ulcerative colitis.

What makes turmeric even more remarkable, is that it is very, very safe. No toxic effect was seen in people taking up to 10 grams of turmeric a day, a very high dose. So, how should you use turmeric? The best way is probably to make a habit of cooking with it. It has an earthy, slightly bitter taste. It is wonderful

Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today*.

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

with cauliflower, scrambled eggs and egg salad, and a pinch can be added to most stews and sauces. As mentioned, it is a classic in curries. Fresh turmeric is much more flavorful than the dried powder but is only available that way occasionally. You can also get dried sliced turmeric at the Roasterie and grind it in a coffee grinder just before use. Because it has not been as exposed to air this also tastes better than the dried powder.

Then, if you have skin issues, need extra liver support, have poor digestion or digestive issues, have arthritis, are worried about cancer, or have respiratory issues, you can also take turmeric as a supplement. Organic turmeric is available in both capsules and tinctures. We do not know the optimum dose of turmeric. It turns out that curcumin, the component used in most studies, is not absorbed well. As a result, most on-going studies are using doses of 1-8 grams of turmeric a day.

However, such high doses may not be necessary. It turns out that another well known spice, pepper, dramatically enhances the absorption of curcumin — by a whopping 2000%. Of course, curries not only contain turmeric, they also include black pepper. Isn't traditional wisdom — and its knowledge of plants — amazing?

Dems Have a Candidate!

We have a candidate! Although some of us were wondering if Island Democrats would have a presidential candidate to promote by Strawberry Festival, I am happy to say that we are now able to rally around and promote the candidacy of Barack Obama. Towards that end, we have two related items for this month's Democratic Club program. Here on Vashon, most people are registered to vote, but in many other areas this is not the case. Artemis OakGrove, the

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**New Class Starting:  
By Kathy Abascal  
Eating for health &  
weight loss.**

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this series of 5 classes you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if one is needed), improved sleep, and the disappearance of annoying aches & pains. A new class series begins Sunday June 22 at 2:00-3:30 PM and runs for 5 consecutive Sundays. Advance registration is required and the fee is \$75 for the series. You can register for the class at the Roasterie or at Vashon Print & Design. For more information, contact Kathy Abascal at 463-9211 or [anemopsis@yahoo.com](mailto:anemopsis@yahoo.com).

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 27**

Neighborhood Challenge Coordinator for the 34th District, and Kimber McCreery, 34th District Field Organizer, will join us to discuss how we can help with voter registration and other outreach in an area close to us: Burien. Let's help our neighbors achieve the high levels of political awareness and participation that we enjoy here on Vashon! Our meeting is this Saturday, June 21, in the Land Trust building: potluck social at 6:00, meeting 6:30-8:30.



# Planet Waves

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



**Aries (March 20-April 19)** I suggest you make a long list of improvements you need to make to your home, pick the top three, and start them now. If you do, you'll very likely gather momentum and keep this project going in the long run. Aries come in all shapes and sizes; some are obsessed with having an exquisitely comfortable living space, and some are so busy that it seems like an impossible dream. If it is a dream, it's currently eminently possible. Sooner than you think, you will have the resources you need, but remember, this is more about values and making choices than it is about something requiring a lot of cash. Eric Francis has more to say at PlanetWaves.net.

**Taurus (April 19-May 20)** That cozy feeling is not just in your mind, but let it start there. Every improvement we make in our lives begins with awareness: first that an improvement is necessary, and then that it's occurred. You seem to be adding the factor of consciously adapting to your needs; of feeding yourself the right ways; and of keeping your mind focused on love rather than on acquiring. When you review what you have and what you need over the next month or two, you will see that you have plenty. Eric Francis has more to say at PlanetWaves.net.

**Gemini (May 20-June 21)** Do you have the guts to demand fairness in your dealings with others? Too often you are the one who is expected to give in. You are too easy to take advantage of when different aspects of your nature are at odds. You now have deep incentive to make friends with yourself, and to see who is in harmony with you when you are in harmony with yourself. The process of getting there may not be easy. You are likely to make some discoveries that you would rather not know about — but your mission is to put them to work for you rather than against you. Eric Francis has more to say at PlanetWaves.net.

**Cancer (June 21-July 22)** You are embarking on an extended phase of your life wherein your relationships matter more than ever. It makes no difference your age or your personal status; the energy is being turned up, and you will, if you're paying attention, notice people for who and what they are. The beginning of this phase is the time to set patterns, and this is where you have the ability to make choices. I suggest you go out of your way to choose situations that are based on honesty and integrity. Honesty is not just about what you say to people or what they say to you; it's about what you notice, and what you do about it. Eric Francis has more to say at PlanetWaves.net.

**Leo (July 22-Aug. 23)** I suggest you check back over the past three weeks or so and notice the incredible sense of relief that has come over

you, subtly or not. You have also taken a big step at letting go of a stuck part of your personality that was rooted in a habit or mode of being that you somehow cut free all at once. Check out how much energy that liberated from your psyche; the surge of self-confidence that has shown up at the same time. You can probably repeat this trick a few more times and get results of equal measure, but, honey, there ain't nothin' like the first time — and this is definitely it. Eric Francis has more to say at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)** You're more popular than you think, but part of the reason why is that you think too much. Your friends care about you because of the feeling they get from you and the feelings they are able to share with you; not the ideas in your head (as intelligent as they are). Notably, it will be those feelings of support and goodwill that lead others to offer their unwavering support of the massive changes in course that you've planned for your life during the past few weeks, plans which have yet to come to fruition and which will be very unlikely to if you attempt to go it alone. Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** You may be inclined to wrestle with your conscience over the next few weeks. Librans are notorious for struggles about making up their minds. I would never have believed this just from reading it in astrology books, had so many of them not started talking about it to my face. If you're struggling to make up your mind about whether you're a good or ethical person, give it up. You are. The things you need the most in life are precisely the ones you have now: a sense of direction; a tangible goal. Give yourself a break and stop trying to do good. Just do what you want well, and know that it is good. Eric Francis has more to say at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)** You may be experiencing some kind of déjà vu where a financial situation is concerned. An old bugaboo seems back to haunt you, but what you really have is an invitation to clean up any remaining unfinished business. Just what unfinished business? Well, anything from your prior incarnation, that is, the long cycle of your life that you know is drawing to a close. There are some details to attend, most of them minor, and at least one of them major. Important work is looming ahead of you, and it will require all your energy and focus. You need to be sure that nothing leftover holds you back. Eric Francis has more to say at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22)** Are you ahead of the times, or behind them? This is an odd question in an era characterized by a culture-wide struggle by many people to figure out how time works,




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what it is or just were it's going. In strictly linear terms, you may seem to be lagging behind developments that seemed imminent just recently. If we look at time in a way that astrologers are trained to — in cycles, with many connecting points, shortcuts and loopholes that are invisible on an ordinary calendar — you are years or decades ahead of the game. Be patient with yourself now, and particularly with anyone close by who seems to lack a clue what their true direction is. Eric Francis has more to say at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)** Consider the time you invest in yourself now like money in the bank. It may not be particularly useful, but you know it's there. One of your most important resources is the knowledge base you are developing about a particular subject, and I can tell you from experiences that these take time to develop, to ferment and to put forth their fine results. Remember that you're trying to do something unusually large, but it's designed to have significant lasting value. While you cultivate this database, at times you may find yourself in a subtle state of mind where you have access to information that goes beyond anything you're supposed to know today. File that away as well, and verify it against what you learn later via more conventional means. Eric Francis has more to say at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** It's interesting the way people influence one another, isn't it? You are a born

social scientist, and you are making some exciting observations lately. In a relationship where one person is obviously more powerful, how does a less powerful person manage to influence them? This is something you would be wise to keep an eye on. You need to be open to the influences of people who are supposedly less powerful than you are, but whose ideas you would profoundly benefit from applying. They may, incidentally, seem old-fashioned or even regressive. They are no such thing. Tradition can be a brilliant teacher. This you know, just remember to remember. Eric Francis has more to say at PlanetWaves.net.

**Pisces (Feb. 19-March 20)** You have some deep emotions to sort out; you have some reconciling to do with yourself; you will feel a lot better when you get there. The process is going to be like taking a walk through the hall of mirrors. In theory, you know in such a space which is the real you and which is a reflection. But these mirrors are so convincing that you may not be able to tell the difference, and in those moments of not knowing, you will be freed of a burden. You may think the cosmos is sending you a lesson about how things that seemed important don't matter. To the contrary, things that seem like they don't matter are actually truly meaningful. The beauty of it is that you are actually in a position to see what they are, and to do something about it. Eric Francis has more to say at PlanetWaves.net.

# Island Epicure



By Marj Watkins

## Martha Washington's Cookbook

In keeping with the patriotic theme for this issue of The LOOP, and this presidential election year, here are some gleanings from a cookbook Frances Park Custis gave our first First Lady. Martha Washington's black servants cooked by these "rules", and her dinners made her famous as a housewife and hostess.

Most of the recipes give us more entertainment than practical advice, but some—adapted to a modern kitchen—look pretty tasty. Try this if you have access to a cow:

### SYLLABUB UNDER THE COW

Put a bottle of either red or white wine, ale, or cider into a china bowl. Sweeten it with sugar and grate in some nutmeg, then hold it under the cow and milk into it till it has a fine froth at the top. Strew over it a handful of currants, clean washed and picked over and plumped before the fire. (People in the 1700s still cooked over, in, or in front of a fireplace. It had a chimney, unlike Charlemagne's 8th Century fireplace.)

### ANOTHER SYLLABUB, no cow required

- 1 quart cream
- 1 cup white wine
- 2 Tablespoons rosewater
- Sprig of rosemary
- 6 Tablespoons sugar
- 1 whole nutmeg
- Rind of 1/2 lemon
- Salt to taste

Scald the cream together with the nutmeg cut in quarters (I'd use a few dashes of ground nutmeg). Remove from fire and when cool pour into a glass jar. Let stand overnight. (Or refrigerate to chill.) Mix the white wine, rose water, sugar, and a pinch of salt. Pour the cream over this and lay in the rosemary and lemon peel. Let stand for five or six hours, until curds form.

When made with heavy cream, the syllabub can be beaten to a froth. Martha's recipe for lamb neck stew features vinegar-spiked orange juice and grated rind, plus raisins, but no vegetables.

### STEW OF NECK OF MUTTON WITH ORANGES

- 3 pounds neck of lamb or mutton (bony, but delicious)
- Salt and pepper
- Grated nutmeg
- 1/2 Tablespoon vinegar
- Juice of 5 oranges (1 cup of reconstituted orange juice)
- Grated rinds of 2 oranges
- Flour
- 3 Tablespoons butter
- 1/3 cup seedless raisins

Cut meat in pieces suitable for stewing. Roll in flour. Season with nutmeg, salt, and pepper. Melt butter in a Dutch oven and brown the meat in this. Mix vinegar, orange juice, and grated orange rind. Add to the meat. Cover and simmer on low heat until meat is tender, about 1 1/2 hours.

Martha's cookbook has few vegetables. This recipe has some.

### MUSHROOMS IN CREAM

- 1 pound small mushrooms
- 1 small white onion
- 3/4 cup heavy cream
- Pinch of thyme
- Salt and pepper
- 1 Tablespoon chopped parsley
- Grated nutmeg
- 2 Tablespoons butter
- 2 egg yolks, optional

Clean mushrooms with a damp paper towel (Martha's servants had no paper towels; they'd have used damp cloths). Cut mushrooms in half lengthwise. Add onion, cut in half, and stew gently for a few minutes, discarding any water that may arise. Remove the onion. Add thyme, nutmeg, parsley, cream, and salt and pepper to taste. Cook for five minutes, stirring often. Add butter and serve. A last minute stirring in of the two egg yolks improves the dish.

The kitchen at Mt. Vernon was a separate building from the house. Puddings in cloth bags simmered in a pot of water. Meats broiled on spits or stewed in a cauldron. I seem to remember a bake house where a brick oven baked breads, pies, cookies and cakes.

Martha's recipes include shrimp boiled for 20 minutes (!) with a piece of bay leaf and a quartered carrot; boiled trout; stewed oysters; short ribs stewed with currants and prunes; and Lettuce Tart of romaine, prunes and pieces of beef marrow, plus sugar and cinnamon in a pastry crust; Parsnip Tart; and such beverages as methaglin, hypocras, mead, and syrup of violets. For desert you might be served cracknells (cookies) or tansy, a bread pudding colored green with bruised spinach and sorrel leaves; or cheesecakes with candied violet leaves or Quidony of Raspberries and Red Rose Leaves, a sort of jam.

You would never go away hungry from a dinner party at George and Martha Washington's, not if you were a male guest. Except for—occasionally—the wife of the host, women were not invited. The menu included two or three courses, each consisting of ten or more dishes. Between courses, the tablecloth was changed, and a whole new set of dishes, glasses, and wine decanters brought. ○○○○

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Dear Madame Toujours,

I know you hear this all the time, but I am at my wits' end, and I may have to kill my boyfriend Carlton. He's got this really maddening thing where he picks arguments with me. He'll argue with anything. If I say it looks like a beautiful day, he gets all shirty and insists it's too hot. If I say I hate chocolate, he snaps at me that I love chocolate, have always loved chocolate and he can prove it. If I say that my great, great-grandmother died from being hit by a runaway drover's cart, he insists she was actually hit by a train.

I have tried to tell him that his nitpicking and argument stresses me out, but he doesn't seem to believe me. He just keeps right on arguing. He follows me from room to room. One time, he actually followed me into the bathroom to convince me that mayonnaise is better than Miracle Whip.

I wish I could dump him, but at my age, where am I going to find another guy who loves black and white movies from the fifties, ballroom dancing and golden retrievers? Can I really afford to start over from the beginning? I'd like to get married and have kids sometime before menopause. Is there a solution?

Sincerely,  
Frustrated

Chere Mlle. Frustrated,

It is being perfectly possible to be dealing with the unfortunate habits of M. Carlton. What you are not understanding is that there are many persons who are enjoying the pleasant stimulations of the heated arguments.

It is no good to be explaining to these individuals that you are not enjoying the quarrels. M. Carlton is not believing you. He is supposing that this is the clever ruse for winning the argument.

Get for yourself the earplugs. When M. Carlton is beginning one of the very amusing quarrels, you can be saying, "No thank you. I am not enjoying the arguments." Then

take the earplugs from the pocket, place them in the ears and hum softly to yourself while M. Carlton rants. Occasionally murmur "Mm-hm," and "Don't be ridiculous, you idiot."

If M. Carlton is being particularly insistent, you can be purchasing the "iPod" device. Fill it up with the loud rock and rolling music, possibly the "heavy metals." When M. Carlton is having the arguments, you can be putting the headphones on the ears and listening to the loud musics. Sing along. Dance. Now you are having the excellent cardio-bobular exercises, and M. Carlton is having to go argue with the television.

However, it is being unkind to be frustrating always the needs of the beloved. From time to time, make the outrageous statement such as, "The global warmings, this is the big farce," or "The alien abductions are the very serious concern for the national security." Defend this position vehemently. Make up facts. Refuse to see reason.

Bon Chance, Mlle. Frustrated, and remember: to be giving for M. Carlton the argument, it is the act of love.

○○○○

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# Positively Speaking

## If the Cops Aren't Chasin' Ya...

by Deborah Anderson

"If you wake up, don't freak out. You're surrounded by cop cars", I spoke firmly to my soundly asleep daughter in the back seat of the car. Overtown for a conference we were going to enjoy together, I was headed into a diner for breakfast.

At first I was apprehensive about the parking lot full of marked and unmarked cop cars. But seeing no one in 'duck and cover' mode and no one across the street, I surmised I was going to get a great breakfast. Obviously this was the place to be.

My daughter is not a morning person. Breakfast is best eaten at lunch in her opinion. So she would snooze while I ate and brought the requisite doggie box out afterwards.

Sure enough, as I walked into the back room, there were more than two dozen cops having breakfast. Not making any effort to hide their conversation from anyone I overheard that the salmon were starting their run and there was a humpback whale that was going to cause nautical congestion with rubbernecking boaters. These were the marine patrol cops.

Breakfast consumed I returned to the parking lot only to discover most of them were still lingering in conversation. Making note of the double yellow line I made careful note of the plan of exit out the parking lot. It would only cost me about five extra minutes to do the legal maneuver of taking a right instead of crossing left over the double yellow line.

Suddenly they started to move out. I waited until they had all put themselves in line to exit. My eyes turned to the right to follow them out. But what's this?!! The first one turned left, without turn signal, over the double yellow line, then the next one, then the next, then the next. And so forth until nine police cars had turned left over a double yellow line without benefit of signaling or the legal maneuver of going around the block so as not to cross the line illegally.

I moved to the edge of the curb. And... in one gigantic mid life moment, I said to myself, 'what the heck'. I too, turned left with my piously displayed turn signal letting the world know I would not be following the rules.

For the rest of the day, I pondered about the importance, opportunity and benefit of following the rules. Or not. What about "Or not?"

Everyone signing the Declaration of Independence was a rule breaker. Any innovator in the scientific or artistic world has been a rule breaker. Obama broke the rules about how to win a nomination this past season. Bill Gates broke the rule about

graduating from college and THEN making a million.

The truth is rules make us live peaceably together and at the same time rule breaking moves us forward in culture and civilization.

I watched the Discovery channel special on the NASA program. Besides making me old, it caused me to think again about breaking the rules.

So what rules did you break, or will you break today?

Many artists here on the Island break conventions and rules in their endeavors to produce beautiful work. Musicians break rules to bring new form and life to pleasing sounds. Writers break rules even as editors fight to make them reform themselves.

But when culture binds us to unhealthy forms of life, good rule breaking can bring innovation. Poor Galileo. He broke the rules of thought and convention. And paid for it.

Annie Sullivan, one of my heroines, broke all the rules of communication and was ostracized and criticized for her breakthrough techniques.

New people on the Island ten years ago broke all the rules of rural conventions and culture. Good things came from that.

Yet, those who break rules for selfish desires or to avoid responsibility or play pretend in their lives bring harm to community. It's not OK to bring harm to community.

Musing and pondering and thinking and wondering. Is it best for Vashon to be the haven of rule breaking it is known to be? Is that what gives our cutting edge? Or, like all those cops rolling out of the parking lot in the wrong direction, and me following like a lazy sheep, hurting safe living?

Obviously the answer is different for each individual. Even if, or especially if, the post-post modern world is now promoting absolute truth (albeit with many varieties), the daily walk involves deciding which rules we will keep and which we will pitch.

Hmmmmmm.

Love

Deborah

ooooo

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## Power to the People!

*Continued from page 1*

This popular community event is organized by Pete Welch of VashonMusic.com. Each musician or group has chosen a song based on the theme. Bill Moyer, Co-founder and Executive Director of the Backbone Campaign invites everyone to "Celebrate the music that continues to inspire us all to have the backbone to stand up for our hopes for a better future. Hear your favorite Vashon musicians play classic songs of liberation, from Woody Guthrie to Bruce Cockburn, Joan Baez to Ani de Franco, John Lennon to Michael Franti."

The fundraiser is for the Backbone Campaign's 'Procession for the Future', a beautiful parade that illustrates a progressive vision for the country using puppets, inflatables and banners. Universal health care, fair trade, climate stabilization, sustainability and nuclear disarmament are among the positions captured in puppet form. Come learn about plans for the upcoming summer months, including a Procession for the Future parade during Strawberry Festival, a bus tour using a donated bus that runs on vegetable oil and activities outside the Democratic National Convention in Denver and the Republican National Convention in Minneapolis. "It is more important than ever to present a celebration of progressives' propositional ideas. The Procession for the Future is a visually compelling and inviting spectacle, presenting a progressive platform in parade form," says Moyer.

All money raised will help fund the Convention tour, anticipated to cost around \$17,000. Additional funds would allow the bus to continue around the country in the lead-up to the November election, and then throughout 2009.

Tickets are available at Books by the Way and Vashon Bookshop and cost \$15. Get your tickets now as the event will probably sell out. All ages are welcome until 9 pm, when state


laws require that no one under 21 remain in the venue. The auction, organized by Backbone Campaign Board member Pam Bredouw, will happen midway through the music; everyone will want to bid generously on the beautiful and functional items! There also will be the opportunity to join the Lumbar Club and provide ongoing support to the Backbone Campaign for as little as \$10 per month.

More About the Procession for the Future

The Backbone Campaign began working on imagery for the Procession for the Future last fall, commissioning a few festival art pieces but mainly relying on volunteer help on Vashon Island. The project, from making imagery to processing through the streets of a city, is an inclusive and appealing creative action, designed to resonate with both students and middle America. At the end of each parade, students can participate in free activist trainings with trainers from Ruckus Society, Rainforest Action Network, Corporate Accountability and other nonviolent direct action specialists. In this way citizens, especially first-time voters, will learn new skills, elevating the effectiveness of their activism.

"During the upcoming new Administration, it is vital that a strong progressive movement, led by We the People, serve as a counterweight to the right, stretching the political envelope of leaders in the middle. An invigorated and strong grassroots movement will enable our most progressive leaders to be their best, giving them the political elbow room and the confidence to fight for a bold and visionary agenda," says Moyer.

For more information or to volunteer call the Backbone Campaign office, (206) 408-8058.



Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, June 27**



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# Get Set for the Bill Burby Run and Walk

by Susie Kalhorn

People are defying the weather and getting ready for the Bill Burby Inspirational Fun Run and Walk to be held in conjunction with Strawberry Festival at 9:00AM Saturday July 12th. Pick-up



2007 Bill Burby Inspirational Fun Run participants take off under beautiful skies. Race organizers think that early registration helps guarantee fine weather so register now at [www.signmeup.com](http://www.signmeup.com) or pick-up registration forms at many Island businesses. Race proceeds support Vashon High School athletics and Vashon Community Scholarship Fund.

registration forms at many Island businesses or the Vashon Library and the Chamber of Commerce. It is particularly easy to register on-line at [www.signmeup.com](http://www.signmeup.com). This is a long-standing community event honoring Bill Burby, a beloved coach and mentor at Vashon High School, who died suddenly in 1989. The course, which starts and finishes just north of town at Vashon Youth and Family Services (former YMCA building) is certified and sanctioned by USA Track and Field, so it attracts elite runners from all over the region. But the event is first and

foremost a Vashon affair with whole families participating. Some run and sweat; some walk and talk. You have a choice of a 10K run, a 5K run, or a 5K walk. Find out more at [www.hometown.aol.com/burby10k5k](http://www.hometown.aol.com/burby10k5k).

This year's race recognizes the terrific contributions Vashon Island Junior Basketball (VIJB) has made to youth sports. The Nisqually League Champion high school boys' and girls' basketball teams are benefiting from the early training and fun VIJB offers young players. Race organizers were faced with a challenge when long-time sponsor, K2 Corporation, left the Island.

Thankfully, Vashon Kiwanis, Vashon Rotary, Northwest Sports, and Windermere Realty stepped up to co-sponsor this year's event. They have helped pay for custom designed T-shirts guaranteed for all pre-registered participants, water for after-race hydration, generous prizes to be distributed randomly to four participants, and computer-chip timing by Budu Racing. Participants may want to prepare or recover from the race by having a few pancakes at the annual Kiwanis Pancake Breakfast, 7-11AM at Vashon Market parking area.

## Vashon Mormons Celebrate

by Susan Wolf

Phil McMullin, of Vashon, recently organized a celebration for The Church of Jesus Christ of Latter-Day Saints' Seattle stake in honor of its 70th anniversary. Stake president McMullin welcomed Elder M. Russell Ballard who traveled from Salt Lake City and general Church headquarters to participate. Long-time Vashon branch members include Vada Kernell, Larry and Lynn Buxton, Hanna Gielisch, Gary and Barbara Cain, Grant and Phyllis Orr, Chris and Marilyn Combs and (the late) Merle and Ruth Sauer. Several of the five previous stake presidents were in attendance including James Perry, also formerly of Vashon. Elder Ballard honored their sacrifices during "hard times." Earlier that day, Elder Ballard had been interviewed on the Michael Medved show. At the conference, a musical tribute to the Restoration of the Gospel was performed which featured a multi-cultural choir and small orchestra. President McMullin joked, after hearing the sweet and powerful Samoan branch choir on Sunday, "If you can't feel the Spirit when the Samoan branch sings, you're spiritually dead!" Elder Ballard drew reference to the stake's early years. In 1909 Elder Melvin J. Ballard, his grandfather, was called as the president of the

Northwestern States Mission. During the ten years that followed, he helped build the mission home and returned later to assist in the building and dedication of the first meetinghouse of the church in Seattle. In 1938, there were less than 5,000 members of the LDS church; today membership in Washington has grown to 253,000 members in 489 congregations. A stake is comprised of 8-9 local congregations, called wards or the smaller branches. Vashon's branch has about 125 members. The history of the Pacific Northwest has, from 1834 when the first wagon trains arrived from the Oregon Trail, been intertwined with Latter-Day Saints. W.H. Hawley, a contractor who helped to re-grade Denny Hill and take down the old Washington Hotel, was a member of the Church. Early pioneers, both men and women, braved mobs, traveled without purse or script, and struggled to establish local branches. The reception afterward featured photographs of early and current church buildings and members of the stake, including Vashon's branch on 204th. Church services start at 9 a.m. on Sundays and visitors are warmly invited.

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## Don't MissThe Garden Tour!

*Continued from page 1*

This second largest fundraising effort of the year, for VAA is also made possible by generous Island sponsors-John L. Scott and Puget Sound Energy with additional funding by Thriftway, JR Crawford, DIG and The Little House. Nearly a dozen 'planting seeds' sponsors are also listed in the ticket, so keep your dollars on the Island and support these arts-minded businesses and restaurants! From beautiful gardens and live music to art in the gardens and artist-embellished birdhouse auction (Abel/Stanislaw garden) a great plant sale (Rhodes garden) and free seminars—there's something for everyone, no matter whether your thumb is green or not. Pre-events on Friday, June 20, include the Sunset Gala (sold out) and there are still a few tickets left for Garden Connoisseurs when author/designer/public speaker Terry Hershey (*Soul Gardening: Cultivating the Good Life*) will lead intimate groups through his extensive garden. You have your choice between 1 to 2:30 p.m. or 3 to 4:30 p.m. Registration is limited to offer participants ample time for questions. Light refreshments are included. Tickets are \$40 per person/\$55 with Tour ticket. Take advantage of seminars, included in your Garden Tour ticket.

Each takes about 45 minutes and will be well worth the price of admission (free). Landscape architect Michael Lee, owner of Colvos Creek Nursery will discuss use and care of natives in the garden (from California to British Columbia) at Blue Heron Art Center, Saturday, 10 a.m.; amateur naturalists and birders, Alan Huggins and Sara Van Fleet, will talk about attracting feathered visitors Sunday, 10:15 or 11:15 a.m., in the McEldowney garden (Numbers limited; please sign up when you arrive at the garden); artist and landscape designer Jack Strubbe will present a slide-lecture on Asian influence in Northwest gardens at Blue Heron Art Center, Sunday, June 22, 4 p.m. Garden Tour tickets are \$25 per person (valid both days) and available in advance at Heron's Nest, DIG and Blue Heron. You may also purchase tickets all weekend at the gardens. For more information, call Blue Heron at 463.5131. Support the Arts and celebrate Northwest gardening!



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 27**

# Loopy Laffs

Every man dies. Not every man lives. —Tim Robbin

## One Liners

If at first you don't fricassee, fry, fry a hen.  
If you don't like the news, go out and make some.  
If some people said what they thought, they'd be speechless.  
A good time to keep you mouth shut is when you're in deep water.  
If you think time heals everything, try sitting in a doctor's waiting room.  
A gentleman farmer is one who has more hay in the bank than in the barn.  
If at first you don't succeed, try looking in the waste basket for the directions.  
Introducing "LITE" — the new way to spell "LIGHT" with 20% fewer letters!  
Maturity is when you turn down the stereo. Age is when you turn up the heat.  
Is there an exception to the rule that states, "There is an exception to every rule"?

It's is not, it isn't ain't, and it's it's, not its, if you mean it is. If you don't, it's its. Then too, it's hers. It isn't her's. It isn't our's either. It's ours, and likewise yours and theirs. - Oxford University Press

An old lady had always wanted to travel abroad. Now that she was getting on in years, she thought she would really like to do so before she died.

But until now, she'd never even been out of the country. So she began by going in person to the Passport Office and asking how long it would take to have one issued.

"You must take the loyalty oath first," responded the passport clerk. "Raise your right hand, please."

The old gal raised her right hand.

"Do you swear to defend the Constitution of the United States against all its enemies, domestic or foreign?" was the first question.

The little old lady's face paled and her voice trembled as she asked in a small voice, "Uhhh . . . all by myself?"

I'd like to see won-loss records of doctors right out front where people could see them - won ten, lost three, tied two.

Jill: Do you still have feelings for your ex?  
Mary: I don't know. Does loathing count as a feeling?

A farmer wins the ten million dollar lottery and is being interviewed. He is asked what he is going to do with all the money.  
"Oh, I guess the first thing I'll do is go and pay a few bills"  
"And what about the rest?" the reporter asks.  
Farmer shrugs. "Well, I guess they'll just have to wait"

Why do motorcycle enthusiasts wear black leather?  
Because white chiffon wrinkles too easily.



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

A good pun is its own reward.

A little inaccuracy sometimes saves a ton of explanation.

A computer once beat me at chess, but it was no match for me at kick boxing.

## OFF SHORE



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Solution to puzzle on page 7



## LOGJAM



# Loop Arts

## Scott Cossu Plays the Blue Heron

Concert releases new CD: *Tides Between Us*

by Janice Randall

World-renowned musician, composer and recording artist Scott Cossu brings new music to Blue Heron Art Center for an evening of world-influenced jazz, rhythm and blues. Cossu, on piano with musical partner, Ann Lindquist on flutes will perform one night only, Saturday, June 21, 8 pm.

Cossu's fabulous new CD, *Tides Between Us*, features beautiful new tunes with some of his favorite musician pals, Van Manakas on guitar, bass player, Steve Kim, cellist, Jami Sieber, and flutes by Ann Lindquist. A portion of the CD's proceeds will benefit People for

Puget Sound, a group of citizens committed 'to protect and restore the health of our land and waters through education and action.'

After performing for more than 25 years around the world in more than 1000 concerts, composing film scores and producing nearly a dozen albums, Cossu continues to play emotive, heartfelt tunes that lift spirits and inspire. "Cossu is a gifted musician whose full-bodied chords and sweet improvisations can be rapturous or rambunctious," said Audio Magazine.

Perhaps best known for his Windham Hill recordings, he jokingly calls his music 'heavy mental.' His early classical studies were later influenced by Sudanese and South American musicians.

Mukilteo-based flute player, Ann Lindquist plays jazz, classical, folk, Latin and Middle-Eastern styles with equal ease. She performs concert, alto and bass flute in many festivals including: the Oregon Country Fair; Bumbershoot and Seattle's Folk Life; she has played venues in Alaska, Oregon, Hawaii, Mexico and Australia. Like Scott, Ann draws much of her inspiration from nature.

Tickets (\$12 VAA members, seniors and students, \$14 general admission) are available now at Blue Heron and Heron's Nest. Call 463.5131 to reserve by phone.



Recording artist, Scott Cossu will play piano with flute player, Ann Lindquist, Saturday, June 21, 8 pm at Blue Heron Art Center. Tickets available now.

## Piano/String Concert at Bethel Church

On Sunday evening, June 29, at 7:00, the sounds of a new concert piano will fill Bethel Church for a benefit concert. Bethel has offered its beautiful new Worship Center with its fine acoustics to several performance groups and musicians on the Island. Many have noted the

Shorack from Vashon will perform musical numbers. Refreshments will be served.

Admission to the concert is free. Donations to help pay for the piano will be accepted. Bethel Church invites all who love music to experience this first concert at 7:00pm on June 29.

Bethel Church is located at 14736 Bethel Lane, at the corner of 119th Ave. SW and SW 148th Street. For more information, please call 567-4255.



need to replace its piano, and their wish has come true. Bethel recently purchased a concert grand piano, which it will continue to make available for Island musicians as well as bringing musicians from off-island to perform.

A rich evening of varied music will be offered. Pianist Justin Cormier from Auburn will play classical and contemporary pieces. Dorothy Herivel, a pianist from Everett, vocalists Marita Ericksen and Emily Herivel, violinist Karin Choo, and Isaac and Thomas

## Chronicles of Narnia: Prince Caspian

6/20 - 6/26

## The Visitor

6/20 - 6/26

## Pixar's Wall-E

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## VAA Teen Photo Camp in July!

Island photographers Chris Beck and Ray Pfortner so enjoyed teaching VAA's first Photo Teen Camp in 2007 that they have decided to offer it again for 2008. The Camp will run from Monday through Thursday, July 21-24, 10am-2pm each day. It is for all teens from 12-17 years old with an interest in learning to do more with their digital cameras no matter how simple or fancy, from point-and-shoot to single lens reflex cameras. A key lesson is that the camera does not make the photograph – the photographer does!

Teens will learn how to get the most from their camera – camera handling and basic settings. But the emphasis will be on composing better photographs – learning the classic rules and when to break them. Part of each day will be spent on group critiques of student work, new and old.

Pfortner told the Loop: "I love the Photo Teen Camp – and McMurray's Photography Exploratory Program, because I meet the next generation of photographers and have a small hand in shaping their futures. I have met so much talent through these programs." A good example are 2 high school students, Jeff Lou and Sam Veatch, who are now in Pfortner's group show "The Animals of Vashon-Maury Island" hanging at the Hardware Store Gallery for the month of June. He met Jeff and Sam in Exploratory, worked with them again in last summer's Photo Teen Camp, and now they have been awarded full tuition scholarships for the show. He hopes to nominate one or both for national North American Nature Photography Association high school scholarships this fall. Pfortner has already nominated 3

Vashon recipients of that scholarship in the past. One year Vashon high school students had 2 of the 10 annual scholarships. Pfortner says that the program was asking what we had in the drinking water on the island to produce so much talent!

The Photo Camp will meet at the Blue Heron the first day and then meet at various locations around the Island each of the subsequent 3 days for on-location shoots at sites like Dockton Park, Engels Garage, Fern Cover, Burton, and the Quartermaster Yacht Club.

Students need to bring their camera and manual, extra batteries and memory cards, lunch and a beverage each day. Students need to bring 3 prints of any size as examples of what they like to photograph for a sharing and critique the first day.

To register call VAA at 206-463-5131. With questions, call Ray at 206-463-3043.



Horse, copyright Ray Pfortner

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 27**

## VAA Offers New Teen Camps

by Janice Randall

Teens! Don't be bored this summer; discover a creative outlet at Vashon Allied Arts (VAA)! We offer glass camp, summer theater, photography, dance, clay and music. If cost is a factor, VAA provides scholarships for any camp. Drop by the Blue Heron or check on line for registration and scholarship forms, [www.vashonaliedarts.org](http://www.vashonaliedarts.org). Call 463.5131 for more information.

Learn all about glass at the Brenno glass studio from glass blowing and casting to glass fusing and mosaic. Complete many small projects and forge a foundation for future glass projects. Bring a sack lunch, sunglasses and comfortable clothing. Session I: Grades 6-8 (Middle School) Monday-Friday July 21-25, 10 a.m. to 3 p.m./ Session II: Grades 9-12 (High School)

No passport required for Travels With Clay, July 28-31 (for ages 11 to 15). Instructed by Geri Seibert and Amy Kitchener, teen potters will explore different cultures with hand built or wheel thrown projects, from Japanese sushi set and raku tea bowls to Mexican spirit masks! All Blue Heron Pottery classes are held at Beall Greenhouses.

Teen Summer Stage, for ages 14 to 18, happens August 4-14, 10 a.m. to 2 p.m., when Cornish theater graduate, Noah Benezra teaches physical theater games, improvisation exercises and more. Teens will dramatize their own stories in a celebration of individuality while learning new skills in a high energy, supportive and growth-provoking theater environment. Performance will take place Thursday, Aug. 14, 7 p.m., at the Blue Heron.

Benezra, who worked with Island teens last summer, recently completed his BFA in theatre, with an emphasis on original works. He has taught theatre classes at Monroe Men's Prison and worked with

Turtle Theatre Collective, a theater program for Seattle at-risk youth. Benezra is assistant director for Q.T.E.T., a Washington Ensemble Theatre teen theatre program.

Marita Ericksen will teach Musical Theater Camp for ages 11 to 15, July 7 -10, 1 to 3 p.m., at Blue Heron Art Center. Participants will learn some of Broadway's best, practice vocal techniques and read 2-3 part harmony. Repertoire will include songs from: *Newsies*, *Little Women*, *Hair Spray*, *Into the Woods* and more.

Art camp for young teens, ages 10 to 14, is still open for Aug. 11 - 15, 10 to 2 p.m.

Campers will work with a different artist and medium each day including glass bead making with Virginia Sager and copper work with Ivonne Escobar de Kommer.



Photo caption: Teens performed *Stories from Vashon* last summer. Cornish theater grad, Noah Benezra returns to teach summer theater for teens at the Blue Heron in August.

Monday-Friday, Aug. 18-22, 10 a.m. to 3 p.m.

Blue Heron Dance and Movement camps for teen dancers start in July. Intermediate Ballet (Ballet 4, 5, 6) meet Tuesdays and Thursdays, July 8 to Aug. 21, 6:30 to 8 p.m. Pointe will also meet Tuesdays and Thursdays, July 8-Aug. 21, from 8 to 8:30 p.m., in the Blue Heron Dance studio. Instructors are Jill Adomaitis & Christine Juarez.

Photograph all around the Island with professional photographers, Ray Pfortner and Christine Beck, For ages 12 to 17, Monday through Thursday, July 21-24, 10 a.m. to 2 p.m., you will shoot and critique one another's work. Photo Camp is open to any teen with any type of digital camera, whether point-and-shoot or single lens reflex (SLR). Remember, the camera doesn't make the photograph – the photographer does!

## Lighthouse Theatre offers Drama Therapy Training

by Bev Pierce

Lighthouse Theatre is offering a free training on Playback Theatre on Saturday June 21st at 2pm at the Vashon United Methodist Church. Playback Theatre is an improvisational format based on true stories solicited from the audience. Actors use a variety of playback methods incorporating movement, sound effects, props, and dialogue to re-create the essence of each story. The workshop presentation will help train actors, students, and others who are

interested in learning some of the methods and formats of Playback Theatre.

The workshop coincides with part two of an introduction to drama therapy class, taught by Deb Pierce. Students from the drama therapy class will be teaching theatre games later on Saturday and Sunday afternoon. To participate in either of these events, or for more information, send an email to [deb@lighthousetheatre.org](mailto:deb@lighthousetheatre.org), or call Lighthouse Theatre at 206 686-4325.

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## Tiger Rising at Café Luna

Tiger Rising consists of three accomplished musicians living on the Big Island of Hawaii. Stephen Cline, Andy Rising, and Jessica "Tiger Paw" Marcus each play a wide range of instruments and together have developed unique and original blends of acoustic music. The group perform at Café Luna on Saturday, June 28 at 7:30pm.

with additions of improvisational cello and a slack key tuned guitar. Sometimes the experiments follow the incorporation of an unusual instrument, like the 12 string laud that Stephen found hanging on a recording studio wall and then used for a folk type ballad. Or it might be one of Andy's songs written for one of the harps he plays: the 23 string and the 10 string King David's harp.

As one might imagine, Tiger Rising has a tough time answering the inevitable question: What kind of music do you play? Someone once suggested it be called Chamber Folk...which may be as accurate a classification as possible. Whatever it's labeled, it's lovely stuff.



Tiger Rising, courtesy photo.

Because the musicians come out of varied backgrounds (classical, rock, Latin, folk, religious, Celtic, to name a few), the mixing of styles was the band's immediate focus for creative exploration. Each of the members composes, so the starting point of each tune originates in the genres that that player knows best, and then morphs with the additions. Thus a tune like Jessica's playful Kids in Kau features a theme developed on the African kalimba,

Tiger Rising's CD, *The Shore Calls the Sea*, has been described as "a luscious sonic banquet" and can be purchased at performances, local shops, or such online sources as iTunes, digstation and cdbaby. Besides larger venues, Tiger Rising also enjoys performing in the more intimate settings of House Concerts. For booking information or CD sales, contact them at (808) 896-5297, or 938-5869 or e-mail [shcline@hotmail.com](mailto:shcline@hotmail.com), or visit [TigerRising.com](http://TigerRising.com).

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