

In this issue: Vashon's first people, barn variations, super summer salads, the SSA finds wine and hair cuts don't mix and much, much, more!



Weather dampens butterfly hopes
page 2



The World Music Festival brings Taiko drumming to Vashon. Is this a new fitness craze?
page 18



V., the modern Guy Fawkes, comes to the Vashon Theatre
page 19



THE VASHON LOOP

Vol. 5, #15

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM July 18, 2008

Methodists Welcome New Pastor

by Pastor Darryn Hewson

First of all, I would like to take the opportunity to say how excited I am to be here on Vashon. I came here most recently from Sandpoint, ID, but I grew up just across the water in the Fairwood area of Renton, WA. I bring with me my wife Lisa and our fifteen-month-old daughter Ainsley. It's good to be closer to home.

Continued on page 12



Darryn Hewson, the new pastor at Vashon United Methodist Church, courtesy photo.

Are You Ready For Islewilde?

Vashon's Other Festival

by Doug Skove

Islewilde is a community of amateur and professional celebration artists: makers of eye-catching, often large-scale stuff; puppeteers; actors; jonglers; fools; dancers; musicians; costumers; riggers; illuminators; unnameable wonders (ok, one is named Lipke). While initially created by and for Vashonites, now, in addition to the homegrown talent, the festival regularly attracts participants from around the world. This year, for example, a group of 26 from Taiwan will be attending.

Islewilde is a scrappy, do-it-ourselves, let's-put-on-a-show kind of affair. Everyone is welcome.

Continued on page 9



The Snake puppet dances, courtesy photo.



Residents dance while Vashon burns. The Vashon fire in 1933, with what will be Sporties on the left, photo courtesy Vashon-Maury Island Heritage Association.

Historic Vashon

by Ed Swan

People first chose Vashon as a great place to live thousands of years ago. For the last one hundred and fifty years, the Island captured a taste of all parts of life in the Puget Sound region: shipyards and fishing vessels based at Dockton, loggers clearing the way for a wave of farmers and then the trend of jobs moving away from the land to the urban centers. The Vashon-Maury Island Heritage Association's museum and other programs now preserve many photos and artifacts of Vashon's history to help us maintain a connection to where we came from. In this edition, the Loop salutes those efforts with some looks at some of Vashon's interesting historic locales.



Divers bring up sea treasure from below the Tramp Harbor fishing pier, photo by Jay Holtz..

Divers and Deep Water Dwellers

by Rayna Holtz

For the second summer in a row, expert scuba divers will present a high tide event this month at the Tramp Harbor Dock to help answer the question, "Who Lives Under the End of the Dock?" Volunteer divers led by Karlista Rickerson will explore for under water animals on Saturday, July 26, from noon to 3pm, and send them topside in pails of water. Assistants will place them gently in wading pools filled with chilled sea water,

Continued on page 19

The Eagle and the Coon

by T. Martino

The eagle sat in the brush facing us feet spread wide, talons ready. But he was injured and putting on a brave front. I had waded through deep blackberry bushes and held my capture net



Pete with the eagle, photo by T. Martino.

at the ready while Pete blocked his escape route with a blanket.

While I crept up to him thoughts swam through my head.

An eagle can press 1500 lbs per square inch with his feet.

Continued on page 8

Fire Commission Meeting

In an effort to hear from Islanders who live in different parts of Vashon and Maury, the Vashon Board of Fire Commissioners is holding occasional Commissioner meetings in different locations. On August 5th at 7:30 p.m., the meeting will be held at the Quartermaster Yacht Club, located at 23428 Vashon Highway SW. All members of the public are welcome to come and share their thoughts on the future of their fire department. For more information, please call 463-2405.



Burton Fire Station and Apparatus, courtesy photo.

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.

Vashon Library August 2008 Programs

LateNight @the Library
Saturday, August 2, 6-10pm

Get a henna tattoo and limber up with Dance Dance Revolution and Guitar Hero open play. Participate in the Vashon Library Cyber Cafe, surf the web, or play a game! Refreshments! Door prizes! Security will be provided. For students entering grades 6-12. Sponsored by Friends of the Vashon Library.

Preschool Story Time
Tuesday, August 5, 2pm

Join us for 30 minutes of stories, songs and fun! Ages 3-5.

Brown Bag Story Time
Wednesday, August 6, 1pm

Bring a sack lunch to eat while you listen to stories. Treats will be served! Ages 6-10. Sponsored by Friends of the Vashon Library.

Buzz, Smack, Splat: The Dangerous Lives of Bugs
Sunday, August 10, 2pm

Presented by Charlie Williams, The Noiseguy. Performance will be held in the Ober Park performance room next door to the library. All ages welcome. In a world of bug zappers, fly swatters, roach motels, "Deep Woods Off" and heavy books- it's not easy being a tiny bug! Spiders, roaches, fireflies and ants tell their slapstick stories through The Noiseguy. Sponsored by Friends of the Vashon Library.

The Vashon Loop

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Vashon Fruit Club Pruning Workshop and Meeting

On Tuesday, July 15 we will have our Summer Quarterly Meeting at Courthouse Square. We will have presentations on summer pruning and bud grafting, plus Bob Norton's excellent summery of summer tasks in the orchard. Doors open at 6:30, business meeting at 7:00 followed by presentations. Please call or respond if you have any questions etc. My number is 463-9663. Tracy Barrett.

Early summer is the time for the largest and smallest cuts to your fruit trees. Come learn about shaping, thinning, and controlling those water sprouts! Our hands-on workshops will be taking place in two locations.

First we will visit the orchard of Hal and Molly Green, located on 17526 Westside Highway SW. Here we will take a look at the issues, such as larger shaping cuts, that come with trees that are 30+ years of age. Enter the site via the driveway and park on-site. Our second stop will be at Carole Lynn Ives and Rick Paquette's orchard, located at 18827 Robinwood Rd. SW. The focus here will be on thinning younger, very vigorous apple and plum trees. Please park to the right of the driveway, so we will be able to exit easily.

Bring along your pruning tools and join in this hands-on workshop. Demonstrations will run from 1:00 - 4:00pm July 19th. Please contact Mary Ornstead at 463-0565 with any questions regarding this event.

Flower Fair

The Vashon-Maury Island Garden Club's Flower Fair will be open to the public from 1 p.m. to 6 p.m. on Friday, August 1 and from 10 a.m. to 3 p.m. on Saturday, August 2 in the meeting room of the Vashon Library. This event celebrates the color and abundance of summer gardens and is a source of inspiration and ideas. Annuals, perennials, herbs, grasses, shrubs, vegetables and floral arrangements from club members' gardens will be on display, with specimens identified by both common and botanical names. Visitors are invited to vote for their favorites in each category. For more information, contact Jane Rosen at 463-2111.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 25**

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Butterflies Hide During Annual Count

by Rayna Holtz

July 6th the weather forecast held enough promise to encourage the 2008 Vashon Butterfly Count team to go ahead and see what was on the wing. But temperatures never quite touched 70°, which is the threshold temperature to bring out many insects. And there were longer periods of cloud than of sun breaks. It was one of the poorest in Vashon's 13 years of participating in the North American Butterfly Association 4th of July counts.

Our biggest disappointment was the absence of Pale Tiger Swallowtails, which were so prolific in June that it seemed possible we could get a record count. Instead, we only saw two. The most abundant species this year was the Western Tiger Swallowtail at 29 individuals, which is far below last year's record of 112.

The roving team, which usually continues until 8pm, quit early at 5:30pm, having counted a record low of only four species all day! In addition to the swallowtails, we found a few Cabbage Whites and Lorquin's Admirals. With the reports from four garden counts,

our total number of individuals is 43, which is roughly in the same neighborhood as the first seven count years. It is far below the last five counts, which range from 164 in 2007 to 204 in 2005. The only year we counted with worse weather was 2000, when the clouds turned to rain!

One highlight of the walk was watching a Western Tiger Swallowtail land on a blackberry flower and hang from it, nectaring. The Western is a familiar sight

patrolling long stretches of blackberry patches beside roads on Vashon, but usually they seem too busy to stop and sip.

Another highlight was learning more about dragonflies from Alan Warneke. He showed us Western and Pacific Forktails, Common Whitetails, an Eight-spotted Skimmer, and a White-faced Meadowhawk. We saw wonderful displays of Cedar Waxwings capturing damselflies and dragonflies over Island Center Pond, and enjoyed listening to the Common Yellowthroats. It was a great day to be out even without many butterflies!





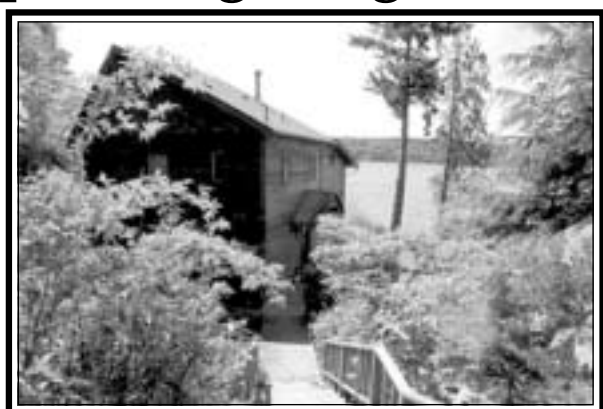
HOME TEAM REALTY

Troy and Marie Wrap Up Another Festival

Whew! It was an extraordinarily fun and music-filled Strawberry Festival. Our feet still hurt from all the dancing - Marie went through an entire box of extra large bandaids. We would like to personally thank the volunteers who helped make Troy's musical vision come true. In no particular order, they are: Chuck vanNorman, Chuck Roehm, Steffan Moody, Nick Simmons, Dan Brown, and Pete Welch. These guys helped organize about 225 musicians in 48 performances on 4 stages and one Beer Garden. Of course, none of it would have happened without the musicians. We are fortunate to have such talent among us.



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County's Heritage Corridor Program Gathers Speed

by Ruth Harvey

Public road building began shortly after King County was established more than 150 years ago. Understandably, some of the oldest roads in the county are now very different due to growth and development and accompanying changes. Other old roads, located primarily in areas that have remained rural, still retain much of their original character.

The King County Road Services Division has been searching for several years for a way to identify

agriculture, and scenic views and picturesque settings visible from the road.

This summer, three open houses were organized – the July 1 meeting was on Vashon – in collaboration with local historic societies. At these sessions, the county's project team presented information on the project and shared some of the research materials gathered over the preceding months.

Residents along the intensive survey routes and other community

members were invited to attend and encouraged to contribute stories, photographs, or further information about the roads. Personal or family recollections and memorabilia will continue to be collected through the end of August. If you

have something you would like to share, contact Ruth Harvey by calling (206) 296-3477, or emailing ruth.harvey@kingcounty.gov.

The inventory and evaluation project will be completed in this fall. The information gathered – along with community input – is helping the Road Services Division document the story of more than 100 years of transportation development in the region.

The focus of this project is on the transportation history of our



Automobile on Quartermaster-Center Road, Vashon Island, 1916.
Photo by Oliver S. Van Olinda., University of Washington Libraries, Special Collections, UW19227.

and preserve smaller county roads of historic and scenic significance. In 2006, the county received a federal grant administered by the Washington State Department of Transportation to document the history of its unincorporated road system. The project involves researching, surveying, and inventorying historic and scenic road corridors and prioritizing them for preservation, enhancement, and promotion as heritage tourism routes. This effort is a collaboration between the King County Road Services Division, King County Historic Preservation Program, and 4Culture, the county's cultural services agency.

The inventory part of the project began last year with extensive research of both old paper records and modern Geographic Information Systems (GIS) map files. Then, the researchers drove the county doing a "windshield survey" of more than 75 roads that were at least 50 years old and had minimal modern development.

Each corridor was evaluated against a set of criteria that addressed: 1) the character of the roadway itself; 2) the character of the buildings and structures along the route; 3) the qualities of both the natural and man-made landscape; and 4) views and visual quality.

From January to May of 2008, researchers collected more detailed information and photographed roadside features of historic and scenic significance on a pared-down list of 19 corridors, including two located on Vashon-Maury Island -- the Westside Highway/Cedarhurst Drive and Dockton Road. They documented each segment of the routes, recording information on historic buildings, evidence of ongoing historic land uses such as

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Westside Highway/Cedarhurst Drive

by Ruth Harvey

Westside Highway on Vashon Island is an example of an older county road that is recommended for designation as a King County Heritage Corridor.

The Westside Highway extends for nearly six miles along the western shoreline, connecting farms and waterfront homes. It is easily accessed from the island's main arterial at the north end of the island (near the Seattle ferry terminal) by Cedarhurst Road, which is also recommended for inclusion in the corridor. Some of the historic and scenic qualities that make this corridor interesting locally and regionally are described below.

Vashon Island was heavily wooded when first surveyed in 1856. Logging and permanent settlement began on the island in 1877. As the crest of the island became cleared, Vashon gained importance locally as a berry, fruit, and poultry-raising district. On the western shoreline, two Scandinavian settlements sprang up at Colvos and Cove and their inhabitants took up fishing, boatbuilding, and farming. Both communities were stops on the

important "Mosquito Fleet" line – a route of small freight and passenger steamboats that connected all of Puget Sound through the early decades of the 20th century.

Like most roads in King County, the Westside Highway was built in



Horse and buggy on rural road, Vashon Island, 1908. Photographer unknown.
University of Washington Libraries, Special Collections, 1974.5868.538.

increments, from 1891 to 1923. Settlers along the road gave their names to its various sections, and eventually these connected and became known as the Westside Highway.

The cultural landscape character of the corridor is quintessentially Pacific Northwest. Cedarhurst Road leads the driver (or bicyclist) from the main arterial on the crest of the island down a steep, curving grade. This stretch is deeply forested with mature cedar, fir, alder and vine maple. Vegetation grows close to the roadway, and there is minimal shoulder.

Where Cedarhurst merges with Westside Highway and veers south, the landscape opens up, and thereafter offers a six-mile, changing panorama of field, forest, orchard, and spectacular views toward Puget Sound and the Olympic Mountains to the west. Travelers are treated to a rich array of imagery that is typical of the rural Northwest - lush, unmown fields with property lines delineated by blackberry thickets; gravel lanes leading to rustic farmstead clusters; an old boat resting in a pasture with sheep grazing around it; aging but well-tended orchards of pear and apple trees; and the occasional lone stand of red-barked madrone trees.

Vashon’s Chautauqua

by Billie C. Barb

It is a surprise to many – even long time Vashon Islanders – that between the years 1885 and 1912 a thriving cultural center called Chautauqua existed on Vashon Island, WA. It was modeled and named after the original Chautauqua, which began in 1874 at the Methodist camp-meeting grounds on the shore of Lake Chautauqua in western New York. The first year the program focused specifically on the concerns of Sunday school teachers, and subjects that might be useful in the Sunday school classroom. This was the beginning of the Chautauquan Institution.

The Institution and its ideas were immediately successful and the program expanded to include secular education and entertainment. Science, language, music, and social, political, and historical lectures were added.

Chautauqua also instituted the oldest continuous book club in America, the Chautauqua Literary

Despite the isolation of the site, crude amenities, and transportation and other logistical problems, Chautauqua was flourishing. The Assembly, however, did not meet again on Dilworth property.

The next two years the Assembly met across the Sound at a spot called Gardiner’s Beach, south of Alki Beach. By the end of the summer of 1887 it was apparent that the public had indeed embraced the Chautauqua ideals of educational and cultural programs and summertime presentations in a resort like atmosphere. On August 30, 1887, the group incorporated and became the Puget Sound Chautauqua Assembly. Its goals were clear — to promote religious, literary and scientific studies in a setting of natural beauty, and to find property for the Assembly’s permanent home.

Several pioneer families on Vashon and active participants in Chautauqua donated large chunks of land to the Assembly. These

properties overlooked Tramp Harbor at Point Heyer, about 10 miles south of the Dilworth property.

By May 1888, the new town of Chautauqua Beach had been platted and streets laid out and named. Street names such as Longfellow, Emerson,

Hawthorne, and Bryant had been assigned, reflecting a cultural influence. The shoreline was called Chautauqua Beach and the bathing beach at Point Heyer became Chautauqua Head.



Building at Chautauqua circa 1890’s, courtesy Vashon-Maury Island Heritage Association

and Scientific Circle, which over the years has enrolled at least a half-million readers. The innovative movement has been credited with revolutionizing both religious and secular adult education.

Over time, Chautauqua’s popularity inspired the formation of hundreds of regional assemblies across the United States. Vashon Chautauqua became the fortieth.

Although modeled after the original Chautauqua, the Vashon assembly was independent and the result of one man’s dream – the Reverend Richard B. Dilworth. Dilworth, a native of Pennsylvania, was a frequent lecturer at the original Chautauqua. His participation there had profoundly influenced him, and after settling on Vashon Island in 1884, he dreamed of establishing a Chautauqua in the Pacific Northwest.

Dilworth and his family homesteaded at Point Beals on the northeast side of the island and soon met others who were Chautauqua supporters. Dilworth joined with them to establish the Vashon Chautauqua. Not quite a year after his arrival the first northwest assembly met on Dilworth’s property. Some of the participants came for the day – many for the entire two weeks of the Assembly, setting up tents on the beach.

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Many improvements had been made; the Assembly had built twenty-one homes and a general merchandise store. Water pipes were laid throughout the community. A 1,000 seat pavilion was completed and a bath house planned.

By the end of 1888 and its fourth season, Chautauqua was clearly a triumph. The Chautauqua site had grown to about 600 acres and overlooked two miles of beautiful shoreline and a bathing beach. It was hailed as a first-class summer resort, with accommodations for lodging, bathing and boating, and offered campfires, excursion cruises, clambakes, concerts, and art instruction. Biblical sermons were presented along with lectures on

the natural history of Puget Sound seashore life, science, literature, art, and history.

Vashon Chautauqua continued in popularity until about 1912. But times were hard – war, the Depression, and waning interest forced the closure of Chautauqua. By 1920, only the memories of Chautauqua and its magical summers remained. Today the site is known as Ellisport; private homes dot the hillside overlooking Tramp Harbor and the KVI tower rises over the old bathing beach.

Billie Barb is a family historian working on a book on the Vashon Chautauqua. Please email her at gardener@whidbey.com if you could share family memories or photos concerning this movement on the Island.



The S’Homamish - First People of Vashon-Maury Island

by Bruce Haulman, Vashon-Maury Island Heritage Association

Near the present town of Burton, on Vashon Island, a woman went to a spring and dipped up water with a clam shell into her wooden bucket. Looking down into the water she saw the face of a man wearing a war bonnet. She thought, “I must say something.” She pretended to cough and pass wind. She said: “tsikake’dtcid EX pohoab LOXedidl (I always pass wind, whatever I do.)” The man up in the tree laughed. He was a scout for the enemy. The woman returned and told to the people in the house the story of what had happened out there. They said, “You must be encouraging a man (of our own).” They did not believe her. She said, “I am going.” She left and took two children, a boy and a girl. The people of that place were all killed except the woman and the two children, who had gone far away. After awhile the children grew up. There were no other people near. The woman said, “I pronounce you man and wife.” They became the ancestors of a tribe of people. The name of that place is tcitcixa’l, which means war bonnet. (Ballard, 1927, pp. 70-71)

This ancient legend tells us a lot about Vashon-Maury Island and attitudes that have characterized the Island from the first human inhabitants. The Island is an exceptional place, both magical and earthy, the place where the people originated and the place where passing wind can save you. The



S’Homamish clam diggers, photo courtesy Vashon-Maury Island Heritage Association.

S’Homamish are the Native People who lived on Vashon-Maury Island and were a “predecessor band” of the current Puyallup Tribe. This story was told in their winter houses during the long rainy season and became one of the ways the S’Homamish distinguished themselves from other Salish villages and recognized the special nature of the place they called home. When we compare this story with the stories we tell ourselves about the first white settlers, about strawberry crops, about ferries, and about the bridge fights; we get some idea of the distance that separates our own culture from the culture of the S’Homamish, and yet, at the core these are all stories about who we are as Islanders.

First Humans on Vashon-Maury Island

About 16,300 years ago Vashon-Maury Island emerged from under the Puget Lobe of the Cordilleran Ice Sheet, and about 10,000 years ago the first humans were on the Island. These first humans were nomadic hunters who roamed the Pacific Northwest following herds as the glaciers retreated. The Clovis Points unearthed near East Wenatchee date 10-12,000 BP, and the Mastodon Site at Sequim dates to about 8,000 BP. Vashon-Maury Island lies in a direct line between these two sites. We can assume that

the number of Old Cordilleran Cascade points & other Olcott-type artifacts (6000-9000 BP) found on Vashon-Maury Island, that Islanders brought to the Burton Midden site to have identified by the Burke Museum staff in 1996, are evidence of these first humans on the Island. (King, 1949, p. 146, Kruckeberg, 1991, p. 384, Martin and Wright, 1967, Taylor, 1999, Vanderwal, 1985)

The shift from this first nomadic hunting culture to a settled Coastal Salish Culture that pervaded the Puget Sound when Europeans arrived is shrouded in mystery. Beginning about 3500 years ago Coastal Salish culture emerged, which focused more on the sea resources of the Sound, and grew to dominate the region by 1500 years ago. The archeological record is “disappointingly thin” because of the perishable materials these cultures used, and the series of sea level changes that shifted the coastline, but Wayne Suttles argues persuasively that the Salish Culture dates back at least some 3-6,000 years.

As this Coast Salish Culture slowly emerged, the “precursor bands” of the current Puyallup Tribe developed calling themselves the Puyallupamish – The People of the Puyallup. The Puyallupamish developed four different but related bands: the T’kaw-kwa-mis on the upper river, the Puyallup at mouth of the river, the Sxwob-abc (Swiftwater) at Gig Harbor and Wollochet Bay, and The S’Homamish on Vashon-Maury Island. These groups each clustered in a number of village sites that were closely linked by rituals and marriage. The S’Homamish flourished on Vashon for thousands of years with substantial village sites at several locations on the Island. They used the marine resources of the Island and also made significant

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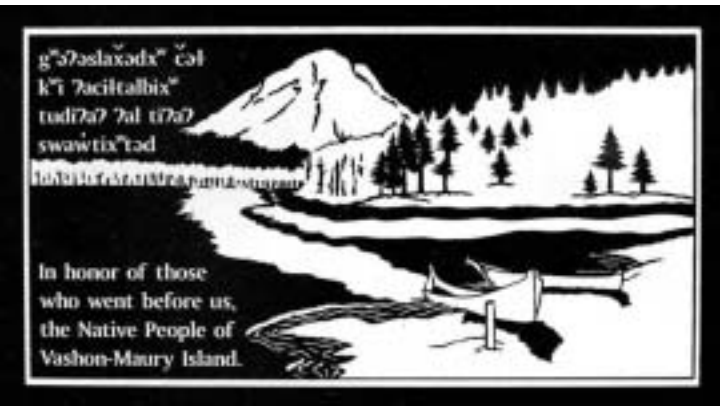
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modifications to the upland ecosystems.

The S’Homamish on Vashon-Maury Island

The pre-contact Indian population of Vashon-Maury Island is unknown, but we estimate that about 650 S’Homamish lived in five major permanent village sites and used numerous temporary gathering sites on Vashon-Maury Island. The permanent villages were located at Burton, Shawnee, Quartermaster, Manzanita, and Tahlequah; the smaller temporary gathering sites were located at Assembly Point, Jensen Point, Kingsbury Beach,

Puget Sound region around 1920, believed *kweel-OOT*, located at Burton near what is today known as Governor’s Row, “was the principle settlement in ancient times.” The term means “across; over there” and is possibly a reference to the myth about the attack of the snakes. Lucy Gurand, a S’Homamish woman born on the Island in the 1840’s who lived on the Island most of her life, also identified this site, and according to her there were six houses dug into the ground each about forty by forty five feet in size. Waterman included a photograph of the remains of this



Newport, Burton Inner Harbor, Judd Creek, Ellisport, and Peter Point. Burton Beach and Quartermaster seem to have been the two most substantial sites, and both are desirable sites given their southern exposure, their usable beaches, their fresh water springs, and their easy access to the food resources on Harbor beaches and at the center of the Island. Thomas Talbot Waterman, an anthropologist at the University of Washington who mapped place names in the

village and the shell middens in his notes on the geography of Puget Sound. This is the site where Harlan Smith, the first archeologist to dig on the Island in 1899, found a shell midden a quarter of a mile long and three feet thick, giving additional credence to Waterman’s conclusion that this was the major village site on the Island.

The site at Quartermaster/Portage is more difficult to locate but was probably in the vicinity of the foot of Monument Road (also interestingly the site of one of the first farming settlements on the Island). According to Lucy Gurand, this village was called *Tsugwa’lethl* and had seven houses, several large

Heritage Barns of Vashon and Maury Island

by Holly Taylor

Who doesn't love a barn? The Island has some gems, some over 100 years old, and many which have been preserved and lovingly restored by their owners.

The Hofmeister Barn in Paradise Valley is the largest documented barn on the Island. Built in 1910, this high gabled timber frame barn was built on property homesteaded by German immigrants in 1884.

The Lande Barn hides in plain sight on the west side of Vashon Highway north of SW 156th Street. The barn was built in 1913, and was the centerpiece of Lande's Dairy, which served the island for many decades.

Westside Highway has the island's largest concentration of heritage barns, particularly around

critically important part of the island's economy, with hundreds of family farms producing millions of eggs and chickens for market. Some chicken houses around the island are still used for their original purposes, while others have been converted to art studios, guest houses or other ingenious new uses.

A highlight of each year's Art Studio tours is a visit to Barnworks off of Cove Road, where the paintings of several Island artists are shown in a restored barn heated with a wood stove. The Barnworks barn, and the Coop (a restored chicken coop which serves as a gift shop), provide great examples of new lives for old farm buildings.

No description of Island barns would be complete without homage

to the original Jesus Barn in Paradise Valley, a charming gable roof barn on the Sherman farm that has taken on a mythical role in Island cultural history. Current owners have constructed a new generation of Jesus Barns on the property, to keep the memories alive.

Tucked away off of the Point Robinson Road, Wax Orchards Road, and other Island roads, are many more heritage barns. All are on private property, and are not generally open to the public, but most can be seen from public roads, especially while biking or walking. The Vashon-Maury Island Heritage Association is working to put a barn tour together some time in the future, to give Islanders and visitors a chance to see



Hofmeister Tucker barn, Paradise Valley, photo by Holly Taylor.

the Colvos area. Many were built in the early years of the 20th century by Norwegian families who made their living through a combination of farming, fishing and logging.

The Kvisvik-Martindale Farm in Colvos has the most impressive chicken houses remaining on the island. Visible from SW 156th Street or 119th Avenue SW, the chicken houses were built in the 1920s. The larger of the two is an impressive 110 feet in length. In the early 20th century, chicken ranches were a



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The original Jesus Barn in Paradise Valley, photo by Jim Jenkins.

some of these historical treasures up close.

Holly Taylor is a historic preservation consultant and a volunteer with the Vashon-Maury Island Heritage Association.

Island Birding Guide



Species Identification

How to Attract Birds

Ed Swan

(206) 463-7976

edswan@centurytel.net.



ACROSS

1 K-__

5 Bridge support

9 Unit of electric power

14 Off-Broadway award

15 South American country

16 Boredom

17 Medicine amount

18 Water pitcher

19 Places

20 Swelling

22 Amends (2 wds.)

24 Women's partners

25 Christmas songs

27 Goose egg

31 Posttraumatic stress disorder

32 Estimated time of arrival

34 Grate

35 Jewish calendar month

38 Possessive pronoun

40 Passionate

42 Moses' mountain

44 Perish

46 Sounds

47 Forest god

48 Disconnected

50 Sticky black substances

51 Less than two

52 Escudo

55 Syllables used in songs (2 wds.)

57 Court suit

59 Must (2 wds.)

61 Body of water

64 French language

66 Opp. of natural

68 Realm

71 Very reluctant

73 Trudge

74 Knock over

75 Margarine

76 Otherwise

77 Tell

78 Walk through water

79 Leered

DOWN

1 Computer phone

2 House

3 Arose

4 Seethe

5 Baboon

6 Honored

7 Creed

8 Track barrier

9 Compass point

10 Negatively charged particle

11 Explosive

12 Second day of the wk.

13 Bro.'s sibling

21 Parody

23 Fast plane

26 Fire remains

28 Athletic field

29 German engraver Albrecht

30 Chasm

31 Commune

33 Behind

35 Association (abbr.)

36 Goddess

37 What you raise in poker

39 Rio de Janeiro

41 Small particle

43 Anger

45 Impacted

49 Plump

53 Her

54 Inexperienced

56 Not high

58 Heron

60 Stringed instrument

61 Frivolous

62 Uneven

63 Attached

65 Parlay

67 Fencing sword

68 Transport

69 Choose

70 United States

72 Garden tool



Spiritual Smart Aleck

Island Survival Guide, Part 1: the Haircut

By Mary Litchfield Tuel

Dear Readers: I've been too busy rehearsing music for the Strawberry Festival to write a column this week, so here's rerun from several years ago.

As the world teeters on the brink of nuclear war, climate meltdown, and the extinction of the human race, my thoughts turn to issues of survival. Specifically, how will we get our hair cut?

There are a number of professional cosmetologists here on the Island, many of whom have cut my hair at one time or another the last 30 years, and I think they are all great. If you can afford it, have a professional cut your hair. They are

I have a dear friend, whom I will call "Becky," who cuts her own hair, and has curly hair also. This fall I had a bright idea: we could cut each other's hair for free. So I suggested this to her and she was game.

Rick and I went over to "Becky and Roy's" for dinner, and after dinner Becky cut my hair and then I cut hers.

Here's what I learned from swapping haircuts with a friend.

First of all, be certain that the friendship is solid. Giving a person what they consider a bad haircut

can be more divisive than having differing opinions about, say, Hillary Clinton, or George W. Bush. Becky and I both worried about whether our relationship would stand this test (it did).

Second, the wine we had with dinner - I still don't know if that

was a good idea. When Becky was cutting my hair, it seemed like a good idea, because I was relaxed and didn't give a whoop what she was doing. When I was cutting her hair, it seemed like a bad idea, because it didn't seem like drinking was the proper preparation for cutting someone's hair. So if you're considering this haircut option, ask yourself: How sober do I want to be when I pick up the scissors? It's a question worth pondering.

Third, if either of you have teenage children, you probably should not allow them to watch the haircut process. They tend to provide running commentary as you work. I'm not mentioning any "names" here.

Finally, keep in mind two old clichés: (1) you get what you pay for, and (2) the difference between a bad haircut and a good one is about two weeks.

My swap haircut was fine, but it grew out, and strangely enough I couldn't get Becky to commit to another round. You can't figure some people. So this morning I went into the bathroom with a pair of scissors and trimmed my own hair. What the heck. We're all going to die anyway, and I don't need a great haircut to be dead. Although I did spend about ten minutes working on my dead mother's hair at the mortuary, trying to get it to look the way she liked it. But that's another story.

ooooo

Back Bay Inn

RiverBend Friday July 18th



The popular band, RiverBend will be providing their toe-tapping, good time music on the deck Friday, July 18th.

Summer dining on the deck!

Check out our upcoming events at
www.backbayinn.net

The Eagle and the Coon

Continued from page 1

Why did I go into wildlife rehab? A job where Pete and I are not paid, work long hard hours and are on call 24 hours a day.

Why was the phone call I got just before responding to the eagle, so angry?

Concentrate, I told myself and crept closer. The eagle turned and regarded me. His golden eyes still and calm.

My thoughts drifted back to the phone call before the eagle.

"What do you mean you cannot take these baby raccoons? Do you want me to leave them in the woods to die? Why are you so uncaring?"

I patiently explained to the woman that Wolftown was at its limit of raccoons and we could only house so many. I told her that our resources were limited to how much money we had for vet care, medicine and building housing. I also told her that we can not save all of them. Then I gave her phone numbers of licensed rehab facilities off Island to take them. And to call me back if they were all full and I would try to place them myself. But if they were sick I would euthanize them.

(By the way Wolftown releases raccoons and deer off island. And we only rehabilitate very strong good candidates. We have ways of finding out how our rehab wildlife is doing by using transmitters, this has taught us really refined ways of seeing if our rehab techniques are working.)

The woman then told me, as so many others have done, of how many raccoons she has raised and all her good work and how frustrated she was with me.

I listened to her while thinking of her nurturing of raccoons and what this means in the big picture of Vashon as a whole ecosystem. Could this woman recognize leptospirosis? Was she practicing quarantine for the deadly parasites that raccoons carry? Did she have children? Pets? Grandkids?

Her strategy was off. She was releasing raccoons too early and those would die. She was

habituating them to people by not feeding them blind, so those would get into trouble. Lastly that she did not realize that mother raccoons like all wild animals are very practical. If their young are not viable they will abandon them. This is the way nature prevents sick or weak animals from breeding. Some babies are brought to Wolftown because mom raccoon was hit by a car. But not always. Many raccoons on Island are sick. This is bad in a lot of ways. Predators will help with this. That's why we should welcome the coyote, the bobcat and the bear.

The eagle in front of me suddenly spread his wings and I was standing before his over 6 foot wingspan.

"Put your wings in." I told him. "So I can net you."

Pete suddenly said, "His wings are down now."

I swung my net and neatly the eagle was inclosed in it. I let him jump forward, then I had him. We carefully unwrapped him and put him in the big eagle crate. Carried it to the truck and placed it in the back and drove to Wolftown.

My thoughts swirled in my head. There had been two more calls that day. One call from a woman that wanted me to move a wild animal that was a nuisance to her.

"I cannot move nuisance wildlife. For that," I told the woman, "You must call State Fish and Wildlife. I can only move sick, injured and orphaned wildlife. That is the law."

This made the woman angry and she yelled at me and hung up.

The phone call before hers was from a man rescuing crows. He called me about one that was ill.

He admitted that he was rescuing crows because he likes crows.

"That's good you like crows." I told him, "But my problem is you just told me that you are breaking the law. And I am required by law to tell the state. I can lose my permits if I do not obey the law. That means

Continued on page 9

Garden The World



By MEarth Organic Consumer News

In a continuing attempt to keep LOOP readers abreast of the important news, I am pleased to share with you recent bulletins from the Organic Consumer's Association.

TWENTY-NINE NATIONS CUT-OFF FOOD EXPORTS

While U.S. consumers struggle to cope with steadily rising food and energy costs, a billion rural farmers and low-income families are suffering from what can only be described as a global food crisis. The New York Times reported last week that at least 29 countries have sharply curbed or completely cut-off grain exports to make sure their own populations have enough to eat. According to the article, "When it comes to rice, India, Vietnam, China and 11 other countries have limited or banned exports. Fifteen countries, including Pakistan and Bolivia, have capped or halted wheat exports. More than a dozen have limited corn exports."

OCA LAUNCHES KELLOGG'S BOYCOTT

GENETICALLY ENGINEERED SUGAR ON SUPERMARKET SHELVES THIS YEAR

The Organic Consumers Association's (OCA) and allies are calling for a boycott of all Kellogg's products after Kellogg's refuses to source only GE-Free Sugar. Monsanto's RoundUp Ready Genetically Engineered Sugar is due to hit stores this year, exposing millions of consumers to untested and unlabeled "Franken Foods" that threaten human health, the environment and farmers' rights everywhere.

WHITE HOUSE LIES TO THE WORLD ABOUT BIOFUELS

A new report from the International Monetary Fund estimates that biofuels are responsible for as much as 30% of the global food shortage. Despite this fact, at the United Nation's emergency food summit in Rome, USDA Secretary of Agriculture, Edward Schafer, defended the U.S. government's decision to spend billions of dollars subsidizing corn and soybean-based ethanol and biofuel, falsely claiming that biofuels contributed only 2% to 3% of the overall increase in global food prices over the past year. According to USDA spokesman, Jim Brownlee, Mr. Schafer was unaware that his statistics were off by nearly 90%.

GENETICALLY MODIFIED CROPS CANNOT FEED THE WORLD

In a revealing interview with the Guardian UK last week, Martin Taylor, the chairman of one of the world's leading sellers and promoters of seeds for GM crops, Syngenta, admitted that biotech foods cannot feed the world. Taylor

told the Guardian, "GM won't solve the food crisis, at least not in the short term." This is in stark contrast to the biotech industry's ongoing propaganda that the world must embrace genetically engineered crops in order to feed the world's growing population. Although Syngenta and other biotech giants like Monsanto regularly also claim that GM crops are environmentally sustainable, Syngenta's chairman confessed the biotech industry's real focus is on lucrative crops and high-priced seeds and pesticides with "hardly any environmental benefits."

RELATED STUDY OF THE WEEK

"Assessment of the GM technology lags behind its development, information is anecdotal and contradictory, and uncertainty about possible benefits and damage is unavoidable."

Source: A report released earlier this year from the United Nations World Food Program. The study was funded by the biotech industry and 60 nations, including the U.S., and clearly admits that genetically modified crops are not the solution to the food crisis. Upon finding out the results, the US, UK, Australia and Canada refused to endorse the international study. The study also warns that biofuels and climate change are leading causes of the global food crisis.



Continued from page 8

all the good work of Wolftown would suffer."

He argued with me that he was doing the crows good by helping them.

I asked him if he had access and knowledge of fluid therapy, antibiotics, protein requirements for developing corvids.

He was silent.

I told him that wild life rehabbers are actively checking birds, especially corvids (Crows and ravens), and water fowl for bird flu. That we will be the first to see it. Something I personally take very seriously. Would he recognize it? I have had to be trained to recognize it.

Then I explained,

Continued from page 1

We plan workshops leading up to the festival where we forge in the smithy of our souls to create a lot of beautiful and/or weird stuff. It can be an intense time. As one partisan said, "Out of chaos, love, stress, art, panic, garbage, and close quarters come magic and communal bonding for some and complete burnout for others." The basic rule of Islewilde is Yes. If you have a vision and energy and an ability to rally people to help you, you can use the festival to manifest that vision. If you are more of a helper, a follower, a plug in-er, you will find no lack of opportunities and people wanting to utilize you and your skills. Teach

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The Eagle and the Coon

"If you love a species of wild life and want to be near it, you learn that your care for wild animals must go beyond being around them but helping the whole ecosystem. That wild animals are not pets but 'other nations caught in the web of time with us.'

He then started listening to me as I told him the story of my life and work with Wildlife.

I asked him to come volunteer. Wildlife rehabilitation has come far in 25 years and we now have techniques that are state of the art. And ethics that balance the whole thing.

Both these things are important. The man quietly said he would try to come help.

We pulled up to Wolftown and then got the eagle crate out and put it in the biggest hawk mew.

Pete and I waited 20 minutes for the eagle to settle. This is a good practice as wild animals are often in shock when they are handled and they can die of the stress.

The eagle turned out to have a fractured wing and gangrene had set in. He was humanly euthanized.

I went out and fed Wolftown's baby raccoons after the eagle died. And I thought about this one day.

I came up with saying Wolftown's mission in my head like a mantra.

"Finding the Balance of Animals and Wilderness."

Are You Ready For Islewilde?

what you know; learn what you can; try new stuff; keep paper macheing.

Islewilde 2008, the 16th annual Islewilde, is scheduled from August 9-17th. We will be having Islewilde at an incredible private location this year: the Dolstad family land on Vashon. Doug Dolstad has generously opened his land to our event this year and all he asks is that we consider coming to the event as if it was potlach: bring what you can to give to your community. The word comes from the Chinook Jargon, meaning "to give away" or "a gift."

The festival will be in two parts. Part one will focus on building puppets to support the Procession of

the Future, a Backbone Campaign project designed to promote the kind of future we really want (think universal health care mama, a Dr. Seuss type affordable home, peace cranes, etc.) With partial funding from the Backbone we will build these positive, propositional giant puppets that will be part of the Procession of the Future whose first stop will be the Democratic National Convention. The Backbone is having a send off party on Aug 16 at the Vashon Youth Hostel where Islewilde can parade/perform with other Backbone puppets.

 **LoOp Letters**

Save the P2 Class

This letter is to ask you to help support a very worthy cause that has been raised as a result of the VISD budget cuts. A group of concerned parents are trying to save the Chautauqua preschool class for children ages of 2 and 3 (known as the P2 Class). We strive to best support developmentally delayed children between 2-3 years of age and feel this is best achieved in the Chautauqua P2 classroom setting.

The VISD Superintendent and Board are attempting to cancel the Chautauqua P2 class. The Chautauqua P2 class is a unique environment in which 8 students enjoy the attention and focus of three highly qualified teachers and a revolving cast of developmental specialists. Half of the class is reserved for children with developmental delays and the other half is for their typically developing peers. We want to ensure that this valuable commodity is not taken away from the community.

In the absence of the P2 class, the Board and Superintendent guarantee that all children identified by the school district and state as having developmental delays and have been placed on an IFP (Individual Family Plan - for children 0-3) will be visited in the home by an appropriate specialist they may be assigned depending on the nature of their delays.

We respectfully disagree with the superintendent and board and maintain that the preferred environment to provide support and optimal growth opportunities to these developmentally delayed children and their families is in the classroom. The P2 class environment at Chautauqua makes it possible for children with delays to work with teachers and specialists to achieve the specific goals set and based on the nature and severity of their delay. These children are also exposed to invaluable learning and growth opportunities from the other, typically developing children in the classroom. The social exposure and teaching support is critical to toddlers, developmentally delayed or not, during this vital year of development between the ages of 2 – 3, which is when many parents may find out that their children have delays. Once delays are detected, early social in-class intervention can alleviate many long-term impacts such as delays in cognitive, emotional and social development. Keeping these kids out of the P2 class and isolated in their homes is a sorely missed opportunity during this critical time period.

Christine Thompson, MA, CCC-SLP Speech-Language Pathologist states: "It is highly beneficial for young children with developmental delays to be exposed to same aged, typically developing peers. The peers can provide models of appropriate language, gestures,

behaviors, and play skills. The best place to teach social skills is in the classroom environment, rather than through pull-out services, because as a teacher or therapist you are able to create situations and practice skills within a controlled environment. Children with developmental delays may not naturally pick up on social cues in the environment and will need to be taught how to read social cues and to respond with the expected behaviors.

Social skills begin developing from birth. By one year old, most infants are pointing to show what interests them. Around two years of age, children start to use emotional words such as "mad, happy, and scared." A typically developing child's mind becomes highly socially attuned towards group participation by the preschool years. These social thinking and related social skills are critical for a child to succeed in most future academic and social learning environments: kindergarten, elementary, junior and high school, not to mention future endeavors like college or the job site."

If you value early intervention for developmentally delayed children on Vashon Island, your support and presence is needed. Please join us by sitting with our group at the next School Board meeting on Thursday, July 24th in support of this very important cause. If you would like more information or have any questions feel free to email: mjmgrunwald@comcast.net.

Julie Olstad Grunwald

Laugh with the Democrats

Come to laugh...and to groan. This month's meeting of the Vashon Democratic Club will feature a variety of political video clips—both serious and humorous—from the likes of The Daily Show, The Colbert Report, and Countdown with Keith Olbermann. If you want to get up-to-date on some of the issues of the day in a humorous way, here's your chance. Come join us...all are welcome! The Club will also review our presence at the Strawberry Festival.

If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at 669-9459. Our meeting is this Saturday, July 19, in the Land Trust building: potluck social at 6:00, meeting 6:30-8:30. Please help us accomplish our goal of a no-trash potluck by bringing your own, non-disposable dinnerware!

 Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 25**

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Where the locals go!

Vashon's Incredible Heritage Museum

The Vashon-Maury Island Heritage Museum is located at 10105 Bank Road. The building was originally a Lutheran Church built in 1907. The Museum houses a permanent exhibit, periodic special exhibits, a History Resource Room, and an extensive archive of island photographs and other materials. The Heritage Museum is open on



The Heritage Museum, courtesy photo.

Wednesday's from 1:00-3:00 pm and on Saturdays from 10:00 am to 1:00 pm.

Cruise on the Virginia V

Tickets for 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. Boarding will begin at 12:30pm. The cruise will run until approximately 5:30pm.



The Virginia V pulls up to the PO Boat dock, photo Bruce Haulman .

Bring your own lunch; a variety of beverages will be available for purchase on board; soft-soled shoes required.

County Permitting Questionable

As many Vashon residents know, a recent article about recreational properties being unbuildable in the June 26 Beachcomber was true "in most instances". However, these properties actually are being used by King County as a solution to our housing crisis. The key to success is to be legally poor, build a structure as quickly as possible and move in – no septic, no water, no power, no permit - NO PROBLEM!. Even if your neighbors complain to the county and your structure is "red tagged" as being illegal, it will be many years before the county will get around to forcing the issue. During this time you can secure a pro bono lawyer, since you are poor, who will help you secure low cost financing and professional help to have your illegal structure become permitted. You must have space for a septic system, but not water, since a good lawyer can help you secure

an exemption, even if it means taking part of your neighbors property so you can drill a well, at no charge to you. At the same time, you can fill the property with derelict RVs which in turn can house multiple families. Your place can even become a dumping ground for mounds of trash and the County will do nothing. Again, do not worry about the neighbors, since your free attorney will continue multiple appeals until the County finally capitulates. This is NOT a hypothetical situation. Despite more than five years of complaints from me, my neighbors and even a hired attorney (not pro bono) as well as multiple, unpaid citations by King County, a permit was granted this year to make an adjacent "recreational lot" eligible to now house a two-bedroom residence.

Scott Harvey

LoOp Ed

Capitalism and Democracy

by Mark A. Goldman

I have a degree in economics and an MBA in Finance both from respected schools. You might say that my education in finance and economics celebrated capitalism. And so did I for a long time.

Now, after more than 40 years of experience as citizen, financial professional, and participant in our economy, I have come to the conclusion that capitalism, as we know it, doesn't work as advertised and is unsustainable. It doesn't make most people rich; it makes most people poor. Most of the world exists under capitalist regimes and most of the world's citizens are poor. In addition to that, the notion that capitalism and democracy are almost synonymous, which is what we were all taught to believe almost as a religion, is patently false. One look at China ought to disabuse anyone of that myth.

Capitalism and democracy are two different things: one is an economic system that supposedly describes a system by which goods and services can equitably and efficiently be distributed among participants, and the other is a political system that supposedly describes the method by which power can be equitably distributed among citizens in a manner that allows them to be self-governed. The two actually are at odds with one another. There's nothing democratic about capitalism. It is only well executed propaganda that lures us into believing that one compliments the other. It's nonsense. Left unchecked, capitalism leads to tyranny for workers. And in America today, capitalism is essentially unchecked.

Dr. Michael Parenti, a well-known professor, lecturer and political scientist, says it best (<http://www.informationclearinghouse.info/article11635.htm>) He points out that it is only a myth that the affluent middle class in America came about because of capitalism.

In fact, the middle class in America became affluent only because a lot of brave people fought many long hard battles against America's capitalists. Now we're not talking here about small entrepreneurs—the small mom and pop businesses that populate the American landscape. We're talking about the large multinational corporations and their owners that control the lion's share of our financial wealth.

A hundred years ago in America capitalism was in its prime. Capitalists did not go into business with the idea of creating wealth for the middle class. As Parenti says, they went into business to create wealth for themselves. Capitalists are interested in labor only as a unit of production. They are very much interested in reducing the costs of production in

order to improve profits. If you visited a factory in New York in the early 1900's what you would find would be children working 18 hour shifts and women working in sweat shops in stifling and obnoxious unsafe conditions.

The middle class came about through blood and sacrifice after facing brutal opposition. It was the resistance to capitalism—a great class struggle—that gave rise to the middle class in America and a great many died or were brutalized in the process. It was the unions and citizen revolts that fought for child labor laws, women's rights, workers rights, and civil rights. Injuries and death in coal mines and factories were epidemic and would still be so were it not for the brave men and women who fought for safety standards, employee benefits, and decent work hours and conditions.

Capitalists will, and always have, taken every opportunity to reduce wages and externalize their costs by exploiting human and natural resources whenever possible, leaving poverty and pollution in their wake... sometimes to the point of human and environmental death. Capitalism makes capitalists rich at the expense of workers and society. American workers got zilch until our great grandparents struggled and demanded their share of the spoils.

Of course once capitalists were forced to provide decent wages and benefits, they then put a happy public relations face on it so they could cynically take credit for how beneficial their corporations have been for the American worker. Still, in every economic downturn, workers are the first to be laid off while the corporate elite keep their jobs or are offered golden parachutes to retire early.

But capitalists are relentless. Today, many of the gains made decades ago through brutal struggles have been reversed, with modern day Democrats as well as Republicans leading the way. Now Social Security, Medicare and Medicaid are in their sights. Unions are mostly gone, manufacturing plants have been sent abroad where labor is cheap, and even white collar jobs now are being outsourced to India and China. Capitalists aspire to take the American worker right back to where they were in the early 1900s. The struggle for both political and economic freedom was hard fought, and many of those freedoms are now disappearing or being degraded. We have forgotten to teach our children how we got here. That lack of historical understanding is costing us and them dearly.

When capitalism is allowed to flourish unchecked, democracy suffers. Lawmakers pay little heed to so-called constituents nowadays. Money has corrupted our elected



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officials and we are fast morphing into our own form of fascism. Without an awake, educated and motivated citizenry, democracy cannot survive. The greed, hypocrisy, and dishonesty that capitalists and lawmakers currently celebrate are a lethal and growing cancer on our republic.

The result of decades of lies and deceit is now coming home to roost: Our economy is at the worst state I've seen it in 40 years. It is not a natural disaster; it is a man made disaster. Broke and betrayed, the average American worker will wake up one day and wonder what happened to their lifestyle and their freedom. It will have been stolen right out from under our noses. Capitalists are moving East where there are new opportunities. General Motors is going bankrupt in the US, but is thriving in China.

Frankly, I don't think this ship can be turned around now before citizens experience a great amount suffering... and turning it around is going to take more than simply replacing a Republican president with a Democrat. As this American tragedy unfolds before my eyes, I am struck by the fact that I don't know many people who even want to understand what is happening to them. Unfortunately, that won't keep it from happening.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 25**

Amsden Wins the "Egg"

by Dan Brown

Sunday evening at Ober Park, at approx 5:30pm, Troy Kindred, festival music chairmen and Matt Eggleston bassist, giving guitarist/vocalist Steve Amsden his well deserved 2008 Strawberry Fest t-shirt, as his prize for winning the annual Strawberry Festival Matt Eggleston Award, for performing in the most number of bands during the weekend. He played in six



Matt Eggleston left, Steve Amsden center and Troy Kindred on the right, photo by Dan Brown.

groups at one of the four stages, the beer garden, or street dances. Steve has never won the award, but actually conceived, and created the prize eighteen years ago, when he coordinated all of the music for the festival weekend. Matt had inspired the award, when he performed with more groups than he seems to have kept track of, a year earlier.



Herbs For Bladder Infections

by Kathy Abascal

Bladder infections are very common in women. About 21% of all women experience urinary tract discomfort at least once a year and a portion of these women have several bladder infections each year. Recurrent infections may eventually work their way up to the kidneys, causing kidney infections. Bladder infections are much less common in men, and when they occur often involve a sexually transmitted infection or a prostate infection. We do not know why women are so much more prone to bladder infections although we know that poor diet, tight clothes, synthetic fabrics, sexual activity, and stress contribute to the problem.

Herbs work well for the simple bladder infections that most women have, and typically clear it up in a matter of days. They can also be used to prevent recurrent infections

– provided that life style changes are implemented to work on the underlying causes. In fact, herbs on the whole work better than antibiotics because they are more selective in their effect on the microorganisms causing the infection. As herbalist Michael Moore points out in his book *Herbs for the Urinary Tract*, balance is key to avoiding bladder infections. We need to have *E. coli* bacteria in our intestines to maintain health but we do not want *E. coli* colonizing our urinary tract. Antibiotics disrupt the intestinal flora to a much greater degree than herbs used for bladder infections which in turn may create other flora imbalances. In my opinion, antibiotics should be reserved for bladder infections that do not respond quickly to herbal treatments or for the more serious kidney infections.

We maintain a good flora balance in our bladder primarily through urination that flushes out intestinal bacteria that have moved toward the bladder. Drinking significant amounts of the right fluids will go a long way toward maintaining bladder health, and is extremely important for women with recurrent infections. Water, obviously, is one of the right fluids.



Uva ursi, drawing by Kathy Abascal.

Cranberry juice, blueberry juice, and herbal teas are also very helpful. Most other beverages, like citrus, alcohol, caffeine, sodas, and milk are usually irritants.

In order to establish a bladder infection, *E. coli* bacteria need to stick to the mucosa of the urinary tract, and both cranberries and blueberries inhibit their ability to attach. Studies suggest that between 12 and 30 ounces of cranberry juice daily is a good preventative treatment for bladder infections. However, sugar depresses the immune system and contributes to bacterial attachment. As a result, the juice needs to be unsweetened to work well. Do not choose a juice that lists either apple or grape juice on the ingredient list. If you cannot drink unsweetened juice, you will be better off taking cranberry capsules. Herbal teas with gentle diuretic and anti-inflammatory properties, such as dandelion leaf, nettle leaf, alfalfa, and red clover, are helpful.


The next step requires an honest evaluation of the sugar content of your diet. Many women with recurrent bladder infections gravitate towards foods that raise glucose levels. Often this means indulging in cookies, chocolate, and other sweets but usually also includes a diet heavily weighted with refined flour, breads, and pasta.

Active bladder infections are treated by combining herbs with antimicrobial components that are excreted in the urine with other

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herbs that are anti-inflammatory and analgesic. The stellar herb in bladder infections is uva ursi (*Arctostaphylos uva-ursi*). Uva ursi is a low growing, shrubby plant that can be taken either as a tea or a tincture. Yerba mansa (*Anemopsis californica*) and yerba santa (*Eriodictyon* spp.) are rich in aromatic compound and they seem to enhance the effect of uva ursi. My favorite is yerba mansa because it is both strong and soothing. I also like kava kava (*Piper methysticum*) for added relief of pain and irritation. Many bladder formulas combine uva ursi with goldenrod (*Solidago canadensis*), a fabulous diuretic, corn silk (*Zea mays*) soothing to the bladder, and yarrow (*Achillea* spp.) which stops bleeding.

Most of the various herbal bladder formulas on the market work quickly and well if taken properly. Basically, a dose is taken

every hour or two diluted in an 8 ounces of water, herbal tea or tart cranberry juice. The frequency is important and the large volume of liquid is needed to flush out the bacteria and soothe the bladder membranes. Improvement should be noticeable within 24 hours although it may take several days to resolve the infection. If pain or fever persist, if symptoms worsen or if there is no improvement, you likely have a more substantial infection that should be treated with antibiotics.
Once you are symptom free for a few days, you can stop taking the formula. Unlike antibiotics, there is no need to continue taking the formula for 10-14 days to avoid creating resistance. However, you should continue drinking the right liquids every hour or two for another week while the membranes heal and avoid sugary, sweet foods for at least that long as well.

Methodists Welcome New Pastor

Continued from page 1

As a pastor this is my eighth year of full time ministry. I served for three and a half years in Colorado and four in Sandpoint before coming here. I am a graduate of Western Washington University with a degree in teaching English and Theater, and I have a Master of Divinity from The Iliff School of Theology in Denver, CO. I come from a family of teachers and I believe that education is the only way to a better world. I have a passion of social justice and I believe that it's the responsibility of every person to do what they can to make the world a better place and to speak out against injustice, intolerance and hate. I believe that every person is deserving of God's love and that God's grace is offered freely to all. I believe that my job as a pastor is to serve the people of Vashon United Methodist Church and to be in

ministry for and with all the people of Vashon as a part of this community. I believe that the church exists to serve the people, not the other way around. I am hopeful that we can work ecumenically with the other churches and faith communities on the Island; we are not competing and my desire is that people can grow in their faith and that everyone can find the right place for them.

I hope that many of you who read this article will take the chance to stop by the church and say hello. My family and I look forward to being a part of this community and my office door is open to anyone.

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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) Look around and you will see the benefits that have come to you from doing so much legwork, and work in general, the past year or more. It has not all been for nothing, though that feeling often pervades any effort that is slow, and which therefore requires long-term commitment. You can take the moment to enjoy the feeling of success, as well as a taste of its actual benefits. There is more where that came from, but what you must bear in mind is that the reward for a job well done is often another job to do, and these jobs are not often easy. What you are looking for is specifically a sense of mutual benefit: if something just benefits you, forget it. If it just benefits others at your expense, forget it. Find the place where your work creates a cycle of reward for both yourself and the people around you. If we can all do this, we can save the world and have a lot of fun. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You are not someone who is particularly good at seeing wide, expansive possibilities. You may think you are, but then when you get an actual glimpse over your teacup walls, you see how big the world really is. The current Full Moon developing in Capricorn will point you toward your potential, and allow you a moment of feeling that it's actually real. You may be pointed toward the potential involving something much larger than yourself. Let the events of this week serve as a testimony to the truth that we are most often limited by what we believe is impossible; we remove our limitations by shifting our belief in what is possible. I recognize that this can be a source of great frustration: how do we change a belief? Here is a clue: what is necessary more often seems possible than anything else. Therefore, if something is necessary, you can probably do it. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) When you're sorting your life, your mind, your closets or your values, bear in mind one factor: some things nourish you and some things do not. Some things you do nourish others, while certain other things you do deplete them. Unfortunately, we humans tend to have the greatest attachments to the things that deplete us — certain foods, people and emotional habits that do nothing but strip our natural enzymes away. You know that one of the things you need the most is balance. The teacup ride of the spring informed you of that, and you run some risk of that whole experience fading into the foggy mists of memory if you don't make a conscious point of remembering what you learned. The first step to balance is taking care of yourself. This is particularly true if you are someone who must consistently take care of others. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) This week's Full Moon in your opposite sign Capricorn should shake loose some energy, particularly emotional energy. You are a passionate person, and too often you look at the world and get back a hollow gaze. There are those days you are tempted to walk around with a stethoscope and make sure the people walking on the street actually have a pulse. This should not be one of those weeks, and those who have defined themselves in your life as being stagnant

may surprise you with a reversal of their basic position. Mercury currently in your sign suggests that you will welcome the focus and attention, but still may find it to be a bit too much. The word of the week is therefore compromise. Enough is enough; too much is too much; nobody wants to live on dry, parched land. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You possess the missing answer to an issue at work; you need to devote yourself to it, and to persist until you have a breakthrough. At this time, I don't suggest you count on others, or assume it's going to get done on its own — nothing ever does. What you can do is set the example for others to actually get something done rather than go through the motions. The lesson for everyone is that brilliant ideas are not enough. They are a good start, but ultimately to put a concept into action or manifest it into reality, we have to change; we literally must reconstruct some portion of our mind, our behavior or our feelings to allow for whatever new is on its way in. Most of where we allow it is into ourselves — a process that will have exponentially increasing meaning as the next two weeks (and a total eclipse in Leo) approach. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Anyone who offers themselves in service will sooner or later, at one point or another, feel like a mother with three children vying for her breasts. I suggest you make peace with the concept of 'being used'. We tend to cast this idea only in the negative. That, to me, suggests some confusion over why we incarnate in the first place. Think of it this way. If everyone showed up on the planet strictly for their own sake, there would be a state of constant anarchy. Nobody would even be able to raise an army; everyone would be too self-absorbed. Some of us come here to serve, and some of us will not be happy until we set out to do our appointed service. Yours indeed involves taking care of people, but lately in a way that is more public than private. At the least, this is the time to be known for what you do. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) There are many ways that your existence defies what we think of as reality. I'll give you three. Our culture is obsessed with making things ugly. You have an eye for little other than beauty. Our society persistently drives itself and everyone else to various states of imbalance; you are devoted to maintaining equilibrium. There are few people from whom we can expect a fair deal, and you are one of them. You also take the idea of ambition and turn it upside-down. Most of our worldly colleagues are busy trying to get ahead, and if a few crumbs or pennies rain down on the unfortunate masses, it's not such a bad thing. For you, true accomplishment is something you do on the inside, and which benefits people as a direct result. This is a good definition of integrity, and a reasonable portrait of your life right now. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) These days may find you deeply emotional, perhaps teary eyed, perhaps finally in a place where you can express your grief and your anger at a long-standing condition in your life. Let the words and the tears



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flow; let your feelings flow; take the opportunity to be articulate with yourself and to others about what truly matters to you. This is less a burden on them than it is a relief from one. Remember that there is only so far that applying brainpower to your life can go. Any situation or condition that is truly worked out, is resolved on many levels. Sometimes it happens one layer at a time, and sometimes you can move through several at once. At the moment, you have a diversity of levels you can work on, but they all have one thing in common — the truth of who you are: a truth that was never more obvious. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) In your ongoing quest for the right way to make the right living, I suggest that every dollar, pound or euro you earn be in full alignment with your highest vision for yourself. If it's not, I suggest you notice consciously, and notice how you feel. You may think that money is money no matter where it comes from, but that's not true. Money created from any form of deception or manipulation is not in alignment with your karma. In Western society, that covers a lot of ground. I suggest you be equally vigilant about where you spend your resources, and what you spend them on. It is notoriously easy to ignore this idea, but there are few things we can do that are more important now; and few things on your current agenda that mean more. Beyond a certain point, money seems to take on a distinctly amoral quality. It is considered it's own self-affirming virtue, no matter what the consequences. If you believe that, you may want to ask yourself why. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) This week's Full Moon in your sign is designed to break you free from stuck emotional patterns that you have come to take for granted. I suggest you take the opportunity to unlock your inner doors of compartmentalization. You're good at keeping them shut, and while it serves many temporary expedients (such as subverting your conscience, or allowing you to maintain a double standard), it's not healthy and it does not support your intimate relationships. You could say that denial and truth have nothing in common; I would say they have everything in common, because neither could exist without the other. In any event, I suggest you look for your keys,

start turning the locks, letting every part of your brain know what every other part is up to. That translates to letting every person in your life know what you are up to, including your involvements with others. Rest assured: there will be consequences either way. If you make the moves, and the decisions, you'll like those consequences a heck of a lot more. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) You know there is a lot you don't know about yourself, and usually this doesn't faze you. Now you're about to make some surprising discoveries, and to unfold some of the hidden dimensions of your psyche that you may not have known existed. In astrology, Aquarius is variously known as one of the most equitable signs, and as one of the most controlling. This power-focused aspect of your nature probably confuses you, as does your tendency to become rigid at certain key times when compromise is called for. Now you can get a look at what is going on in those inner corridors of power. You can see the way your parents imprinted you with their fears and their old-fashioned worldview, clearly enough to do something about it. Don't worry, even after you revolt against so many dusty old ideas that have nothing to do with who and what you are, you will still have enough old-fashioned respect for tradition to hold your life in order. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) This week's Full Moon lights up one of the most public angles of your solar chart, and that happens to be one where you struggle for visibility much of the time. While you have a reputation for being an "innovator" and for being "different" (not always a compliment) what many people fail to recognize is the pragmatic value of what you do. Hey, maybe you even miss that point. Anyway, a magnificent lunation across the most dynamic axis of your chart is likely to help you get some of the recognition you deserve. In Capricorn style, it may have been long in coming and it may not quite seem to have the glare of Hollywood, but what you want — and what you are getting — is a reputation for being solidly consistent, dependable and grounded. If you follow your philosophy of life and go for quality rather than quantity, you're likely to get both. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

Salads of Superfoods

Salad superfoods, the ones superior in flavor and in the amounts and kinds of nutrients they give us include: Avocados, blueberries, Brazil nuts, kiwifruit, onions, sprouts, tomatoes, sardines, smoked or poached salmon, boiled eggs (chopped, quartered or halved and deviled), yogurt dressing, vinaigrette.

Nuts, boiled eggs and fish add proteins to make a salad into a one-dish meal. Avocados go well with fruits and with vegetables, and make yummy guacamole to enjoy with or without other Mexican foods. It's so easy to make, too! You enjoy creamy texture and smooth flavor, plus good-for-you monounsaturated fats, vitamin E, folate, vitamin B6, fiber, and glutathione which helps ward off macular degeneration. Guacamole goes as well with a salad of lettuce and tomatoes as with Mexican dishes.

GUACAMOLE

(Makes about one cupful)
2 avocados, peeled and chopped
2 Tablespoons finely minced red onion, optional
Salsa to taste
Fresh-squeezed lemon juice to taste

Mash avocados and combine with onion and salsa. Stir in lemon juice. Taste. Mmm-good! Serve at once. The lemon juice helps keep the guacamole from turning gray, but it's much the best eaten immediately.

Blueberries: Toss a handful of fresh or frozen berries over a salad of apples or pears for color, flavor, and goodly amounts of Vitamin C and cancer-fighting ellagic acid, as well as 4 grams of fiber per cupful. Peeled, sliced or chopped kiwis go well in a fruit salad, too. One kiwi has as much Vitamin C as half an average orange, plus folate, magnesium, Vitamin E, copper, and lutein. The lutein from the kiwis protects your eyes from macular degeneration.

Almonds: Wonderful with apples or pears and gorgonzola on lettuce, and a good calcium, magnesium and potassium source.

Brazil nuts: Chop and add two or three of them per serving for the recommended daily value of selenium which helps with DNA repair, enhances your immune system, and reduces your chance of prostate, colon or lung cancer. Good magnesium source, too.

Onions: Red for maximum quercetin for defense against "bad" LDL cholesterol, cancer, and cataracts. Second choice, yellow. Third choice, white.

Pumpkin seeds: Crunchy texture, and the best of all nuts and seeds for magnesium and iron. Serve them raw, toasted, or sprouted.

Sprouts: Good on vegetable salad or fruit salad. As they sprout, they turn softer, yet crisp and crunchy, and increase in Vitamin E. Sprouting is easy and thrifty. Tools you need: A bowl for soaking and sprouting and a sieve for draining.

Cover seeds with water plus an inch or two. Soak overnight. Drain. Let breathe a few minutes. Rinse, drain. Let rest a few hours. Give them a bath and drain again. Let rest awhile. Rinse, drain. Continue until sprouts achieve recommended length.

Item	Soak time	Sprouting time	Length of sprout at harvest
Almonds	8 to 10 hours	1 to 2 days	1/8-inch
Alfalfa seeds	5 hours	3 to 6 days	1 – 2 inches
Pumpkin seeds	6 hours	1 to 2 days	½-inch
Sunflower seeds	6-8 hours	scant day	1/8-inch

SALAD OF SPROUTS

2 to 3 servings

1 cup alfalfa sprouts
1 cup sunflower seed sprouts
½ cup grated daikon or 4 red radishes, slivered
Rice vinegar
2 green onions, tops included, thinly sliced
Bib lettuce cups or shredded green leaf lettuce

Grape tomatoes, or halved strawberry tomatoes
1 Avocado, peeled and sliced lengthwise
Balsamic vinaigrette (recipe below)

Sprinkle the radish bits with seasoned rice vinegar. Let rest for 10 minutes. Arrange lettuce on salad plates. Divide remaining ingredients, except for vinaigrette, among the salads. Garnish with tomatoes and avocado wedges. Pass the vinaigrette at table.

Complete the menu with a cheese plate, or a plate of assorted meats such as sliced cold roast beef and or chicken breast, and or turkey ham, plus a dish of deli potato salad enlivened by stirring in a few spoonfuls of pickle relish.

YOGURT DRESSING

1 cup plain yogurt
½ cup minced cucumber
2 fat or 2 thinner cloves garlic, minced
¼ cup minced fresh parsley
Salt to taste

Combine all ingredients. Chill.

BALSAMIC VINAIGRETTE

Makes ¾ cup

¼ cup balsamic vinegar
½ cup extra virgin olive oil
½ teaspoon garlic salt or 1 garlic clove, peeled and minced or mashed through garlic press
Coarse ground black pepper to taste

Combine all ingredients. Store in tightly covered glass jar.

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The S'Homamish - First People of Vashon-Maury Island

Continued from page 6

ones about 45'x 50' and several smaller ones about 30'x35'. She said there were seven families at this site, and associated this group with houses at Gig Harbor, so they may have lived both places or been closely related. The Smith dig in 1899 found "shell-heaps" which extended all "along the shore of the northern side of the bay." Waterman identified four sites along this north shore of the Inner harbor: *Ste-xugwlh*, "where one pushes over," at Portage; *Bulbul-ets*, "bubbling up," the site of several springs along the beach at Monument; *Wau-xultc*, "plunging into water," at the point just west of Portage where deer escaped pursuit into the water; and *Sduqo-o*, "closed in creek," at the mouth of Judd Creek. Waterman names the Inner Harbor *sdoog-WAHL-ahl*, which means, "enclosed." Another name for the Inner harbor is *Sdou-gwa-luth*, "the trap is full," which refers to bird traps at Portage. Van Olinda notes that the Nisquallys used the Portage site to trap birds, and Waterman has descriptions of this type net and drawings of how they were set up and used. While there may have been house sites spread along the north side of the Inner Harbor, it seems most likely

that the primary house site was on the beach at Monument.

(The second half of Haulman's article will appear in the next Loop.)

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Positively Speaking

Fear Not the Telling of History

by Deborah Anderson

The ancient glass panes on the back porch (soon to be front porch) are what I love the best. I'm determined to leave a thin veil of original dirt on them. Forever. Next to the weathered wood veins that hold them in place, the colour of the dirt adds texture and grace. It's part of the story. It's not their present story, but the past with which they bless our family.

From the air, Vashon Island is just a bushy outline of tall vegetation. On the ground, there are certain people who feel comfortable, no comfortable is not a strong enough word, safe and fulfilled and empowered and at ease here.

Let's see, the gays love it, the hippies love it, the blue collar people love it, the white collar people love it, the artists love it, computer geeks love it, the young families love it, the retired love it, the homeless love it, the richest of the rich love it, the educated love it, the trades people love it, the farmers love it, the commuting urbanites love it. Any person of any color loves it. People who move fast love it. People who move slowly love it. Druggies love it, people in recovery love it.

In fact, the only people who don't love Vashon are the ones who move off right away after trying it out and finding it too isolated or enmeshed for their liking, and some, not all, teenagers, while they are teenagers.

But how can it be? These groups of people don't necessarily love each other. They certainly live different lives here. They have various values that are not entwined. Put any of these groups in a room together and they have to find common ground to bond.

Ah...common ground. The very ground we live on is, by its nature, offering each of us that which we look for.

As I have been telling you, our family recently moved from one house that I loved but the kids did not (the house had no soul my son said) to the home that my son told his sister, "This is the house we fight over."

The last house was in the middle of a clearing, which freed us from too many bold raccoons. This house required us to make it known to the raccoons the second night that we are the primary caretakers of this neck of the woods. That means, having remembered I had not closed the car windows, I was able to let them know I was in the drivers seat, literally, as they ambled out the passenger side window. I am forever grateful to them for spilling the pomegranate oil as they dug for gold. The car is permanently flavored with something other than eau de Buddy the Golden Retriever. Praise God!

Our house/home once served dozens of Norwegian/Danish Methodists while they studied the Bible at camp. It has that air of hospitality to it even now in its current unsettled state. Though boxes are still everywhere and mirrors get shifted from this position to that, waiting to be hung in exactly the right spot, the first guest has arrived and promptly announced she likes to line shelves with paper. She brought her own hospitality to add to ours!

Our family loves hospitality and by the end of next week we will have had the first two dozen people over to share our home. Then it will feel settled.

I love the story of homes. Actually I love any story of any person, place or thing. A Christian man going through a divorce, we were told by the neighbors, built the last home we lived in from a kit. As I walked through the floor plan daily, complete with the quirky and the quaint, I would think of the hours he spent seeking solace in building something. It was easy to honor his work and sit in the blessing of his efforts.

This home was well loved for many years and went through several incarnations. As we nail and bolt and clean and shift we start to add our story.

History is at its best when the stories it tells are filled with the truth. That's what current Vashon offers to so many. This ancient sacred Island entices people to sit in the middle of their stories. That's one of the reasons that the worst of Vashon's history, the history that wasn't history but legend and gossip, has died and is being buried. There is no place for the posed or the ingenuine. We sit not in the middle of our pain as runaways any longer. That's why the fight with the gravel pit. We sit not in the place of exploitation and opportunism anymore. We openly buy and sell out of the best. That's why we have problems now. We sit not in the pretense of perfection.

It's lovely the places and people that shaped history on Vashon are recorded for us to remember. But most importantly we must remember the history we are making today.

The day is here when longtime Island families are names that have married off Islanders.

The day is here when development and accomplishments stretch to the world on a regular basis on a massive scale.

The day is here when your story is making an impact in a positive way on the Island.

Gay, hippie, white collar, blue collar, artist, computer geek, young family, retired, homeless, richest of

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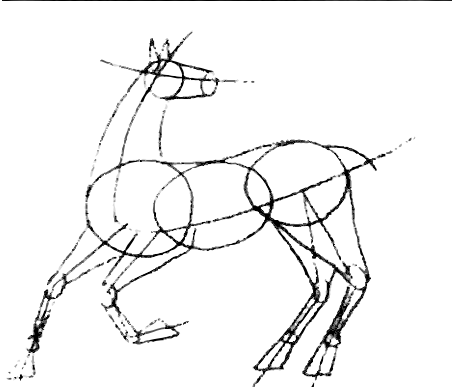
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Westside Highway/Cedarhurst Drive

Continued from page 4

The sense of place that characterizes Vashon's Westside Highway also stems from the modest historic structures that line the route. Most prevalent are single-story farmhouses, often clad with unpainted wood shingles, and small gable roofed barns that once housed a few dairy cows or horses. Remnants of the distinctive, low-



A stretch of Cedarhurst Drive,
courtesy photo.

lying chicken coops speak to an industry that was once common all over the island.

A reminder of the settlement of Colvos, now all but disappeared, persists in the Colvos Store, a little false-fronted rural grocery and gas station that operated into the 1940s. Tucked into the woods at Cove is a cluster of bungalows from the 1910s and '20s, today a quiet little backwater community. The 1923 Cove Norwegian Danish M.E. Church with its wooden four-square tower stands along side the road, and is now converted to residential use. Mixed in with the historic building fabric, but modestly sited and not obtrusive, are newer Northwest homes with informal but prolific gardens and decks that face the water views to the west.

The history and unique character of the Westside Highway, which can still be experienced by residents and visitors today, make it one of a handful of old roads that stand out as significant "heritage corridors" of King County.



Ryan “Nellie” Nelltown practices his model pose for future GQ photo-shoots.



Vashon Island Wrestlers take time out to jump on the Rumble Nick Berry and pose for a picture in the midst of training camp.



Ravenna “Mizz Nellie” Nelltown expresses her disdain in regards to the firing of Mariners Manager, John McLaren. She’s obviously very sad. Her mom wanted to make sure that all you readers know that she did not teach her daughter to pout so effectively.



After dousing themselves with water to pretend that they were sweating, Vashon Island Wrestlers look tough for the camera person. The wrestling team is training for the upcoming Team Camp at Oregon State University where 30 of the best teams in the region meet up for quality competition.



Yes, it’s blurry, but that’s because it’s a mad wrestling scramble. Mixing in motion is Eddie “Scissorhands” Protzeller and 4X College All American, Burke Barnes from Lake Stevens High School and Dana College.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 25**

Are You Ready For Islewilde?

Continued from page 9

Part two will focus on the Islewilde favorites: Lantern making, clowning, mask making and other workshops will be held in the evenings of that week leading up to

our public festival Aug 23rd at the Dolstad property.

Islewilde Work Party & Retreat Saturday, July 19

We’ll get started at the new Islewilde site at the Farmstad at 12108 sw 148th. Work Party starts at 10am, retreat at 6pm. We’ll be getting the site ready, light clean-up and creating our themes and performances for this year’s festival.

Come help kick off this year’s program. Call Doug Skove at 795-4344 for details.



Puppets march in Islewilde 2006, courtesy photo.

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Islander Heads to Europe For Swim Competition

by Gary Gray

What a difference a year makes. Amanda Ohmert pictured here in July 2007 (11 at the time) holds up her heat sheet at the Titlow Classic Swim Meet in Tacoma. She records her times for each event on the sheet to keep tract of her times. She recorded several Gold times at that meet. Ohmert began swimming at age 2 in the Gold Beach Pool, joined the Vashon Aquatic Club team at 5 and swam her first gold time at 6. Her favorite stroke is the butterfly, but says her best is the backstroke and freestyle.

This year she will be in Holland during the 2008 Titlow Classic swimming with approximately 800 other swimmers from 50 countries competing in the Youth Friendship Games. Upon returning from Holland, she will compete in the Pacific Northwest Long Course Championship Meet held July 31 to Aug. 3 at the King County Aquatic



Center in Federal Way. Her invitation to compete in the championship meet comes from a 16th place ranking in the 50-meter backstroke for her age group, 11 and 12 year olds in Washington, Oregon and Idaho.



Loopy Laffs

One Liners

I had amnesia once - maybe twice.
Time is a great healer, but a terrible beautician.
Those that forget the pasta are doomed to reheat it.
I'm one bad relationship away from having 30 cats.
I don't want buns of steel. I want buns of cinnamon.
I've been on so many blind dates, I should get a free dog.
The sooner you fall behind the more time you'll have to catch up
Follow your dreams, except for that one where you're naked at work.
I'm busier than a one-toothed man in a corn-on-the-cob eating contest.
There is no "I" in "Team", but there are four in "Platitude-Quoting Idiot."
I saw a woman wearing a sweat shirt with "Guess" on it. So I said "Implants?"
Wear a watch and you'll always know what time it is. Wear two watches and you'll never be sure.

Quotes about food:
"The most remarkable thing about my mother is that for 30 years she served the family nothing but leftovers. The original meal has never been found." —Sam Levinson
"This recipe is certainly silly. It says to separate two eggs, but it doesn't say how far to separate them." — Gracie Allen
"I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet." — Erma Bombeck
"I told my doctor I get very tired when I go on a diet, so he gave me pep pills. Know what happened? I ate faster." — Joe E. Lewis
"I will not eat oysters. I want my food dead — not sick, not wounded — dead." — Woody Allen
"Food is an important part of a balanced diet." — Fran Lebowitz

A Sunday school teacher asked,
"Johnny, do you think Noah did a lot of fishing when he was on the Ark?"
"No," replied Johnny. "How could he, with just two worms?"

MART	ARCH	WATTS
OBIE	PERU	ENNUI
DOSE	EWER	SITES
EDEMA	ADDSTO	
MEN	CAROLS	NADA
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ADAR	HER	FIERY
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SATYR	OFF	TARS
ONE	ESC	FALA
CASE	HAVETO	SEA
	GAELIC	WEIRD
BOURN	LOTH	PLOD
UPSET	OLEO	ELSE
STATE	WADE	EYED

Solution to puzzle on page 7

Cowboy Wisdom:
There is no right way to do a wrong thing.

Loopy Zen:
Abstract thoughts are a lot easier than the concrete actions based upon them.

John McCain: "In case you missed it, a few days ago Senator Clinton tried to spend \$1 million on the Woodstock Concert Museum. Now, ladies and gentlemen, I wasn't there. I'm sure it was a cultural and pharmaceutical event. I was tied up at the time." — referring to the years he spent as a P.O.W.

Barack Obama: "I don't want to be invited to the family hunting party." —on revelations that he and Dick Cheney are eighth cousins.

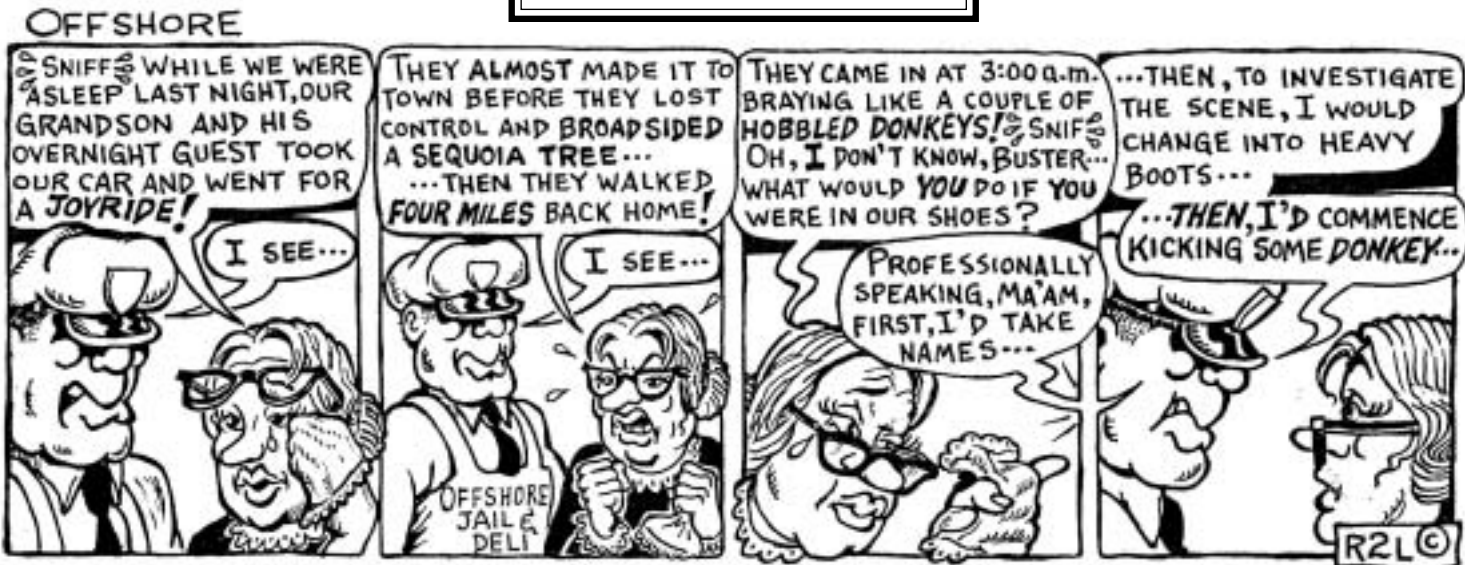
WILD WORLD

By Ed Frohning

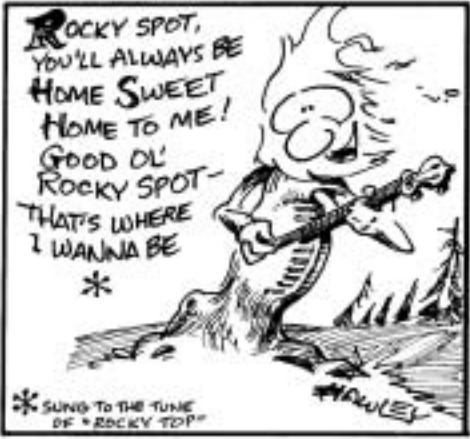
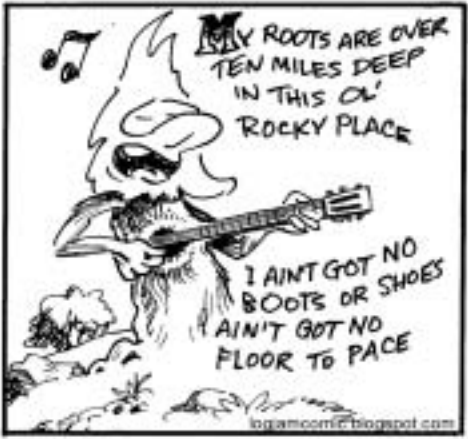


Found on the seal of a bag of bagels:
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If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and drycleaners depressed?



LOGJAM



Loop Arts

Incendio plays Ober Park

by Janice Randall



Los Angeles-based Latin band, Incendio will perform free at Ober Park, July 24. (Courtesy photo)

Don't miss the blazing guitars of Incendio, the Los Angeles-based band that has wowed audiences three summers running at Ober Park. They will perform free Thursday, July 24, 7 p.m., as part of the Summer Concerts in the Park series, sponsored by Vashon Park District, Vashon Allied Arts and Windermere.

This lively group keeps their audiences moving with their richly textured music ranging from flamenco to rock and jazz fusion. Upbeat, with intense, pounding rhythms—Incendio is worth an evening out!

Incendio is comprised of bassist Liza Carbé and guitarists J.P. Durand and Jim Stubblefield. The band plays up to 200 riveting shows per year from concert halls to outdoor festivals. Incendio has released six CDs and one DVD, which will be available at the show.

Urban Soul comes to Ober Park

by Janice Randall

Free Summer Concerts in the Park continue August 7, at 7 p.m., when Seattle musician Darrius Willrich brings his sweet urban soul to Vashon's Ober Park. Singer, songwriter and band leader, Willrich gets down on the keyboard and carries a reputation for playing with several Seattle area groups, including Soul Provider and his own Darrius Willrich Project. His all-original style has been compared to the likes of Donny Hathaway, Lionel Richie and the great Stevie Wonder.

Willrich possesses an innate musical ability to combine multiple musical genres. He has composed for four feature film scores. "Willrich plays in a creamy harmonically sophisticated style on the Fender Rhodes that recalls Chick Corea in the Miles Davis electric band," said renowned jazz critic, Paul de Barros.



Darrius Willrich plays urban soul at Ober Park Aug. 7. (courtesy photo)

Bring a picnic and the family and kick back for some great free music. This series is made possible by Vashon Park District, Vashon Allied Arts and Windermere.

Hear Taiko drumming and more!

by Janice Randall

World music and Camp Burton's outdoor amphitheater is a great fit. What better thing to do with a summer evening in August than sit

back and enjoy? It's the best deal around, with four amazing groups and yummy food by Shefidgets Catering. You can even henna your body with Kara Jones' artistry! Vashon Allied Arts brings the all-ages one-day World Music and Dance Festival to stage, Saturday, August 9, 5 to 8 p.m., with a little help from our friends at Boeing, Vashon Park District, Thriftway, 4 Culture, WSAC and Arts Fund. Hey, it takes a village!

The festival will feature: African music and dance with Sohoyni, Japanese Taiko drumming by One World Taiko, Brazilian music with Euduardo Mendonca and roots/reggae with the Adrian Xavier Band. For more information see www.vashonalliedarts.org.



One World Taiko brings energy, tradition and contemporary choreography to the ancient art of Japanese drumming. They will perform at Vashon Allied Arts' annual summer music festival at Camp Burton, Saturday, Aug. 9, 5 to 8 pm.



The Dark Knight

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Café Luna Presents Rolf Jones July 25 and the Elementals July 26

Pianist Rolf Jones-Moore has performed professionally for over 25 years, with many engagements, including opening for Ray Charles at the Sacramento Blues Festival. During this performance, he preceded the Soulsters, then followed by the great Ray Charles, Robby Krieger, guitarist for The Doors, and the Northwest's own Robert Cray. Rolf's performances have included many concert engagements throughout Northern California, Colorado, Oregon and Washington. He began his career as a keyboardist with the Misty Mountain Sunshine Band, a local favorite in Denver. After several years in Colorado, he moved to San



Rolf Jones and piano, courtesy photo.

Francisco, performing venues including the Archbishop Mansion for wedding engagements and special events. Rolf was a regular recording artist at SIR Studios, and played the Chi Chi Club on Broadway, and other San Francisco hot spots. From there, he moved to Nevada City, California, where some of his many local performances were recorded live, on the air, by KVMR, a Northern California public broadcast station. As a composer, Rolf displays several styles. Jazzy blues and boogie dominate his methods, with a touch of classical movement in a number of his pieces. Although classically

trained, Rolf displays a unique energetic style. His sharp technical skills are complemented by vigor, vitality, and a soulful passion for his art - jml, 2007 425.773.3809 www.rolfjonesmoore.com.

The Elementals will be performing at Cafe Luna on Saturday, July 26th, at 7:30pm. Acoustic groove and traditional folk will be on the menu for the evening. The Elementals are comprised of Sherri Thal (violins/vocals/percussion) and Brent Magstadt (guitar/vocals); in addition they will likely have a couple of musical guests sit in for the evening. Join Cafe Luna for an after dinner caffeine cocktail or glass of wine. More info at www.cafelunavashon.com or 463.0777.



The Elementals, courtesy photo.

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Last of the Summer Parables at Lunavision

by Peter Ray

“Remember, Remember the 5th of November
The Gunpowder Treason and Plot.
But I know of no reason why the Gunpowder Treason
Should ever be forgot.”

As Evey, Natalie Portman recites these words in the opening scene of our next offering from Lunavision in one of my favorite films of all time- *V for Vendetta*. They are from an English nursery rhyme from the early sixteen hundreds, which has served to remind Brits through the centuries of the actions of Guy Fawkes and his attempt to blow up the Parliament building on the night of November 5, 1605. From 1982 to



V for Vendetta, courtesy photo.

1985, writer Allan Moore and illustrator David Lloyd created the graphic novel *Warrior* around a modern day Guy Fawkes character, and *Matrix* creators Andy and Larry Wachowski took a cinematic adaptation of their work from the illustrated page to the live action big screen. At the beginning of *V for Vendetta*, the words of this historic rhyme are intoned beneath a montage recreation of Fawkes’ failed pyrotechnic event and subsequent hanging, and we are given a verbal foreshadowing of the story we are about to experience as well.

This tale is set in a totalitarian England in a time not far from ours. As the third of our Summer parables, one might even be tempted

to draw parallels from *V* to the current situation here in these United States. There is the monomaniacal High Chancellor Adam Suttler, played brilliantly by John Hurt, who rules through fear and a right wing Christian outlook, an endless war somewhere on the horizon and a terrorist attack on the British homeland that is reported to be the work of foreigners but smacks of an inside job. For those who made it through last month’s screening of *1984* (yes, I have gotten the projector fixed) there are many visual references and nods here that both act as an homage and as an echo of that film’s warnings. And while that film left us with a rather large dose of despair, there is an element of hope expressed in *V* through the message that if we have one person with an array of quasi-super powers and an unexplained supply of resources as well as the total and unequivocal will and support of the people, things just might turn out all right. Now there’s something to talk about, and you can for free at this screening at Café Luna at 7 pm on Thursday July 24th.

This series will take a break in August and return in September on both the third AND fourth Thursdays of each month and will cover the topics of food and food related issues, as well as a look back at the Vietnam era. We will start the discussion with two blockbuster films- the 1974 Academy Award winning documentary from director Peter Davis entitled *Hearts and Minds*, and a French documentary from director Marie-Monique Robin with the rather ominous sounding title: *The World According to Monsanto*. A full listing of the films to follow will be announced at the July 24th screening. For more info contact me at 567-4542 or pgr42@att.net.

Pop Goes the Ukulele!

Mike Bristow will present a 2 hour Ukulele Workshop at Vashon Island Music Studio on Saturday July 19th from 12-2pm. Pre-registration is required and costs \$25. Call Vashon Music (463-0552) for more information and to register. Mike teaches lessons and performs extensively around the northwest. He has recorded individually and with acclaimed bands such as How’s Bayou.

Here’s how Mike describes the class: “Pop Goes the Ukulele! We’ll take a classic pop song from the Sixties, and play it first as a 3-chord sing-along. Then we’ll add a few easily-played chord modifications, some simple picking, and a fill or



two. Before you know it, we’ll have a concise little 4-string orchestration that really captures the sound and feel of the original we’ve all heard on the radio. This class is appropriate for beginners as well as those with some musical experience — knowledge of basic ukulele (or guitar) chords will be helpful.”

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Divers and Deep Water Dwellers

Continued from page 1

High tides hide whole tribes of animals and plants under the shifting shapes of waves. A sharp eyed diver may spy the hair-like red fins of a grunt sculpin waving among the plume like appendages of a colony of barnacles, almost perfectly camouflaged. There are foot-long bright red California sea cucumbers, and pale pink seastars two feet in diameter. Hermit crabs and hydroids, anemones and sea lemons, starry flounder and octopi live in

to park beside the dock or in front of the former Portage Store. There is a bit of parking on the Quartermaster side of Portage.

This program is free and open to whole families. Very small children need to be supervised.



Kids enjoy touching and seeing close up a selection of sea cucumbers, starfish and crabs brought by divers to a wading pool, courtesy photo.

the dim light of the shoreline where even the lowest tide won’t expose them. Fascinated by this realm of life, Karlista and her diver friends have been exploring its occupants for years, and are eager to share its wonders.

Ample parking will be available at the Vashon High School parking lot, at the SW 204th Street entrance. A shuttle bus will pick up people there and at Portage and bring them to the Tramp Harbor Dock. DO NOT try

Sponsors include Vashon-Maury Island Audubon Society, Vashon Park District, and People for Puget Sound. For further information contact Michelle Ramsden at 406-3723 or Rayna Holtz at 463-3153.

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.



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