

In this issue: Kathy Abascal asks, “What Price Beauty?” Ed Swan asks, “What’s a Goatsucker?” the return of Women, Women and Song and much, much, more!



Multi Age
Class Says
Thanks
page 10



Make a Splash! Swimming
and water safety lessons at
free and reduced rates made
available to Vashon youth.
page 16



Eduardo Mendonca
kicks off the World
Music and Dance
Festival Aug. 9
page 19

THE LOOP

Vol. 5, #14

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM July 4, 2008

Zoomies New owners bring teriyaki to the Vashon masses



Vashon's favorite burgers and ice cream place is under new ownership, and customers are in for a treat. On her very first day, Kelly Hwang lugged in a few gallons of her father's secret teriyaki sauce, marinated some deboned chickens, fired up the rice steamer, and sold out within a few hours as word of the new menu addition spread around the Island. Kelly's father Don Hwang is credited with introducing teriyaki to the Puget Sound back in the 80's. His first store, Happy Teriyaki, was next to the Renton Boeing plant, and at lunchtime aerospace workers formed a line past the hangars to get their fair share. Kelly remembers

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Postcards from Vashon

by Catholine Tribble

Postcard views of Vashon are framed with our car windows as we drive around Vashon. We see postcard views out our kitchen windows as we wash the dishes. As Pat Stougard says, “My Backyard has all that’s wonderful about Vashon-flowers, animals,

Continued on page 19



The back of this year's quilt,
courtesy photo.



Janice Randall and children inline skate and bike their way along the parade route. Unfortunately, grayscale doesn't capture the Festival spirit of Janice's intensely bright strawberry red dress (and The Loop can't afford color printing.). Photo by Matthew Mosteller

Strawberry Festival Memories

by Janice Randall

The very day I moved to Vashon Island, I landed at the Tahlequah ferry terminal, next stop the VFW Hall to attend the first of many VAA Art Auctions. I remember looking around the boisterous room thinking, “Soon I will probably know a lot of these people.” I was right. Since that memorable night it seems I've marked my time on Vashon by celebratory community events.

Strawberry Festival is another of my favorite times on the Island. Some old-timers may scoff at the notion of going to Festival, but after fifteen years, for me the glow is still on the strawberry. I'm proud to say I've only had to miss one Festival weekend and that summer wasn't quite the same.

Continued on page 4



Molly the Wonder Dog, enjoying the afternoon with the Fender Telecaster guitar autographed by Pearl Jam. Molly is a beloved Island dog used for years in learning programs in the schools and also for physical therapy. Now 15 years old, she is a beautiful, very patient elder in Vashon's dog community. Photo by Ric Peterson.

FUR BALL Offers Unique Treasures

by Tom De Felice

Tom Petty, Bonnie Raitt, Aerosmith, Cameron Crow, Aimee Mann, Suzanne Vega, Marc Cohn, Grandaddy, Sheryl Crow, and Pearl Jam are all coming to Vashon Island this summer! OK, they are not coming, but their autographed memorabilia are.

Continued on page 19

Experience the “Mosquito Fleet” Years

by Bruce Haulman, Island historian

The National Historic Landmark Steamer Virginia V is the last of the wooden hull passenger steamers that were called the “Mosquito Fleet” because they swarmed over Puget



The Virginia V coming into dock, photo by Bruce Haulman.

Sound like mosquitoes. The Virginia V's home port was Lisabuela and for much of the 1920s and 1930s, she carried passengers, mail and freight on the West Pass route. Cont'd on page 18

Wednesday Farmer's Market

The Wednesday market opens 2-5PM on July 16, giving a second chance each week to buy Island created produce and farm goods. This year we will be overlapping with the Tunes at Noon program which will run from 12-3 in the Village Green.



George Page, a “cornerstone” of last year's Wednesday market, buying wine from Ron Weston. Photo by Ralph Moore.

Get in *The Loop*

Submissions to the Loop

Do you have an event 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.

Senior Center this Summer

Splash: Active Older Adults Swim Program, Monday - Wednesday - Fridays, 3:30 - 4:30 PM at King County Park's Outdoor Pool. \$2.50 age 62 and better. Dates: July 2, 7, 9, 11, 14, 16, 18, 23, 30; August 4, 8, 18, 20, 22, 25, 27, 29.

Bocce Ball: Tuesdays, June 24 - August 5th, 10:00 - 11:00 AM @ Ober Park. Canceled on Rainy Days!

Current Events Discussion Group: Speak your mind & explore new perspectives! 2nd & 4th Thursdays Monthly, 1:00 - 3:00 PM @ Vashon Senior Center. Facilitated by Gary Knutson.

Dining With Friends: Monday - Wednesday & Friday, 11:45 AM. Serving warm friendship, companionship & compassion! Spiced with bubbling laughter and shared memories! Garnished with a decent affordable meal. Suggested donation: \$3.50. Check out the new twist to Dining w/ Friends: July 18 - August 29, "Lighter Fare" Fridays, prepared by volunteers! Suggested donation: \$3.50.

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

Canoe Article Errors

Due to a series of unfortunate circumstances, for which I take sole responsibility, several grievous errors were made in my article about the Blue Heron canoe visit to the Low Tide Celebration in the last issue of the Loop. My sincerest apologies to Captain Joe Wubbold, the caretaker of the Pt. Robinson lighthouse, who did such an admirable job representing the Vashon community on that occasion. He is President of the Keepers of Point Robinson, a volunteer position with the Vashon Park District supervision responsible for maintaining the entire park. This includes recent restoration of the Keeper's Quarters, other buildings and numerous other improvements that together generate substantial funds toward the costs of administering the park. His charm, wit, and cleverness have played a major role in making that park so extremely successful.

The quote that I wish had been in the unrevised copy of the story was the canoe skipper's comment about his crew having 'flat bottoms', in keeping with his comment that "The hardest things about paddling the canoe are the seats." -- Rex Morris.

Museum Open Summer Sundays

The Vashon Maury Island Heritage Association is pleased to announce that the Island Heritage Museum will be open on Sundays during the summer, from 1pm to 4pm. This is in addition to the Museum's regular open hours on Wednesdays 1pm to 3pm and Saturdays 10am to 1pm. Admission is free, and donations are always welcome. The Museum is located at 10105 SW Bank Road.

Exhibits feature all aspects of island history, including Native American culture, maritime heritage, agriculture, and the Island's many historic communities such as Dockton, Magnolia Beach and Burton. The gift shop offers history books, cards, maps and other items, including tickets for the upcoming Virginia V cruise (\$60 for VMIHA members, \$75 for non-members). More information about the museum can be found at www.vashonheritage.org.

The Heritage Association is always looking for new volunteers to help staff the museum and expand open hours. Contact Yvonne Kuperberg for information about volunteering, at ykupe@raincity.com or 567-4005.

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

At "Common Ground" behind AJ's Espresso, formerly "Old and Funqui"

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Tall Ships Photo Contest

In celebration of the Tall Ships' return to Quartermaster Harbor July 2nd, Vashon - Maury Island Heritage Association is sponsoring a photo contest!

The ships will be in and around Island waters for several days, during which time we can enjoy and recall the not so long ago age of steam and sail - remembering the Mosquito fleet, our huge drydock, canvas sails and Pirates' cove!

Join the adventure and capture it with your camera (or cell phone.)

Send us your picture and you could win a prize!
Contest Particulars:

- 1) Only amateur photographers eligible.
- 2) Limit two entries per person
- 3) Entries accepted July 2- July 26
- 4) Entries to be no larger than 8" x 10" Prints (companion digital file appreciated, if possible)
- 5) Entries may be dropped off at the Museum at 10105 SW Bank Road during our open hours (Wednesdays 1-3 and Saturdays 10-4 and Sundays 1-4)
- 6) Entries must include photographer's name and contact information.
- 7) You may designate entry category (except People's choice) or the Judges will choose the category for you
- 8) Entries will be showcased at the Museum beginning on the First Friday Gallery Walk August 1st and then throughout August.

- 9) All category winners except "People's Choice" will be selected by a volunteer panel of judges. Visitors to the Museum through the month of August may vote for their "People's Choice" favorite.
 - 10) There will be nine contest categories, including: Portrait, Seascape, Ship, Special Effects, Sunset, Children, Animal, Classic (older Tall Ships photos taken prior to this visit) and "Cell Phone" (Remember to hit Save!). A "People's Choice" overall award will be chosen from these categories.
 - 11) All entries must be Tall Ships related.
 - 12) The Museum will host an Awards ceremony in late summer, on a date yet to be announced.
 - 13) All entries become the property of VMIHA. Thank you for helping us preserve this historic event!
 - 14) Have questions? Please email admin@vashonheritage.org or call VMIHA at 463-7808.
- Prizes courtesy of: Francisco's Barber Shop, Pacific Potager, Red Bicycle Bistro, Relaxation Station, Vashon Veterinary Clinic, Zanzibar Chocolates, Macrina Bakery, Perry's Vashon Burger, Vashon island Coffee Roasterie, Vashon Theater.



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, July 11



HOME TEAM REALTY

Happy Strawberry Festival!

Happy Strawberry Festival! This is Marie's 35th consecutive Festival. In 15 more years, she wants to be Grand Marshal. Please make a note.

Our office will be closed Saturday and Sunday, but we'll be around. Troy is organizing the Festival music this year - and his band Loose Change is playing at the Beer Garden Friday night and in Ober Park Sunday afternoon. If you have a sudden urge to buy a house, swing by one of those venues or give us a call.

Located by the Commercial District



18008 Vashon Hwy SW

This conveniently located single level house has been updated and is move-in ready! Refinished hardwood floors in the living room, knotty pine paneling, fresh carpeting, new roof and paint throughout. Zoned R4, on public sewer and water, bordering the commercial district of the town of Vashon **\$449,000**

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Strawberry Festival Memories

Continued from page 1

The first few Festival years, I accompanied my young son in the children's parade, his bike festooned with streamers. He ran gleefully in the cool spray from the Vashon fire trucks and busked with his violin for spending money. We shared lots of time at the Carnival spinning 'round and dipping upside down until our stomachs couldn't take any more. Then we would head for the curly fries, shade and music at Ober Park, where he played longer on the old wooden play structure than any other kid I know. And we always rode the little train that loops down Vashon Highway and stops along the way with a story from its eccentric driver.



Festival goers enjoy the Ober Park craft booths, courtesy photo.

My son and stepdaughter inevitably evolved into wiling away Festival weekends with friends, spending allowance money on treasures and treats from street vendors. He even sold blinky lights a couple of Festivals to cover his expenses. Both kids quickly graduated from the children's parade to the main parade and for several years they recruited friends to join us for rollerblading, biking or scootering in all sorts of silly costumes along the route with the Blue Heron Quilt. Tossing candy while staying upright on our rollerblades was always a challenge but well worth the smiles.

By this time they were old enough to enjoy Festival's night time fun, my favorite, dancing to Portage Fill and The Great Divide. Where I grew up, street dances just don't happen. There's something special about dancing with wild abandon in the street to the classic sounds of these great Island musicians who tirelessly show up every year for our enjoyment.

Then there was the magical year my husband won the beloved Blue Heron quilt. Just so happened the quilt theme was 'celebrations' and I was quilted on the back, life-size in roller blade regalia thanks to the mischievous, creative Catholine Tribble. My husband couldn't stand the thought of that quilt belonging to anyone but him, so he bought a bunch of tickets (who knows how many) and I will always remember the breathless moment when the child pulled his name out of the hopper. I've never been speechless, but that day I was. And the quilt now hangs in an honored place in

our home forever. I slip sometimes and call it mine, but my husband gently reminds me it is definitely HIS quilt.

I watched the crafts at Ober Park get better every year. Now, the whole park is devoted to Vashon crafts and Festival has become a celebration of Art as well as music. I love to dawdle and chat at each booth and each year buy one special item. Last year I purchased one of Gordon's beautiful silver bells; but I surely earned it thanks to Bill Burby...

I decided to try the Bill Burby 5k fun run. Don't know what I was thinking, but it seemed like a good idea at the time. I'm active. I rollerblade, ski, play tennis, surf. How hard could it be, right? Wrong. I didn't exactly 'train' for it, but I walk about a mile every day and my dog forces me to speed-walk at times. I even walked the course in advance so there wouldn't be any surprises.

Race day arrived. I was ready. My dear husband made me my usual blue berry smoothie and while we waited for the big race to begin, he brought me a tall double mocha to fuel my run. Good intentions pave the way to hell. Isn't that how it goes?

The shot went off and so did we, a hoard of runners sprinting in the morning sunlight all hoping to place first, or at least in the top few of our age or gender division. About a quarter mile into the run, my stomach began to talk to me and it wasn't saying kind things. As I slowed to a jog and watched the backs of my fellow runners disappear into the horizon, I determined to maintain my pace. But the hills became mountains; sweat poured off me and I thought I would surely throw up at any moment. It was excruciating.

Finally, finish line in sight, I rallied and smiled triumphantly at my husband who waited there, camera in hand. Although I didn't rank first (either in my age division or gender—in fact not even close) it was a personal victory for me to finish the darn thing and I earned a T-shirt and a beautiful silver bell as a reminder of my efforts.

As I lay red-faced on the grass recovering, I decided next year I would listen to more music, spend more time at the craft booths and leave the race to those stalwart souls who are committed to the run. So that's where you'll find me at this year's Festival, riding the little train, lying on the grass listening to music with a platter of curly fries and perusing the crafts.

Celebrate Vashon; experience all it has to offer. There really is something for everyone to enjoy. See you all there!

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I Love a Parade!

Here's the scoop from J.R. Crawford, Grand Parade Coordinator.

Date: Saturday July 12, 2008
Time: 11:00AM
Location: Downtown Vashon Island

Don't miss out on participating in the Grand Parade. Applications are available now at www.vashonchamber.com or www.Vashon.com or stop by the John L. Scott Village Center office and pick one up. There is no entrance fee. Our theme this year is "Ferry to Fun" and floats and animals (with pooper-scoopers) are encouraged. If you have any questions call J.R. Crawford at 206 954-9959.



Luanna Beach families march together in a past parade. Courtesy photo.


Traditionally the Kiddie Parade is just prior to the Grand Parade and entrants should meet at the Methodist church at 10:30AM. After the Kiddie Parade parents can pick

up their children at the playground at Ober Park (at the end of the parade route) or may accompany their children in the parade.

Remember, the Vashon Highway parade route closes at 10AM, NO exceptions! Why not park your parade entry in advance and go to the Kiwanis Pancake Breakfast prior to the parade! Line-up spaces start at the PSE driveway and should be marked by 7:45AM with your organization's place in the parade, and there is limited parking available if you carpool (special pass required; must be used prior to road closure).

Great parade viewing can be had at the beginning of the route in front of Kathy's Corner and the Chevron. See all yours friends **B E F O R E** they're tuckered out!

And thanks to Grand Parade sponsor John L. Scott Real Estate, Vashon. See you there!

 Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 11**

VoV Brings you the Strawberry Festival!

by Michael Golen-Johnson

The Strawberry Festival is the one surefire occasion during the year when the Voice of Vashon can be seen as well as heard. Our usual Information Booth on the northwest corner of Bank Road and the Highway by the US Bank will be manned with our volunteers,



Jeff Hoyt covers a past Festival for VoV, photo by KotaGraph.

peddling VoV paraphernalia and CD's, collecting names and pertinent information from Islanders who want to become involved in VoV and chatting up VoV to anyone who will listen. Festival maps and other information will also be available at the Voice of Vashon Information Booth.

Also, as usual, our deejays will be playing music, conducting interviews and emceeing shows of local talent from our big stage in the US Bank parking lot. Voice of Vashon will broadcast live on Saturday and Sunday in Vashon Town on 89.1FM, as well as on VoV's website, www.voiceofvashon.org and VoV-TV Comcast channel 21.

This year, Voice of Vashon will be doing something brand new! For those people who find it challenging to get downtown and watch the parade, or don't like crowds but still want to see those wonderful marching Thriftway carts...This year you can! Voice of Vashon will be televising both the John L. Scott Main Parade and the NAPA Vashon Auto Parts Antique Car Parade – LIVE on VoV-TV, Comcast channel 21! Now you will be able to watch everything as it happens without having to find parking!

Saturday at noon, our veteran parade announcers: Jeff Hoyt and Jeannie Dougherty will call the Grand Parade as it flies past their perch. On Sunday, Stu Luhr & Paul Engels will announce the Antique Car Parade with their customary verve and humor. Ober Park and Pandora's Box will relay both parades from beginning to end.

And if you missed any of the Festival...portions of the two-day celebration, including both parades, will be rebroadcast on VoV-TV, Comcast channel 21 frequently during July and August.

Car Parade

From Mini Coopers to Corvettes, from Mustangs to antiques the cars will be here! This year's Classic Car Parade, sponsored by Vashon Auto Parts/NAPA will again be on Sunday, beginning at NOON. The Show and Shine after the parade will be in the Vashon Auto Parts lot on 100th Ave SW. Classic cars, beer garden, beach music and "Dyno-Runs". Yes, Dyno-Runs are new this year. Vashon Auto Parts and Jet City Tuning will be offering the Runs for \$75.00. Participants will be asked to guess their rear wheel horsepower. The closest to the actual readout will receive their session free! The vehicles will stage around Puget Sound Energy, go up Beall Road, through the intersection at Bank and the Highway, around the detour and down Vashon Highway



Festival goers check out a classic truck. Courtesy photo.

to the Theatre and on to the Vashon Auto Parts parking lot. The applications for the parade are on the Chamber of Commerce's website at www.vashonchamber.com click on the Strawberry Festival link on the left side and scroll down to the pdf's of the applications. Print out your application and get it to the Chamber office ASAP. The cars will be on view until 5 pm, come on by!

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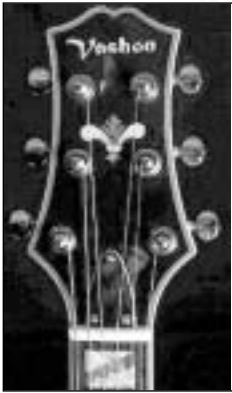
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Kiwanis Present All You Can Eat Pancakes

The Vashon Kiwanis club is again holding it's Annual Strawberry Festival Pancake Breakfast Fundraiser on both Sat and Sun mornings. Saturday from 7 am to 11 am and Sunday from 8am to noon. All you can eat pancakes for a mere \$7 per adult and \$5 for youth 12 and under. Proceeds go to more than a dozen Island groups and individuals each year. Pre sale tickets available, call 954-9959.



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Don't Forget the Birds

What's a Goatsucker?



by Ed Swan

Twice in the last month I've heard the weird "bee-ernt" call of the Common Nighthawk. The call resonates strangely because it uses sound frequencies as a way to echo locate the bird's insect prey. The first time I heard it, the long evenings just before summer solstice provided enough light for me to see the distinctive erratic flight of this long, thin-winged species high in the sky over a line of Douglas Fir. Another identifying characteristic of these brownish-gray birds consists of a bright white bar from front to back across the wings just outside of the crook in the wing.

Common Nighthawks belong to the family Caprimulgidae, popularly known as goatsuckers. The birds of this group feed mostly at night or dusk and dawn, possess distinctive or strange calls

and have large, gaping mouths with small beaks for in-air capture of insects. These factors helped create an active set of superstitions and legends around these birds in many cultures in the Americas and Europe. Other birds in this family that inhabit



A Common Nighthawk roosts on a branch, photo by Jim Rosso.

Eastern North America include the Whip Poor Will, Poor Will and Chuck Will's Widow, all named for their calls. The name goatsucker comes from the old British superstition that this group of birds with wide mouths would suck goat teats dry during the night. In the American South, Common Nighthawks received the appellation of "bullbat" from their bat-like flight behavior.

Habitat for nighthawks consists of any sort of open area: beaches, prairies, rocky areas, sagebrush, grassland, open forests and even cities. Their population in the Puget Sound area likely changed dramatically after Europeans cleared the thick woods of Western Washington. Prior to that clearing, they likely inhabited the shorelines and prairie areas of Pierce and Thurston Counties but not the deep woods. By the early 1900's, nighthawks were common breeders in the Puget Sound region. In 1925, E. A. Kitchin found over 200 nests in the burned over clear cuts near the Tacoma Narrows. In cities such as Tacoma and Seattle, many nests were found on top of gravelly, asphalt flat roofs of buildings that mimicked naturally occurring shore or prairie gravel habitat.

The current population in Western Washington appears in decline over the last thirty years. No

definitive causes have yet been found. On the other hand, the clear cuts and burnt over areas of the 1900's no longer exist as development expands outwards from the cities and a strict fire control regime rules. In the cities, building techniques changed over time such that smooth, unattractive-to-nighthawk roof tops predominate. Where proper roof tops remain, a rise in the gull population from increased garbage has led to an increase of nest predators and competition for nest space as the gulls also like such locations. Researchers note a decline across the continent in nighthawk numbers that seems to occur as pesticide use expanded, though no direct link as yet exists.

On Vashon, one or two June sightings each year as the nighthawks move into the region provide the only recent records. Joy Nelsen found a nest on Maury Island in 1998, the last proof that they at one time nested here. This year, many observers noted nighthawks over the space of a few evenings. Gary Shugart even heard the "boom" that nighthawks make with the vibration of their wings in a mating display dive.

Only a few other interesting sighting came in during June. John Arum saw a MacGillivray's Warbler on the south side of the Island Center Forest on June 8. I also heard one by the north end ferry park and ride on June 5. Kip Schwarzmiller reported a meadowlark at the south end of the Wax Orchard airstrip on June 8. On June 10, a late Common Loon swam in Tramp Harbor and a very late Horned Grebe continued to stay on the Quartermaster Harbor side of Portage. One was seen there for much of last summer, maybe this bird has foregone breeding this year. If you have a question, interesting sighting or photo of local birds, call me at 463-7976 or email at edswan@centurytel.net. If you have summer visitors interested in a guided bird tour of Vashon, I'm available for hire.



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Tall Ships prefunc in Dockton, hosted by Vashon Rotary courtesy of Paul Stoddard. Visiting sailors enjoyed music by Loose Change, Geordie's Byre and Just Fiddlin' hot dogs and hamburgers, and occasional lightning.



Great Cars, Music, Food and Beer

This year's Strawberry Festival Beer Garden will again take place in the Vashon Plaza parking lot, thanks to our gracious hosts Shawn and Kathy Hoffman, who have invited us back. We will again be sharing the same location with the Kiwanis Pancake Breakfast, serving the Island their legendary all-you-can-eat food fare, both Saturday and Sunday mornings.

The Beer Garden will be open from 5pm to midnight Friday, and 1pm to midnight Saturday. There is a \$5 cover charge each day to enter, allowing unlimited daily access, while still enjoying the Strawberry Festival. You must be 21 to join us. Please be sure to have a valid WA state license or ID card each time you wish to enter. There will be NO admittance without valid ID, no exceptions! The tradition of no money exchanged within the Beer Garden will be continued—you may purchase tickets at the entrance good for both food and drinks.

Also continuing a 10+ year tradition, our friends at Western Beer Distributors are back again as our sponsor. Our beer offerings this year include MGD, Miller Lite and Hefeweizen. We will also be serving Copper Ridge wines, Zima malt beverage drinks, and bottled water. We're very happy that our own Back Bay Inn has graciously favored us with a return engagement this year, providing food offerings for the Beer Garden.

Last year's pulled pork sandwiches were a hit, and we can't wait to see what they've cooked up for us this year!

We have live entertainment both nights. Friday, come party with us as Loose Change kicks off the festivities with a great night of

music. Lady "A" & the Baby Blues "Funk" Band will get things going on Saturday afternoon, then Bill Brown and The Kingbees will again rock us through the night on Saturday.

We are pleased to announce there will be some exciting new changes to this year's Beer Garden. Do to the overwhelming number of requests over the last few years; we are increasing the footprint of the Beer Garden by 50%! This will mean more room to come party with us. The biggest change is something we are very excited about, and think you will be, too. Following the Classic Car Parade Sunday morning, which will end in Vashon Plaza parking lot, Vashon Auto Parts will be sponsoring the new Vashon Island Strawberry Festival Car Show, adjacent to the Beer Garden. And for the first time, the Beer Garden will be open on Sunday; from noon to 5pm. Stu Luhr has been working tirelessly throughout this last year to bring us a great afternoon that's not to be missed. We'll have live music with the Dick Moritz Surf Band on hand to keep us movin' through the afternoon. A lot of great cars, music, food, beer, and a few surprises. It promises to be great fun for the adults, as well as the entire family. Come join us and begin a new tradition, one we hope will be part of Festival for years to come.

Jodi Warren, Beer Garden Diva



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Wine and Jazz at Windermere Real Estate/Vashon

This year we welcome the Person Hobson Trio to the 5th Annual Wine and Jazz Fusion event sponsored by Windermere Real Estate/ Vashon. Saturday afternoon starting at 3 pm and lasting until 7pm enjoy tasting a variety of wines and nibbles from the Back Bay Inn. The event is located in the Windermere parking lot across from Ober Park.

The cost of the event is \$20 per person, which includes wine tastings and foods to put with them. Glasses of wine may be purchased for five taste tickets. Wine may be purchased by the bottle or the case and may be picked up after the roads open. This event has grown each year and has become a lively community event.

ACROSS

- 1 Voucher for a small debt

5 Upper body muscles

9 Association (abbr.)

13 Air (prefix)

14 Association (abbr.)

15 Blessing

16 Proximo abbr.

17 Cold

18 Raw

19 Getting into shape

21 Mesh pattern

23 Recession

25 Thrown off
- 26 Ship initials

29 Star ____

31 Kellogg's waffles

34 Wipe

35 Fabric

37 Ardor

39 Protrude

41 Before, poetically

42 Confuse

43 Opaque gem

44 Michelangelo's famous statue

46 Adam's wife

47 Wand

50 Roman emperor

- 51 Head motion

52 Asian dress

54 After-bath wear

56 Head scarf

59 Silver State

63 Tub spread

64 Class

66 Cain killed him

67 Dynamic pairs

68 Plant louse

69 Transaction

70 Indent

71 Eye infection

72 Swirl

DOWN

- 1 Captain (abbr.)

2 Celebrity

3 Flatten

4 Poison

5 Pounds per square inch

6 Sports channel

7 Deals with

8 Grass cutting tool

9 Shortened

10 Saturate

11 Tender

12 North northeast

14 Goat fur

20 "____ Dame"
- 22 Limb

24 Tonal

26 Convex shape

27 Stews

28 What a dropped melon does

30 Muslim sacred text

32 ____ days (long ago)

33 Salute

36 Not ever

38 Depend

40 USSR's problem policy

42 Mud brick

45 Took the wrinkles out

48 Trend

49 Brawl
- 53 Unfitting

55 Duck

56 Sad

57 Billions of years

58 Livid

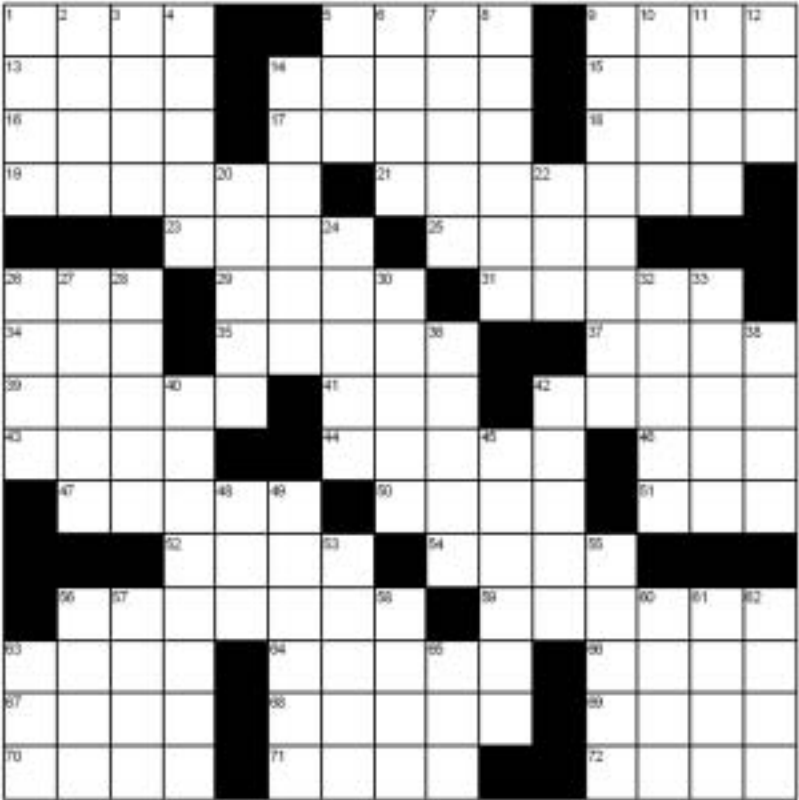
60 Upon restful furniture

61 Kaput

62 Member of an alliance

63 Cooky

65 Knot





Spiritual Smart Aleck

Rehearsing the Past, Singing the Present

By Mary Litchfield Tuel

Women, Women & Song got together for a rehearsal today.

This simple declarative sentence may not mean much to you, so I'll fill you in on the background.

Women, Women & Song was a trio consisting of Libbie Anthony, Velvet Neifert, and yours truly. We played and sang our way through the 1980s, disbanding in 1991. We were described as "tender, corny, and hilarious," among other things. We had a lot of fun, and when the fun ran out, we disbanded. That was in 1991.



Women, Women & Song then (1989)

We've had a few reunion appearances, and recently were asked to come together, one more time, to play a set at the Strawberry Festival this year. After thinking about it a few days, we all said yes.

We had to think about it because, darn it, we aren't as young as we used to be. We don't remember all those songs any more, although we seem to remember the ones we sang most often, like "Island Life," and "I Won't Wait to Be Happy," and "What's for Dinner."

We have doubts about our voices now. We can feel and hear a difference, even if other people can't. My voice, for example, sometimes cracks like a teenage boy's. I don't have as much air as I used to. In a trade-off, I can sing lower notes than I used to.

There are other changes: we all wear glasses now. Velvet's hair is an elegant white, and mine is "more salt than pepper." Libbie is a blonde, though a few months ago she had black hair with white highlights.

Velvet is the center of her large extended family, and has kept singing, in groups and as a solo, over the years.

Libbie is a legendary director of Island musicals, using her gift for

bringing people together to work for a common goal, and giving a generation of Island children their first taste of "the theatah, the dahnse."*

Me, I write this column for the local alternative newspaper, have the joy of my own extended family, and occasionally pick up my guitar and sing.

One of the first things we did when we sat down together was compare the arthritis lumps on our fingers. Whoopee.

Then we worked out a rehearsal schedule. Velvet lives off-island now, although not far off-island, but plans must be coordinated.

Then we talked about which songs we wanted to sing.

Then, the moment of truth: we sang a song. We started with "I Won't Wait to Be Happy,"

probably because we always started with that, and after a couple of false starts and a little throat-clearing we made it through pretty well.

Then we sang about ten more songs, and most of them came together well, especially as we warmed up. It was sweet to hear the old harmonies again, once we



"...and now (2008). Left to right, both photos, Velvet Neifert, Libbie Anthony, Mary Litchfield Tuel."

remembered them. Remembering all the words was harder. Fortunately, I have many of my originals in hard copy.

The hardest thing for me was figuring out the chords to use for "The Key of 'R.'" This is one of Libbie's songs which has been picked up and passed around the folk music world. Libbie does not play guitar anymore, so she and I sat and sounded out chords that would fit into the "key of R-flat-minor-seventh-diminished, with a dominant ninth" progression. We think we got it, but now my thumb hurts. Stay tuned for further thoughts on this.

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We have a few more rehearsals, and then, on Saturday, July 12, at 1:45 in the afternoon, we'll get up on the Ober Park stage and we'll do it again, like we used to, only older, and wiser. We invite our old friends to come out and join us, and

we'll all sing together about "Island Life," and "The Way of Sex," and a few other things. You won't want to miss that.

**"The theatah, the dahnse," is a Betty MacDonald phrase, but I forget from which book.*

Lavender Tour Benefits Youth Council

by Elsa Croonquit

The 6th Annual Lavender Farm Tour on July 19th and 20th 10a.m.-5p.m. will benefit the Vashon Youth Council, a nonprofit association that provides resources and opportunities for Vashon youth. Vashon Island Lavender Grower's Association (VILGA) will open three farms for the tour. Fox Farm located at 17232 107th SW, Lavender Sister's Farm located at 16335 Crescent Drive SW, and Lavender Hill Farm at 10425 SW 234th St. Tickets, available at the farms are \$5 for adults. Youth 18 and under free.

The Lavender Tour is the one time of year that all three farms are open to the public. Lavender Hill Farm is open for U-Cut lavender daily from early July until mid-August. Farms will offer a variety of local musical entertainment, kids and adults lavender crafts, garden art presented by nationally known local Vashon artists, talks and demonstrations on lavender use, lavender essential oil distillation, culinary lavender secrets, gardening, and lavender bunches for sale.

"Because of the addition of generous sponsors to this year's tour we are very excited about the ability to reduce our carbon foot print by

offering a complimentary shuttle that will run from the north end ferry dock, to each farm, down to the south end ferry and back. This gives people a chance to tour all the farms and see our beautiful island," said Merrilee Runyan, a VILGA member. Lunch, snacks and lavender lemonade will be available

for purchase from local island vendors and restaurants at each farm.

VILGA is a non-profit association. Its mission and primary purpose is to promote the growing of lavender and local sustainable agriculture, by creating a community celebration.

Vashon Youth

Council is a community-supported, intergenerational association that provides resources and opportunities for Vashon youth to manifest their dreams through learning, mentorship, and empowerment.

This year Tour sponsors are John L. Scott Real Estate, Vashon Maury Island Beachcomber, Washington Mutual Bank and The Vashon Pharmacy. For more information about the tour see: www.vashonlavender.com.



A young visitor enjoying the fields at last year's Lavender Tour. Photo courtesy of Christine Beck.

We've Got a Lot of Kids

No More Pencils, No More Books

by Kevin Pottinger

The kids are out of school for the summer. My wife Maria and I have planned lots of interesting things for them to do.

My plan: I thought the kids could all get armloads of books from the library, possibly even riding their bikes to the library to get them, and read great books all summer. A good sport, last week Maria obligingly took the kids to the library in the minivan and helped them pick out tall stacks of books. All of her picks are superb; lots of bright pictures and few words for the younger kids, funny books for reading aloud at bedtime, and cool books about Star Wars and a Magic Tree-house for our oldest, who has recently and regrettably decided he hates books and thinks reading is stupid.

I have a series of well-thumbed memories of summer, of reading fascinating books on hot afternoons, pulling crude homemade hydroplanes tied to my bike with playing cards clothes-pinned to the fork, and walking to the store barefoot with my little brothers to buy popsicles wrapped in wet, sticky-white waxy paper. We'd eat the popsicles on the way home, walking on the cool green grass of the parking strips while "Summer in the City" and "Draggin' the Line" whined on my tinny transistor radio.

I would often ride my bike to the library, cool and dark and smelling of old books and floor wax, while the brilliant summer day exploded outside. One summer I read all of The Freddy the Pig books that the library had.

The trouble with my plan, to have our kids relive favorite parts of my life for me, is that most of our kids can't read at all yet, and only one can ride a bike without training wheels, and anyway we wouldn't dare let him ride in traffic on the road to the library by himself. Plus, all of our kids have Kelvin-zero interest in sitting in the hot sun with a stupid book in their hands, when they could be punching each other, or making a paste out of sidewalk chalk and rubbing it in their hair, or bouncing a basketball off of the roof, or each other's heads.


Maria has a master's degree in social work with a focus on Early Childhood Development. Obviously, I lose pretty much every argument she and I have about what to do for our children. It's hardly a fair fight. Any idea she proposes involving the children's welfare is usually well thought out, and often the result of decades of intensive scientific study, that she learned in

graduate-level courses at a prestigious university. Not thought of on the spur of the moment in a grocery store parking lot. Like mine.

For this column, I interviewed Maria about her plans for the kids over the summer. Her sensible choices involve a mix of physical and mental stimulation and creative, age-appropriate play: swim lessons, basketball camp for our oldest boy, boxes of board games and puzzles of varying complexity for rainy days, vacation bible school, ceremonial trips to Chuck E. Cheese, daily play-dates with friends, creative work in our recently renovated Art Room, and from time to time, Golden Circe access to Maria's secret collection of the best and most valuable toys, that remain hidden somewhere in the house, possibly right under our oldest boy's nose.

I hope my readers had an aggressively safe Fourth of July, and pray that by the process of evolution of species that there aren't any kids as careless with pyrotechnics as my brothers and I were when we were kids. It's astonishing that we lost not one of our fingers, toes or eyes; but we weren't so lucky with the hair.

◻◻◻◻



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, July 11



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Audubon Explores Chickens and Tropical Birds

by Laura Bienen

Our next Audubon program will be a double header - two for the price of one - and as usual, the program is free and all are welcome to attend. It will also be our official annual meeting on July 17, 2008, at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Rd, and starting at 7:00 pm.

After a brief annual meeting agenda, we will host sisters Kristen and Kelsey Kozak of Vashon Island who will give a presentation on raising, breeding and showing bantam chickens for the first half of our evening presentation. The Kozaks have been raising purebred chickens for ten years, and have successfully shown in youth and open shows in Washington, Oregon, and California. >They have raised and shown dozens of different breeds and varieties over the last ten years, including Dutch, Modern Games, Shamos, Leghorns, Japanese, Silkies, Brahmas, Belgian Bearded d'Anvers, and Sebrights. Kristen has applied her expertise in poultry genetics to breeding Modern Game bantams; she currently has 7 generations of Moderns and is developing exciting new colors such as Silver Wheaton. Currently the Kozaks' chicken house is home to 150 bantams and pigeons. Topics of their presentation will include

successfully raising chickens, breed qualities, appearances, and temperament, and the Standard of Perfection. For those of you who have ever considered chicken husbandry, or are already housing a small or large flock, this talk could be for you. The Kozak family started with just seven chicks ten years ago, and were awarded the coveted Best in Show prize at the Puyallup Fair more than once!

bird and wildlife photography from Ecuador and Argentina. Nate Chappell has been interested in birding since he was 12 and his travels have taken him all around the world in search of birds and wildlife. He and his wife, Angie, currently lead small groups on birdwatching and nature photography trips to Ecuador, Thailand and other exotic locations. Their tour company is named Trogon Tours, Inc. He is also currently the avian gallery moderator for www.naturephotographers.net, one of the top rated websites for nature photography. The Ecuador part of the presentation will focus on the spectacular bird life present there, with many gorgeous species of hummingbirds and tanagers being shown. Ecuador has the fourth highest bird species diversity in the world. The Argentina section of the program will focus on the birds and wildlife of the Ibera Marshes, one of the most important wetlands in South America. The website for Nate Chappell's tour company is www.trogontravels.net, if anyone is interested in investigating more information Nate's photography and birding tours. For more information call Laura Bienen at 206-567-4616 or visit vashonaudubon.org.



A Long-tailed Sylph, a large Ecuadorean hummingbird. Photo by Nate Chappell.

The second part of our program will start at 8:00 pm, same date, same place, and will take us farther afield. Wildlife photographer and Tahoma Audubon member Nate Chappell will present his beautiful

LoOp Letters

To the Community

As the year comes to a close, we are thrilled with the progress of our students and the incredible learning opportunity offered to them by a caring community. We are grateful for the support of parent volunteers and Island organizations who have enriched our curriculum.

As we reflect upon the year, we find ourselves with a long list of thank-yous. This year, through grants and donations we were able



Photo by Lance Morgan.

to install solar panels on the garden shed to run the irrigation system, power tools, electric wok and cd player. Thanks are owed to the Stahl family for the donation of the solar panels, Joe Yarkin for installing the system and Fran Brooks for writing grants which made the project possible and thank you to Sustainable Vashon for their continued support. We were able to upgrade our irrigation system to run on the solar power we now collect thanks to a Terry Husseman seed grant and Sustainable Vashon.

Our students clearly understand the potential power of solar energy. They built home-made solar ovens



Photo by Glenda Berliner.

and collected temperature readings all the while enjoying melted treats. During our recent space unit, students created space dioramas installing solar panels on everything from homes to hydroponic labs to oxygen collectors. This innovative and sensible technology is now a part of their daily conversation.

Another new and exciting feature in our outdoor courtyard is the giant chess set. This great recess activity benefits the entire school and kids can be found, playing chess and improving their logical thinking skills, almost every minute of the

day! The board and pieces were funded by a grant from Partners in Education. The board was lovingly crafted by Gary Gray who put in hours and hours of his personal time. Our multi-age students helped with this effort and now are the self appointed caretakers of the chess set.

We are extremely indebted to Trish Howard. She has volunteered for the past six years bringing weekly science lessons to our classrooms, which encourage our children to think more globally by learning to love their own local environment. This year we received a grant called "The World We Want" from Antioch Heritage Institute and we set out to create that world. PIE once again must be thanked for supporting our efforts to create a

Vashon fieldtrip experience. Trish organized our fieldtrip to Fern Cove. It was a joyful learning experience for the adults as well as the children. Some incredible science teachers who must be thanked include Barb Gustafson and Susie Kalhorn who taught our students about stream health and the creatures you can expect to find in a healthy stream like Shingle Mill Creek. Many thanks go to Abel Eckhard, the land steward for the Land Trust, and his interns for teaching our students about repairing habitat and eradicating non-native species at the edge of the estuary.

We are working on a curriculum which can be shared with other classes or schools to help us all learn about the valuable environment we have here on Vashon at Fern Cove.

Many thanks to our great V a s h o n community for all the support you have given us.

G e r a l y n Wilson, Tina Taylor, Glenda Berliner, Multi-age teachers at Chautauqua Elementary.



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Fox News Fabrications

Right now, Fox News is trying to paint Barack Obama as foreign, un-American, suspicious, and scary. They're trying to send Americans the message that our country's first viable Black candidate for President is not 'one of us.'

I've joined on to ColorOfChange.org's campaign to push back on Fox, publicly demanding they stop their race-baiting and fear mongering. If that doesn't work, then we'll go to their advertisers and the FCC. I wanted to invite you to sign on as well. It takes only a moment: > <http://www.colorofchange.org/foxobama/?id=1984-576347>

Here's what happened recently: After Senator Obama won the nomination, he and his wife gave each other a 'pound' in front of the cameras. Fox anchor E.D. Hill called the act of celebration a 'terrorist fist jab.' Then last week, a Fox News on-screen graphic referred to Michelle Obama as 'Obama's baby mama'—slang used to describe the unmarried mother of a man's child. It was a clear attempt to associate the Obamas with negative cultural stereotypes about Black people, an insult not only to Michelle Obama but to women and Black people everywhere.

After each of the incidents mentioned, Fox issued some form of weak apology. But what does it mean when you slap someone in the face, apologize the next day, then slap them again on the third? It means the apology is meaningless.

These aren't one-time incidents—they're part of a pattern that continues no matter how often Fox is forced to apologize. Fox has a clear record of attacking and undermining Black institutions, Black leaders, and Black people in general. If we don't push back now, we will see more of the same from now until November. Please join me in helping to bring an end to Fox's behavior. > <http://www.colorofchange.org/foxobama/?id=1984-576347>.

Paul Motoyoshi

Power To the People



The Red Bicycle Bistro (aka Bishop's) was packed to capacity as over 30 island musicians performed 'people power' songs to benefit the Backbone Campaign. Steffon Moody, Kevin Joyce and David Godsey cajoled the audience to give it up for Backbone's Procession for the Future, raising \$16,000. Steffon Moody introduces Steve Amsden (above) to perform 'Wasteland of the Free'. Photo by Melodie Woods.

Response to MEarth

On June 6 MEarth asked whether anyone sees a good way out. Isn't it refreshing to read a lucid question instead of a polemic that has the answer? That said, here's a polemic. The way out of the "box canyon" of exploitation is a mass circling of the wagons. By that I mean communities decide to "secede" from their nominal government in order to regain control of their lives. Mind you now, this does not mean secession from membership in humanity. To the contrary, by taking control of their food, health, energy, and economics, their ability to influence the nominal government increases. As when a community declares opposition to NAFTA, to take one of seventy six blaring trombone issues. Why so? Because a community that takes back its life gains a will to act. After all, if the Lakota Sioux can do it, why not us? Vashon, I mean.

Tom Herring

Sustainability: Feeding Ourselves

by Christine Beck

Galloping oil prices, skyrocketing food costs and food that travels on a daily basis further than you did on your last vacation - these issues are important to Islanders and Vashon College wants to inform and empower Islanders to make decisions as to what they can grow, want to grow and, if not, what growers locally are resources. The College is presenting its first lecture series in the new offering, the Sustainability Series.

The series debuts with the six lecture offering, Series 1- Feeding Ourselves. This series of six lectures, beginning on July 16, 2008, features presentations by local food producers and other specialists on the history and traditions of their endeavors, the tools and techniques that they use, the costs involved and resources to help Islanders grow their own food or connect with Island resources who can do this for them.

Food- its acquisition, preparation, storage and cost- are consuming issues in today's economy. As Mary Robinson of Lisabeula Gardens noted "Instead of cursing the dark, plant the green" and "almost anybody can grow something". The presenters for this six lecture series have been selected to help Islanders do just that- grow it, make it, preserve it or connect with local producers who can do it for you!

The series lectures will be held Wednesday evenings from 6:30 to 8:00 pm (except where otherwise noted) at various locations around the Island beginning with naturalist and ethno botanist Erin Kenny discussing Wild Edibles- foraging, seasonality, identification and safety. This lecture will be held at the Camp Terra site. On June 23, Rob Peterson and Joanne Jewell will tour attendees around their gorgeous Plum Forest Farm while explaining that food gardening in the Northwest is not just a summer show with their lecture, The Seasonal Garden.

Raising Small Livestock is the forte of Karen Biondo and K-Jo Farm. On August 6, Karen will discuss the pleasures and pitfalls of small livestock farming including chickens (laying and broiler), ducks, goats and more. The series moves inside on August 20 when Kelsey Kozak, the Island's own youthful guru of cheese, will discuss and demonstrate Cheese making at the Presbyterian Church and kitchen. Kelsey and her tasty mozzarella leave in October for New York so the time to catch her is now!

Harvest time is synonymous with food preservation- canning, jam making, drying- and what to do with the bounty of the garden. Jessica Dally, Master Preservist, will discuss the best and safest ways of Preserving the Harvest on September 3. Her two hour lecture will include demonstrations and will be held at the Presbyterian Church. And, to conclude the series, a lecture and discussion on Bee Keeping by Dr. Elizabeth Vogt, noted entomologist and bee expert. The past few years have been particularly challenging for Northwest bee keepers and those who would aspire to have their own hives. Dr. Vogt is the expert they turn to for information and advice! This lecture will be on September 17 at Courthouse Square.

For October, Vashon College's program, Vashon Reads 2008, is planning to present a lecture by Alisa Smith and J.B. MacKinnon, the authors of *Plenty: Eating Locally on the 100 Mile Diet*. This lecture is a bonus lecture for series subscribers with the date, time and location to be announced.

All transportation to the three farm sites is designed to lower traffic at the sites and our carbon footprint for the series. Attendees for these lectures will meet and park at Courthouse Square and one bus will transport everyone to the site. The cost of the bus is included in the ticket price.

Tickets are available by subscription for the entire series or by single event. Subscription tickets for the series are available at The Vashon Bookshop and are \$45.00 for Early Bird Adults before July 6 and \$55.00 after July 6, and \$40.00 for Senior and Students. Subscription tickets are transferable if you happen to have other plans for a lecture date! Single tickets are \$10.00 per lecture for adults and \$7 for Seniors and Students. For further information, contact Vashon College at 206/408-8022.

Future Sustainability Series lectures now under discussion include housing, transportation and water. If you are interested and/or have expertise in these areas, or have ideas for additional topic areas that would provide education and service to Islanders, please contact Christine Beck at 206/660-4635 or 206/408-8022.



Michelle Crawford of Pacific Potager brings her plant starts to the farmer's market. Photo by Christine Beck.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 11**

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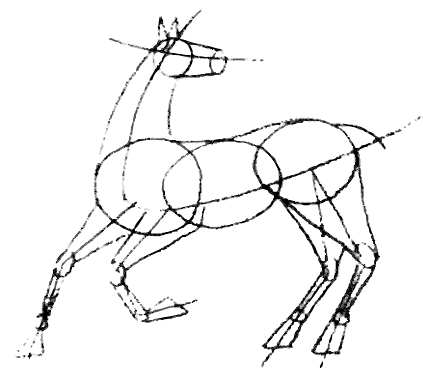
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by Mark A. Goldman, www.gpln.com

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civilization, as you know it, advances for everyone in it. You realize that life isn't fair, but that doesn't stop you from trying to make it fair. You do not use what you have... whether it be education, money, or influence to exploit others who have less. Instead, you use your education, your money, and your influence to extend the rights and privileges that you enjoy to those who are denied them. You know that you are not perfect, that you have made mistakes, that you have sometimes failed... but you do not let the fact that your past is flawed or that you have stumbled, invalidate your right to stand up and try again. You are, in short, an honest, decent human being, even if being that way does not make you rich and powerful, and even if it does.



Tom Wallace

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What Price Beauty?

by Kathy Abascal

Most of us use a variety of body care products to enhance our appearance and attractiveness: Deodorants so we are not offensive to those around us. Skin lotions to make up for our liver’s failure to produce enough skin oils. Sunscreen to protect us from UV radiation. Shampoo to clean our hair and conditioners to put back some of the oils that the shampoo removes. Then, of course, there are lipsticks, blush, eye shadow, mascara, toothpastes and tooth whiteners, hair removers, hair dyes, and soaps. The list goes on - for most us this is a long list.

Most of us also have attained a degree of consciousness and carefully avoid foods treated with insecticides, fungicides, and herbicides. We avoid soft plastics, preservatives, food colors, and a variety of food-like chemicals such as high fructose corn syrup and maltodextrin. We are, however, not equally careful about what we put on the outside our bodies. While eating well, we turn right around and smear an incredible variety of chemicals on our bodies on a daily basis. And even though we are

beginning to choose our body care products more carefully, the truth is that almost all of us are beautifying ourselves with chemicals that we should avoid.

Let’s begin with parabens. Parabens have been used since the 1920’s as a preservative in foods and skin care products. There is an assortment of them in use, such as butylparaben and methylparaben. Long term safety studies show no harmful effect when ingested orally. Studies suggested that no harm would come from topical application. However, animal studies subsequently showed that parabens applied topically had an estrogenic effect.

Science has now shown that we have too many estrogenic compounds in our lives and that this increase in xenoestrogens (man made products with an estrogenic effect) is bad for our bodies because they change and enhance the effects of estrogen. Xenoestrogens are implicated in a variety of reproductive problems ranging from early onset menses in young girls to problems in the menopausal transition in older women to cancers of the breast and prostate. They are the reason that male salmon are turning into female salmon as they age, why 42% of male bass in some areas also produce eggs, and why frogs develop multiple sets of both male and female sex organs.

Not to worry, responds the industry. Parabens are very weakly estrogenic, much less so than estradiol (one of our own estrogens). They have not yet explained why parabens were found in high concentration in breast cancer tissue in a recent study but they do point out that this study did not prove that parabens cause breast cancer.

It is true that, if you look at paraben alone, as is done in safety studies, it really does seem to have a negligible action. But, unfortunately, when you combine several xenoestrogens at levels below the individual chemicals “no-observed-effect” dose the results change dramatically. A mixture of xenoestrogens, each at levels well below the “no-observed-effect” dose, had a strongly estrogenic effect. One of those compounds was a paraben. There is some disagreement about whether this effect is additive or synergistic but there is agreement that a combination of a variety of xenoestrogens spells trouble. And there is agreement that we are exposed to many, many different xenoestrogens in our daily lives. As this information surfaced, many natural body care manufacturers reformulated their shampoos, conditioners, lotions etc., to be “paraben-free.” It has become a common label blurb and many of us have been choosing such products.

But there is other trouble in paradise: The attorney general in California just filed a law suit against many of the companies that make “natural” products because their body washes, gels, and liquid soaps contain a highly carcinogenic compound, 1,4-dioxane. Dioxane is

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created when manufacturers use a petrochemical-based ethoxylation process to make ingredients in their products water soluble. As a result, dioxane is present in things like bubble baths for toddlers, shampoos, and various household cleaning products. Consumer groups now strongly recommend that we avoid products that contain the following words in their list of ingredients: myreth, oleth, laureth, cetareth-(or any other “eth” word), PED, polyethylene, polyethylene glycol, polyoxytheytlene or oxynol. These compounds are common: Just go look in your bathroom and kitchen. So, how bad is 1,4-dioxane anyway? Is this a tempest in a tea pot? When lab animals were tested with the chemical at the parts per billion level, they developed cancer. It is a very potent chemical.

So, what to do? The simplest approach is to not buy or use any food, body care product or household cleaner that has a chemical-sounding name in the ingredient list, such as sodium laureth sulfate — even if in parenthesis the manufacturer says “derived from coconut oil.” This will limit your beauty and cleanliness choices but will leave you enough choices to keep you clean, fresh-looking, and quite a bit healthier in the long run.

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Eating for health &
weight loss. By
Kathy Abascal

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 Thursday July 10 at 6:30-8:00 PM and runs for 5 consecutive Thursdays. Advance registration & \$15 deposit is required; the fee is \$75 for the series. You can sign up for the class at the Roasterie. For more information, contact Kathy Abascal at 463-9211 or anemopsis@yahoo.com.

Pruning Workshop

Looking ahead to July, the Vashon Fruit Club will hold two events. On Tuesday, July 15 there will be a quarterly business meeting followed by a preview of upcoming workshops, plus Bob Norton’s regular summary of seasonal tasks in the orchard. Doors open at 6:30. On Saturday July 19 at 1:00 we’ll hold a workshop on summer pruning.

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.



Planet Waves

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



Aries (March 20-April 19) The world is focused on taking a break this weekend, and you seem focused on solving problems and working your way through the backlog of projects that have collected the past few weeks. You run the risk of focusing on the wrong thing. You need to be solving large problems, not small ones. How do you tell the difference? Focus on things that will take at least two weeks to work out. If you find yourself working on issues and expecting an immediate result, that's a clue you're probably wasting your time. I suggest you devote at least half your energy toward preventing new problems rather than solving old ones. Neither could properly be called art, but if you take a long view rather than a short one, you will make space in your life for the things you want. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You are now in the process of coming head to head with some of your deepest creative and sexual blocks. The astrology you are under now occurs once every 29 years or so — that probably translates to once or twice in a lifetime, so far. One of the issues you're working with is the sense of being divided into many parts, rather than experiencing yourself as one integrated entity. This is actually an illusion. What you seem to be working through are blockages based entirely on your beliefs, which you usually put your time into working around, rather than processing to the point of completion or closure. You now need to work through something that seems insurmountable. Your small energy seems like no match for the monolith that has appeared in your living room. Remember — you don't need to blow it up. You just need to climb on top of it and look around. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Yes, this is a period of your life calling for guts and the willingness to speak out on a level that is unheard of. And I don't just mean posting to your Myspace page. I mean specifically keeping a focus on what you feel in your heart and in your guts about a domestic situation that you simply cannot ignore. We humans (particularly Americans) are accustomed to ignoring and avoiding pain. By doing so, we subvert the very purpose of pain, which is a message that something is wrong (and not incidentally, invite much more of the stuff into our lives). I suggest you listen to what your nervous system is telling you. It is definitely telling you something, and I suggest you consider this a rare opportunity to be motivated enough to take action where action is significantly needed. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) Yes, we live in a profoundly turbulent time in history, where nothing is predictable or dependable. It seems like you are gathering your focus and getting ready to pour it into one idea. In our current mental environment, this is challenging — and while you may not be able to go 100%, you will surely make some significant progress in the next four weeks. I suggest you devote as much energy to feeling good as you are to getting things done. Don't get so lost in your work that you lose contact with the people around you. True, don't get so lost in the people around you that you lose sight of your

goal, but that's rather unlikely right now. What you are doing requires support, and will thrive with the right environment of cooperation. Most of what you need to do, only you can do; but with the rest, keep the flow between you and the people around you free and easy; real, but light. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) I noticed the other day that a jar of homemade jam at the local Farmer's Market costs only slightly more than a cappuccino. Both fall in the category of sweets; as nonessential items. Yet if you look at this carefully, you can see something about the values structure of our culture. I am aware this is not exactly a new discussion — that we prefer and popularize the disposable quick hit to something of quality and even slightly more lasting value. Value is the issue; at this point in your life, it is the only issue. The distinctions are not subtle, and they are coming into sharper focus all the time. You are someone dedicated to living your life the right way, whatever that means to you. Take it easy on yourself the next few weeks as you make some important decisions about who and what is right and wrong for you. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Change is inevitable, and you are probably feeling that inevitability now. You are feeling it, I would imagine, as motivation, and also as fear. You may also be feeling it as a series of judgments about the person you have become lately: more given to conservatism than to freedom; more devoted to caution than to experimentation. You may be contenting yourself with the idea that some of the most revolutionary ideas emerge from a conservative mindset. This is often true; but it's not an excuse to retreat to the ways of your parents or grandparents. As the next two weeks develop, the psychological drive for progress is going to meet the inertia that has been collecting, and the two are likely to collide and create some interesting new elements. Remember, the name of the game is change, of a kind that would make your family's knees shake. You were made for it. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) Most people are way too lazy to live consciously. It takes work. It's harder than doing the recycling. Yet the rewards are greater. Part of living consciously involves consciously facing fear. At the moment, you seem to be getting in contact with forces, circumstances and situations that are all much larger than you. You may first be confronting the notion that you don't actually have any control, and you barely have any influence over things you know would benefit from your attention. Keep in contact with your fear, no matter how annoying it is, and no matter how little others seem to want to hear about it. If there is one key to actually making your mark on the world, it starts with having an honest relationship with the single most dominant force in society today, which is anxiety. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) Current aspects may not make you the flavor of the month, but they will help you figure out who your friends are — and more importantly, who they are not. If someone seems to be standing in your way at the moment, blocking an important goal associated with



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your professional income, social standing or role in the world, I suggest you beat them at their own game and use them as an ally. They are giving you all kinds of advantages, most particularly their inability to respond to change. In order to use this to maximum benefit, you need specifically to take advantage of the refusal of others to change or to allow for change. I don't suggest you set yourself up for a fight; and if you do, make it stealth rather than going blow for blow. But neither of those options are necessary. The current setup is offering you a chance to find your true place in the world. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) People may be accepting your ideas in their raw and/or unrefined form, but soon you're going to need to develop a new strategy designed to work through the resistance of others who are what you might call the rear guard. Fortunately for you, those who insist on keeping their minds in the past often wind up staying there. There are a lot more of them than you may think, or than you want to admit exist. Your job now is to make your ideas appealing to them. Emphasize what is traditional, cautious, and rational about your approach. You may be tempted to appeal to the fears of certain individuals, but I would propose that this is the one thing you want to avoid. Be aware that their uncertainty and indeed mental agony is based mostly on self-doubt. No matter how conservative people are, they tend to like someone who is self-assured. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) You are in the process of challenging some of your deepest beliefs — the ones you thought you would never change, or better stated, be able to change. Where we need to do the most work is often where we feel our ideas about life are intractable. When people get set in their ways, they reduce their relationship to those factors to a kind of stalemate. But in that stalemate, the stuck ideas have all the power, and the psyche usually responds by going to sleep. You need to respond by waking up — all the way up. You need to know what you believe, and more to the point, why you believe it. All beliefs serve functions — that is what keeps them in place. The function may have a

negative charge ('protecting' you from your feelings) or it may have a positive one (helping you remain optimistic in scary times). But at this point, you can take none of this for granted. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) You have entered a phase where contractual negotiations of any kind must be handled with the utmost caution. Do not expect things to go well; do not expect them to go poorly. Rather, observe from day to day and hour to hour what is developing, and keep your ear to the ground for some surprise developments. Remember that disagreements on your own team are more meaningful than anything that would surface with an 'adversary' or much larger negotiating partner. If your current inclination is to apply force, let it be the force of your ideas. However, you need — like any good salesman or negotiator — to suss out the objections in advance. You also need to remember what your strongest negotiating point is. When in doubt, stick to tradition. True, you are pushing for a revolution. But for the moment, only you need to know that. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) You are likely to see a drama unfold in the life of someone around you, and it's about time. No matter what it may seem, what you're witnessing is a release of energy, and it's a key step in their healing process. Your role is to keep your objectivity (this is a key step in your healing process). This is difficult for a Pisces because you feel things so deeply; you are able to immerse yourself in your point of view so deeply you might forget there is any other one. Now is the time to remember, and it's time to put the part of your mind that is a witness into the relationship first and foremost. You are in an excellent state of mind to do this. The long-term picture of your relationship astrology is about making sure you embrace what works and set aside what does not work. In the immediate days and weeks, make sure you know the difference between a problem that is yours and one that belongs to someone else. And despite what may be unfolding in those around you, you are free to take pleasure in the many benefits that life is offering you at the moment. Indeed, such is essential. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

Quick and Healthy Dinners for Twoor Just You

Pressed for time? When your fridge is stocked with precooked and shelled prawns or large shrimp (we keep them on hand, frozen to quick-thaw in cold running water), thinly sliced beef, thin pork chops, chicken tenders, or firm tofu, plus assorted vegetables, you’re ready for speed-cooking. Either of the first two recipes can as easily be made with boneless chicken breast cut in ½-inch slices.

Here is a colorful dish with the red of the peppers, pink of the shrimp and green of the onions, all swimming in a brown sauce. I cooked it in a black, cast iron skillet. It looked so pretty I hated to transfer it to a serving dish. So I didn’t.

This is delicious, fast cooking, and beautiful. Serve it over quinoa or Uncle Ben’s boil-in-bag rice, which cooks in 10 minutes. (One bag will serve two generously, or four light eaters. Or two light eaters, twice.) Quinoa takes 20 minutes to cook, despite what the package says, so start it. Start either before you begin cooking the shrimp dish. Set a timer. When it goes off, fish out the rice bag and set it in a colander in the sink to drain while you finish cooking Red Pepper Shrimp.

RED PEPPER SHRIMP

- 2 Servings, Preparation and cooking 20 minutes
- ½ pound cooked, peeled large shrimp
- ½ large red bell pepper cut in ¼ inch strips, then in 1 to 1 ½-inch lengths
- 4 green onions cut in 1 ½-inch lengths
- 1 large clove garlic, sliced, optional
- 1 teaspoon grated fresh ginger
- 1 cup water
- 2 to 3 teaspoons soy sauce
- 1 Tablespoon cornstarch mixed with
- 2 Tablespoons water
- 2 teaspoons sesame oil

Start water heating in a wide skillet on medium-high. Cut the pepper in strips and green onions in 1 ½ inch lengths, slice the garlic and grate the ginger. Put these ingredients in separate bowls beside your cookstove.

By now the water in the skillet should be boiling. Add bell pepper, solider onion pieces, garlic and ginger. Bring to a boil, stirring occasionally. Cook 2 minutes. Stir in the cornstarch mixture. Stir-cook

until the sauce clears and thickens, about 2 minutes. Add shrimp and onion tops. Reheat 2 minutes warm shrimp, 3 minutes if shrimp was frozen. Serve over brown rice or quinoa.

Accompany with a salad of diced apple and orange arranged on torn or cut leafy lettuce garnished with blue cheese or craisins or black olives. Good with ranch type dressing or raspberry vinaigrette.

GREEN PEPPER BEEF

- 3 servings
- 6 to 7 ounces very thinly sliced beef, like for sukiyaki or bulkogi
- 1 small onion, cut in pieces about ¾-inch square
- 2 cloves garlic, sliced
- 3 slices fresh ginger (no need to peel)
- 2 Tablespoons light olive oil or peanut oil
- 1 cup chicken broth
- Dash red pepper flakes
- 1 green bell pepper, cut in pieces about 1-inch square
- 3 to 4 teaspoons cornstarch or rice flour
- ¼ cup water

Heat the oil in a wide skillet. Brown the meat on both sides. Push to one side. Add onions, garlic and ginger to pan. Stir-fry until onion is glossy, 2 to 3 minutes. Add broth. Stir-cook until onion is almost transparent.

Add remaining ingredients. Stir-cook until the sauce clears and thickens. Add more water if necessary. For a browner sauce, add a little soy sauce or oyster sauce.

Serve over steamed rice or quinoa.

TERIYAKI TOFU

- 4 servings, Preparation and cooking about 20 minutes
- Heat oven to 375 degrees
- ½ block firm tofu
- ¼ to 1/3 cup teriyaki sauce

Thoroughly drain tofu. Place on a layer of paper towels for a few minutes to absorb remaining moisture. Cut in bite-size squares, about 3/4 –inch on a side. In a flat baking dish, pour in the teriyaki sauce. Give the tofu a minute to absorb sauce. Turn and repeat. Turn again, so that all sides get a chance to drink in the sauce.

Place dish in oven. Set timer for 6 minutes. Serve with rice or quinoa, or stir into hot pasta. \Accompany with a salad of diced apple on baby spinach or packaged salad greens and garnish it with peanuts, walnuts, craisins, raisins or black olives. Ranch dressing or raspberry vinaigrette goes will with this.

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Madame Toujours

Dear Madame Toujours,
I am concerned about the teenage son of my neighbor Meg. Young Jeffey is only sixteen. As you know, this is a very vulnerable age when young men are easily tempted to lust, and boys who are constantly bombarded by sexual sights may turn to drugs ...or worse, self-abuse. I’m sure Jeffey is a very nice boy, but I am worried because my neighbor has just hired a young woman to clean her house twice a week. I just happened to be looking out the window when this young person arrived, and I noticed she was wearing those legging things that don’t hide a thing and a very skimpy shirt.

I mentioned to Meg that she ought to say something to the young woman about her attire, but Meg just said she was covered from her neck to her ankles and was a good housekeeper.

Madame Toujours, I’m sure this young woman just doesn’t realize she is tempting young men to lust. Is there some polite way to take her aside and tell her to change the way she dresses? I don’t like to stick my nose into other people’s business, but someone has to think of the children!

Sincerely,
Concerned Citizen

Chere Mme. Citizen,
Bien sur, everybody must always be considering the children, but also it is important that everybody is considering the comfort of the domestic help. The children, they are everywhere, but the good help, she is hard to find, n’est pas?

Possibly you are thinking that the young person, she is wearing the stretchy knit clothings because she is the hussy who is liking to expose for herself the figure. But you are not considering that perhaps she is not being the exhibitionist. Perhaps she is only liking to have the comfort.

Eh bien, moi, I am being too old to be wearing the cotton/lycra blends, but often, I am looking with

envy at the young persons who are bending and flexing with the freedom and the comfort. There is not the binding, the chaffing. How nice to lunge and pirouette, to flit about upon the toes. The drudgery of the housework, it is almost the dance, *non*?

“But Madame Toujours,” you are saying, “What is the comfort when it is the lusts and the sinnings that are tempting the young boys? It is being up to *les femmes* to be keeping the young men pure in the thoughts.”

Bah. Everybody is always worrying that *les femmes*, they are going about and tempting the young boys. This is the big silliness. The young boys, they are not needing anybody to be tempting them. They are being perfectly capable of tempting themselves. Myself, I am thinking it is better that *les hommes* are having plenty of the opportunities to be tempted by *les femmes*. At least now they are knowing what it is they are lusting about. If they are not noticing les femmes then possibly they are becoming confused and thinking that they are lusting about les sheep or les household appliances.

Bon Chance, Mme. Citizen, and I am highly recommending for you to try the flexible clothings. At least for the housework. After all, what you are wearing in the privacy of your own home, it is only for you to know.

ooooo

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 11**

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Positively Speaking

It's Harvest Time

by Deborah Anderson

With the exception of getting up to feed the dog at 5:30 AM, I have spent the last four hours lying in bed with my eyes closed trying to decide amongst the possibilities for the opening lines for the this particular column and fight off the latest Island cold form this petri dish we call Vashon

The topic is finishing the race and the idea of harvest. Since the theme for this issue is focusing on Strawberry Festival, it seems only logical to go with the joys of watching the Bill Burby runners, or a tribute to that time when berries were king here on the Island that no longer produces any commercially on a massive scale.

But that isn't what is happening in my life. You know us personal reflection columnists, we stay pretty close to waxing philosophical on what's happening at the core of our lives. Unless your Garrison Keillor and then you make up a place into which you connect stories of the lives of imaginary people. I particularly liked the recent edition of PHC where he describes mothers and daughters buying prom dresses; definite double smiley facer.

What is happening in my life right now is so big and huge I can hardly take it all in. On every front of my life, I'm being blessed more than I've ever been blessed in my life.

My son is marrying the girl of his dreams this month. She comes from a once communist nation escaping to America from war in the old country with each member of her family carrying two suitcases. When I told her, after they became engaged, that I had been praying for her since before she was born she said thoughtfully, "I guess that's why I didn't die in the war".

OK.....that makes a person stop and think.

It's a simple country wedding and they both want it that way. "You know, Mom", my son said, "We've never lived together. (we don't know each other that way) .We don't need a big fancy wedding. If all we do is show up that day, it's a big deal." It's true. The very act of marrying each other, in front of those who raised them and loved them into this time of their lives, will be enough. It isn't a commitment to a lifestyle they've already chosen. It's a willingness to risk it all to commit to a lifestyle they've never tried. A commitment to learn together. Wow.

So that's one blessing. Gracious God what a miracle.

Then there's my career. We writer's have the same route as the stage and screen. We generally acquire the opportunity to have our words put out there by audition. It's called a pitch if you do it in person with an editor and a query if you

do it by mail. And if you get a call back the name for that is proposal.

A year ago, having been told since I was a junior in high school I was a writer (which apparently is not only a description of action, but lifestyle and personality as well, according to the world) I reached out and grabbed an opportunity to live in a place which would be completely attuned to developing that profession, or calling if you will.

A year ago this week, we moved into the treehouse. After an initial period of aligning my bread and butter profession with the loftier goal, the days that followed were filled with the kind of environment writer's crave: visually majestic and yet serene, away from the hubbub of dense housing and yet connected to community with lots of light in the morning. (I'm a morning writer).

And in that environment, I began one of the most prolific periods of writing I've ever had. The harvest bounty has been overwhelming. I now, at the end of the experimental year of writing, have more work than time to do it. Gracious God what a miracle.

When it came time to leave the treehouse, I decided it would be nice if I didn't have to leave that environment. Perhaps there was another treehouse somewhere. And indeed there was; literally described as a treehouse, we moved in last week. And if we follow the all American Fourth of July principles of nose to the grindstone and continued thrift and a belief in capitalism for the little guy, we will be able to stay there as long as we want.

Gracious God what a miracle. And there are two other things. My youngest daughter is home for the summer because of the wedding. She is singing the antiphonal parts of the ceremony. The days have been filled with the opportunity to see what a grand, wonderful specimen of a young person she is. I have been able to enjoy the sweet and savory experience of seeing who she turned out to be. Now is the chapter of parenting I love most, the one where your job is only to heap praise upon praise for who they are as a person and they pretty much handle the rest.

Gracious God what a miracle. Lastly, I have found myself to be able to hold my own in the world. I know who I am and that God created me and I don't have to excuse or explain my existence. I can just live out my life in joy and peace. The book behind that is called 'Because the White Rose Grew; Confessions of a Mystic Boomer Woman". Next step.....finish it.

Love,
Deborah



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Island Jazz at the Winery

Island Jazz Quintet (Quartet version) is performing at Vashon Winery on Sunday, July 6, from 6-8PM. The winery is located at 10317 156th ave. We're celebrating the re-release of our first album (which had been sold out) plus the re-release of a favorite Vashon wine. Join us for the fun and get "re-released" yourself!

The line-up: Maggie Laird, piano/vocal; Richard Person, trumpet; Todd Zimberg, drums; Todd Gowers, upright bass. We'll be performing favorites from all three of our albums, plus favorites from artists as diverse as Dylan, Hank Williams, and Peggy Lee.

CD AND WINE RE-RELEASE PARTY

ISLAND JAZZ QUINTET

JULY 6 VASHON WINERY 6-8PM

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ALL PROCEEDS GO TO THE
VASHON WINERY

WINE & FOOD
\$10

WASH STATE & COUNTRY
ALL PROCEEDS GO TO THE
VASHON WINERY

Stay Home, Save Gas, Do the Burby Race

by Susie Kalhorn

The Bill Burby Inspirational Fun Run and Walk is an Island tradition. The event attracts serious runners that post astonishingly fast times as well as those who gather for a communal walk perhaps stopping for a cup of tea along the way, never making it to the finish line. The course is scenic with some hills and great views along the Dilworth loop. If you have never tried it before, bring a friend and jump in on Saturday July 12. Pre-registration (by July 10) costs \$15 while the day-of-race registration costs \$25. Pre-register now at www.signmeup.com/60333 or pick-up forms at many Island businesses.

People begin gathering at the corner of Gorsuch and Vashon Highway (now Youth and Family Services building) Saturday morning long before Strawberry Festival music or the parade begins. It's peaceful; a great place to touch base with old friends. The 10k runners take the stage first at 9AM. The 5k runners take off at 9:10AM with the walkers lining up behind them. There's always someone to cheer you on at the finish line, so enjoy the hoopla. Day-of-race registration is open from 8:00AM-8:45AM.

In addition to honoring Bill Burby, this year's event honors the

contributions Vashon Island Junior Basketball makes to youth sports. Both the girls and boys high school teams are reaping the benefits of early training offered by VIJB. The Bill Burby Fun Run started 28 years ago and was supported all this time by K2 Corporation. This year, Vashon Rotary, Northwest Sports, Vashon Kiwanis and Windermere Real Estate all stepped forward to co-sponsor the event and keep the tradition going. Proceeds from the race go to support VHS athletic programs and the community scholarship fund.

The 10K and 5k runs have several divisions based on age categories. The top three male and female finishers in each age division get medals and the fourth through sixth place finishers get ribbons. The overall male and female winners of the 10k and 5k runs receive plaques. Sorry, there are no awards for the walk other than reveling in self pride. But, Northwest Sports will be giving away four prizes picked randomly from all participants, so no matter how fast you are, stick around for the awards ceremony immediately following the race.

Consider starting your Saturday at the Kiwanis Pancake Breakfast at 7AM in Vashon Market's parking lot, run or walk the Bill Burby Fun Run at 9AM, and enjoy the parade at 11AM. After that it's music, food, and dancing all weekend long!



Walter Weston heads for the finish line of the 10K race in the 2007 Bill Burby Fun Run. Walter finished third in the 19-29 age division.



Seals wait on and behind the starting blocks for their relay partner to return before starting their leg in the practice race. "Our times and wins increase dramatically when we have access to starting blocks for practice", says Head Coach Lisa MacLeod. During the school season the team rents time at the South Kitsap Community Pool on weekends to practice in two-fully equipped 25-yard pools. Last week the Seals travelled Mt. Tahoma High School for a duel meet with Tacoma Metro Swim Team. Times are not officially kept for duel meets, but these meets are great practice for upcoming events.



Beginning at 7:30AM, these young athletes have already gone through a dry land warm-up set and are in the water ready to swim. Coaches MacLeod and Kristen Pesman go over the day's workout. During the summer upper-level Seals practice ten-hours a week and 3-hours of dry land training: Some have the opportunity to put in extra yards by lap swimming later in the day. Younger swimmers arrive at 8:30 to practice.

Whats New At



Come in and welcome
our new owner
Kelly Hwang

Hours: 11:00 am to 8:00 pm
17705 Vashon Hwy SW 206-463-2838

Not Just a Great Burger

We now have great teriyaki

Zoomies Now Serving Teriyaki

Continued from page 1

the fire department routinely stopping by to make sure the smoke pouring from the restaurant was just from the grill. We suspect they were just hungry. Kelly and her kids Katherine and Nathan will be working with their mom in the store, and look forward to meeting Islanders. Former owners Clyde and Valerie Howe and Heidi Carpenter said goodbye to the friends and customers as of June 30, but people can still stop by to say hello to Clyde, as he will be training Kelly on the intricacies of the milkshake machine over the next few weeks.

Make a Splash, to Make a Difference

According to a recent national research study by University of Memphis, only 13% of children who come from a non-swimming household will ever learn to swim. Coupled with the fact that nine people drown every day in the United States, and drowning is the second leading cause of unintentional-accidental death to children ages 1-14, the message is clear: Teaching your child to swim is not only good for their grades and their social habits – it's a necessary life skill that far too many families neglect.

Fortunately for Vashon kids, a breakthrough initiative by the USA Swimming Foundation is working to help teach kids to swim... one at a time. And Vashon is one of the five leading communities in the United

States to be part of this initiative to offer children swim and water safety lessons free or at reduced fees. "We are grateful to have the support of King County and the Vashon Park District to offer the American Red

Cross lessons to all 3rd and 4th graders at no-charge," says Gary R. Gray, president of Vashon Aquatic Club – the lead partner in this program. "If you are a parent of

a Vashon child who attended either public or private school during he 2007-2008 school year, we strongly encourage you to take advantage of this potentially life saving opportunity", says Gray.

For more information regarding Make a Splash Vashon and the free swim and water safety lessons, visit: www.swimvashon.org. Or contact the King County Pool at: 463-3787.



Wednesday Farmer's Market

Continued from page 1

On Friday July 11 from 10-2, there will be a special Farmers Market preceding the Strawberry Festival which closes down the street on Saturday July 12, a usual market day. (The Farmers Market

will be closed during Strawberry Festival.) Don't miss out on some fresh Island food that weekend. Contact Joanne Jewell at plumforest@zipcon.net for more information.

Lopy Laffs

One Liners

The only substitute for good manners is fast reflexes.
Many people quit looking for work when they find a job.
When I'm not in my right mind, my left mind gets pretty crowded.
Diplomacy is the art of saying "Nice doggie!" till you can find a rock.
Don't use a big word where a diminutive one will suffice.
If at first you DO succeed, try not to look astonished!
I don't have a solution but I admire the problem.

A Boy's Confession
"Bless me Father, for I have sinned. I have been with a loose girl".
The priest asks, "Is that you, little Joey Pagano?"
"Yes, Father, it is."
"And who was the girl you were with?"
"I can't tell you, Father, I don't want to ruin her reputation"
"Well, Joey, I'm sure to find out her name sooner or later so you may as well tell me now. Was it Tina Minetti?"
"I cannot say."
"Was it Teresa Mazzarelli?"
"I'll never tell."
"Was it Nina Capelli?"
"I'm sorry, but I cannot name her."
"Was it Cathy Piriano?"
"My lips are sealed."
"Was it Rosa Di Angelo, then?"
"Please, Father, I can not tell you."
The priest sighs in frustration.
"You're very tight lipped, Joey Pagano,
and I admire that. But you've sinned and have to atone. You cannot be an altar boy now for 4 months. Now you go and behave yourself."
Joey walks back to his pew, and his friend Franco slides over and whispers,
"What'd you get?"
"Four months vacation and five good leads."
- thanks to Joane

The nicest winter I ever spent was summer in Puget Sound. —Mark Twain

Quantum Mechanics: The dreams stuff is made of. If you ain't makin' waves, you ain't kickin' hard enough!

"Doc, I had the worst dream of my life last night. I dreamed I was with twelve of the most beautiful chorus girls in the world. Blondes, brunettes, redheads, all dancing in a row..."
"Hold it. That doesn't sound so terrible."
"I was the third girl from the end."

I went to the Missing Persons Bureau. No one was there.

If a bouncer gets drunk, who throws him out?

If you get cheated by the Better Business Bureau, who do you complain to?

When will all the rhetorical questions end?



I'm not an organ donor, but I once gave an old piano to the Salvation Army.

I thought I wanted a career, turns out I just wanted paychecks.

Errors have been made. Others will be blamed.

Not all men are annoying. Some are dead.

Too many freaks, not enough circuses.

A PBS mind in an MTV world.



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Solution to puzzle on page 7



Loop Arts

VAA hosts World Music & Dance Festival

by Janice Randall

The world comes to Vashon Island in the form of music and dance this August, when Vashon Allied Arts presents the World Music and Dance Festival, an all-ages show, Saturday, August 9, 5 to 8 p.m., at Camp Burton's outdoor amphitheater. Mark your calendars now for one of summer's hottest music events!

Brazilian musician, Eduardo Mendonça (founder of Show Brazil) kicks off the evening with traditional



Eduardo Mendonça, one of four groups in the festival's line-up, will rock the Island with Brazilian music at VAA's World Music and Dance Festival, Saturday, Aug. 9, 5 pm, at Camp Burton's outdoor amphitheater.

and contemporary (all-original) Brazilian music. Eduardo brings guitar expertise and upbeat energy to every stage. Next, reggae/roots musician Adrian Xavier and his band bring his solid reggae groove to stage. One World Taiko will serve up dynamic Japanese Taiko drumming with lightning fast choreography. And finally, experience the lively percussive music of Ghana and West Africa with Sohoyini, featuring the agile, amazing lead dancer, Awal Alhassan.

Delicious world-inspired food and beverage will be available by Island field-to-table caterer, Shefidgets, from rice pots and curry to Korean BBQ. Kara Jones of Henna Healing will be on-site to paint festival-goers from head to toe in beautiful henna body art.

VAA's annual summer music festival is generously co-sponsored by Boeing and Vashon Park District, with additional support from Vashon Thriftway, Arts Fund and Washington Stage Arts Commission.

Thanks to our sponsors, tickets are deal at only \$12 for VAA members, seniors, students/\$14 general admission/\$5 for ages 12 & under and they're available now at Blue Heron and Heron's Nest. Call 463.5131 to reserve by phone. Camp Burton is an alcohol-free venue.

Performing Arts Call

All Island performing artists are invited to apply for Vashon Allied Arts' New Works Series 2009. VAA's New Works Series offers the Blue Heron venue for Island artists to launch new work and/or new collaborations between January and November, 2009. Artists from all disciplines—music (all genres) dance, literary and theater are encouraged to apply. An interdisciplinary panel of Island performing artists will meet in October to review and select recipients. Applications are available

now at Blue Heron Art Center or online at www.vashonalliedarts.org. Deadline is Saturday, September 27, 2008.

VAA New Works Series was established nearly twenty years ago for Island resident artists to present emerging work to Vashon audiences. Past New Works Series performances have spawned memorable performances by Daryl Redeker, Maggie Laird, UMO, and many others. Please call 463-5131, ext. 226 for more information.

Experience the "Mosquito Fleet" Years

Continued from page 1

This summer islanders will have a chance to experience a "Mosquito Feet" cruise around Vashon and Maury Islands aboard the Virginia V on Sunday August 17th. The Vashon-Maury Island Heritage Association and Vashon College are teaming together to offer a "Mosquito Fleet" experience that will highlight Island history, geology and ecology.

Tickets for the Mosquito Fleet Cruise aboard the Virginia V are now available, at \$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.

Proceeds support the Island Heritage Museum.

The cruise will begin and end at Vashon's north end passenger ferry dock. Boarding will begin at 12:30pm, and the vessel will depart at 1:00pm. The cruise will run until approximately 5:30pm. Bring your own lunch; a variety of beverages will be available for purchase on board; soft-soled shoes required.



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7/04 - 7/10

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7/11 - 7/17

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7/11 - 7/17



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Just Fiddlin' Round – New CD Release Party

Since they were seven years old, you've watched the girls of "Just Fiddlin' Round" grow up, while their music grew with them. Seeing "old music through young eyes," the girls have ventured from strict instrumentals and rudimentary improvisation, to complex vocal



Photo by Hans Jordan

has something for everyone. Rounding out the disc are more favorites: "Can the Circle Be Unbroken," "You Are My Sunshine," "Country Roads," among others, all demonstrating Megan and Hannah's tight harmonies and fiddle stylings. Original arrangements of Old Time favorites join inspiring ballads such as "Homeward Bound" to the satisfaction of young and old.

To celebrate the completion of their 14 song new release, "Just Fiddlin' Round" will be holding its CD release party Strawberry Festival Saturday in front of Vashon Music Store right after the parade. The band will play their latest music with new members, Merideth Hackett and Preston Scheer, sign CDs, and generally revel with fans. Contact band leader, Lanora Hackett, at 463-2114 for more information.

harmonies, fancy fiddling and country rock.

Now Megan Hackett and Hannah Scheer of JFR, proudly announce the completion of their much awaited new CD, *Who's Chicken?* From hit cover songs of years past such as "Grandma's Feather Bed," "Tennessee Bird Walk," and "Devil Went Down to Georgia," to undiscovered jewels, "Man in the Moon is a Yodeler," and "Ashokan Farewell," this CD



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Vashon College’s Artful Vashon - A Feast to the End

by Christine Beck

Vashon College’s winter class offering, Artful Vashon, feasted to a conclusion on Sunday, May 18 at the Sheffield Building where the 30 students and their faculty came together for the final class offering- a sumptuous 10 course feast prepared and served by Iron Chefs Paul Motoyoshi and Ben Meeker.

The eleven session course, which started on February 10, looked first

brought their personal artfulness to the mix with sculptor Julie Speidel, landscape gardener and architect Anita Halstead, and artist Ben Meeker. And the temporal artists, writer Ann Spiers and teacher Joe Meeker, took students into the world of creative writing and literature. So what is “artfulness”? The class determined that it goes beyond the traditional definition of “art” and those people we call artists and can be seen everywhere - even in nature created by non-humans.

The class finale was a ten course gourmet food offering by The Iron Chefs, Ben Meeker and Paul Motoyoshi, prepared and served outdoors on the lawn of the Sheffield Building. Students and faculty congregated to celebrate the class, enjoy the elegant and extravagant feast and receive their certificates of attendance from the college.

Artful Vashon, as experienced and expressed by student Laura Weston, “was EXTRAORDINARY...Be it Pirate Camp, theater antics, personal encounters on a grid, the art of a writer, music, dance, gardens, sculptor, food connoisseur, we were led into the creative world of the someone that saw the world in a way that was creatively personal and exquisite”.

Artful Vashon will be offered a second time in starting in early Winter 2009. Interested students can contact the college at its website, vashoncollege.org and download an application. Space is limited and the 2008 class had a waiting list that will be honored for the 2009 class.



Photo, "Bathtub", by class instructor Ela Lamblin.

to define the role of “artfulness” in our every day lives and not simply “art” as we are most familiar with the term and frequently the result. In one of its many provisional definitions discussed by the class, “artfulness” was defined as “skills in adapting means to ends...inspires rather than manipulates... stimulates the imagination”. With that in mind, the students embarked each Sunday on a series of two hour studio tours and discussions with artists in various mediums to refine what it means to live artfully on Vashon.

Artists featured in this class included indigenous artists Jim and Jackie Chobot of the renowned Dragonfire Pirate Camp, performing artists UMO and Enjoy Productions Kevin Joyce and Martha Enson, music and dance artists Ela Lamblin and Leah Mann, and theatre artists Stephen Floyd. Visual artists

Postcards from Vashon

Continued from page 1

birds, fruit trees, gardens and the The 23rd annual Vashon Allied Arts Community Quilt is all about postcards. Sixteen “wish you were here” moments are captured ready to be sent on “the best quilt ever!” Angela Weiss, Joanna Guglielmino, Carrie Sikorski, Nancy Sipple. Toni



The front of the quilt, courtesy photo.

Eaton, Eileen Bergman, Sy Novak, Sharon Munger, Chris McGrath, Karen Pruett, Nan Caskey, Cyna Brandt, Mary Belshaw, Annie Miksch, Pat Stougard all contributed beautiful postcards.

For \$1 you can take a chance on winning this unique quilt. We, of course, hope you buy bunches of raffle tickets. The money goes to our own Vashon Allied Arts, an institution that adds color to our community.

See you at Strawberry Festival July 11, 12, 13. We’ll be the ones carrying the signs, “Have you bought your Quilt Raffle ticket yet? They’re only one dollar.”



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 11**

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www.vipp.org • 206.567.5485 Kate
photo, "Bathtub", should be credited to Ela Lamblin

FUR BALL Offers Unique Treasures

Continued from page 1

These exciting items are just a few of many great things to be offered at the Vashon Island Pet Protector’s 6th annual FUR BALL fundraising auction. “The Most Fantastique Fur Ball Ever” will be held Saturday, August 2nd at the VFW and we want you there to help make it a truly memorable event.

Elaine Summers and Pete Droge, two of this year’s sponsors, work in the music industry and are “curating” a table of entertainment memorabilia. Along with autographed musicians’ items, which include a Fender Telecaster guitar signed by Pearl Jam, (a rare and very special piece), they are also offering a David Letterman letter jacket, a signed script from the movie Sideways with a bottle of Pinot Noir to accompany it, as well as a Grateful Dead laminate from one of their last shows (not signed).

Other great auction items include a three night stay in a historic San Francisco Flat, a seven night condo stay for six at Seaside, Oregon, and a two night stay for seven in a large guest house overlooking Colvos Passage, (which includes a Mediterranean dinner). A Moroccan dinner for four at the home of Paul and Gayle Summers also tops the list. Vashon Winery is offering a case of Tramp Harbor Red with your very own custom-made label. And Morgan Brigg, Jean Emmons, Hita von Mende, Nan Joy,

Jiji Saunders, Margaret Tylczak and Janice Wall are among the many island artists who have donated their art work.

Additional gracious sponsors for the FUR BALL include Vashon Pharmacy, J.R. Crawford, Barbara Drinkwater, Emma Amiad, Michelle and Scott Harvey, Elizabeth Nelson, Fair Isle Animal Clinic, Sue Carette and Mike and Marlene Rossi.

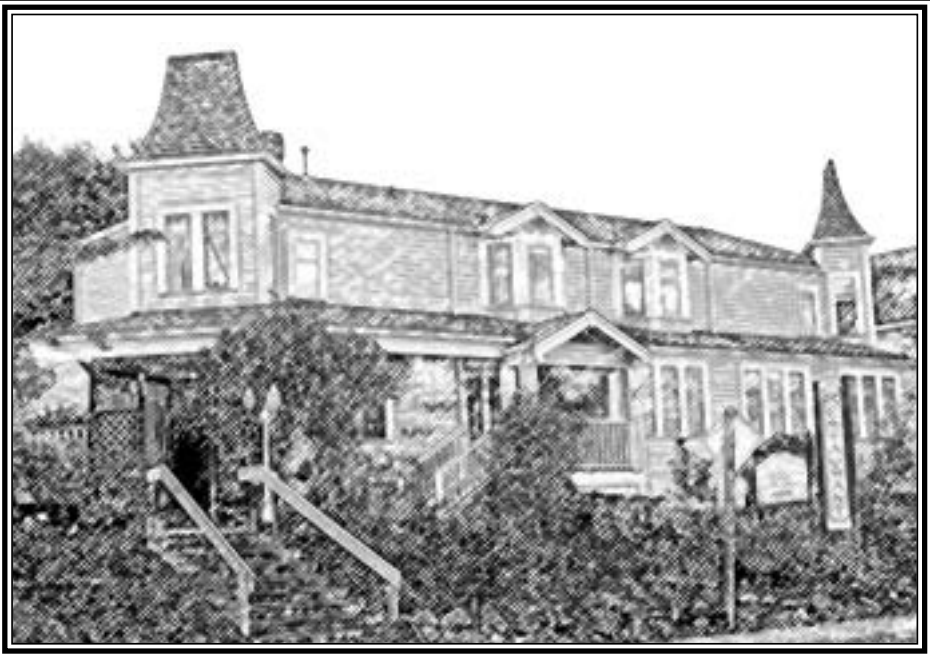
Proceeds from the FUR BALL provide more than half of the operating funds for VIPP each year. In 2007, 350 cats and dogs were helped by VIPP’s services. Of those, 130 were adopted by loving families, 63 were returned to their owners, and 184 were neutered through VIPP’s Spay/Neuter Program. For those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

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

For sponsorship and questions, contact Kate Dunagan at 567-5485, or kateric@hotmail.com. To volunteer for this event, contact Victoria Rohlf at 463-5381, or victoriarohlf@yahoo.com.

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Marie working on the front page of the very issue you are reading while listening to Troy and Loose Change at the Tall Ships party. *How did they do that???* Picture sent via late night email by Andie Styner.

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