In this issue: Anderson on overcoming children, A Lot of Kids' Pottinger says "I do" twice, Mark Goldman campaigns vigorously and much, much, more!



GTW: Not

a Bang

but a

Whimper

page 2



The World Music Festival brings incredible music, food and fun to Camp Burton?

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Steffon Moody hosts new comedy nights at the Red Bicycle page 19

FIENT OP

Vol. 5, #16

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 1, 2008

Fire Board Hires New Chief

by Susan Wolf
The Board of Fire
Commissioners for Vashon Island
Fire & Rescue (VIFR) proudly
announces that Henry "Hank"
Lipe has been hired as the new
Fire Chief. The lengthy process
included pre-screening by a
professional recruiter, a fire
scenario put on by Stu Rose and
evaluated by Gary English, who
is a Deputy Chief for Seattle Fire
as well as a Vashon resident and



New Chief Hank Lipe (center) with Chief Michael Kirk (left) and Asst. Chief Brett Kranjcevich, photo by Susan Wolf.

Ron Hiraki, Deputy Chief of Gig Harbor, followed by three panels of interviewers including the VIFR Board, VIFR personnel and a citizen panel. It was the Board's unanimous decision to hire a highly qualified individual with a long history of fire service.

Commissioner Jan Nielsen stated, "I'm very pleased with the choice and the hiring process which involved the community. We welcome Chief Lipe and his

Continued on page 11

Road Work Ahead

Work Next Spring, But Time to Comment is Aug. 16.

by Jay Becker

Up to 34 miles of Island roads are planned to be resurfaced beginning in the spring of 2009 the Vashon Maury Island Community Council learned at its July meeting. Patching roads in the spring of 2009 will precede resurfacing.

Continued on page 15



Photo courtesy King County Construction Engineering Unit.



A child receiving the oral polio vaccination, photo courtesy the World Health

Protecting Our Children

by Bill Foege

Edward Jenner developed the first vaccine against smallpox in 1796 by imitating nature. He realized milkmaids were spared the ravages of smallpox if they had previously acquired cowpox while milking cows. He inoculated James Phipps with cowpox material and the boy was subsequently protected from smallpox. This single vaccine has saved untold millions from a horrible death and saved even more from the lifelong scars which marked the survivors. The world has gone three decades without a case of smallpox. I mark my trips to India by the youngest age of people on the street with pock marks. It used to be every age group had pock marks, then no one under age 10 and now no one under the age of 33.

Continued on page 4



Ella McConnell, Anna Rose Warren are pushed by Emily Bruce and Emma Hennessey as they swing into the Back-to-School Drive they are helping organize. Photo by Lauri Hennessey

Back to School Drive

by Lauri Hennessey

The Back-to-School Drive is up and running on Vashon this month, and there are plenty of chances for Islanders to get involved in the effort. The School Drive is in its sixth year, sponsored by the Vashon PTSA. Given our economy and how it is hitting families, we need the drive more than ever before.

Continued on page 14

Vashon's Other Great Festival: Islewilde

Free Performances Friday Aug. 15 & Sat. Aug. 16th

by Doug Skove

The 16th Annual Islewilde Community Arts Performance Festival will be held at a new location this year: The Dolstad Farmstead 12108 SW 148th St. The long- running quirky festival founded by UMO & Islanders in



Learn how to make puppets and more at Islewilde, photo by barefootmetal.

1992 will be located in a new beautiful natural amphitheater setting. Replete with three inspiring tipis, the setting will enhance all aspects of the event.

Continued on page 12

Onion Dome Arrives!

by Father Tryphon

After many years of waiting, the holy brotherhood of All-Merciful Saviour Russian Orthodox Monastery, located south of the Village of Dockton on Maury Island, welcomed the arrival of their onion dome. The onion dome will be crowned with a gold three bar cross, and mounted on top of the monastery's temple, the Church of the Protection of the Holy Virgin.

Continued on page 10



The monastery receives its dome, courtesy

The Vashon Loop, p. 2 August 1, '08

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.

Forest Kindergartens

When I hear the expression "bouncing off the walls," I can't help but think to myself: we just need to take away the walls! Spending the entire school day outdoors sounds like a foreign concept and, in a way, it is. Most Americans assume that a valid education can only take place within the confining four walls of a classroom, yet the idea of an indoor classroom is a relatively new

phenomenon. Historically, the majority of childhood education took place outdoors and many educators around the world still believe that it



Cedarsong Nature School's Forest Kindergarten class of 2007.

is more appropriate for children up to the age of seven to spend most of their time learning outdoors, through direct experience with the natural world, rather than confined to a desk indoors.

The kindergarten we know today in public schools is a far cry from the original intention of the man who coined the word "kindergarten", literally children's gardens. Friedrich Fröbel, a German educator, opened the world's first outdoor kindergarten more than 150 years ago with the belief that young children should play in nature, away from an emphasis on too many

The Vashon Loop

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by Erin Kenny

numbers and letters. Today, Germany has about 700 of these Waldkindergärtens, or "forest kindergartens," in which children spend their entire class time outdoors year-round. Similar schools exist in smaller numbers in Scandinavia, Switzerland and Austria, however there are very few of these programs yet in the United

> Cedarsong Nature School, a nonprofit school on Vashon Island, is beginning a forest kindergarten (waldkindergarten) for children ages 3-6 years old. It is an outdoor entirely

education program that is interestled, place-based, experiential and seasonal. The curriculum is designed to integrate children with nature and engage them in quality outdoor activities which stimulate their innate curiosity about the natural world. In cases of extreme weather, there is a small refuge cabin, however it is the nature school philosophy that there is no such thing as bad weather only inappropriate clothing choices!

For more information about Cedarsong Nature School and its Forest Kindergarten program, check the website out www.cedarsongnatureschool.org. Scholarships are available for families in need.



Loopy sez: Deadline for the next edition of The Loop is

🕌 Friday, Aug. 8

Tomorrow!

Get your tickets now. The VFW Hall is bustling with activity because on Saturday, August 2nd, Vashon Island Pet Protectors is holding their 6th annual bash, the Fur Ball. Come out for an evening of fine guitar music by Daryl Redeker, eat and drink your fill under the big tents. Auctioneer, Kevin Joyce will guide you through an evening of exciting bidding on over 450 items. More than half of their yearly operating expenses come from this event. Cough it up for the Fur Ball! Tickets are at Books By the Way, Vashon Book Shop, Pandora's Box and Fair Isle. For questions, please contact Kate 567-5485 at

kateric@hotmail.com



Vashon Kayak Center! **Hourly Rentals -- Guided Tours**

Hourly rentals at the Jensen Pt. Boathouse at Burton Acres Park: May 24 to September 1, Friday, Saturday & Sunday, 10A to 5P. Later in September and on week days by appointment. For information and to arrange guided tours call 206-463-YAKS or email:

kayaks@vashonparkdistrict.org and visit the website: vashonparkdistrict.org.





Cedarsong Nature School's Forest Kindergarten is an entirely outdoor education program that is interest-led, place-based, experiential and seasonal. Mon. and Wed. 9am-noon for ages 3-6 years old.

www.cedarsongnatureschool.org.

New Interpretive Signs at Ferry Crossings

by Jill Andrews

Audubon Society is pleased to introduce a new interpretive bird sign to island travelers. The National **Audubon Society Chapter Grants** Program awarded the local chapter grant which funded the production of three copies of the sign. The signs display images of birds commonly seen by ferry passengers crossing the waters surrounding the island. Islanders Sandra Noel created the design, Pete

The Vashon-Maury Island Murray donated several of the photos, and Kathryn True wrote the text about the birds. The signs will be mounted in the three passenger waiting rooms used by Vashon travelers: Point Defiance, Fauntleroy, and the north end dock building.

An important mission of Vashon-Maury Island Audubon is to provide information about birds in our surroundings. The signs will advance and support that mission.



Prevention is Worth It

Continued from page 6

recovery for vaccine-associated injury. We seem far from such a reality despite the fact that manufacturers enjoy such protection. Just as with our emergency response system and ferry diversions, a little bit of annoyance or delay goes a long way when a life is at stake.

As the school year approaches, I hope that each of us considers our obligation to our own health and that of the community at-large. We all owe it to ourselves and others in our community to support prevention strategies.

Please consider the following resources as you explore your answer:

http://www.who.int/topics/immunization/en/ WHO immunization website

http://www.childrensvaccine.org/ PATH Vaccine Resources Library

http://www.cdc.gov/vaccines/ Centers for Disease Control and Prevention Vaccinations and Immunizations

Linda Barnes lives on Vashon with her husband and two sons. Her work is in international HIV prevention research with the University of Washington.



HOME TEAM TREALTY

Troy and Marie Sell Flash

We would love to help some lucky bedroom commuter quit that nonsense. Who wouldn't want to take advantage of a fantastic opportunity to be their own boss and be part of our amazing community? And make a decent living, too!

Troy: Hey Marie, I'm pretty stoked about selling Flash Photo. It's a great opportunity for some lucky person to kiss the commute goodbye, and make a good living right here on Vashon.

Marie: Stoked?? You definitely hung out at the Green Stage too long this Festival. But yes, it is a great chance for the right person. And there is so much potential for expansion.

Troy: We should probably explain that. I'll bet a lot of people look at the photo business and think it's a dying industry, now that digital cameras are everywhere.

Marie: You are right. It's true that so-called "wet" film – old fashioned rolls that get developed in smelly chemicals - are in steep decline. In fact, Flash Photo Phil says that in a few years wet film be virtually non-existent, except for disposable cameras, which people still use quite a bit to snap shots at parties. Digital cameras were definitely a technological change that made a massive impact on the industry – and on society. I mean, think about how easy and cheap it is to take pictures now!

Troy: Exactly. But even though people are taking thousand of pictures digitally, there are still plenty of times that they want a print. Grandma still wants her brag book, right?

Marie: Right. And folks are getting creative by making their own postcards, and collages, and calendars and stuff.

Troy: Which is why the two digital printers at Flash get such a workout. Plus, there are passport photos. Now that everyone – including kids – is going to need a passport to travel to Canada and Mexico, I imagine this part of the business will go nuts.

Marie: Indeed. Those photo-related services definitely make up a large part of the business. But Phil is no dummy. He knew that he would have to make up for the decline of wet film, so he got set up as an authorized UPS shipper. And before he decided that he wanted to retire from Flash, he started pursuing a few other lucrative business support services that Vashon most definitely needs.

Troy: Should we tell people? Or would we have to kill them?

Marie: We can tell them. When they call. We don't want to give away any competitive trade secrets. Then Phil would have to kill us.

Troy: So let's just say that Flash Photo – or Flash Photo and More – is definitely a great opportunity for the right entrepreneur. It's making money now, and the upside is enormous. The price is very reasonable for what you get. The equipment alone is worth a small fortune.

Marie: So let's just tell people that if they want to find out more, they can call us at 463-LIST (5478). We'll tell them the story about how Eastman Kodak thought digital cameras would be the microwave oven of the film industry. Hah!

Visit us a www.yourHTR.com. Or call us at 206.463.LIST (5478). We would love to help you with your real estate needs.

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The Vashon Loop, p. 4 August 1, '08

Protecting Our Children

Continued from page 1

When I was young, many children were receiving vaccines against smallpox, diphtheria, pertussis and tetanus. The next generation also received measles, mumps, rubella and polio vaccines. Vaccine preventable diseases are now rare in this country; polio is gone from the United States and will soon disappear from the world. Measles, when it appears in this country, is the result of importations from other countries.

But it is getting even better. Two anti-cancer vaccines are in wide Hepatitis B vaccine has reduced the incidence of hepatitis but also liver cancer. Human papilloma virus vaccine will greatly reduce the toll of cervical cancer. Other routine vaccines have

pneumonia. The recently released Rotovirus vaccine will cut cases and deaths due to this virus. the most common cause of deaths due diarrhea in the world.

No single tool been has as important in reducing illness and deaths due infectious diseases $\frac{co_{PJ}}{Virot}$ and in the future

on cancer, heart disease and even addictions.

copyright: World Health Organization/P.

the vaccines themselves cause problems. Smallpox vaccine had the highest risk of adverse effects leading to 8 to 10 deaths each year in the United States. With a disease as dangerous as smallpox we tolerated this vaccine risk. The elimination of the disease has eliminated the vaccine use. Other vaccines carry smaller risks with fever, convulsions and rare deaths. The vaccines have continued to get safer and there is high hope that the newer science will allow the production of vaccines with only the antigens that stimulate our antibodies, without the extraneous position. ingredients that can cause problems. In addition packaging has improved to provide for individual doses, eliminating the need for ingredients such as mercury to prevent bacterial growth when the same vial was used for multiple vaccinations.

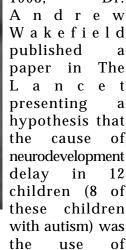
Resistance to the use of vaccines comes from the understandable concerns we all have as parents. We fear our children will be the ones with a complication due to the vaccine. My preference? Withhold vaccines from my children so they have no risk due to vaccine, and live in an area where enough parents immunize their children, protecting my children from the risk of the diseases. I could have it all. However, the vaccines are used for two reasons. First, to protect children directly and second, to

fulfill a social contract, saying that I will not allow my children to become a risk to others. Every time a woman delivers a healthy rubella syndrome-free child, she can thank the parents who gave their children rubella vaccine, preventing rubella virus from infecting her when she was pregnant. It is part of a social contract we assume when we live in a society. [Rubella is usually mild in children and the reason we give them vaccine is to protect pregnant women. Rubella vaccine exemplifies the social contract, demonstrating we are all in this together.] Immunization protects our own children and is a social contribution we make to assure freedom from unnecessary diseases for the entire society.

The second major reason for lowered the risks of meningitis and resistance to vaccination is the

> of autism. 1998. Dr. Andrew Wakefield published paper in The Lance presenting hypothesis that the cause neurodevelopment delay in children (8 of these children with autism) was

unfortunate story



vaccines will have a similar impact Measles-Mumps-Rubella (MMR) vaccine leading to intestinal inflammation and the escape of There is a downside. Sometimes proteins from the intestine to the brain. He did no comparisons with children who had not received MMR vaccine. Five studies have subsequently been published on the rates of autism in immunized versus un-immunized children in England, the US, and Denmark. The Danish study followed over ½ million children. No relationship was found between immunization and autism. Unfortunately many remember the original story without knowing about the follow up studies. The controversy will continue because some in Congress, such as Dan Burton, refuse to consider any immunes systems to produce science that does not support their

> becomes increasingly important for parents, wishing to do the right thing, to understand the scientific literature. The types of vaccines will continue to increase in number and it is a tragedy to deprive children of the protections now available. The social contract permits us to protect each other or conversely, to increase the risks for each other. Increasing interest in the world and travel will put these children at higher risk if they venture to other countries having reached adulthood without protection. Mark Twain said the person who doesn't read has no advantage over the person who can't read. They are functionally illiterate. Likewise, these miraculous products of science provide no advantage to our





Immunization Choices: Your Gateway to Informed Decision-making

As a healthcare professional, mother of six and grandmother, I respect how important it is for parents to have access to adequate information on potential risks and benefits of any test, treatment, substance, or procedure that has been proposed for their child. All too often, access to that information is not presented by healthcare professionals.

There may not be one simple and correct answer to the vaccination question. Some of the that immunizations for can cause severe illness or death. Yet, on the other

some. vaccines are not 100% effective in preventing the disease in question and some vaccinations themselves can cause severe debilitating chronic illness in healthy children, or death.

Parents are ultimately the ones who will live with consequences of their decisions regarding

immunizations. copyright: World Health Organization/P. Washington *virot*

State it is the responsibility of the parents to decide whether or when their children will receive immunizations. There is not a simple one-size-fitsall answer. If your own child were to become sick or die from the immunization or from the disease, it is no longer an issue of statistics or numbers for you, it is your child.

Do your research on this important topic, and then make the best decision you can with the information that is available to you. Please make an informed decision. That is the best you can do as a parent. Below you will find

children if they are not actually given to our children.

Dr. Foege currently acts as an advisor to the Bill and Melinda Gates Foundation on strategies that could be usefully pursued in global health. Foege's career has spanned the globe from helping to form the Task Force for Child Survival in 1984 to accelerate childhood immunization to working in the successful campaign to eradicate smallpox and serving as director of the U.S. Center for Disease Control.

by Shaheeda Laura Pierce, AAS,LM,CPM

access to a wealth of research and information from multimedia sources.

Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions About the Risks, **Benefits. and Alternatives.** by Aviva Jill Romm, list price \$16.95. Maybe the best book on the topic. This book is not heavy-handed, is neither pro nor con, but gives a history of vaccines, ingredients of each vaccine, prevalence of each disease, possible effects of each disease and vaccine that is available, as well as

> known risks and possible benefits.

> www.mercola.com Your source for hundreds articles on vaccines, mercury exposure, autism, thimerosol, links, and research. It is an easy site to

navigate. You will find some immunization-free opinions interspersed with a large amount of scientific research articles and cites. wealth fascinating

research, and a

must-see

parents of affected children.

National Vaccine Information Center, a non-profit organization founded in 1982 by parents of vaccine-injured children. The group worked with Congress to develop the National Childhood Vaccine Injury Act of 1986.

www.909shot.com or 1-800-909-SHOT. Easy to navigate site. Bilingual: Espanol.

See "Vaccination Decisions".

www.FindingTheWords.com See the trailer, or order this excellent new documentary movie which follows 8 autistic children, their families, and their doctors, as they show these children prior to autism, during autism, and as their detoxification treatments become effective. This movie is very watchable and hopeful, and goes into depth with families sharing in a heartfelt way their challenges and awakenings in getting a diagnosis, being told there was no cure, and

Stick With Immunizations!

by Laurel Kuehl, MD

programs is the more successful they are the less obvious their importance. As the prevalence of serious disease decreases people become lackadaisical about getting their children vaccinated. The challenge is keeping everyone on board until a particular disease is eradicated.

In the mid 1980s I joined the Peace Corps as a lay health worker in Niger, West Africa. I arrived at my post in the midst of what I later found out was a pertussis outbreak. Everywhere there were children coughing until they were blue in the face and vomiting themselves into severe dehydration. For the first time in my life I saw children die. When I found out these children were suffering from a disease that is easily prevented by a vaccine they had never been offered I was struck by the obvious injustice. During my time there I also saw a measles epidemic, victims of polio and countless other vaccine preventable illnesses. In the villages where a refrigerated vaccine truck did make it through everyone would don their finest wear to show up for their chance to be immunized.

Later as a new physician caring for an ethnically diverse group of patients in South King County I observed a similar phenomenon. Mothers from Somalia, Mexico, India, Viet Nam and other developing countries viewed access to immunizations for their children as one of the privileges of US citizenship. They had seen the illnesses first hand in their countries of origin and would not deprive their children of any available vaccine.

Fortunately vaccine programs in this country have been fairly successful so we don't commonly see many of the diseases vaccines prevent. Around 97% of American kindergarteners are at least partially vaccinated and 77% are fully vaccinated. (This compares to around 90% at least partially Vashon vaccinated kindergarteners.) The CDC estimates that vaccinating all US children born in a given year saves 33,000 lives and prevents 14 million infections.

It is this success that allows some to question the need to immunize their own children. Indeed if the illnesses are not very prevalent, why put your child through 28 shots? This also allows people who spread fears regarding possible links between vaccines and autism disproportionate influence. After all, many of us do know someone with Numerous autism. large international studies have shown absolutely no increase in autism rates in immunized children (see www.immunize.org for a summary of the scientific literature) yet fears persist.

The reason to keep getting children vaccinated is that illnesses quickly resurge when vaccine rates decline. In Japan in the mid 1970s

The paradox of immunization there was a pertussis outbreak with 13,000 cases and 41 deaths within a couple years of a sharp decline in the immunization rate. In 2006 in Nigeria there were 888 cases of polio (up from 30 cases in 2000) after religious leaders convinced parents their children should not be vaccinated.

> This spring in our country there were 64 cases of measles (19 in Eastern Washington) occurring in pockets of unimmunized children. One of the kids from E. Washington traveled to Issaquah but luckily did not further spread her disease. Had the disease made it to Vashon it would have found around 100 elementary aged children not fully immunized against measles. Statistically around 90 of those (if exposed) would get the disease, 20 would be hospitalized, 17 would have a complication such as pneumonia, ear infection or brain damage and there may be one death. Since not all immunized people are fully protected and since children cannot be immunized prior to their first birthday we would expect a much greater effect Island wide.

It is certainly my hope that we do not have to experience any sort of epidemic to remind us to continue vaccinating our children. Most of our children enjoy good health and low risk of having a serious childhood disease largely because of the success of immunizations. We must continue to have faith in the world's health organizations and scientific leaders for the health of our children, our community and the world at large.

Laurel Kuehl MD is a family medicine physician at Vashon Health Center, 463-3671.



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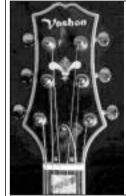
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Immunization Choices

Continued from page 4

ultimately finding effective treatment with specialty professionals who provide individualized diagnosis and treatment for each child. This movie is a must-see for special ed teachers, behavioral therapists, physicians, and families with autistic children. This research gives true hope in the midst of our rising U.S. autism epidemic, which officials state has no known cause but is currently estimated at 1 in every 150 U.S children, and has been increasing yearly.

an interesting see presentation of our U.S. public health dilemma vis-à-vis vaccines

and autism, see David Kirby's commentary on the recent Hannah federal Poling case, the government's first vaccine-autism award to a family from the Vaccine Injury Act: "Government Concedes Vaccine-Autism Case in Federal Court- Now What?" at

www.huffingtonpost.com/ david-kirby/government-concedesvacci-b-88323.html

Shaheeda Laura Pierce is an organic farmer, certified professional midwife, childbirth and early parenting educator, wife, mother , and grandmother who has lived on Vashon Island for the past 8 ½ years.



The Vashon Loop, p. 6 August 1, '08

Immunization Dialogue

by Sarah Day

It seems these days that parents considering immunization for their children may find themselves not so much making a decision as choosing Each camp may feel stigmatized by other. To immunize is to fall prey to the mistruths of big government and profit seeking pharmaceutical companies. To not immunize is to be irresponsible and selfish.

The media, both main and side stream, has not helped but rather further polarized things. Vashon has been singled out for caricature, some of its non-immunizing families feeling that they were quoted out of context by the New York Times and a recent PBS documentary. Alternative presses and web sites often seem more intent on making a case - or worse, promoting farfetched conspiracy theories – than explaining all perspectives.

The failure of open, honest public discourse is all the more disappointing given the complexity of the issue. Not only is the science daunting, but the history is long and intricate, with immunization's great successes a distant memory and its errors and missteps disconcerting.

I am interested in changing this competition between warring camps into a conversation. To start we need to recognize that there are honest people on both sides of the issue that want the best for their children and their community. We also need to agree that the issue is not black and white, and that we need to respect the different choices that people make.

As a nurse working on the Island, a mother to two teenagers, and an Island resident for 13 years, I have been involved with this issue for a long time. I have had long conversations with many dear friends, neighbors and clients who have chosen not to immunize. I have heard parents talk of anger at a corrupt system and fear of being manipulated. Difficult as they are, I have found these conversations to be rewarding and satisfying regardless of the outcome.

I consider the immunization efforts of the last 60 years to have been a wonderful success story, saving countless children from horrific diseases. On the other hand I know that the science is not perfect, nothing is 100% safe or guaranteed.

I encourage parents to take an open-minded approach to the immunization decision and to gather information from a wide



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variety of sources. Talk to your health care provider, visit the Public Health - Seattle & King County immunization website www.metrokc.gov/health/ immunization/ or call them at 206-296-4774.

I am also offering myself as a resource to engage in dialogue and research questions. Email me your

questions and requests. If enough people express interest, I will facilitate a research/discussion group. Anonymous inquiries are welcome also. Time and space permitting, I will take up requested immunization issues in upcoming issues of the Loop.

> Sarah Day, RN Vashon8@gmail.com

Prevention is Worth It

by Linda Barnes

Northwest helicopter churring over the Health Center or wait for the next boat because emergency transport has absconded with the ferry, I am reminded that we cannot take our good health for granted. We all "suffer" willingly knowing that a life is at stake and our conveniences should be stayed for the benefit of another. On any given day, unforeseen things happen requiring an emergency response. The situation is acute and all rally to the cause. Governmental and community systems, such as the ferry service and emergency response system, enable an urgent response supported by public dollars.

if not discomfort. Yet from a

interventions that individuals must personally consider to forestall or prevent deleterious events. As prevention strategies, they may protect us personally, benefit others and conserve healthcare dollars.

Let's consider seatbelts. An average of 115 persons die each day in motor vehicle crashes in the United States — one every 13 minutes. According to the World Health Organization about 3000 people die in crashes each day worldwide. As for seatbelt use, a 2001 study in Rhode Island found that individuals not wearing seatbelts were almost three times as likely to be killed in a crash. Among crash victims transported to the Prevention strategies lack the hospital by ambulance, unbelted drama of acute events. Wearing a occupants were twice as likely to be seatbelt, getting a mammogram for admitted to the hospital as women over the age of 40, or being inpatients. Their hospital stays were immunized against unseen fifty percent longer and their communicable diseases, hardly hospital charges averaged sixty smack of looming catastrophe and percent more than hospitalized represent individual inconvenience crash victims reported to be wearing seatbelts. Clearly, seatbelts have healthcare perspective, these three introduced tremendous benefits to a

Whenever I hear the Airlift activities represent important very common threat despite their minor inconveniences.

> The rate of mammography screening has remained stagnant since 2000. In 2005, about twothirds of women aged 40 and older reported having had a mammogram

within the past two years (four percentage points lower than in 2000) and only 51.2 percent reported having had mammogram within the past year, according to a 2008 American Cancer Society Report. This it is surprising that so

many women still do

since the gain is direct and personal.

Immunization is a proven tool for controlling and eliminating lifethreatening infectious diseases and is estimated to avert over 2 million deaths each year. Immunization is even more beneficial than seatbelts or mammograms, statistically speaking, since the benefit is directly gained by both the individual and the community, preventing both the personal consequences of the disease and saving the community from mounting sickness including social and economic consequences. Immunization is the process by

which the person is made resistant or immune to infection by others. Vaccines, either by injection or oral administration, stimulate the body's own defense mechanisms to protect against future threat. In some cases, this protection lasts a lifetime, while

in others, "boosters" additional challenges are needed to retain the ability to respond to infection. With clearly defined target groups and cost-effective outreach strategies, it is one of the most cost-effective health investments known. And each day, about 11,000 children are born in the US, and they all need protection from preventable diseases before the age of two.

Since all benefit with

not undergo regular mammograms immunization scenario, it is my contention that there should be protections in place to cover adverse consequences of vaccination. Though manufacturers of vaccines are often protected through vaccine liability acts preventing them from incurring damages from public vaccination campaigns, the harmed individual is left with the consequence and little recourse. It seems entirely civil that there be a voluntary, contractual no-fault program to assure safe, preventive health care and appropriate compensation and other means for

is despite the fact that Weigh the risks, prevention

more than half a heads off human suffering and million deaths from costs. In the small number of cancer have been cases where the prevention averted in the 1990s strategy causes harm, society due to early detection should fulfill its end of the social of breast cancer. compact by listening and With these statistics, neiping more of Seattle/King helping instead of disparaging. County Public Health Dept.

Vell, it's been an interesting summer so far. Commodity market is causing upheaval in the pet food arena. Prices are up and up and up. Never know from one week to the next what we'll be paying for feed. And then there's that pesky Home Depot selling pet food. We'll try our best.

Cheryl's pick of the week: Believe it or not I have managed to find some quality foods at a still fairly reasonable price. Come check out Healthwise by Natura, Premium Edge, Chicken Soup and Taste of the Wild. (206) 463-3401

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

Continued on page 2

We've Got a Lot of Kids

I Do, Times Two

by Kevin Pottinger

I've been writing this column for three years as of this issue. Each year at this time I've written an anniversary column, where the subject matter strays a little from those four beautiful kids of ours. I've remembered to write an anniversary column every year without fail; yet I can't seem to remember our wedding anniversary. I'm a Flintstone about the wedding anniversary.

My wife Maria and I have two of them, anniversaries that is. Maria can't remember them either. We have them written on the calendar, but somehow forget to look at the calendar.

The reason why we have two wedding anniversaries is that we were married twice; zero divorces. We were married first in Las Vegas in one hundred and fourteen degree heat, in a roadside wedding chapel with tiny fake pews, by a moonlighting Maronite Catholic priest performing quick civil ceremonies for spending money. Later on, we were married by a Roman Catholic priest acting in his official ministry in our parish on Vashon. As both weddings are binding in different ways, we honor them both. Or more accurately, not.

Actually, we've not remembered either of our anniversaries, ever. Not once. In reflective moments I've wondered if this points to some hidden deficiency in our marriage. Perhaps we both subconsciously loath one another, and by missing the anniversaries, we can continue to inwardly assure ourselves that we're merely marking time until our real Prince or Princess floats in on a

fluffy cloud, with fresh breath and nice clothes, no sags or scars, and an extra-large inheritance to spend.

In more objective moments I've been stunned by the realization of how much Maria and I love and respect one another, and all the sacrifices we've made to build our life together. Well, actually, how much Maria sacrificed to build our life together. And how we always forgive one another, eventually, when that love and respect goes into the ditch. Ehhh, it's actually Maria that does most of the forgiving. And one would think that she could remember at least one of our wedding anniversaries, if only to mark the time on some mental calendar, like some forgotten prisoner dressed in rags tallying the days and years on the dungeon wall with a lump of rat-gnawed charcoal.

In both ceremonies we made essentially identical and fairly comprehensive vows, to love, honor and cherish one another under all sorts of outlandish conditions, until death. I confess I still don't know what the technical terms in those vows mean, terms such as honor and cherish. I understand the love part, possibly. Yet honor still sounds to me like something one does to someone old yet still bossy, like a judge or a grandma, and cherish sounds like what one does with something soft like a rabbit's foot. Until death do us part: it's either her or me.

Both times we were married, I found myself barely able to croak out the I-do. With the tempo of the wedding vows building in intensity from one stanza to the next, outlining various scenarios I still hadn't thought out very well and some I hadn't considered at all, I was still pondering the possible ramifications of it all when I was rather bluntly asked to give my OK for the whole thing. While everyone waited. No hurry. And there's no three-day cooling off deal like you get when you buy a car, it's permanent.

46 Sashayed

51 Wooden club

56 Baby bears

57 Movie star

61 Punching tool

64 Young Men's Christian

49 Mediterranean island

of America (abr.)

59 Encoded

62 Authored

63 Rushed

Association 65 Moses' brother

48 Medicated

51 Pear type

53 Scent

54 Oppose

50 Parts of plays

55 Eve's garden 58 Not brightly lit

47 Fill

60 Right

49 Max

50 Nearly

52 Threw





And Maria was looking at me with dreamy eyes, and all the relatives dressed in their nicest suits and prettiest dresses, looking at me: I do, I said. Barely a whisper. And she did too. Twice.

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

Love to Dance?

Want MORE dancing on our Island? Well...here's your chance! At the Havurah, you can drop by and enjoy an hour of fun with island friends! It's mellow - bring your own music to share, if you wish. \$3 per person, door fee, please! 8pm-9pm on the following dates: 8/14, 8/18, 8/21, and 8/25. Call March at 463-0870 with questions or email her at Vashondance@live.com.

ACROSS

- 1 Demean
- 6 Gas burner
- 10 Experts
- 14 Confuse
- 15 Lifeless
- 16 Magma
- 17 Lotto
- 18 Jokes 19 Mined metals
- 20 Hairdo
- 21 Password
- 22 Who you give gifts to
- 24 Tatters

DOWN

- 1 Syrian bishop
- 2 Veal
- 3 Far away
- 4 Producing sound
- 5 Freudian term 6 Inch forward
- 7 What waiters carry
- 8 Annoy

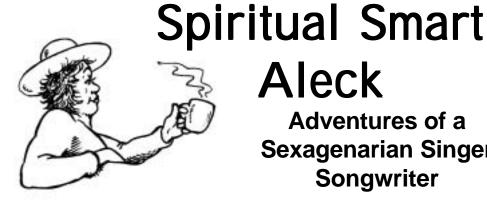
21 Former USSR's secret police

- 9 Soaks up
- 10 Hawaiian 'hello'
- 11 Insertion mark
- 12 All
- 13 Talk back

- 26 Peace agreement
- 27 Soak up
- 30 Northwest by north
- 31 Venue
- 32 Donald's girlfriend
- 33 South southwest
- 36 Meuse River
- 37 Sky
- 38 Era 40 Build up
- 41 Having to do with the navy
- 43 Facial soap brand
- 44 Harmful rain
- 45 Handles
- 23 Decade (2 wds.)
- 25 Armories
- 26 Spin around
- 27 __ matter
- 28 One who gets things done 29 Water film
- 30 Mythological nymph
- 32 Michelangelo's famous statue
- 33 Bod
- 34 Get out!
- 39 Excess
- 45 Child

- 35 Reasons
- 42 To change into vinegar
- 46 Drink noisily

59 Communication Workers



Aleck Adventures of a

Sexagenarian Singer Songwriter

It has been an exhausting few weeks here for yours truly. Summer is by itself exhausting. The only season that comes even close for luring one out of one's house and into society for pleasure, activity, and enervation would be the Christmas holidays, a season which is shorter in duration.

The fine weather has been calling me (and you) to more than ordinary exertions. There are beaches to walk, picnics to attend, trails to hike, pools and other bodies of water in which to swim, mosquitoes to slap - in short, the fun never stops.

For me the fun has taken the form of songs to be sung to appreciative audiences. I have performed twice this summer.

To be a performer you have to have the willingness to get up in public and make a fool of yourself,



Women, Women & Song at the 2008 Strawberry Festival. Left to right, Velvet Neifert, Libbie Anthony, Mary Litchfield Tuel.

and not everyone has that gainful employment of the five days willingness. I call it "being vaccinated with a hambone." Many talented, clever people would rather be dead in a ditch than have to get up on a stage to speak or sing or dance or act. To the rest of us the interaction with an audience is the breath of life.

I won't lie to you. I love performing. performer, though. You have to work when others are playing; you have to leave your perfectly lovely home and wonderful family to go to work; you have to put out a lot of time, effort, and money before you get anything back; and everyone thinks you're not working, you're playing.

Women, Women & Song did a set at the Strawberry Festival to a large and enthusiastic crowd of old friends and a few new admirers. It was heady stuff. To get up and sing the favorite old songs was comfortable, and wonderful - and took us four weeks of rehearsal to pull off. I had made up a few CDs of our first album, "I Won't Wait to

By Mary Litchfield Tuel which sold out Be Happy," immediately.

The next week I played solo for the Vashon Saturday Farmer's Market. Not so many turned out for this gig - I am not so legendary and loved solo as the trio is, but a lot of people did turn out. This time I had to sing two sets solo instead of one set with the trio, and it was hard work for the old sexagenarian. I had made more copies of "I Won't Wait to Be Happy," and also of the second album, "The Key of 'R.'" My cousin Nancy and I spent most of one day and part of another doing what Nancy calls, "Arts and Crafts 101," burning CDs, designing covers, printing covers and labels, cutting paper to size and folding it, and sticking labels on discs.

It is easier in some ways to be a

singersongwriter than it was when I was younger. I not am distracted by worldly things, such as, for example, men, as I was years ago. My concerns these days are more spiritual and more prosaic singing and writing are the only work I can do. I don't have the stamina for

a week sort. The irony is not lost on me that it has taken illness to force me to fall back on the work I do

I won't make a lot of money perhaps not any in the long run. So why do it? Well, because it's a calling, and because it is important I've been inhaling deeply lately. for people to sing their truth, and to hear other people sing their truth. It's a pain in the butt to be a It's easy to forget this when you go out to sing and people walk by trying to avoid eye contact. It's easy to think, who cares? Why the hell am I doing this?

You always have to remember that this is a calling, a vocation, and you'd better enjoy what you do for the sake of doing it. If your art isn't your joy, there is no point to being any kind of artist.

So this is what it is to be a sixtyyear-old songwriter. After decades of striving for self-improvement, of seeking to become transformed through work and prayer and meditation and study into the best version of the person I was born to be, after all that, I find at last that I am left with no alternative but to be myself. I have arrived here partly

Back Bay Inn

August 11th

Taste the World - Argentina



Chef Curtis Grey and Assistant Chef **Emily Haroz**

Summer dining on the deck!

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but what has really kicked me through the door has been weakness — the failure of my body to keep

through my strength and endeavor, going as if I have not aged. I am forced, at long last, to be myself.

Life is full of these odd surprises.

 $\omega\omega\omega$

Dockton Interpretive Trail Project

by Anita Halstead

Maury Island has a rich history of shipbuilding, brick factories, canneries, sawmills international commerce. A group of Dockton residents have come together to form a planning and implementing process to designate approximately ten sites with interpretive signs along Dockton Road beginning at the county park entrance, along Dock Street, 99th, 264th and Windmill streets as historically significant educational and recreational purposes. The signs will feature photos from the Vashon Heritage Association's collection, quotes from living descendents, an artist's rendering of significant events and informative text. The signs will be placed on permanent structures with weather resistant surfaces to enable viewing by visitors, tourists and local residents year around. A kiosk, located near the park entrance, will explain the trail's focus and purpose with a map of the Dockton area to guide the public to each interpretive site.

Dockton has been a neglected aspect of the region's ethnic and cultural heritage for over 100 years. There are currently no signs or markers in Dockton that make reference to its illustrious history between 1880 and 1930. This was an era of tremendous ethnic collaboration that led to industrial and maritime success. Most of the families who worked in the various plants, factories, and dry dock immigrated from Croatia and Norway. They were fishermen, blacksmiths, carpenters shipwrights. Hotels, schools, stores and churches dotted the landscape and provided the community with lodging, education and social events. In later years, after the dry-dock was

The Dockton Community on moved to Seattle and shipbuilding contracts ended, agriculture enterprises appeared. Growing and harvesting strawberries, blueberries, hazelnuts and other fruits and vegetables became a prosperous livelihood for many families.

> In 1995, the State of Washington, Department of Community Development Office of Archaeology and Historic Preservation completed an inventory of the historic properties and proposed designating the area as an official historic site. Residents objected because of the restrictions placed on future building remodels.

> The Dockton store, community center (now the Dockton Water Association Office) the Lutheran and Catholic churches, a net shed and numerous historic houses remain today.

> In 1908, John Cosulich, an immigrant from the Dalmatian Coast, used marine construction materials to build an Arts and Crafts style home on Dock Street. Iron bark, a very hard tropical wood used for ship decking, was used for the front porch and thresholds. The interior stairs were built to shipwright standards. The Cosulich family maintains a large shipping company in the coastal waters of Croatia today.

> The Dockton beaches are littered with remnants of the past. Rotting dock pilings, cast iron pieces, concrete ballasts, bricks, ten inch spikes and railroad spurs are just a few of the telltale signs of this coastal community's past as a popular Puget Sound port. Unfortunately, the beaches also show signs of more recent neglect due to pollution and littering. Discarded toilets, washing machines, computers and more are a sorry sight for this once thriving pristine shoreline.

Continued on page 9

Garden The World By MEarth

Not a Bang, Just a Whimper

Having tended toward the apocalyptic my entire adult life, I have always imagined a spectacular end to the world - something epic, cataclysmic, something grand and dramatic - an hour long 10.5 earthquake, the swarm of F5 hurricanes, a world-wide shut down of the power-grid a la The Day The World Stood Still, or an instant ice age a la The Day After Tomorrow, or at least some combination of the Rhapsody, Nuclear Armageddon, and the Hopi Day of Purification.

Lately, I'm thinking that the way we have nickel and dimed the Earth to death, we may not deserve such a grandiose end. Instead of some fiery high-speed crash, I am starting

or after." There is another vision of the future, one I would certainly prefer to see and one we are definitely capable of forging, a future in which locally, ecologically produced power becomes the norm, where pedal power and eco-villages come to the fore and fields of organic food surround self-sufficient little communities, where locallyproduced bio-diesel powers our trucks, where pollution is considered

a sin, as is waste, where everything

from string to humanure is used and

reused and re-reused until ever last erg of usefulness is extracted before

As Ran Prieur puts it; "It won't

won't be any clear before, during,

it is returned to the Earth, A future where neighbors come together more and more to share food and fuel, the Saturday Market turns into a barter fair, where schools and nursing homes grow their own food with extra to trade, where new tools are fabricated from

> one of the few resources left abandoned cars where teams of double-diggers roam from house house to converting lawns into bio-intensive vegetable gardens and there is a thriving trade in Buff Orpington Chickens and Durock Pigs.

> Of course, that second vision of the future presupposes some preparations and foresight on our part and I don't have as much hope for that future today as I do some days.

We have to face the fact that

peak oil has come and gone and, likely, so has peak food, peak water, and peak money. None of it will ever get cheaper or more plentiful. People who do not learn to become more self-sufficient in the coming years the morning the alarm clock doesn't ring and then just never rings again. An unnatural lifestyle has created unrealistic expectations and the status quo will not tell us the hard truth. I expect many businesses to have End of the World Clearance Sales – no disrespect, that's just how

The biggest lie civilization tells us now is that things will get better, that our current problems are just a tiny setback and, any day now, everything will be fine. We would well to accept the fact that any improvement will be temporary and any lull will not be an end to the war but merely a momentary cease-fire.

term situation. Some politicians will

I'm afraid it doesn't really matter On Saturday, August 23, Dick who is elected president - not in any way substantive to our true long-



help a little and some will harm a little but it's all going down soon anyway. MRSA, flesh-eating bacteria, avian flu, killer bees? They are all waiting to have a turn nibbling away at us and our lifestyle won't help. The Black Death killed about a third of Europe, and those

people ate organic whole foods and got plenty of exercise.

No, I don't so much see a grand exit for us, just a steady erosion of what we take for granted, a wearing away that we just assume is "how it is," and we scarcely notice until it's all just gone. **\omega**

Dockton Interpretive Trail Project

Continued from page 8

As the Interpretive Trail Project and is a narrator on the Virginia V committee continues its work, cleaning up the beaches will become a part of the proactive efforts to reclaim the waterfront vitality for visitors walking the trail, boaters visiting the Dockton Park Marina, school children studying Island history and local residents who enjoy beachcombing, kayaking, and fishing.

This project is all about education. This generation of Dockton residents feel compelled to honor the community's past and recognize the achievements of the hardworking immigrants who made Dockton one of the Northwest's centers of maritime commerce. This history will fade with future generations if there are no references in the community that explain why this is a significant historical area.

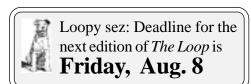
The committee of enthusiastic "trailblazers" were recently awarded a \$6000.00 grant from 4Culture for the design of the signs and the publishing of an educational brochure. This will be accomplished by two Vashon artists who have had successful careers in designing and developing interpretive signs throughout the region. Additional grant applications will be submitted in the near future for fabrication and installation.

The Vashon Maury Island Heritage Association, King County **Transportation** and Departments have also played an active role in facilitating the development of this project.

Warren, who grew up in Dockton

cruises around the Island, will present a lively and visual review of Dockton history. If readers are interested in attending this evening event, please email

Anita Halstead, project Coordinator, anitahalstead@comcast.net. reserve a place and get directions. A \$5.00 donation at the door will contribute to the continuation of the project.







to think more along the lines of just running out of gas along a deserted stretch of back-road nowhere.

I am imagining conditions under which more and more places in the country begin to look like New Orleans or Chehalis and the will be the most rudely surprised on government doesn't have the time and money to clean it up, a time when the economy comes crashing down and the whole country is owned by China and Dubai, a time food becomes so expensive to raise and transport that Thriftway is empty and the fields and woods are full of hungry foragers, electricity becomes more intermittent and more of a luxury than a necessity, fewer and fewer people drive gasoline-powered vehicles around and the ones who do are looked upon with increasing suspicion, where feral dogs - the ones that have escaped being eaten – roam the land preying on the careless, and the business of being human, once so imperial, imposing and important, gradually winds down in shallow spiral.

🖎 LoOp Ed

Keepers of the Flame

The Constitution of the United States is America's founding document. The principles embodied in it, conceived by our Founders, are the heart and soul of our republic. The Constitution is our eternal flame which each of us has pledged to keep alive. Should the flame die, so do we as a people... for what binds us together is our commitment to our principles and our love for one another. That love is expressed by our willingness even to die if necessary so that our neighbors, friends and family might continue to live in freedom under a just rule of law.

Every few years, we choose among ourselves (which is to say, 300,000,000 of us), only 537 representatives who we deem worthy to be primary keepers of the flame: a President, a Vice- President, 435 Members of the House of Representatives, and 100 Senators. We don't fill every position every election cycle, but eventually all must stand before the larger community in order that the People might decide who will have the honor and burden of fulfilling a sacred duty.

During an election year, citizens who feel that they are able and willing to honorably execute the responsibilities of public office... announce their candidacy. It is common for candidates to make promises and outline their views on a broad range of topics so that the electorate might get a sense of who they are, how they think, and how competent they might be to meet the challenges they are likely to face if elected to office. Finally the electorate chooses which of the available candidates they think will best represent them.

by Mark A. Goldman

Despite promises any candidate might make, the Constitution itself asks that citizens consider one qualification to be supreme among all others: that he or she must first and foremost be capable of keeping his or her word... to faithfully preserve, protect, and defend the Constitution of the United States against degradation or attack from any source, foreign or domestic. That's why no elected official is allowed to serve without first taking an oath that they will faithfully preserve and protect Constitution.

We are a government of, by, and the People. We elect representatives, which is to say we delegate authority to them, to carry out a sacred trust: keeping our treasured document secure. If representatives refuse or falter in carrying out that duty, it is our obligation to take back that authority, and to once again secure the nation's treasure for ourselves and our posterity as we see fit.

I say to you now... our representatives have refused... they have faltered... they have failed ... to honor the oath of which I speak. But we must not fail. We are the People—the last line of defense—the true keepers of the Flame. We must stand up once again to secure our nation's treasure. It is up to us to do it, for there is no one else left to do it but us.

My name is Mark A. Goldman. My web site is www.gpln.com. I am a candidate for Congress, seeking to represent the people in the 7th District of Washington State in the U.S. House of Representatives. Vote for me, so together we might keep the flame alive.

Mark Goldman Runs for Congress

regularly to the Loop, so Loop readers about himself as he is one of our August.—the editor

planner and registered investment advisor here on Vashon. I earned a

Wet Whiskers Grooming Sal on Professional International Trained Groomer Certified We Offer: Wash and Go Bath and Brushout Thin and Trim and Full Grooming Call today for an Appointment! (206)463-2200

17321 Vashon Highway SW Conveniently Located inside Pandora's Box

Mark Goldman contributes BA in Economics in 1966 at Franklin & Marshall College, a MBA in have a chance to get a look at how he Finance in 1971 at the Wharton thinks about a number of issues. I asked Graduate School at the University of Mark to tell readers a little bit more Pennsylvania and received my CLU (Insurance Designation) in 1977 potential choices in the primary this from The American College. My wife and I have lived on Vashon I am a self-employed financial Island for about 20 years. Between us we have five children and eight grandchildren.

> I have 25+ years experience in financial services and am the developer of financial and estate software called planning GOLDPLAN. I've written several books of political commentary and maintain web a www.gpln.com where my published works can be accessed, including most of my political commentary. Please consider me for the 7th Congressional District this August.

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



LoOp Letters

August 19th Primary

To the Editor:

I have been asked "Why should I bother to vote in the primary? None of the legislators have opposition."

We all need to take the time to vote in the August 19th primary elections for several reasons. First of all

we here on Vashon Maury Island have a special stake in the in who will be elected to be the State Lands Commissioner. Peter Goldmark is committed to seeing that Maury Island remains intact. **Incumbent Commissioner Doug** Southerland is not.

Also Supreme Court judges are generally elected in the primary since if they receive 60% of the vote, they are automatically installed. Picking judges is difficult for most voters since they usually campaign below the radar. My advice is to read the Voter's Pamphlet and newspapers and talk with your lawyer friends for their opinions. The Supreme Court is the highest court in our state and can play an important part in our lives.

Finally, even though our state legislators are unopposed, they need our affirmation in order to establish a standing that will serve them in future contests. Let's show them by an overwhelming vote that we appreciate the great job they are

Jennie Hodgson



Wolftown Wedding!

You, our beloved island, are invited to Wolftown for the wedding of Teresa Martino and Pete Yamamoto. Please RSVP- 206-463-9113. Date September 21st. Time 11:00 AM. Place: Wolftown. Attirecome as yourself. There will be refreshments and food, feel free to bring some! And bring your own plates, utensils and cups.....you might also bring your own chair. Entertainment: Howling with Wolves. Gifts- If you wish to give a gift, please give to Wolftown! Due to the proximity of large predatory mammals, there will be limited alcoholic beverages.

T. Martino

Onion Dome Arrives!

Continued from page 1

Father Tryphon, abbot of the monastery, thanked Edward Pierson, of Dockton, who constructed the onion dome in his Vashon Airport hanger. The three bar cross is being constructed by Alexander Karg of Belleview. Both men are members of the parish community attached to the monastery.

The monastery has announced upcoming Monastery Pilgrimage, an annual pilgrimage that brings together Orthodox Christians from around the Puget Sound, and from as far away as California, Oregon, and Idaho. The abbot of the Vashon monastery's brother monastery, Holy Cross Monastery in West Virginia, Father Seraphim, will be in attendance for this years Pilgrimage. The Monastery Pilgrimage will take place the weekend of August 16th and 17th.

LoOp Letters

Your Fire Department Needs You

by Neil Philip

Last summer I decided to run for one of the fire commissioner all of this, but I represent you. So positions because I believed that I could help Vashon Island Fire & Rescue continue evolving in the right direction. I'm happy to report that, in my opinion (and everything in this column is my opinion only, and not that of VIFR or any other attitude commissioner), the surrounding VIFR has improved, from the career and volunteer professionals on staff, to the commissioners, to the community. I see a genuine desire on the part of most everyone to let bygones be bygones and try to work together for the benefit of all Islanders.

There is still room for improvement, of course. High on the list is communication. VIFR and its board of commissioners need to do a better job of communicating with the public. There are two sides to the communication coin, though the public also needs to do a better job of communicating with the board. Right now we only hear from a few people in the community on a regular basis, and that needs to change.

VIFR is your fire department and we need to hear from you. Send quick email nealphilip@yahoo.com to let me know what you think about the department and where it's going. You can find your other commissioners' contact information at www.vifr.org. Or come to a commissioners' meeting. We meet at 7:30 p.m. on the 1st and 3rd Tuesday of every month at the main fire station, and we want to hear from you!

Why is it so important that we hear from you? Because we've got some tough choices ahead of us. For a variety of reasons, it is getting more difficult to provide Vashon/ Maury with the proper level of service. If you live in one of the outlying areas, you might have to wait 15-20 minutes after you call 911 before someone arrives from the fire department. And if there's another emergency at the same time, it could be even longer.

In my mind that type of response time is unacceptable for a fire department that is operating in King County in the 21st Century. However, I hear from some people who believe that those who live in the outlying areas made the choice to live far away from town, so they have to accept a lower level of service.

What do you think? What are your priorities? Do we build another station closer to Dockton or Tahlequah where we have staff available 24 hours a day, 7 days a week? Do we try to add personnel? Or do we do everything we can to avoid raising taxes? These are the critical questions that the board is wrestling with right now.

I have my own opinions about let me know what you want from your fire department, and I'll try to make sure that we all get the level of service we expect and deserve.

Even better than just offering your opinion, you can volunteer with the department. The deadline for the firefighter academy is coming up quickly - it's July 30th but there are other ways to volunteer. Ever dream of driving a fire engine? Become a support volunteer and you can drive that rig. Your help will allow the firefighters to concentrate on fighting the fires while you staff the apparatus. We have all kinds of volunteer positions for all levels of commitment. Call 463-2405 today to find out what you can do to help; I speak from experience when I say that you'll never be more proud of any other accomplishment than when you become a VIFR member.

This is an exciting time for VIFR. Our new Fire Chief, Hank Lipe, was just selected by the board with the help of the community and the VIFR volunteer and career staff. He will be starting in just a few weeks and he brings a great deal of experience, enthusiasm and common sense with him. We're looking forward to working with Chief Lipe to keep VIFR moving in the right direction. But we can't do it without you. Whether you send an email, make a phone call, or volunteer, VIFR needs you to step up and be heard. Thanks for your support!



Fire Board Hires New Chief

Continued from page 1

family with open arms – from one marine community to another." Acting Chief Mike Kirk said, "I think Chief Lipe is coming to us with many years of experience with an ocean beach resort community background very similar to ours with permanent and summer residents. We want to thank the Commissioners, members of VIFR and citizens who assisted with interviews."

"It is clear from Chief Lipe's experience," said Commissioner Gayle Sommers, "that he has a strong sense of volunteers and career staff working closely and in harmony together. His hire truly ushers in a new era for our fire district and I look forward to working with him. I also want to thank interim Fire Chief Mike Kirk and acting Assistant Chief Brett Kranjcevich. Both have fulfilled their responsibilities admirably."

"Hank" Lipe comes to us from Hampton, New Hampshire where he has held the position of Fire Chief for the past nine years. He has a Bachelor's degree in Fire Science and carries the title of Executive Fire Officer, earned through a four year

executive leadership program at the National Fire Academy. Chief Lipe has a 23 year military background, having retired as a Chief Petty Officer from the US Coast Guard reserve in 2003. He began his firefighting career in Montgomery, Ohio where he rose through the ranks to become Chief. He spent four years as the Fire Chief at Windham, NH before going to Hampton. All our citizens who of "VashonBePrepared" will be happy to know that Chief Lipe has experience as an Emergency Management director for Hampton. He also re-organized the town of Windham's local emergency planning committee, strengthening operations there.

"My family and I really enjoy theater and music, so I'm excited to live in a community that appreciates the performing arts," said Chief Lipe. He, his wife Marianne, daughter Shannon and two dogs Millie and Rae anticipate moving shortly to Vashon where Shannon will be enrolled at McMurray. Shannon plays softball, basketball and flag football in which her dad likes to get involved to support her interests. Shannon is

also into snowboarding, skateboarding and surfing. Their son, Henry, is attending University of Cincinnati. Chief Lipe stated, "It excites me personally to move to a new home that affords my family a good quality of life, excellent schools for my daughter, and an opportunity for all of us to enjoy the natural beauty the Northwest has to offer. I look forward to facing new social and economic challenges volunteer within the various groups together while utilizing my 31 years of professional experience to provide an affordable, quality and trusted emergency service."







by Kathy Abascal

I am told that you can measure when summer will end by watching fireweed (*Epilobium angustifolium*) bloom. Beginning some time in July, its purple flowers begin to open at the base of its stem, then work their way up until finally the tips of the plant are in bloom. When that happens, summer is just about over. Fireweed is reasonably common on the island, so you can watch summer progress by keeping an eye on this plant.

There are about 200 species of fireweed, and they usually prefer to grow either at relatively high latitudes or high altitudes. This plant is found in all parts of the world but the further north you go, the bigger and more abundant it gets. I used to gather it in the Colorado Rockies, where it was a knee-high plant. It was a joy to come to Vashon and find plants towering over the blackberries along the Island side roads. As you go further north, to places like Sweden or Alaska, you can find meadows of large fireweed plants. Fireweed is a perennial, and its flowers range from lavender to pink to carminepurple, and its pods are long, narrow, and filled with feathery

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



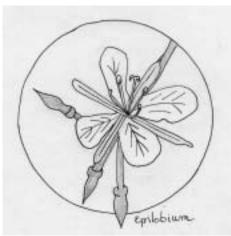
pandemic can be effective today. She is now available for t h consultations at the Full Circle Wellness Center. T h e s e consultations will help you choose

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

seeds. Here on Vashon, it seems to like the sunny side of roads where invasive, large, sweet blackberries also ripen.

Fireweed has been widely used as a medicine and as a food in many parts of the world. Young shoots were eaten and used as fodder for animals. I am told that the shoots taste a bit like asparagus but I have not yet tried them. The seed fluff was used as a fire starter - some say its common name comes from the ease with which the fluff catches fire but it was used to weave cloth and make thread as well. The Swedes call the plant *mjoelke* or "milky" based on their observations over centuries that cows fed on fireweed produce more milk. At Minglement, Gail and I often add fireweed to our galactogogue tea mixes for new mothers.

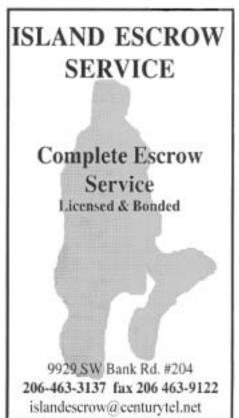
The Native Americans used fireweed for burning urination, male urination problems, coughs and sore throats, stomach aches and intestinal discomfort, bowel hemorrhages, gastritis, tuberculosis, and as a panacea for pain. They also used it as a poultice for boils,



abscesses, bruises, infected sores, cuts, wounds, and other skin ailments. Various Eskimo and Siberian tribes used the plant similarly. Different species were used in both Egyptian and European folk medicine to treat inflammation, adenoma, and prostate tumors. The Europeans also used the plant to treat skin disorders such as eczema, dandruff, as well as for menstrual disorders.

Eclectic The physicians considered fireweed unequalled as a treatment for diarrhea including cholera and dysentery. According to the Eclectics, fireweed can be urinary problems". Unfortunately, tinctured but works best as an there are no clinical studies on infusion. They preferred frequent fireweed, which is a shame, given small doses of the tea for diarrhea, recommending a dose as often as every ten minutes.

Although there is little clinical research on the plant, studies show that most species of fireweed have anti-inflammatory, analgesic, antimicrobial, anti-tumor, and prostate-related activities. Thus, infusions of fireweed strongly reduced prostaglandin release in animals, and worked as well as indomethacin at preventing edema. Like indomethacin, fireweed inhibited platelet aggregation but, unlike the drug, did not cause stomach ulcers in the study animals. Researchers speculate that fireweed is safer than non-steroidal antiinflammatory drugs, and works by inhibiting the production of





leukotrienes that sustain inflammatory reactions in the body.

Tinctures of fireweed are antimicrobial and inhibit many types of bacteria, yeast, and fungi. In various studies, it very strongly inhibited Microsporum canis (a cause of fungal skin problems), strongly inhibited Staphylococcus aureus and Escherichia coli, and weakly inhibited Candida albicans. These test tube studies suggest that folk uses of fireweed for skin problems and diarrhea may some day be validated as effective - if these uses are ever studied, of course.

Finally, fireweed has some potentially very interesting benefits for the prostate.

Tinctures of various fireweed species inhibit aromatase, an enzyme that converts testosterone into estrogen. In one study, two of fireweed's constituents had a considerably greater inhibitory action on 5 alpha-reductase than the prostate drug finestride. This, of course, strongly supports European and Egyptian folk uses of the plant for prostate tumors, and Native American uses for "male that fireweed may be more effective than drugs such as finestride and indomethacin.

Fireweed has no known toxic effects, a fact borne out by its world wide use as food for both humans and animals. It is a lovely plant that makes a quite pleasant tea. If it is growing along your roads, I suggest harvesting it rather than mowing it down. If it is not, you might want to gather some seed fluff this fall, and plant the seed in some sunny spot to remind you to enjoy summer while it lasts. യയയ

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



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Islewilde

Continued from page 1

Our absolutely free familyfriendly community art & performance workshops will include: Lantern making in preparation for the much beloved Lantern Walk on Friday night; the children's circus workshop led by Jenessa White and Steve Lipke will be part of the Saturday performance of this year's main show, the Pajircus (Pageant and Circus combined) directed by acclaimed puppeteer Janaki Ranpura. Mask making, puppet building and other workshops will be organized and explained at the Orientation on Friday, August 8th at 5pm at the new location. Please join us there to get a complete sense of what we are doing.

Islewilde is a community of amateur and professional celebration artists: makers of eyecatching, often large-scale stuff; puppeteers; actors; jugglers; fools; dancers; musicians; costumers; riggers; illuminators; unnamable 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.

Islewilde is also a scrappy, doit-ourselves, let's-put-on-a-show kind of affair where little is out of bounds. Everyone is welcome. We have 9 days of workshops leading up 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





may be wondering when your luck is going to catch up with you, but the issue is not about chance or fortune; it's about the willingness to do things differently. In this case, different would amount to opening up a few alternative goals than the ones you usually work with. One of the reasons we cling to old goals is because we have so much invested in them. We've given them time, effort and often money; we may also have an investment in pride. But that doesn't always make them work; certainly it's not a guarantee. I suggest you think of goals not as what you want to do, but rather as who you want to become. I suggest you consider carefully what you want to learn, and make it a priority as you are going through your daily motions. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) This week's total eclipse of the Sun will shake you out of some of your slumber. You are working through a combination of creative passion and paralyzing fear. There seem to be so many details, so many contradictions and so much responsibility associated with what you want, that it can be appealing to let go of what you know are your more daring objectives in life. It helps to be reminded of what is truly important, and by that, I mean what allows you to feel that you belong in your skin, in your environment and in your existence. The message seems to be that you put way too much emphasis on security as a means of feeling like yourself, or of validating your existence. It verges on impossible to have both stability and passion. Which do you want? Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) You have a lot of ideas, and many of them are truly creative. But in the coming days, one is likely to get your attention above all the others. This is something that's more likely to choose you than you are to choose it. And it's the one that's most likely to make you a little nervous. You seem to be trying with such great emphasis to stabilize your life and your emotional state. It would seem that the last thing you need is an idea that takes over your life, encourages you to neglect to be a few paces ahead of your other responsibilities or to jeopardize your sense of safety in the world. Just should be obvious. And you are right, about everything is optional, and this one counts; which is fine, as long as you remember that what is available now will not be available for long. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) This is the time to put your financial plans into action. In the immediate term, you will benefit from eliminating unnecessary expenses, particularly the ones you don't know about. But that is not enough. Economy is based on exchange, not on conservation. But it's also based on embracing a concept of abundance that you are both comfortable with, and that leaves you room to grow. That, in turn, usually requires letting go of some old values, and those are among the most difficult things to release. It would help if you know what they are before you let them go. What do you consider inclined to say, "This may be the most did you get those ideas? Where did important that really drains your interesting, productive time so far in you get the idea that the Divine Spirit

Aries (March 20-April 19) You resources or hurts you? Who in your life has proven to contradict the most important reasons you consider yourself alive? Make sure everyone and everything is in its proper place. Eric Francis has more to say at PlanetWaves.net.

> Leo (July 22-Aug. 23) This is a defining moment for you, or more accurately, a redefining moment. Take advantage of it; if you feel yourself helplessly getting pulled along by the tide, you're not steering your ship. The planets are placed so auspiciously for you that I can call this a wildcard. There must be a reason; I am guessing that you have one situation that, if you could, you would completely erase from your life; something that needs a radical improvement. Choose one thing, your top priority. You can use the opportunity of a total eclipse in your birth sign to resolve many things, and to make a break from the past unlike anything you've done in recent years, but I strongly suggest you prioritize. You need to know what is important to you, and work your way from there; if you focus on what matters most, the rest will follow. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You may be overwhelmed with all that you think you don't know. Or you may be obsessed with all that you do know, despite how it is obscuring your vision. Still, you seem determined to stay on your path, certain that you've earned your passport to one particular future. Still, I suggest you pay homage to the unknown. It goes deeper than you may suspect even in your more reflective moments. And the respect unknown exactly contradicts the Francis has more to say determination you have to succeed in PlanetWaves.net. one particular way. The main quality of the unknown is not that we don't know it, but rather that we don't even suspect it. You've had many clues as to the nature of what resides behind the veil; you have even seen glimpses. Yet its greatest power is in its mystery, or rather, your greatest power is standing in conscious, respectful relationship to the unknown. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You seem friends figuring out what you think unaware. But also don't act too smart when it turns out you were right all being an additional two or three steps ahead. You may not be able to act on what you know quite yet, but the is your moment to renegotiate an moment of action will come; and at that point, you will see that a longterm plan is involved. There are events developing that will come to fruition a year from now; but at the moment the thing you need to focus on is what you know; what the people around you know; and in particular the place where the two intersect. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) I am



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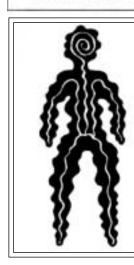
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the history of your career." Except of the cosmos has to work out every that some of you, perhaps more than usual, will disagree, and in spades. This is because not all changes instigated by an eclipse are necessarily welcome or seem helpful. For you, time will tell. For people who are engrossed in the intrigue, intensity and sweeping changes that seem to have stormed into your professional life, enjoy not just your moment in the limelight but also your threshold to the future. What you are experiencing is not one of those transits that comes and goes; it is what I describe in my sessions as a gateway event. A door is opening; indeed, it is wide open. You have the option to go through, and to concern yourself some other time about the details, consequences or whether you really that you need to embrace the feel confident doing all of this. Eric

Sagittarius (Nov. 22-Dec. 22) You are someone for whom faith in the universe equals faith in yourself. And what happens when your faith blinks, shudders or stumbles? Well — you in particular use it as an occasion to go higher. There is something about the personal nature of your relationship to the universe that has now come into the spotlight. The Bible tells us that God created mankind in his own image. I would say that you created God or Goddess in your own image, and now that image is changing. You are deciding, it would seem, that both with a kind of indomitable vitality. you and the wild cosmos are capable There seem, however, to be two kinds it should be obvious. You can count of more than you ever imagined. Yet on the people around you doing a lot to get there, you may first need to of noticing all at once, and it may take face a moment of doubt. That will not them by surprise; don't let it take you last long, if only you will remember at every turn that love is the one cosmic force that brings the dream to along; keep your mind focused on life. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) Now important agreement. This may feel daring and you may have this sense that you are putting yourself on the line. True enough, but that is the nature of any undertaking where something meaningful can be gained. Indeed, you may feel you have a lot to gain; there seems to be plenty of gold in the hills. Yet you're also sorting out some limitations on what you admit is possible. I suggest you work with those immediately. Where

single detail like an accountant collaborating with an industrial hygiene manager? Faith is faith; you need to bring some of the stuff into this sequence of events if even the least of your hopes are to be attained. That is not demanding a lot. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) An eclipse of the Sun in your opposite sign, Leo, is presenting you with an option, an opening or a chance to combine forces with someone of equal intelligence and intensity as yourself. This does not happen every day, and it does not happen in every lifetime. Your sign happens to be the one most associated with progressive thought, and you spend most of your time around people who can't get their eyes off of the rearview mirror. You now have a chance to match the thoughts of someone whose potential is as vast as your own. Yet to touch the alchemy of this situation, you need to hold steady and acknowledge that you are equal to all the potential you see. You will know that you're looking in the right mirror because the person you see there is certain that their potential is worth investing in you. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Yours is one of the most sensitive signs of the zodiac, and yet you are blessed of Pisces. There are the kind who are here to develop the highly popular art of hedonism, and there are the ones who are here to fulfill a mission. Let's assume you are the second kind. If so, pay attention, because you seem to be in line for new orders from the central office. Some new mission, close to the core of who you are, is coming, and you can trust that the space, time and resources you need to fulfill that are coming as well. You have reached a stage where you take your life seriously, perhaps more so than ever. Keep your sense of humor, keep your childlike imagination, and by all means allow yourself to identify fully with the work you do. But remember, you can take your life seriously. You are real and you know it. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

Immune-boosting Super Foods

Many of our readers—perhaps not very many, but some—refuse vaccination for themselves and their children on health or philosophical grounds. Vaccination of young babies has even been blamed for autism later. Justly or unjustly? I don't know. For very young babies, vaccinations may unnecessary at best, especially if their mothers have been vaccinated. When still nursing, babies get immune factors from their mother's milk. Introducing substances cultured in egg or horse blood mediums has been blamed for later allergies to eggs and to horses and all horse products, i.e. estrogen.

It isn't at all unusual for a person who had his flu shot to get the flu anyway. It happened to my father, though he'd not had the flu since the big epidemic of 1918, nor did he get it after he stopped getting the flu shots, though he lived to 105.

My husband and I both got the advised pneumonia shots, but he has had pneumonia twice since. Did I avoid pneumonia because I'd had the immunization less than five years before, or because the right antibiotic was prescribed for me before it could overwhelm my body's defenses? Or was it anything I ate, or didn't?

Despite all I've said above, I'm not totally against vaccinations. I am for staying as healthy as possible. I will get a pneumonia booster if so advised, and yellow fever immunization for travel in the hepatitis tropics, and immunization for a trip to Shanghai.

Whether vaccinated or not, let's give our bodies the necessary nutrients for maximum healthy bodies. Bonus: We'll be less likely to catch flu or pneumonia or any other common disease, or at least endure less illness if we do get sick.

Top fruits: Apples for quercetin to nourish the heart and discourage cancer cells, and alpha lipoic acid vs. diabetes; Apricots for beta carotene, iron, and potassium; Avocado for monounsaturated fats, niacin and other B vitamins, Vitamin C, and magnesium, Bananas for potassium, calcium, B vitamins, magnesium, and selenium; Berries, any color-ellagic acid, cancer stopper; Boysenberries—folic acid, and Vitamin C, Cantaloupe for an astonishing 14,217 IU per cupful, plus 1363 milligrams of potassium; Grapes (red) for resveratrol, Vitamins A and C, and potassium; Kiwis for Vitamins A and C, potassium and folic acid; Grape juice

- folate to strengthen immune cells, plus potassium; Oranges-Vitamin C, hesperidin which may lower cholesterol, limonene—another cancer fighter.

Top vegetables: Asparagus for folate and some Vitamin E; Beansfolate, fiber, iron, potassium, and proteins; Beets-tumor fighting beta-cyanine, iron, folate; Bell Peppers (the redder the better) chlorophyll, beta carotene, and Vitamin C; Broccoli—a cancer fighter with Vitamins A and C, calcium, chlorophyll, folate, and fiber; Brussels sprouts—same cancer fighting indoles as broccoli, Vitamin C, folate, and fiber; Cabbage—beta carotene and an analog of Vitamin C, folate, and fiber; Mushrooms, white button kind for niacin, shiitake to boost your immune system, also a top cancer fighter; also choose enoki, oyster, and straw mushrooms; Onions, especially red ones, for cancer fighting quercetin, and to help combat diabetes; Tomatoes— Vitamins A and C, lycopene (add a little olive oil to absorb it better)

Top protein foods: Fatty fish, especially salmon for Vitamin D and Omega 3 fats, mackerel, tuna, Rainbow Trout, and pickled Herring for Omega 3 fats; almonds—champs for Vitamin E, calcium, magnesium, potassium; peanuts, for Omega 3 fats, protein, and Vitamin E; nut butters -Vitamin E, ellagic acid, monounsaturated fats, and the protein arginine; walnuts for Vitamin E, protein and Omega 3 fats; Brazil nuts, champs for selenium to enhance Vitamin E, and the fat to help it work better.

In a Nutshell: Eat a wide variety of fruits, vegetables, whole grains and nuts. (More about grains in another column.) You may be healthy on a vegan diet, unless allergic to beans, soy products, or gluten—providing you take supplements to provide the missing nutrients, and avoid misusing your body with soft or hard drinks, white sugar, white flour based desserts, and other junk foods.

Remember too, that we need Vitamin D for healthy immune systems, and the best source is sunshine. So pack a sandwich and some fruit, and enjoy a picnic at the beach, or on your patio, or in your back yard. Skip the soft drinks; bring carrot juice, or almond milk it goes with fruit better than cow's milk does.

Elvis Presley is said to have loved peanut butter and banana sandwiches. He liked them toasted. You might like them better cold, especially on a hot day.

ELVIS'S PEANUT BUTTER BANANA SANDWICH

4 servings

8 Tablespoonfuls peanut butter, as free of hydrogenated fat as you can find

8 slices whole grain bread (try Bavarian all-rye, or rye with sunflower seeds, or

an Ezekiel bread) 2 Tablespoons honey Butter-flavor cooking spray, optional

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peanut butter on each slice of bread.

Cut each banana lengthwise into 8 slices. Place banana slices atop the peanut butter on four of the bread slices. Drizzle the banana with honey. You now have four takeoffs on PBJ open face sandwiches. Top bread, peanut butter side down.

Place a large no-stick skillet over medium-high heat. Zap the with Keith Berndtson, M.D. wow

Spread about 1 Tablespoonful of sandwiches with cooking spray. Fry until golden-brown on that one side. Turn and golden-brown the other,

> Serve warm with a tossed salad or a fruit salad on shredded dark green leafy lettuce, washed and patted dry.

The above recipe was shamelessly them with the other four slices of borrowed and adapted from "The Immune Advantage" by Ellen Mazo and the editors of Prevention Magazine,

Back to School Drive

Continued from page 1

This year a group of McMurray Middle School girls, led by 8th grader Ella McConnell, decided to organize a garage sale to help benefit the school drive. Mark your calendars for Saturday, August 9, 9-1 pm. The Vashon Theatre is loaning us their big parking lot (in between the theater and Zoomie's) and roping it off for the garage sale. Those who sell anything at the event can make a bit of money for their own school clothes... and help those in need while they are at it. 50 percent of all proceeds from the day go to the Back-to-School Drive.

Anyone can come that morning between 8 and 8:45 a.m. and set up a stall — you do your own pricing, you track your stuff, and you give the School Drive 50 percent when you are done. Organizers are also trying to arrange some fun activities, maybe a bake sale or two, maybe music. Who knows? Feel free to join in with whatever you think may make some money! So how can you help?

- Mark your calendars and come and buy stuff!
- Bring stuff to sell at your own stall c'mon, clean out those closets! (bring your own table or sheet to display items on. Not provided.)
- Donate things for the kids to sell without you and let us keep 100 percent of proceeds. (The kids will donate everything at the end of the day to Granny's, unless it is claimed).

Other news about the school drive:

Sponsors can still sign up until August 5th. Sponsors at the \$250 level get to be listed in all promotional items, get a tax deduction for helping the PTSA AND get to know they made a big difference to Vashon families. Of course, any other level of contribution is welcome, too!

Organizers will be having volunteers at Thriftway once again, on the 17th and the 23rd of August. Volunteers are still needed to take shifts on those days.

Some parents are taking on whole "families" — taking their kids out with

school supply lists and filling up two backpacks, for a 3rd grader and a 5th grader who needs it, or for two high school kids. This is an easy way to make a difference and get your kids involved. All of the filled backpacks should be labeled with the grade level of the child and left in a bin in town.

Bins are coming out this weekend, and they will be placed at US Bank, John L. Scott (village), Windermere, and Thriftway this year. There will also be cash donation tins around town. Essentials 4 also collects supplies for the drive. And there will be bins available at the August 9 garage sale if you would rather give donations then.

Organizers have already have raised more than \$2,000.00 in sponsorship this year Lewis Roggenbuck Construction is the drive's top sponsor at the \$500 level, and there are already five sponsors at the \$250 level (Susan Lofland/Realtor, DreamSoftBedware.com, Kerri Goodman-Small, Books by the Way, Ted and Kristin Barker, and an anonymous contributor). Organizers have a goal this year of raising \$4000 cash for the drive, and have already raised over \$2,000.

Supplies will be distributed through the Food Bank on Wednesday, August 27, during normal delivery hours. There are no forms to sign in order to get the supplies. All families in need of school supply assistance are welcome to come to the Food Bank and collect them. If you cannot make the distribution on the 27th, you can contact organizers and arrange something else.

If you can sponsor, just email vashonschooldrive@earthlink.net, or call Bob and Lauri Hennessey at 463-1931, or, just send a check as soon as you can to: Vashon PTSA Back to School Drive, P.O. Box 2364, Vashon 98070. You can donate supplies there through August 22nd.



Loopy sez: Deadline for the next edition of *The Loop* is 👭 Friday, Aug. 8

Ristively Speaking

Overcoming Children

by Deborah Anderson

"When you have victory," he said in all his gleaming four-year-old wisdom, "You have to do this." Looking down at his hands he scrunched his fingers into little fists. Raising them above his head with arms straight to the ceiling, he arched his little back and threw out his best grin. Since he's heavily into NASCAR, I recognized the winner.

Soon we'll see swimmers and pentatheletes and runners and gymnasts throwing their arms to the sky and baring their teeth in their biggest smiles.... in victory.

I thought it was interesting that he used the term "have victory." It wasn't the phrase, "are victorious" or "are the winner" or "win," it was "have victory;" own it, emanate with it, live it, experience it, feel it from the inside out...HAVE VICTORY.

Since I was eleven, I have been loving children as a population. That's when I began daytime babysitting.

Someday I want to have a picture of me with all the children for whom I've cared. I feel privileged. I get to love them in their homes. I get to love them in my home. I've loved them as a teacher, a pastor, a nanny and a mom. It always seems to come back to the children. I like to live without guile. They do too. I like to engage. They do too. I like to live by heart. They do too.

Hardest to live with is the fact I live in the twilight zone of adult/child. My brain lives in adulthood, my heart is in childhood.

I think the world would be a better place if we truly believed children have the answers. They do, you know. They have so many of the really important answers. The adult stuff they don't get. That's the stuff like, "If you didn't build it, you can't tear it down." But truth be told, many of the adults in the world don't get that stuff.

The child stuff, truths like: "really watch something when it is happening," "stare at that boat going by," "watch the wind blow that blade of grass," "take joy in the things you have created with your own hands," "be interested when someone walks in the room," "put your hand out to touch someone when you want to tell them you are glad they are in the world." Those things they get.

The most frustrating part of living in the adult world is living with folks who didn't get enough when they were kids. Somebody didn't give them unconditional love in the first three years of life. Someone didn't keep them feeling safe. Someone didn't rejoice they were alive. Someone didn't give

"When you have victory," he them the feedback they had gifts I in all his gleaming four-year-old and talents.

Those are the needy ones. It's hard for them to know they have victory. It means there isn't enough money in the world to make them feel full. They don't know God loves every part of them so they always have to be the Queen Bee or in control. There is no satisfaction in being a worker bee. And when they hear a compliment, it bounces off. They can't say thank you.

No one listened to their plan and said, "I think it will work out" and so they scheme and plot and plan. Relaxing into the flow of life isn't an option.

No one comforted them and so when they are sad they tough it out. Their insides are dark with the burden of having to comfort themselves. They are stingy receivers.

BUT, if you have healed that childhood piece or lived into the joy of a well-loved heritage, there's room to live at ease, let others have an idea and go with it, live with pain and joy with equal flexibility, say "thank you" to every blessing.

Try this. Scrunch your fingers into a fist, throw your arms into the air, put on your biggest and best smile and say, "I have victory." I guarantee it will change the rest of your day.

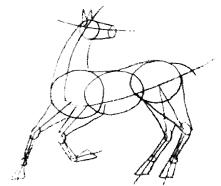
The best part of childhood is the overcoming part. We sing, "pick yourself up, dust yourself off, and start all over again, boop!" If you have victory, overcoming is a natural.

Remember today, no matter how hard you are working at being an adult, to take a ten-minute child break. People will see the glow and be encouraged. Go ahead. Have some victory.

Love Deborah **www**

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Road Work Ahead

Continued from page 1

Jim Eagan, managing engineer of the Construction and Contracts Unit of the King County Roads Division, told Islanders that a relatively new rubber-asphalt combination probably will be used instead of the usual. hot mix asphalt. The rubber-asphalt combination goes on creating less dust and it's cheaper, costing only an estimated \$100,000 a mile compared to about \$230,000 for hot asphalt. Neither surface can be laid down in rain. However, the rubberasphalt mix seems to last only two thirds as long as the hot asphalt mix.

Eagan said the primary focus for the 2009 work will be arterial roads. Which roads need to be resurfaced is not decided yet, he added, noting that federal and state requirements as well as budgets help determine which roads are seal coat resurfaced. When decisions are made about which roads are to be resurfaced they'll be on the county's web page. Road work will be "strictly preservation", a "needs driven" plan that avoids adding new surfaces which might require getting different permits.

Jim Markus, managing engineer of the King County Roads Division bridge and structural design unit, talked about one situation, rebuilding the Dockton road along the shoreline of Tramp Harbor. A wood, rock and concrete bulkhead supporting 3,950 feet of road has been repaired in places since a seawall was first built about 92 years ago. More reconstruction there might take about \$30 million, as much as half of which would be to satisfy requirements in the permitting process. Citizen comments have been solicited and range from abandon the road and take it out to extend the 220 foot concrete seawall installed in 2003.

The next citizen comment meeting on the island is to be August 16.

Permaculture Design Certification Course

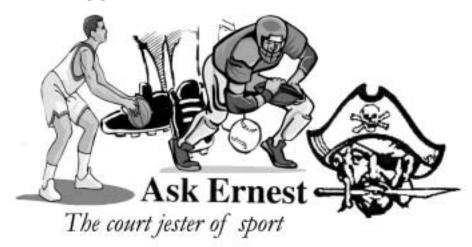
August 25 - September 7th, 2008 K-Jo Farm with Adam Rawson and Marisha Auerbach

Permaculture is whole system design and development for sustainable living and land use. Permaculture presents at framework for consciously designed landscapes that mimic the patterns and relationships found in nature. These systems yield an abundance of food, water, shelter, and energy for the

provision of local needs. This complete, accredited course is suitable for everyone interested in permaculture and sustainable design including: homeowners, gardeners, farmers, business owners, students, and design and development professionals. At completion, students will receive the Permaculture Design Certificate. The course includes expert guests, tours of local sustainable projects, homes and

farms, and hands-on application on a working farm. Course tuition is \$1200, includes meals and camping on-site. Please note: This is the first listing of three possible Permaculture Design Certification Courses offered this fall. The instructors, locations, and times vary but the curriculum is the same. Later this fall the same course will be repeated over 6 weekends. For information and registration, call (206) 697-0159.

The Vashon Loop, p. 16 August 1, '08



and quantity of competition, the Vashon Island Grappling Team battled the humidity AND opponents from all over the northwest and some from the lower west coast at the Oregon State Team Wrestling Camp on July 7-10. There were at least two dual meets per session and the Vashon Team used



Vashon Wrestlers (with 3 subs from Lake Stevens) pose for a team picture after beating Orting 37-30 for 5th place at the 36 team Oregon State Wrestling Camp.

their bodies, their minds, and their work ethics to wear down most of the teams that they faced. They finished the tournament at 10-1, placing 5th out of 36 teams. "Although competition wasn't quite as fierce as last year (where we placed 7th), our guys competed tough every match, gaining momentum as the camp progressed," stated coach Per-Lars Blomgren.

Rogen Lopez and Geran Webb were both undefeated (11-0) and Timmy Jovanovich went 10-1. Lopez also won the Takedown Tournament which took place between dual meets. The Vashon team's only loss was to Hermiston,

Never shy from taking on quality the back to back 5A State Champs from Oregon, losing 45-33. Big wins were notched over Graham Kapowsin (2nd in 4A WA state last year). Bellevue, Clackamas (Oregon), and Clark (a tough team from Nevada). After going 9-1 on their side of the bracket, Vashon Wrestlers crossed over for a match for 5th place, beating rival Orting 37-30.

> Individual Results are as follows. Record in parenthesis: Mattingly (4-6), Sam Chapman (6-2), Dominik Stemer (4-4), Sylvie Shiosaki (3-6 vs. boys, 1-0 vs. girls), Eddie Protzeller (8-4), Graeme Britz (5-5), Rogen Lopez (11-0), Kyle Martin (8-4), Geran Webb (11-0), Timmy Jovanovich (10-1).

> All wrestlers trained hard and gained valuable technique and experience to make a formidable team next winter. Clear your calendar to come out and watch these guys and girls next November through February!



Pruitt's, Delargy's, and Nelly's pose for a picture with Little Caesar in hopes of having the opportunity to compete in the nation's 3rd largest pizza eating contest

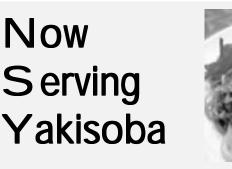


Olympian hopefuls (Casey Compton, Sami (W)Ressler, and Hazam Griffin) show off their crowns! "Either I'll be in the Olympics or I'll be watching them with a bag of Doritos and a large Mountain Dew!" said high jumping super star Hazam Griffin.

Team Vashon takes a break from the OSU Wrestling Camp to practice for the X Games. Eddie "Scissorshands" Protzeller is seeded #1 in the snowboard carving category-- he carves three lines with every turn, one with the snowboard and two more with his scissorshands.









Hours: 11:00 am to 8:00 pm

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Not Just a Great Burger We now have great teriyaki



Islewilde

Continued from page 12

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

At this year's Steering Committee retreat we outlined the theme roughly. "We all knew it arrived when we simultaneously shouted "ROBOTS & INDIANS!" Of course!" A peaceful Indian village is invaded by Robots. Once we got our theme, the ideas flowed freely. UFO's arrive from outer space with robots. The robots rob a stagecoach then invade a peaceful Indian village. They buy/steal/ infiltrate the land with technological gizmos. Indians teach the robots how to live in the wild. Bows-andarrows versus lasers. The King Robot Ringmaster (that would be Lipke) unleashes the Id-beast. The robots and Indians make peace at the Thanksgiving dance party. Etc., etc. I hope you agree, it all makes perfect sense.

2008 Calendar of events:

August 7th (Thurs): Load in and set up. We will be moving stuff from our storage space at the Chicken Coop to the Islewilde Site in the evening starting at 6pm. Many

hands and vehicles are needed. to manifest that vision. If you are Please call Doug Skove if you can volunteer yours: 206-795-4344.

> August 8th (Fri): Orientation about this year's Islewilde. 6pm Islewilde kickoff party and camp set up: Camping on site begins. Art making begins.

> August 9th-14th: Islewilde workshops in full swing. Free! See workshop link at top left of page for details (coming soon).

> Aug 15th (Fri): Lantern Walk at dusk, followed by Illuminated Show and other Festivities.

> Aug 16th (Sat): The Islewilde Pajirkus (pageant/circus), plus other festivities.

Aug 17th (Sun): Strike Party.



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.

Lopy Laffs

One Liners

Seems to me the basic conflict between men and women, sexually, is that men are like firemen. To men, sex is an emergency, and no matter what we're doing we can be ready in two minutes. Women, on the other hand, are like fire. They're very exciting, but the conditions have to be exactly right for it to occur.

Puritanism: The haunting fear that someone, somewhere may be happy. Your kid may be an honors student, but you're still an idiot.

When you don't know what you are doing, do it neatly.

Wear short sleeves! Support your right to bare arms!

Warning: Dates in calendar are closer than they appear.

We have enough youth, how about a fountain of smart?

Smile, it's the second best thing you can do with your lips.

Friction can be a drag sometimes.

Plan to be spontaneous tomorrow.

No one is listening until you make a mistake.

Multitasking means screwing up several things at once.

If evolution is outlawed, only outlaws will evolve.

Do not put statements in the negative form.

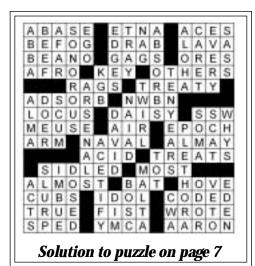
To succeed in politics, it is often necessary to rise above your principles. It's sad how whole families are torn apart by simple things, like wild dogs.

When I reflect upon the number of disagreeable people who I know have gone to a better world, I am moved to lead a different life. - Mark Twain

Xerox and Wurlitzer will merge to market reproductive organs.

I enjoyed my work as a musician but too many people thought I wasn't noteworthy.

I was in front of an ambulance the other day, and I noticed that the word "ambulance" was spelled in reverse print on the hood of the ambulance. And I thought, "Well, isn't that clever." I look in the rearview mirror; I can read the word "ambulance" behind me. Of course while you're reading, you don't see where you're going, you crash, you need an ambulance. I think they're trying to drum up some business on the way back from lunch.





Cowboy Wisdom

Don't borrow trouble. Be patient and you'll soon have some of your own.

Loopy Zen If life is fluid, and morals are static, then trouble is coming.

Dear God:

If you watch me in church on Sunday,

I'll show You my new shoes.

- Mickey

OFFSHORE





Alfred Gator



... THEN , TO INVESTIGATE

THE SCENE, I WOULD









WILD WORLD



about

The Vashon Loop, p. 18 August 1, '08

Loop Arts

VAA brings World Music to Burton

VAA Summer Music Festival World Music & Dance Saturday, August 9, 5-8 pm **Camp Burton** Tickets: \$12 VAA members, seniors, students/\$14 general admission/\$5 for ages 12 & under

Whatever excuses you may have had in the past for missing Vashon Allied Arts' annual music festival at Camp Burton, don't miss it again this year. If you never attended, all the more reason to check it out. the beautiful earth and heart-based

by Janice Randall

environmental twist. Then Japanese Taiko group, One World Taiko brings dramatic choreography and pounding rhythms to stage. Their rapid fire precise movements come from years of practice and discipline and they are absolutely mesmerizing watch. Finally, Sohoyini (translated as 'one heart' in the Dagbani language of Northern Ghana) celebrates diversity through



Camp Burton music in action, courtesy photo.

Burton Camp outdoor amphitheater in itself is a sweet summer venue, backed by madrones, Doug firs and the Sound; it just doesn't get much better. Add music, food and friends and there's a great evening to be had right here on Vashon without any ferry lines or parking fees.

The line up this year, thanks to generous sponsors, Boeing and Vashon Park District, is better than ever with four fantastic world music groups. The evening starts at 5 pm with Eduardo Mendonca's Brazilian trio. These guys can light up the stage with their smiles alone and their musicianship is superb. Next, hear some laid back reggae with the Adrian Xavier band. They have a mellow sound with tight grooves and upbeat lyrics with an

dance and lively percussive music of Ghana and West Africa. Sohoyini truly commands the stage, with the boundless energy of lead dancer, Awal Alhassan. Don't be surprised if you find yourself on stage with Awal and loving every minute of it!

To whet your appetite after all that listening and dancing, Shefidgets Catering will bring delicious world-inspired snacks and meals from Vashon fields to you. Kara Jones will be on hand to henna your body from head to toe and at the end of the evening, you'll be oh so glad you came!

Additional support provided by Thriftway, 4Culture, WSAC and ArtsFund. Call for tickets today, 463.5131 ext. 226. More information about the festival www.vashonalliedarts.org.

Free your soul at Ober Park

by Janice Randall



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

Seattle keyboardist, Darrius summer concert Thursday, August Willrich will bring sweet urban soul 7, at 7 p.m. Singer, songwriter and to Ober Park in a free, all ages band leader, Willrich will be joined by his band: Donyea Goodman on drums and vocals; Gerald Turner on bass; and Thaddeus Turner on guitar.

> Playing mostly original tunes, Willrich simply characterizes his genre of music as "soul." Adding that the music is definitely danceable, Willrich beautifully blends R& B, jazz, hip hop and electronica with lyrical fresh vocals from the heart. Paul Bennett of Disheveled Magazine says, "Willrich is one of the best soul singer/ songwriters around. His songs ooze sexuality without trying to sound sexy." This free summer music series is made possible by Vashon Park District, Vashon Allied Arts and Windermere. Next in the line-up, Island Jazz Quintet, August 21.



The Dark Knight 7/18 - 7/24



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



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Dance to Cambalache's Live Music!

by Martin Koenig

The second concert of Vashon Park District's summer World Music and Dance Series (6:30 p.m. August 11th at Ober Park) will feature Cambalache, led by Pancho Chavez, who has pulled together a highly skilled nine-piece Seattle based Salsa band. Deeply rooted in the latest music movements developing in Cuba and Puerto Rico, their eclectic style is an embodiment of the richness and diversity of Latin America. Cambalache's performances are a blend of salsa classics and contemporary tunes. The group puts out smoking, high energy music, playing salsa that is "impossible to hear without having your hips starting to wiggle."

Before the concert there will be a Salsa dance class taught by Jake

Everyone is invited to enjoy these evenings—dancers and listeners alike. Families are most welcome. However, parents are advised to please be prepared to keep an eye on your children and bring an extra set of dry clothing and a towel for them - the kids often get soaked playing in the water. Children are also welcome to dance to the music. This is a child friendly event. No partners or experience necessary to participate in the dancing. Sponsors: Vashon Park District and Vashon Folkdancers, For further information: 463-1238.



Cambalache, courtesy photo.



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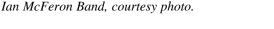
Ian McFeron at the Red Bicycle

McFeron, a prolific Ian songwriter whose lyrical prose and fervent work ethic has drawn comparisons to Bob Dylan and Ryan Adams, is coming to Vashon Island by Peter Welch

and the backbeat rhythms of Jon Markel (bass) and Mark Bateman (drums). The diverse musicianship of its members allows the Seattle-

based

McFeron Band to shift smoothly through a variety roots-Americana styles, ranging from acoustic folk-rock gritty altcountry blues, from heartfelt, soulful ballads to driving, danceable



on Saturday, August 2nd at 9:00pm to perform at The Red Bicycle Bistro & Sushi. Ian's most recent CD release Let It Ride marks his fourth full length LP - a fourteen-track narrative spanning themes of love and heartbreak, faith and despair, political corruption and hope.

Ian McFeron has performed with international touring artists such as Patty Griffin, Nanci Griffith, Shawn Mullins, Amos Lee, Julia Fordham, Carbon Leaf, The Hothouse Flowers, and Jars of Clay.

In live performance, McFeron (vocals, guitar, and piano) is joined by the Texas fiddle of Alisa Milner 21+ event. Cover is \$5.

backbeat grooves.

Opening for Ian McFearon will be Deadwood Revival, a band that "is on the leading edge of the resurgence and revitalized interest in old-time music" says Joe Ross-Bluegrass Now. Kim Trenerry and Ches Ferguson's rock solid rhythm on guitar and bass respectively with Jason Mogi's imaginative, clean claw-hammer banjo creates foot stompin', high energy, feel-good music embossed with old-time, eclectic folk, blues and even classic country flavors.

The show starts at 9pm and is a

Trolls Cottage & Sideways Reign Play the Red Bicycle

by Peter Welch

band that loves the Island as much as the Island loves them, is coming back to perform at the Red Bicycle Bistro & Sushi. After taking a sevenweek hiatus this summer, Trolls Cottage is ready to play some music. Their last visit to the Red Bicycle was last April, when they packed the room to maximum capacity. This is one of TC's first stops on a month of



Trolls Cottage, courtesy photo.

busy show dates that includes the Skok Valley Music Rally in Shelton, the Eastside in Olympia, Jazzbones in Tacoma, the Olympia Hempfest and the Red Wind Casino near Olympia. Summer is here, so with the blessings of Mother Nature, we'll hopefully have a nice warm evening where we can open the garage door at the Red Bicycle and let the music

directions.

This will be the Island CD Release Party for Trolls Cottage for their long-awaited CD entitled *Let* It Burn. This CD features 12 songs that were recorded at different times over the past year. TC took the 7 songs from the Chasing Trains EP and mixed them together with I s l a n d another 5 new tracks. You can pick one up at the show or through CD Baby at this link: http://cdbaby. com/cd/trollscottage

Opening for Trolls Cottage on August 9th will be Sideways Reign, a band based out of Union, Washington, offering something for the broadest of audiences with a genre-defying blend of rock, blues, they folk and reggae.

Tickets will be available in how great the advance and can be charged over the phone by calling

206-463-5959. Tickets will be available at the door unless the show becomes sold out due to advanced ticket sales. Due to the popularity of this band and the soldout show last April, it is highly recommended that you purchase tickets in advance. You must be 21 to attend this event and have valid ID after 10pm.

The Red Bicycle Bistro & Sushi offers good food at a great price and a large selection of Micro Brews on tap, bottle beers & cocktails. If you feel like having dinner the night of the show, call ahead and make a reservation!







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Comedy Ramping Up on Vashon

by Steffon Moody

going to be a consistent commodity on Vashon Island. Every FIRST THURSDAY of the month we will gather at the Red Bicycle Bistro to Worship at the Church of Irreverence and see some of the Saturday night, August 9th, the flow down the street in both finest comedians in the Puget Sound

> The next Comedy Night is Thursday Aug. 7th, at 8pm. This show features THREE Seattle comedians: Danielle Radford, Paul Merrill and Jaqi Furback. (Bios below)

Comedy Night is hosted by every FIRST THURSDAY. The

funnyman, Steffon Moody. "The comedians are psyched to have another venue in the area to ply their trade," says Moody, "and always

audiences here are." Off island acts Radford is a writer and cast member have included: Dan Moore, Greg Brousseau, Lizzy Pilcher, Owen Straw, and Dartanion London.

Bones, books the comedy acts and says that the Island demands comics with a certain "tact". "I hire a lot of the comedians that are part of The People's Republic of Komedy in Seattle. They seem to be working, because the Vashon audiences keep getting bigger," says Colver.

On being the host for Comedy Night Moody comments, "Daryll Caldwell got me into the idea of doing stand-up and now I'm hooked. But it's definitely the most grueling performing that I've done. What other performance form

It's true! Stand-Up Comedy is requires the audience to respond every 15 seconds?"

Thursday, October 2nd will be the Comedy Night Extravaganza!, featuring up to 25 acts that have only 5 minutes (max), to get the laughs going. "I'm basically enlisting anyone I know who has the guts to try it," says Moody. "And I'm opening it up to any form of comedy. It will be a hilarious free-for-all."

Vashon is now on the map when it comes to comedy. So bring your sense of irony and a posse of pals to the place formerly known as Bishops

> material can get blue, so Parental Guidance suggested. There's NO cover charge!! (Even though the poster says that there is) So the laughs are FREE! www.myspace.com/ steffonmoody

> > Comic BIOS

Danielle

on the hit monthly variety show (and drinking game) Get Loweded!

Paul Merill was born sometime Sean Colver, of Tacoma's Jazz in the early 1970's with a desperate, psychopathic need to entertain people.

Jagi Furback says, important thing is to not judge people. Unless they're idiots."



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The Vashon Loop, p. 20 August 1, '08



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