



Vol. 5, #18

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM August 29, 2008



Waiting for the ferry. Photo by Joe Ulatoski.

Council Prepares Ferry Survey

by Vickie Mercer and Kari Ulatoski

Islanders will soon have the opportunity to speak to State officials as to their transportation needs and how that impacts their lives. The Vashon Maury Island Community Council (VMICC) will be reaching out to the whole community with an important survey. The data collected is

Continued on page 8

Jayne Norton at Glendale Gallery



Red Bike Renovation Rules



Crowds on the street look in and listen at the Red Bicycle as the Mystery Guest for the Friday August 29 performance of the band Lossy Coils plays. This well-known Vashon musician hails originally from Austin, who could it be? See the article on page 19. Photo by Pete Welch. by AnnaLisa LaFayette

Tucked between bookstores and boutiques, The Red Bicycle Bistro & Sushi (The Red Bike, for short) has quickly become one of Vashon Island's best locations for food and entertainment. The location is no secret to Islanders, however. Formerly known as Bishop's (and still named so by faithful locals), the building has remained a food and drink establishment for decades.





Islanders Wendy van de Sompele and Robert Ortega. Photo by- Peter Ray.

Bikers Down

by Peter Ray

The call came in on that rainy Thursday night a few weeks back at just about the time they usually do when Wendy wants a ride from the dock. Since I was working on a project in the next room, I made it to the phone just as the machine picked up the familiar voice: "Hi...it's me." In my usual fashion I picked up and began the standard ribbing- "wah wah wah.....it's wet- I need a ride ... " But this time I was cut off in the middle of my jab with an unexpected twist. "I got hit by a car- I'm at Harborview..." It took a while for this to register, partly because it wasn't supposed to be a part of this game, but mostly because it is really uncomfortable and distracting to have both of one's feet firmly stuck in one's Continued on page 2 mouth.



Jayne Norton, local Vashonite, spent her entire 13th year in a deep pink jumpsuit. Her twenties were spent in what she calls "the red bedroom." Her years since have been the vivid exploration of untapped senses rising from a life full of light emerging into energy.

In September Vashon's newest art venue, the Glendale Gallery, will display the work of artist Jayne Norton, who will be showing her recent work titled "Apples and Oranges."

Her non -representational painting is an explosion of color on the canvas demonstrative of her love of motion and the physicality of the paint. The images are fresh, unpredictable and whimsical.

Opening night is Friday September 5th, 5-9pm at the Glendale Business Center (home of Keller Williams Realty) 17326 Vashon Hwy. Call Scott at 206.250-3427 for details.

Art Auction 2008

by Janice Randall

Take a whimsical trip down the rabbit hole at this year's VAA Art Auction, The Mad Hatter's Ball, Friday and Saturday, September 19-20, at Blue Heron Art Center. The Island's biggest art event of the year will feature works by more than 100 artists, food, libations and live entertainment by Lelavision. This year's event will be MC'd by KIRO morning radio host, Gregg Hersholt with consummate auctioneer, Matt Smith. Call 206.463.5131 for reservations. Special thanks to Art Auction sponsors John L. Scott, Puget Sound Energy, Thriftway, U.S. Bank and David Erue and Bobbi Arnold.

Friday, a more casual affair, includes buffet dinner catered by The Hardware Store Restaurant. The evening begins at 6:30 p.m. with a silent auction, followed by a special Mad Hatter's Ball performance and live auction. Tickets are \$45 per person or \$25 for contributing artists or Saturday Auction guests. <u>Continued on page 11</u> 6 Barn Owl eggs rotate in the warmth of an incubator. Photo by T. Martino.

Wolftown Hatches Barn Owls by T. Martino

Wolftown is hatching out 6 barn owl eggs! DOT had to take down a bridge in Grays Harbor County and there were Barn Owls nesting there. The first clutch they let Mama Owl raise and then went to tear down the bridge and low and behold she had laid a second clutch! WA Dept of Fish and Wildlife gave them permission to Move them to Wolftown!

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.

Bikers Down

Continued from page 1

In truth, as avid cyclists, and with Wendy logging over six thousand miles annually as a regular bicycle commuter, we discuss this car-bike conundrum all the time. Almost daily there is a story that comes from her two-wheeled trek to Seattle and back of some kind of vehicular transgression or near assault. And in my rides around the Island I see examples of a certain disconnect on the part of motorists as to the potential they have for wreaking havoc upon the roadway cyclist. Indeed, it was because the former chairperson of the Community Council's "Bicycle Safety Committee" admitted during a public meeting that they had run a cyclist off the road, and had kept driving without checking on the cyclists condition, that a group of us acted to have that person removed and to get some actual cyclists in there to be able to say what was and was not a "safety" issue.

Before we go any further, it should be stated that there is a law that covers this. The Revised Code of Washington has a section- RCW 46.61.755- that simply states: *"Every* person riding a bicycle upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle by this chapter..." This should be common sense, and yes that sense should reside on both sides of this

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Ad sales and design: Tamara Griffin Email: ads@vashonloop.com Editor: Ed Swan, Email: editor@vashonloop.com Publishers: Marie Browne and Troy Kindred PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Published every two weeks by Paradise Valley Press © August 29, 2008 - Vol. V, #18 Don't miss an issue! Subscribe to The Loop! \$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or • email editor@vashonloop.com!

great divide that has opened up between cyclist and motorist. It should be mentioned as well that there has been a law of sorts on the books for a long time now, that one would think would have some sway in this matter and it goes like this: "Do unto others as you would have others do unto you."

Making the vision quest journey from behind the wheel of your armored vehicle to the place of delicately balanced, two-wheeled travel might be difficult if you've never been there before. My favorite analogy about bike crashes that might help one make the connection in a more physical sense is one that came from one of the promo pieces that aired during this year's Tour de France: "... To get an idea what crashing on a bike is like, jump out of a car going forty miles an hour in nothing but your underwear..." That puts some pretty good perspective on the situation, although it doesn't make the landing any easier or the recovery any shorter. It also doesn't explain why all cyclists are held responsible for the actions of the irresponsible few, and more importantly, why it is deemed an acceptable practice to randomly yell or honk at cyclists who are otherwise minding their own business while riding. And it certainly goes nowhere in explaining why running a cyclist off the road is seen as an acceptable means of removing an annoyance from the glib motorist's chosen path.

I became acutely aware of something being terribly wrong with both the legal and common perception of cyclist's rights a number of years ago when a friend of mine was hit while on the Trek Tri Island ride for the American Lung Association. He was cycling through Deception Pass when a motor home passed him, hooking his arm on the canopy struts and ripping a fourteen stitch tear in his arm and throwing him into the ditch. The driver was not cited, and as I learned later, would not have been cited even if she had killed him. I find it odd that a woman and an occupied baby carriage can make national news when flattened by an errant driver, but you turn the victim into a rolling, two-wheeled innocent bystander and he or she becomes so much roadside detritus that probably shouldn't have been there in the first place. It has been two years to the day since Islander Robert Ortega was hit



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.



Fall Bulb Fundraiser for the Food Bank

Hillary Emmer and George Wright are selling Fall Bulbs from the Dutch Mill Bulb Company as a fund raiser for the Vashon Food Bank. There is a wide choice of lovely fall planting flowers like tulips, crocus, King Alfred daffodils and iris to choose from. Call George at 567-4238 for more information. Please join us in beautifying our gardens while we help our neighbors at the same time.

Audubon Shows Incredible Bird Photos

Audubon's September program will be held at the Land Trust Building on Thursday the 18th at 7:00 pm. As usual, the program is free and all are welcome. It wasn't 5 weeks in a balloon but 12 weeks in an RV. This culminated with spending the most of April on the Texas coast. Four members of Vashon-Maury Audubon, Jack and Pam Dawdy along with Dan Willsie and Carol Ferch, skipped this year's "winter that wouldn't end" by heading south. They birded through parts of California, Arizona, New Mexico and Texas. The program will focus on their experiences in the Rio Grande valley and on the Texas coast. Jack Dawdy will present photographs taken from Falcon Reservoir to High Island.



Seniors Learn about Landfill

We can run, but we can't hide, as the movie *Wall-E* showed us about the disposal of our old junk. There's a better way than leaving Earth though: the Cedar Hills Regional Landfill outside Maple Valley run by King County's Solid Waste Division-920 acres of innovative waste reduction and recycling services. If you'd like to check it out, the Vashon-Maury Senior Center on Bank Road has scheduled a trip there, departing the SC at 8:40 a.m., returning at 2:45 p.m. September 10. Cost to SC members is \$11; nonmembers, \$13. This non-walking, is а professionally guided tour with a lunch stop on our own at Applebee's. Sign up at the SC.

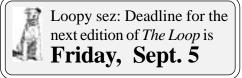
Senior Center Light Lunch

A sandwich and a salad or a sandwich and soup prepared freshly by Senior Center volunteers are on the menu Fridays 11:30-12 p.m. at the SC on Bank Road. There's a light dessert, too-often homemade—all for \$3.50. This is a new program for everyone in the community, so if you're working or shopping in downtown Vashon at that time, please join us. The SC needs more volunteers to help with this new program, especially if you have a food handler's permit. You'd be in charge, choosing the menu, shopping and cooking: about a twohour commitment (of course the SC will reimburse your expenses). Please call Ellen Trout at 408-7167 if you'd like to help.

Continued on page 7

Black Skimmer photo by J. R. Dawdy.

The Rio Grande valley and the Texas coast are world famous as a migration route for tanagers, orioles, buntings, kingbirds, thrushes, flycatchers, vireos and warblers. Additionally the beaches, islands and estuaries support a great diversity and density of gulls, terns, herons and egrets. This along, with the warm spring weather, makes this area a Mecca for birders and photographers.







We are delighted to announce that our office will be joining the Gallery Cruise this fall. The first exhibit by Vashon artist Jayne Norton will be on display starting Friday, September 5th. All Gallery Cruisers are invited to stop by between 5 and 9 for a little wine, a little nosh, and some fabulous art.

- Marie: Troy, isn't it exciting that we are going to be on the First Fridays Marie: Only if you can think of something more highbrow to sing than Gallery Cruise? "The Glendale Gallery" - it just rolls off the tongue, doesn't it?
- Troy: Yeah, and it's about time we got some culture around here. Troy: You're right as always. Plus I would not want to upstage Our newest agent Scott Strachan sure seems to know his art.
- **Marie:** Yes indeed. I suppose we should tell people about Scott's background. He owned and curated exhibits for the Pitcairn Scott Gallery in Belltown from 1996 to 2007. As Scott says, "While deciding to create a new career opportunity as a Realtor with Keller Williams, Troy Kindred and Marie Browne (that's us!) were kind enough to offer the Glendale Business Center as a new venue for local, national, and international artists. It sounded so appealing that we all decided to give it a go!"
- Troy: Aw shucks, he called us "kind." We just like to throw a party, and an art exhibit seems as good an excuse as any. Can my band play?

- Mustang Sally. And really, fitting a 10-piece band in our office along with an art show might be a bit much.
- Jayne. After all, it's her show. And Scott's.
- Marie: That's right. Local artist Jayne Norton is the artist whose work was selected by Scott to be on display in September at our new Glendale Gallery. We are honored to be featuring her exuberant paintings!
- Troy: I guess she could be called the maiden voyager of the Glendale Cruise.
- Marie: Or something like that. At any rate, we invite everyone to stop by between 5 and 9 on Friday, September 5. We especially hope to see well-behaved children like Beulah Clare.
- **Troy:** And hey, if anyone wants to buy a house, we'll throw in a painting.

Have you heard the buzz about our great e-newsletter? Loyal readers (and even disloyal ones) receive coupons for all sorts of local goodies as well as up to the minute real estate market data. This month we gave away coupons for an absolutely free chicken terivaki dinner and a free chocolate sample. Want to try a copy? Email us at marie @yourHTR.com. And if you have any real estate questions, just call us at 206.463.LIST (5478).



Darling neat as a pin single level house just perfect for downsizing, yet has all the space you need for comfortable living. Three bedrooms, 1 baths, bonus room and workshop, and a newly remodeled kitchen and laundry room make this the perfect little house. Fully fenced sunny yard with garden space and storage, too! Just a hop, skip and a jump to the health club, convenience store, and busline. \$339,000

Incredible Deal

25726 79th Ave SW



Huge house, room for everyone Exterior does not tell the story Must get inside to appreciate 4 BR, 3 bath, 2470 sft \$300,000

Located in the Commercial District



Open Sun Aug 31st 2pm-4pm



28112 135th Ave SW

This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. \$334,000

18008 Vashon Hwy SW

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



Early Hunting Season 2008

Got Too Many Deer in the Garden? Call Phil Mahurin 408-7009

by Phil Mahurin, Vashon Sportsmen's Club

We are now beginning the "early archery season". Folks may be observed traipsing through the woods with bow and arrow in hand in pursuit of the elusive Odocoileus Hemionus (Blacktail Deer). Although many hunters want to bag the big buck, others will harvest a doe. Vashon-Maury Island is an "any deer" hunting area. Archery season starts September 1 and continues through September 30th• Only Archers are legal hunters during the month of September.

October 4th through the 10th is Early Muzzle Loader season and October 11th through the 31 is the Modem Firearm Season. We live in a "firearms restriction area". No

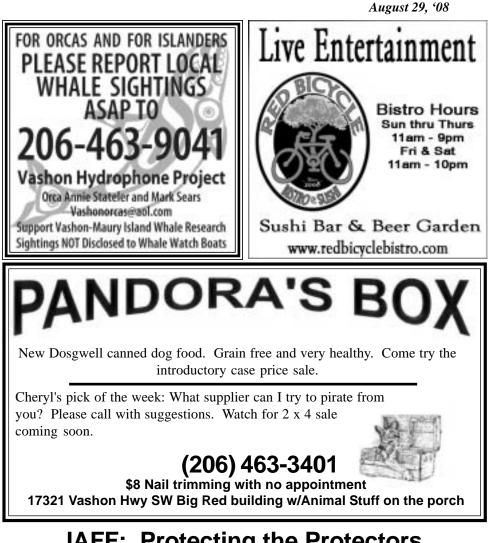
Hunting season is here again. for fun? If you do we strongly suggest that you wear an orange garment during hunting season. The Vashon Sportsmen's club in cooperation with the Vashon True Value Service Center is providing a few orange safety vests for our community members. You may borrow these vests from the Vashon True Value Service Center. Please return them when the season is concluded. Many of the vests that were loaned last year were never returned. This is troubling as those vests are not available to those community members that may need them this year.

> Got lottsa deer? Are they damaging your garden and landscaping? Do you want to thin



The Sportsmen's Club ions Orange Vests to Islanders at Island Lumber & True Value Service Center. For more information, contact: Rick Frye at 463-9851 (rickfrye@wolfenet.com) @2008

high power rifles allowed. During them out? Give me a call. I will try the "modem" season, revolver to match you with a hunter, give your telephone number to the a wet towel held over their mouth pistols, shotguns, muzzleloaders, and archery are all legal if the hunter hunter, and he or she will call you and nose to protect their lungs from has a "modem" tag. for a meeting. My number is 206- heat and smoke. Hunters must receive permission 408-7009. to hunt on private land. It is illegal We greatly appreciate the to discharge a firearm or launch an cooperation of hunters, community arrow at, along, across or from any members, and property owners. Let's have fun, enjoy our beautiful maintained road regardless of surroundings, and keep safe. surface. Hunters please respect



IAFF: Protecting the Protectors

By Jason Everett

As many of us know from and more obese, our backs and American history, the need for and subsequent formation of labor unions during the late 1800s and early 1900s was to create power through unity and use that power to improve working conditions. Many workers during this period were overworked, underpaid, and toiling in the worst of conditions. Firefighters were among them.

Local firefighting organizations started forming in 1903 and became unified with the founding of the International Association of Fire Fighters (IAFF) as part of the AFL in 1918. Their immediate goal was to improve wages, hours and benefits, as firefighters of the day 24-hour shifts worked on continuous duty and were paid very low wages (about \$.29 per hour).

In addition to these issues, an organized voice was needed to address and improve essential safety concerns. While it should be obvious that firefighting is inherently a dangerous job, firefighters at the time were often sent into burning buildings with inadequate water supplies, poorly functioning

bodies take more of the brunt. Finally, firefighting today has become even more dangerous despite the previously mentioned

improvements. The proliferation of plastics and synthetic materials in essentially every product in our homes and businesses produce highly toxic gasses when burned and minimal exposure can cause



VIFR firefighters Jason Everett and Josh Munger prepare to compete in the stairclimb. Photo by David Weller.

severe acute and chronic health problems. These materials burn faster and hotter and can trap firefighters in flashover conditions much more rapidly than organic materials.

Furthermore, new light weight equipment, and nothing more than construction methods like the use of particle board, trusses, and gusset plates are more prone to rapid failure when exposed to heat and often result in catastrophic structural collapse, potentially trapping firefighters attempting to rescue occupants or suppress a fire. These changes are examples of our everchanging field and demonstrate the need for vigilant oversight of worker safety issues. Relationships between labor and management have varied over the entire spectrum over the years, and continue to vary to this day, from one department to another. They range from hostile to cooperative; opposing goals to shared goals, etc. Often this relationship will change with leadership on one side or the other and is almost always in flux.

landowner's rights, hunt safely, and remember our islands may be heavily populated with deer but also with people and their homes. Rule #4: Always know your target and what is beyond.

The most active time of day for deer hunting is early morning and late afternoon when the deer are most active. Hunting commences one-half hour before sunrise through one half hour after sunset. Do you walk your dog, ride a horse, or walk



Fortunately, many things have changed in our industry for the better. We continue to see improvements in breathing apparatus, equipment, tactics and techniques to make us better firefighters and to make our job safer.

However, the job of firefighting has also changed. Most of the calls we go on are medical in nature, and there is the potential for exposure to a host of communicable diseases and blood born pathogens. There is also an increased potential for personal injury in that a large portion of our job involves moving people who are sick, and as our culture continues to become more

Some Labor Day Thoughts

by Kristine Nelson, president, Vashon Education Association

School District are members of the nation's largest union. Yes, we here on Vashon along with another 3.2 million other educators across the country are the National Education Association or NEA. Even out here in the middle of Puget Sound, we are able to access and have benefits from an association that has members in all 50 States. This is because the Vashon Education Association (VEA) belongs to the Washington Education Association (WEA), which belongs to the National Education Association (NEA). What does it mean to be a part of the largest union group in the country? Is it possible that such a diverse group could have a collective vision of what it means to be an educator in the United States? Well, let's start with the Vision, Mission and Values statement that was adopted during the 2006 NEA Representative Assembly:

The National Education Association

We, the members of the National Education Association of the United States, are the voice of education professionals. Our work is fundamental to the nation, and we accept the profound trust placed in us.

Our Vision - Our vision is a great public school for every student. **Our Mission** - Our mission is to advocate for education professionals and to unite our members and the nation to fulfill the promise of public education to prepare every student to succeed in a diverse and interdependent world.

Our Core Values - These principles guide our work and define our mission:

Equal Opportunity. We believe public education is the gateway to opportunity. All students have the human and civil right to a quality public education that develops their potential, independence, and character.

A Just Society. We believe public education is vital to building respect for the worth, dignity, and equality of every individual in our diverse society. **Democracy.** We believe public education is the cornerstone of our republic. Public education provides individuals with the skills to be involved, informed, and engaged in our representative democracy. Professionalism. We believe that the expertise and judgment of education professionals are critical to student success. We maintain the highest professional standards, and we expect the status, compensation, and respect due all professionals. Partnership. We believe partnerships with parents, families, communities, and other stakeholders are essential to quality public education and student success.

Teachers in the Vashon Island ool District are members of the ion's largest union. Yes, we here Vashon along with another 3.2 lion other educators across the ntry are the National Education ociation or NEA. Even out here he middle of Puget Sound, we able to access and have benefits m an association that has

> The professional educators who work for the Vashon Island School District do have a vision that every student deserves: great public schools. They work every day in classrooms, offices, playgrounds hallways and libraries to ensure the mission's promise that public education is preparing every student to succeed in a diverse and independent world. Your educators on Vashon do agree that equal opportunity, a just society, democracy, professionalism, partnership and collective action are core values of our association.

> The VEA membership is currently working together to bargain our next contract. While we had hoped to be in agreement by this point, we are not there yet. We agree with Dr. Lindquist and VISD - there are many forces working against our district which make it difficult to provide what the community expects. Issues such as the levy lid which limits the amount of local levy dollars our community can spend on our own schools, high test scores along with a high socioeconomic population make our district ineligible for many grants, little industrial tax base along with other issues do limit the revenues that come into the district. However, we in the VEA also recognize that while our test scores are in the top third of the state, our teacher pay is near the bottom third. Collectively, we're working together with the district to help ensure that the quality of education here on Vashon





August 29, '08

The Vashon Loop, p. 6

We've Got a Lot of Kids It's Protocol, Dad

by Kevin Pottinger

Once in a while my wife Maria actually leaves home by herself, without any children whatsoever. She goes places the kids don't go, and sees things the kids don't see. She only dresses herself, and when she leaves home, she decides where she would like to go, and she simply goes there, without first asking anyone if they have to go potty.

She ties only her own shoes and only blows her own nose. She might bring along a thick book with tiny print and no illustrations that she might read silently and without interruption; or she might like to tune the radio to an in-depth roundtable discussion of China's developing role as a powerhouse economy, or a sexed-up R. Kelly song. She chooses her own entertainment, without soliciting any feedback from our highly opinionated and quarrelsome foursome.

It's a relatively rare event. Much like a total solar eclipse, it usually takes our kids by surprise. Had they remembered that this sort of thing was actually possible, they might have cornered Mom in the laundry room and peppered her with more questions about Star Wars until she forgot about leaving, or blatantly blocked her escape. They might have held onto Mom's legs a lot tighter as she made her way to the minivan.

We wave goodbye while Maria sails down the driveway. Turning away from the empty, dusty driveway, they look at me with wounded expressions. I am to blame for all this. I allowed this to occur. I could have said something on their behalf. I could have convinced her of the folly of her actions.

and I walk back into the house. I pick up a newspaper and scan the stains that look like they may take a headlines. After a quiet, seemingly while to wear off. short interval, I put down the paper to check on the kids. Our eldest boy Colin, now seven, has quickly and expertly slammed a banned video into the VCR in the TV room, while five-year-old Meredith has ripped open a box of Cheerios, cramming handfuls of dry Cheerios into her mouth and blowing chewed-up chunks at her brothers with a muffled giggle. Fouryear-old Gracie has dumped a container full of turquoise eye shadow on the bathroom floor while she was applying it to her neck and cheeks, and she's anxiously trying to put the rest of it back in the container with sticky fingers, while her twin brother Alec has pulled down his pants and peed all over the back porch.



sub, chips, drink or cookie!

OR collect and play and you could win \$100,000!

Game is only for a limited time only, so drop by your Vashon SUBWAY to play!



Surveying the bits of Cheerios all over the floor, the eye shadow on the bathroom floor, walls and towels, and the banned-for-life Scooby Doo video with the vampire that scares the crap out of the littlest kids playing on the VCR, and Alec with his pants around his ankles trying to open the back door, I clap my hands together and sing-shout, "Who wants ice cream?"

We pile enthusiastically into the black truck and head into town for cheeseburgers and ice cream cones as big as their heads. When we find our table and settle in, I glance around the restaurant. It's full of other dads and kids; no moms. Our wives must have all received the same message simultaneously from alien abductors, or watched the same Oprah show. I can't help The screen door slams as the kids noticing that a few of the kids are more colorful than Gracie, with Kids know what dads are supposed to do with them on their Sunday afternoons together, or while Mom is away at some sort of special Up With Moms rally. After ice cream, the kids insist that I take them to the playground: it's protocol, Dad. Glancing around the playground, I see a lot of the dads and kids I saw in the burger place. Mostly the dads avoid eye contact with each other. After what seems like several hours of underdogs, and watching the kids while they shout "Watch me, Dad!" while they slide down the slide for the fortieth time as I offer absent-minded words of vague encouragement, my cell phone rings. Maria has returned home.



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

by Bruce Haulman, Vashon-Maury Island Heritage Association

viewable on-line at www.vashonloop.com, Bruce Haulman outlined the coming of the first peoples S'Homamish villages at Burton and *Quartermaster Harbor/Portage. In this* issue he completes the article with a discussion of other village sites and how the S'Homamish were similar in outlook to Islanders of today.)

pre-contact Indian The population of Vashon-Maury Island is unknown, but we estimate that about 650 S'Homamish lived in five sites were at Tahlequah and

major permanent village sites and used numerous temporary gathering sites on Vashon-Maury Island. The permanent villages were located at Burton, Shawnee, Quartermaster, Manzanita, and Talequah; the smaller temporary gathering sites were located at Assembly Point, Jensen Point, Kingsbury Beach,

(In Volume 5 #15 of the Loop, his lexicon. Interestingly, Lucy Gurand's grandfather, the headman at Quartermaster harbor was Ts3E'bulukud, which may relate to to Vashon Island and described the designation of this spring as a noble's or chief's spring. The general recognition of this site as "old houses" implies that this may have been one of the first permanent settlements on the Island, but was replaced as the primary village site by *kweel-OOT* at Burton for a variety of unknown reasons.

The other two significant village



Manzanita. These two sites may have been more closely related to villages at Gig Harbor and Wollochet Bay than to the villages in Quartermaster Harbor. Skwapa'bsh (or Squawpabsh) at the southern tip of Vashon, probably Clam Cove, had

Next time we'll try to hold her legs a lot tighter. തതത

Newport, Burton Inner Harbor, Judd Creek, Ellisport, and Peter Point.

the mouth of Fisher (Shawnee) Creek, was called AHL-al-ul, which means "old houses." Also near AHL-al-ul was the spring *see-ahb-*AHL-ko or "nobles' water" referring to the probable residence of an important Salish family at this site. Andrews, in Fisher Creek Watershed Stories: As Told by Its Neighbors identifies this site as A lal El. "old houses," and the spring as Siaoa-Iqo, "chief's water." Waterman identified this spring as *Bu'lbul'Ets* from the Salish root word bul, "to boil," and thus related to springs in

Vashon-Maury Island Heritage Association.

unknown an number of houses.

Waterman identified this site as xwob-a'-bc which means "swift The village site at Shawnee, at water dweller" and ascribes this name to those dwelling on the Narrows between Point Defiance and Vashon Island, and thus to the village at Tahlequah. Marjorie Stanley also identified this site and called it Squawpabsh, "the place between." Tsu-GWAHL-ul was at the entrance to Quartermaster Harbor, probably at Manzanita. According to Lucy Gurand, a 200'x 60' fort or large house was constructed there along with four 50'x35' houses hosting some 5-7 families. Waterman identified this

Bikers Down

Continued from page 2

and left unconscious by the side of Fauntleroy Way with a severe head trauma and just skin holding the shattered parts of his hand together. He was on the way home from his work as a bike courier in Seattle, and while the driver left the scene, he is fortunate that a West Seattle resident found him and called in the incident. It's probably good that he only remembers a part of one of the four days after the accident. He does however remember the nine months he spent in recovery, and the twenty two years of bike messengering he had to leave behind because of his injuries. As a courier he is no stranger to the car/bike dance. He can count fifty injured and eighteen killed among his fellow couriers through the years, all from car/bike contact and all of the incidents occurring before or after work. While remaining a staunch advocate of bicycling, Robert is adamantly opposed to the tactics of Critical Mass- a monthly ride by large groups of cyclists to supposedly raise bicycle awareness. While couriers are out on the streets everyday, the once a month Critical Mass rides tend to plug streets and reinforce negative views of cyclists in some drivers' eyes. "It takes one driver to piss off a bike community, and just one biker to piss off the drivers," said Ortega.

It was his crash, and one that another friend of mine was involved in on the Island that got me thinking more deeply about the apparent and baffling disconnect that drivers seem to have in relation to how they view cyclists. As I got deeper into an internet biker down search, I began to regularly visit certain sites. Drunkcyclist.com, while sounding perhaps a bit sleazy, is a fascinating look into the world of hardcore cycling. The site's originator, known as Big Johnny, appears to be a professional bike racer with insider's insight into the elite racing scene. There are comments here from

mountain bikers, racers, couriers and others from the cycling world, along with a nearly daily "biker down" notice of some car/bike clashes where the cyclist generally loses quite decisively. There is Ghostcycle.org, which shows pictures of white painted bicycles hanging around Seattle near to where cyclists have been hit. And then there is elite cyclist Dave Zabriskie's site, Yield to Life.org,, which advocates for greater bike awareness and offers ten tips to both cyclists and motorists for safer bike /car coexistence. There is a lot more out there, but after a certain point the story gets just plain depressing with the repetition of its somber message.

And then there was Wendy, who seemed to have fared pretty well in this flying underwear experience, although having already done this before as a bike racer and, that time, without the aid of an automobile in the equation, there was really no reason for a repeat performance. The driver of the car this time around claimed not to have seen her, although her bike is red and yellow, she was wearing red leg warmers and a blue rain jacket and there was a white bike strobe flashing on her handlebars. It was still light out. On the other hand, the driver did not signal his intention, which was to make a left turn in front of her. When she realized what was happening, Wendy put the bike into a skid, bounced off the rear of the car and into the street, scraping her elbow, cracking her helmet in multiple spots when it, and not her head, hit the pavement. It took two days and many specialists and x-rays to come to the determination that she did have a cracked sacrum.

In the past two days I've heard of two other Island related car-bike accidents, one involving an icon of the Vashon art community. I continue to experience bike disrespect almost every time I go outpeople passing me around corners millimeter. In spite of all that, it really



Parker Plaza 17232 Vashon Highway

when I'm riding at the speed limit-I still can go that fast in those 25mph zones. People have passed me and then signaled to make a right turn right in front of me, and then thought better of it and stopped in the middle of the road to let me pass. That is just plain dangerous- for both of us. In the bigger world out there, cyclists are attacking motorists, motorists are hitting and beating up cyclists, and some of Big Johnny's cycling buddies are talking about packing retaliation in caliber and

isn't that scary out there, but it would be so much simpler if we just shared the road. After all, it is the law.



A Leading Center for the Healing of Addictions in The Pacific Northwest

ACROSS

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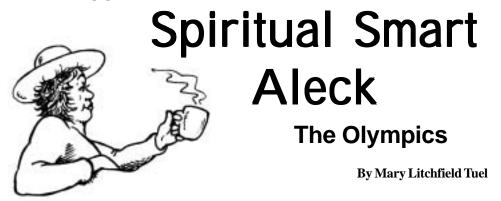
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The Vashon Loop, p. 7

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olution on page 17



Rick and I have been watching the Olympics. The sculpted bodies, the brief moments of competition after years of training specifically for those few moments; the heart break of failure; the incandescent glow of winning: these are some of the things that make up the beauty and drama, and the shuck and jive, of the Olympics.

The shuck and jive has been in some of the presentation. The ceremony featured opening computer-generated fireworks, and a beautiful little girl lip-synching for another little girl who is a good singer, but was judged not pretty enough to represent China. These are the things we know about to date. China has been unapologetic – of course they wanted everything to be as perfect as possible. What's the big deal?

It has been so long since entertainment and real life merged, that I see their point: what's the big deal? The world expected an extravaganza, China gave us an extravaganza. Who are we to nitpick how they did it? The opening ceremony is entertainment.

The games, however, are supposed to be something else: they are supposed to be real human beings engaged in real competition, and the competition is supposed to have integrity. There are supposed to be no performance-enhancing drugs, for example. As far as I know no country has figured out how to send a computer-generated super athlete to the games to compete.

The games are also supposed to be about international good will: look, we can forget our petty squabbles for a couple of weeks; athletes of different nations can come together in a spirit of cordial competition. Russia illuminated the

sad fragile illusion of that myth with their invasion of Georgia.

I sit here watching these incredible people who have devoted their lives to their sport, and consider that I am watching the best in the world – if you can qualify to go to the Olympics, or even come close to going to the Olympics, it seems to me you have won gold. That's pretty exalted company, pretty rarified air, when the world record for, say, bicycle sprinting 200 meters is just under 11 seconds and you lose big because you did it in 11.6 seconds. Six-tenths of a second? How fast is fast enough?

If you're a gymnast and you can get up on those uneven bars and do a routine at all, much less go to the Olympics, my hat's off to you. What a glorious thing to be able to do. It's like flving.

Of course as I watched the gymnasts I thought with my older person's perspective, oh man, are these kids going to hurt in twenty or thirty years. I guess it's worth it.

This morning my husband and I were discussing real people Olympics. He said that there ought to be an Olympic Spider Solitaire event, with commentary: "OK, the American is looking good - ooh! she missed the six of clubs on the seventh move before dealing the next layer! Ouch, that's gonna hurt her!" And maybe a Poppit competition: "China holds all the championships in this event, but the Germans and the Americans are really nipping at their heels. Last night Lieblich pulled off three super-pops and got down to three balloons without using the weight or the pushpin! You don't see that very often!"

Ain't gonna happen, of course, but just in case it ever does, I'm right here, in training. തതത



Council Prepares Ferry Survey

Continued from page 1

influence both State and County planners to realistically assess the present and future needs of our community.

The survey will be distributed on September 4th via the postal service and will be available widely at distribution points for both pick up and drop off. The survey will be available online beginning on that same date at www.VMICC.org/ transportation/2008survey. Deadline for submission of data will be September 21st giving individuals two full weeks to participate. All household members 12 and older are encouraged to submit a survey.

For the 2008 version a total of 23 questions will be presented. Demographic information was slightly expanded to enhance knowledge of our community to collect comparison data to the King County Benchmarks that are updated annually. The questions are varied with data being collected for transportation provided by WSF, King County Metro, Pierce County Transit and the final question for seeking opinions on a "Bridge" option for Vashon. Resulting from multiple ferry service shut downs at Tahlequah there is a question as to how the community feels regarding no service to do their jobs, thus saving at the south end versus two boat

Go On-Line to Make a Reservation for extremely critical if the VMICC is to a Specific Trip. To what extent do you agree or disagree with this concept? The VMICC Transportation 2008 Survey will ask a similar question so that data comparisons can be made when the whole community is involved including those who are occasional ferry users.

The last major Vashon transportation needs survey was conducted in September 2004 in response to 2003 Legislation mandated WSF Long Range plan and that was being prepared by Washington State Ferry consultants. During the process four different proposals for the Vashon-Southworth-Fauntleroy triangle route were introduced, one being to close the Fauntleroy Dock and send all vehicle traffic direct to Colemen Dock in Seattle. The Consultants for WSF conducted their own survey finding that 68% of commuters from Vashon preferred the Seattle direct option. The survey by the VMICC Transportation Committee which totaled 16 questions found the opposite from their collected data with their final tally showing that 78% of Vashon residents did not want Fauntleroy dock to close. The VMICC Transportation Committee hired consultants Gilmore and Associates to advise them on procedures resulting in a supplemental phone survey. Volunteers included seniors from the

IAFF: Protecting the Protectors

Continued from page 4

I am pleased to say that the IAFF and the International Association of Fire Chiefs

(IAFC) have b e e n collaborating on a variety of issues and have worked to identify common ground and common goals that help both labor and management.



management money in sick time, overtime, and disability.

I am also please to say that we

on Vashon at the fire commuters. department as Chief Lipe takes the helm. I am hopeful that he too will seek common ground and common goals with the local to ensure that you, the taxpayer have the highest quality response from your department and that I and the other

people who come to help you in your One example of this collaboration is time of need are also taken care of. I the Wellness and Fitness Initiative (WFI) designed to ensure that and the other members of Local 4189 welcome him and thank you, the would allow people to Call Ahead or firefighters stay well and fit enough public for your support.

service on the north end of Vashon. Also data is being collected as to how possible future Tahlequah service have new leadership interruptions would impact south end

During the 2008 Legislative session the Washington State Transportation Commission was asked to conduct a survey and a series of meetings in ferry served communities to explore new funding and operational options for WSF. Two surveys have been conducted by hired consults for the Transportation Commission at both the Vashon Heights and Tahlequah docks during the spring and summer schedule period. A major question asked by these questionnaires was: One strategy under consideration is a Vehicle Reservation System that

high school Government class who made phone calls during evening hours.

The 2008 Vashon Transportation survey will include nine questions that other ferry dependent communities can also ask their residents so that data can be gathered from multiple communities collectively. This effort comes from a decision of the Ferry Partnership Coalition meeting in June 2008 in Bremerton attended by eight Vashon residents. Also in attendance were three State Representatives and a Senator to hear concerns for WSF operational issues for attending communities.

Committee volunteers include Lee Ockinga, Hilary Emmer and Liz Otis and Chaired by Vickie Mercer. For further information Vickie Mercer can be contacted at 497-9031.



No More Bad News

In a serious attempt to fight off the feelings of ruination and hopelessness that seem to permeate ecological news, this columnist has decided to concentrate on and bring to the fore the best news out there on these disturbing fronts.

To start in that direction. I would like to recommend the current issue of Utne (rhymes with chutney) Reader, specifically the section called Environmental Innovations to Give One Hope, which includes an article called Tomorrowland, devoted to a ecosmart urban design competition that provides some remarkably innovative thinking in a contest to fine the best ideas for turning the city block of today into the eco-friendly environment of tomorrow; and one called Hiring Mother Earth To Do Her Thing; which highlights how forward thinking capitalists are

for portions of the developed world where clean water is a significant issue as well.

And, while we are on the subject of water and the daily struggle world-wide to have enough, let me tell you about Trevor Field, a retired South African who wanted to give back to his community. He noted how the burden of water collection fell almost exclusively to women and girls in the rural villages, what he called "exhausting and timeconsuming."

He noted that the time these women spent took them away from their children and families and was determined to find a better way. He teamed up with an inventor and, between them, they came up with the 'play pump,' a merry-go-round that pumps clean, safe drinking water from a deep borehole every time the children spin it. The pump takes a few hours to install and costs around \$7,000. It was deemed so inventive, cost-efficient and so much fun for the children that the World Bank has recognized it as one of the best new grassroots ideas.

His follow-up idea was to use the pump's water towers as billboards to sell ad space to help pay for the



The Aquaduct, photo by Nicholar Zucher.

investing in climax forests and wetlands as profit making ventures, just letting the Earth provide the 'services' She had always tried to maintain.

In keeping with this wave of new optimism, let me cite an alumnus of Stanford, one Eleanor Morgan, who is part of a team that created the winning entry in the first ever "Innovate or Die" contest earlier this year. A product designer, she teamed up with three mechanical engineers and an industrial designer to enter a competition sponsored by the bicycle maker Specialized and by Google, which asked people to create useful pedal-powered machines. Over 100 inventions were submitted. Morgan and her associates decided to address the issue of water sanitation, which affects billions of people worldwide. They invented a vehicle called the Aqueduct, a threewheeled bike that transports. filters and stores enough water for a family of four. As the rider pedals, a pump draws water from a large holding tank, driving it through the filter and into a clean water tank. While the Aqueduct is just a prototype and probably too expensive to mass-produce, Morgan and her team are exploring more economical materials, technologies and processes to make this item viable for the developing world – or

pump upkeep and he always includes room for the South African love Life c a m p a i g n, which educated children about HIV and AIDS. Such pumps

are installed near children's play areas, often i n v o l v i n g drilling for fresh

water – which is within forty meters of the surface – and are so popular with children; they immediately begin to produce cool, clean water. Field plans to build thousands of such pumps to help communities across South Africa and then expand to other African countries, with the aim of changing the lives of women and children across the continent.

DON'T LOSE HOPE, ME





Red Bike

Continued from page 1

The Bistro changed hands last winter and received a dramatic facelift, inside and out. First, the restaurant was transformed from a home-style restaurant into a sushi haven. The bar and lounge next remodeled door was to accommodate extra patrons and provide a newer, fresher appearance to the long-established location. New paint, signs and menus completed the renovations, along with an outdoor seating section for those hot summer nights and sold out shows.

The new ownership brought in fine Japanese cuisine, served up with some good ol' pub grub. Patrons at The Red Bike can enjoy the usual soup, salads, sandwiches and burgers typically found at your local bar. What's exceptionally different is the sushi and sashimi, served fresh nightly and prepared right before your eyes at the sushi bar. And if your favorite roll is not on the menu, they will try to make it for you anyway. The bar also features a late night menu until midnight every night.

Another new specialty is the sake. Owner Terry Suzuki has a keen sense for a good bottle and hopes Islanders enjoy the traditional Japanese drink. He has brought in several imported and domestic varieties, all which pair well with most of the menu items. If sake's not your drink, wine, rotating microbrews, bottles and wells are all served as well. But if it's not the sushi that is bringing folks to The Red Bicycle, it's the entertainment. Several of Vashon's finest participate in providing regular entertainment most nights of the week. Wednesday's Open Mic Night is hosted by Glenn Rukwid. Friday is Jazz Dinner with Doug Lloyd followed by Karaoke. Comedy shows, hosted by Steffon Moody, are also another regular entertainment addition, while the weekends are

filled with \$5 shows featuring bands and performers from all across the Pacific Northwest.

Pete Welch, who's hands have been in Vashon's music scene for nearly a decade, handles music bookings for most weekends and other nights. Pete came on board in May of 2008. Since then, most weekend evenings in downtown were filled with the music.

So what else is in store for the budding music Mecca of downtown Vashon? There's talk of more all ages events (which are much needed on the Island), larger touring acts and plenty more entertainment from across the Sound. Pete is determined to bring more and more music to the Island for everyone to enjoy. He can be reached via email at vashonmusic@gmail.com.

Coming up on Friday, August 29th, Bishop's (I mean The Red Bicycle Bistro & Sushi) will host The Lossy Coils & Mystery Guest with opener Sarah Christine. Tickets can be purchased at the door (if the show doesn't sell out) or by calling 206-463-5959.

Sneak peak for September: Track19's CD release party on Sept. 6, Picoso Sept. 13, and Publish the Quest Sept. 20 with Old Dockton. For more information about The Red Bicycle Bistro's lineup, visit w w w . m y s p a c e . c o m / redbicyclebistro. The Red Bicycle Bistro & Sushi, 17618 Vashon Highway SW, 206-463-5959, Restaurant hours Sun-Thurs 11a-9p, Sat-Sun 11a-10p, Bar hours daily 11a-2a.

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🖎 LoOp Ed

On the State of Things

by Mark A. Goldman, www.gpln.com

Before I offer my commentary, I would like to thank those who expressed support for me in my bid for a seat in Congress. I did not get enough votes to be on the ballot in November. However, I did find the experience valuable and your support heartwarming. Thank you.

Here is a brief summary or overview of where I think we are now:

The war on terror is a fabrication. With the collapse of the Soviet Union, a fundamental decision was made by a small but powerful group of individuals to use our superpower status not to promote peace and security in the world, but to use our power to dominate the rest of the world and insure that no other country could or would ever challenge us again economically or militarily. Oil was seen as a strategic resource and our goal then was to make sure that we could control as much of that resource as possible. We had always used our power to control other governments in order to control resources, so this was nothing new. But inevitably this has led to a great deal of enmity as the living standards and political rights of others have been diminished, particularly in the Middle East, where we have now created many enemies. Our relationship with Israel can be seen as part of this folly. If it were not for oil, there would be no natural alliance between AIPAC and the Neo-conservatives.

911 was "blowback." Blowback is when there is a strong reaction to secret American foreign policy initiatives. Since Americans are generally misinformed about what its government is really up to, when people of other countries fight back against US injustice and terror, American citizens have no historical reference point with which to "connect the dots." This allows our government to offer explanations such as, "They attacked us because they hate our freedoms and democracy." The truth is, we were attacked because great numbers of people have suffered under our policies. The death of over half a million Iraqi children from the main source of the truth. The bombing and sanctions against Iraq that took place during the Clinton administration is one example. In 1997 Osama Bin Laden told Peter Arnett, a CNN reporter, that a price would be paid one day for the carnage that the US had wrought on Muslim children and he named this crime in particular. The People come to believe in a false reality. Neo-conservatives, by aligning themselves with special interest groups such as AIPAC, right wing evangelicals, the military industrial complex and corporate media... have been able to dominate the messages that Americans receive daily in the main stream media. These messages are in turn

reinforced by these special interest groups. You will not find any media pundits who will challenge the Neoconservative world view, (i.e., that we are under attack by Muslim fundamentalists who want to kill us because they hate our freedoms and democracy.), because those who would challenge that view are generally not invited to be on the air. Believing in this false reality, the American people have no way to make sense of the world or to respond appropriately to events as they unfold. We have become victims of our own government which now promotes religious demagoguery and corporate excess... institutions which in turn have joined with Neo-conservatives to advance their own interests, each offering support for and turning a blind eye to the excesses of others in order to continue their own selfish agendas.

A feeding frenzy. One result of all of this is that much of the wealth and power that rightfully belong to ordinary citizens has been and is being transferred to a new ruling class. These people are consolidating their power moment by moment.

It is becoming impossible to tell the truth. If you look at the campaign for the presidency, you will see that Obama doesn't believe that he can tell the truth to the American people and get elected. If he were to try to say what I just said to the majority of Americans who now deeply believe in a false reality, he knows he would be tagged as a radical out-of-the-mainstream liberal. So he is forced to continue to talk about winning the war on terror, threatening Iran, supporting Israel without reservation, along with an expanding list of other useless and counterproductive policy statements. He has to talk in terms of what people think they "know" and in doing so, these deadly myths and illusions are reinforced and propagated. McCain is fundamentally lost in this Neoconservative faux reality which accounts for his popularity. The internet and books are our internet has become an alternative to the lies and illusions that are broadcast and reinforced minute by minute in the media. Many good books are also available. If you look for the truth there, you can find it. Keeping the internet open and available to all citizens equally and without government control is the last hope for our future. But freedom on the net is under attack. Congress has already signed the death knell for individual privacy, so we don't really know now how long it will be possible to freely share thoughts and ideas with one another. If the net falls, we could enter a new Dark Age.



Breaking through the fog. My recent attempt to break through the fog was unsuccessful. Had I gotten more votes, it might have demonstrated that the internet could level the playing field when competing with big money during elections. That was my intent. Unfortunately, all I demonstrated apparently was that I was unelectable. This still leaves the door open for others to try next time around. In any event, it will take large numbers of motivated citizens to participate in the transformation that I believe is possible if that's what citizens come to want.

Collapse and Rejuvenation. If all this sounds like bad news it doesn't have to be. Coming awake to the reality of how things really are is an opportunity for transformational change. A collapse of our economy, ecology, or what have you, could happen at any time and nothing short of that is likely to shake people out of their illusions. We should embrace whatever does happen next with a new commitment to civic responsibility, because it will be clear by then, that that's the only thing that will get us out of this mess.

🖎 LoOp Letters

To Vashon, From Cafe Luna!

Our local firefighters and medics often drop in to Café Luna; we know them by their drink orders and friendly personalities. They were there at the Café on Saturday, first thing in the morning for coffee, and then, just an hour later when neighbors called 911 about the smoke that poured out of our neighbor's offices, Jones and Stokes. As we small business owners stood on the street and worried about the fire's outcome, those same firefighters were back in full gear

Melinda, from The Hardware Store, offered her coffee bar to my baristas and her art gallery to our Saturday night musicians. John Stanton repaired our computers and Tom Wentzel checked all the electrical connections. Liz Shepherd, from The Beachcomber, stopped by to make sure that our weekend events were on-track. And, many, many of our loving customers came by to offer hugs and encouragement. Finally, when we had done all we could do, Vashon Market supplied us with change for Sunday's opening, and our local police officers checked on Cafe Luna through the night as we left it open to air. It was a fire that bullied its way through our building, but it will be what happened afterwards that will stay with us long after the upset of the fire. Thank you, Vashon. We are here to stay in our business, our home, and as part of this amazing community.

with a host of volunteers, all with familiar faces. But then, it didn't stop.

After the firefighters had done their work and left, it seemed as if the heart of the Island kept dropping in to support us. Stu, from Vashon Auto Parts, stopped by and offered some very sage advice, "You need to get out of the building!" Pete from Sportsmen's Inn arrived with fans to help blow out the smoke. (I had never even met him before that morning!) My amazing employees, Cathy, Lauren, Norma, and Julia tirelessly worked throughout the day until I insisted that they leave for fresh air and food. Tina, the originator of Café Luna, told me with confidence that we would be all right. And, I believed her.

Gratefully, Natalie Sheard & Family

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

🖎 LoOp Letters

The Price of Things

MEarth's alternate vision last cannot even remember to bring our August 1st is particularly fetching for an island in that the selfsufficiency part is so obviously worth the effort. It's so obvious that a further look into why it has not happened may be worth the effort. Heershe mentions the reason, "an unnatural lifestyle" that pollutes and wastes. I want to examine that lifestyle, I mean, blame it on something, and take up an example. What follows may be oversimplified, but that is unavoidable as I cannot handle complicated arguments.

The lifestyle of note has been imposed on us by capitalism. Capitalism's conquest would not have been so easy, so total, were it not for the disintegration of small town communities. The agents of disintegration are the automobile and "couch" electronics: television, CD-ROM, DVD, video, wi-fi, cell phone, blue tooth, video games, computers and laptops. Capitalism has put us on bottled water, packaged food-like substances (thanks, Michael Pollan), pills for sicknesses we don't have, and pills to create the illusion of love. Both agents have proven to be highly addictive, so addictive that we

Loopy sez: Deadline for the next edition of The Loop is Friday, Sept. 5

Wolftown Hatches Barn Owls

Continued from page 1

The eggs are in a barrowed brooder/hatcher and as of this date are all still alive-o. These owls will be raised by use of a barn owl puppet so they don't imprint on people so that they can be released back to the wild. Barn owls were once numerous around Western Washington when we had more farm land. They are a great way of removing rats and mice! They are warmer weather owls and do not have feathered legs. There is some speculation that they have moved further north as weather has changed. They are white underneath and pale light brown on top. Great silent hunters. I have had one juvenile barn owl come in to rehab from Vashon this year. We need you help! То purchase our own Brooder/ hatcher will cost about \$700. We need to feed the baby owls quail or mice at \$1.35 per quail. And we need materials/help to build two hack houses to soft release these owls back into the wild. Total cost to release is going to be about \$2500. Any ideas? Fund Raisers! Please call 206-463-9113.

own shopping bags to market. These addictions are what blind us to MEarth's vision.

Take for example the price of potatoes. Two-fifty at the Saturday market and fifty cents at the store. We are kept ignorant of the chemicals that agribusinesses use to force the potatoes out of poor soil and, more importantly, we are kept ignorant of just how close America is to feudalism. When the house of cards known as the financial sector collapses, the fifty cent potato will be a fond memory. Learn how to barter, now.

Tom Herring

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

Art Auction 2008

Continued from page 1

Saturday night festivities begin at 5:30 p.m. and include both silent and live auctions and a gourmet dinner catered by The Hardware Store Restaurant and a special Mad Hatter's Ball performance. Tickets are \$120 per person or \$1200 for a table of ten.

Six commissioned artists have created pieces for the Auction. Friday features Jenn Reidel, Photography; Karen Dale, Oil Painting; Jerry Balcom, Pastel. Saturday features Ivonne Escobar de Kommer, Sculpture; Jiji Saunders, Encaustic; John Anderson, Photography.



Labor Day Sale **No Initiation Fee**

Sign up on Labor Day, September 1st. We waive your initiation fee.

A savings of up to \$200.00!

This is the only day of the year that we waive the initiation fee, so don't miss it.

If not now . . . when?



Don't miss the Preview Party and Artist Reception 6 to 9 p.m., Friday, Sept. 5, with "A Taste of Vashon," delicious hors d'oeuvres donated by Island restaurants, caterers and VAA chefs. Visit the online gallery at www.themadhattersball.org.

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The Fabulous Southwest

by Kathy Abascal

My two week visit to New Mexico and Arizona is nearing its end. What a fabulous August they are having. I did not expect to feel as if I were back on the humid East Coast, and to see the hills of New Mexico be green, but I did. There is a riot of plants and I have greatly enjoyed rediscovering some of my old friends.

The first was chaparral (Larrea divaricata) whose intense and enchanting creosote-like odor fills the air of this region. This green shrub with its little yellow flowers covers much of the area I have been visiting. And it is one of the only plants that I gathered while I was here. Like most desert plants, chaparral has to be strong. It must tolerate drought, hot sun, cold nights, and occasionally heavy rains. The plant generates massive amounts of anti-oxidants to cope with the damage that the sun can cause. It also generates numerous anti-microbial compounds. My teacher, Michael Moore, explains that different bacteria and viruses thrive in different conditions; some



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She has written two books on medicinal

like it dry, some like it wet, some like it in between. Desert plants like chaparral are usually strongly antimicrobial because they must deal with all types of conditions and associated microbes over the span of their lives.

Chaparral has a long folk reputation as a tea for stomach cancer and has gotten in trouble for its reputation. Many people down here claim to know someone who has cured themselves of stomach cancer by drinking chaparral tea. There is some debate over whether it actually is effective taken internally for cancer. However, it is useful in certain types of premalignant skin cancers and it is useful as a topical in eczema and psoriasis.

Another gorgeous plant is ocotillo (Fouquieria splendens). It's a tall cactus-like plant with many, long arms that reach up to the sky. This is a plant that conserves its resources well. When it is dry, it drops it leaves but whenever it rains, it turns green and leafs out to take advantage of the conditions. Right now, the hills are a thicket of green, leafy ocotillo slowly turning yellow and dropping their leaves as the monsoon rains pass. It has a strong action on the lymph system and is used especially in disorders of the



lower body, like hemorrhoids and prostatitis.

Then there is the desert willow (*Chilopsis linearis*). This tree looks like, but is not, a willow. It has very similar leaves but differs by putting out beautiful, delicate orchid like flowers that the hummingbirds and butterflies love. It is in bloom itchier than mosquito bites and I got everywhere right now. We mostly use it for fungal infections like candida. I spent the first week of my visit at a bit higher elevation, just down from Silver City in the small town of Kingston. Grindelia (Grindelia *spp.*), very similar to the one we have on the Island, was blooming profusely. Higher up, I found a stand of coral root (Corallorhiza *spp.*). It is a saprophyte (it lives off dead plant material) and forms a pale coral-colored stalk. It is a rare medicine and was rare even back in the days of the Eclectics and has quite a reputation as a febrifuge. Most plants bring down fevers by bringing on a sweat. This process tends to somewhat increase fevers before it reduces them. Coral root, somehow, is able to bring down



next edition of The Loop is

📲 Friday, Sept. 5

fevers without raising them and

elevation, a very resinous, small

skullcap (Scutellaria drummondii)

was blooming with tiny blue

flowers. I prefer these strong tasting

little skullcaps to the official (S.

lateriflora) or Chinese (S. baicalensis)

but they all work as nerve

strengtheners, mood calmers, and

also quiet inflammatory responses.

This particular species likes the dry

spots where Chaparral is happy.

Rattlesnakes also like those spots

and a very large one loudly

announced his presence to my

students as one reached to pluck a skullcap. They moved much more

patch of fragrant yerba mansa (Anemopsis californica), one of my

favorite plants. It is useful for

everything from tooth abscesses to

colds, itches to bladder infections.

The tea is peppery and effectively

helps clear out stuffed sinuses. Worst of all, I got to test one of its

aspects: Although rare in New

Mexico, the heavy rains brought out

the chiggers. Chigger bites are far

well over 50 bites. Yikes! Yerba

Best of all, I got to sit in a large

slowly after that.

As one moves down in

thus is very useful in high fevers.

Buy a quart of Penzoil and enter to win an all expense paid trip to beautiful downton Frog Holler!!



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> For more information and to register contact:

Stephen Bogan at 463-3050 Weekly/monthly fees negotiable.

Three New Classes: Eating for health & weight loss. **By Kathy Abascal**

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this series of 5 classes you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if one is needed), improved sleep, and the disappearance of annoving aches & pains. New class series begin: Wednesday August 27 at 7:00-8:30 PM (men only), Monday September 1, 7:00-8:30 PM and Thursday September 18, 7:00-8:30 PM. Each class runs for 5 consecutive weeks. Advance registration is required. You can sign up for the class at the Roasterie. For more information, contact Kathy Abascal at anemopsis@yahoo.com.

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 Yard Court These Square. consultations will help you choose and herbs supplements as well as make well as make dietary changes that will support

your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later classes. this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yǎhoo.com.

mansa tincture worked better than anything else I tried (and I tried everything that came my way). However, truth be told, it was not as good as the sap of the Peruvian tree, Croton lechleri, that provides a fabulous deep red sap that had eased the chigger bites I got on my trip to the Amazon. Unfortunately, I left my sap at home. It is now late afternoon and the

clouds are gathering. I am going to go sit and look at the desert plants, watch the hummingbirds chase each other away from the desert willow blooms, and watch the big sky hoping to see either a wonderful thunderstorm or a glorious sunset, or both. Soon, I will be back on the sweet, pastoral Vashon. Amazing how different places, and the plants they sustain, can be!



by Eric Francis http://www.PlanetWa

have options. The question is on what basis you would choose among them. By now you've figured out that you cannot buy a thrill, you can only offer yourself to an experience. The experience you seem to be craving is dedicating your erotic and emotional experiences to healing. This seems like the high road, if not the impossible one; getting any two people onto the same page as regards what is good for both of them presents a special challenge. That's because the same things might not be good for both. Yet you're in a rare opening where, if that is possible at all, the time is now. I suggest you establish communication on the important matters while you have a chance. By the end of the month, you will be glad you did. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You need to work out a balance between professional creativity and responsibility, or better yet, fully integrate the two. It seems that you're struggling a bit with the creative side of your psyche, even as you try to push yourself toward new possibilities. Your talent is going to emerge as you focus on your regular routines. Work with flexible structures rather than rigid plans. Try something new every day. Communicate with your colleagues regularly and make sure you stay tuned to the same frequency. Your tendency to go it alone, or to retreat into your secluded mental world, is the last thing you want to exercise now. Over the next few weeks it's vital that you lay down work patterns that are both sustainable and that provide you with the space you need to explore your imagination. Eric Francis has more to say at PlanetWaves.net.

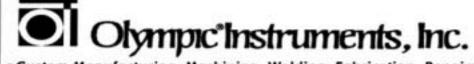
Gemini (May 20-June 21) Planets one by one aligning in your empathic air sign Libra are giving you faith in your imagination and your long-term vision — the two are a great combination. The thing about longterm visions is that they tend to be short lived and short sighted. You're smart enough and brave enough to stretch your mind and envision a future for yourself. I suggest you take inspiration from how stuck certain without being discouraged by this situation. In other words, you need to use everything you perceive as negative as fuel for something constructive. Remember that you were given your creative gifts both to heal your emotional challenges, and to master the lesson that you are the one who creates your life. This is not, however, something you learn in a day. A year is more like it. Eric Francis has more to say at PlanetWaves.net. Cancer (June 21-July 22) You run the risk of getting stuck in your head when the place you want to dive into is your feelings. From the look of your charts, the difference is similar to having been somewhere a lot of times, versus the thrill of going someplace you've never been before. It seems absurd to propose that

Aries (March 20-April 19) You someone born under your particular sign is cut off emotionally, and that's not quite what I'm saying. To the contrary, you seem to be bursting with passion, but lodged in some idea of how it's supposed to feel, or what you're supposed to do with it. Please don't make the distinctly postmodern mistake of being afraid to emote, or to experience the emotions of others. It's currently very rich territory and if you go there, you will be nourished well. Eric Francis has more to say at PlanetWaves.net.

> Leo (July 22-Aug. 23) Your ideas are only as good as your opinion of yourself. Usually this is pretty high, but you still seem to be stumbling over a blockage of some kind. But this currently appears to be more like a stumbling block and less like the Great Wall. Try stepping over it, or if in doubt, to the left or to the right. If just as easily set aside. I suggest that PlanetWaves.net. a good first step toward solving any and whose ideas mesh with your own, and approach any creative or business problem from a collective standpoint. Several minds will make lighter work, and help ease the sense of burden that PlanetWaves.net.

may have you incessantly asking questions rather than swimming in way your mental habits are blocking at PlanetWaves.net. your ability to perceive your Saturn, and Saturn in one's own sign is about coming to terms with oneself. objective. This is a matter of emphasizing the negative or the

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the issue seems to be about money, I then letting it go in exchange for a would propose that's either a false more interesting version of the truth. obstacle, or a distraction that you can Eric Francis has more to say at

Scorpio (Oct. 23-Nov. 22) You are problem is working as a group. Find fussier about how you're perceived in people who you feel are supportive, public than you let on. While most of the world knows you to be somewhere between hard-boiled and crispy fried, you and your astrologer know that you're about as sensitive as they get. Therefore, keep a close you may be facing at the moment. Eric eye on your public image, and take Francis has more to say at steps in advance to make the presentation you want. This counts Virgo (Aug. 23-Sep. 22) This for the somewhat tense work front, week's New Moon in your birth sign and your of-late itchy and scratchy social life. Get some opinions before you send anything out to an audience. answers. Both are equally abundant If you send a resume, make sure it's at the moment, so if you're favoring actually up to date. Accept only the one over the other, I suggest you social invitations you want the most. notice. What you are questioning is Wear your best clothes. The world yourself, though this was a situation may feel like a stuffed box at the more appropriate for four or five moment, but I assure you that there's months ago than it is for today. ideas, opportunity and love in them Therefore, I suggest you look at the thar hills. Eric Francis has more to say

Sagittarius (Nov. 22-Dec. 22) You resources. The New Moon is conjunct are slowly conquering the world, or at least you feel that way. This is the week to take a step up. If you initiate I just think you may be taking the long a new project, be sure that it's one that way around the tree to this particular fully reflects your intelligence and your actual ambitions. And be prepared to devote yourself to it for positive, as a matter of choice. Eric at least a year. The things that happen parts of your emotional life may feel, Francis has more to say at right will not necessarily happen fast. on, and dream until they come true. These days are the time to be precise, Libra (Sep. 22-Oct. 23) With not approximate. Work with facts; Mercury, Venus and Mars now in your don't guess. If you do guess, verify that you're correct. Use spellcheck. Make sure that anyone who works for least, like you actually exist, which is you knows they work for you, and a triumph in Western society at this make sure that anyone for whom you work knows that you work for them. biggest variable of all, and you're A little protocol will go a long way currently on a course of investigating toward engendering goodwill, success yourself, defining yourself and then and in actual fact, happiness. Eric at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) You don't be so conclusive about your tend to take a practical approach to everything; I suggest you take an be willing to be wrong even as you're approach that emphasizes beauty. sure you're right. I know this sounds Don't worry, you won't be sacrificing like advising a Libra to act like a Libra, your ethics or the quality of your but I'm not talking about weighing efforts, with which you seem to be and balancing; I'm talking about living obsessed. Trust me, you have that aspect of life down to a science. You need to go for the refinements now;

the flourishes; your sense presentation. This has three dimensions: the purely aesthetic side, which needs to be present yet understated; clarity, which means a sense of the correct tone as well as the words you choose; and authority. There will be at least one moment in the next few days when you need to take charge. Be authentic, and listen — and people will listen to you. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Faith and reason would appear to have very little in common, unless you remember that bit from A Course In Miracles about how "that which has the same purpose is the same." Aleister Crowley covered this territory when he quipped, "Our method is science, our aim is religion." Current aspects give you an opportunity to blend the best aspects of mind and soul. The two have a relationship, and I suggest you explore it, though taking nothing that you already know for granted. While you're at it, perhaps take none of your pre-existing doubts for granted, either. This process gets interesting when it comes down to your relationships, particularly if they involve money or agreements. You need to find a balance between facts and faith — and you can. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Dream Uranus, the planet of revolution, innovation and the future, is still in your sign. This means that the world, its rigid thought systems, and the people in your life, who tend to be slow and methodical, must contend with you. It does not matter if they don't want to all the time; quietly, they thank you for pushing not only the message, but the example, of liberation. Deep in your heart, you are fully aware of what so many of the people in your life are moving through and working with. You don't intimidate them as much as you may think: you inspire them more than you think; but remember how exhausting change can be, particularly if you've waited longer than you think you should have. There is no time like the present, but beyond that, remember: there is no time. Eric Francis has more to say at PlanetWaves.net.

PlanetWaves.net.

birth sign, you're clearly feeling some unusual sense of potential; feeling, at time. However, existence is the redefining yourself. You'll come to a Francis has more to say conclusion, and discover that there's

a better one to be had. Therefore, conclusions. Let them slip and slide; your personal essence with gusto and



By Marj Watkins

Take two eggs

Two eggs, a couple of slices of whole wheat or pumpernickel toast, and you've got a quarter to a third of your daily protein requirement, depending on how big you are. And they cook with a minimum of time, effort, and heat.

Don't worry about the cholesterol in eggs; they contain enough lecithin to emulsify their own fat and a whole cupful of oil, which you aren't about to consume at a sitting!

Put half a grapefruit or an orange, or a few ounces of fresh orange juice with your omelet or scrambled eggs, and you complete the menu with a good source of Vitamin C and potassium, especially needed on hot days.

breakfast, lunch or dinner. So does egg foo yung. My Chinese daughterin-law had never eaten egg foo yung in China, though her work as a TV reporter had taken her to all parts of the country and many different styles of Chinese cooking. Could egg foo yung, like chow mien, be an American Chinese invention? It packs plenty of flavor and nutrition into a simple, quickly made dish at low cost, a hallmark of Chinese cooking.

EGG FOO YUNG

Makes 9 small or 6 large pancakes 1 cup or slightly more cooked brown rice

- 3 eggs, beaten
- 1/2 teaspoon salt
- ¹⁄₄ teaspoon black pepper
- $\frac{1}{4}$ to 1/3 cup bell pepper, cut in $\frac{1}{4}$ -
- inch dice
- 1 large or 2 skinny green onions, minced
- 1 clove garlic, finely minced
- 2 Tablespoons ground raw

cornstarch mixed with a little cold water.

Or serve with hoisin sauce, thinly spread. (It's very salty.) You'll find it in Thriftway's Oriental Foods aisle.

For lunch or dinner, we like a Spanish potato omelet, called a "tortilla" in Toledo Spain where we ate it for breakfast every day we were there.

TOLEDO TORTILLA

2 to 3 servings 1 large or 2 small potatoes, peeled, chunked

3 eggs

- 3 Tablespoons water
- ¹/₄ teaspoon salt

1/8 teaspoon black pepper Cooking oil spray or 1 Tablespoon olive oil

Garnish:

1/2 zucchini, thinly sliced 1 rather small tomato, sliced

Boil the potatoes 10 minutes in salted water to cover. Drain.

Beat the eggs, salt, and pepper with the water.

Spray or add oil to a thickbottomed skillet. Heat it. Add the potatoes and let them heat through. Pour the beaten egg over the potatoes. Arrange the vegetable slices on top.

Reduce the heat to medium low. An omelet goes well for Cover. Cook until omelet is opaque and slightly domed. Serve hot or at room temperature.

> Toledo Tortilla Two: Omit the zucchini and tomato, but add with the potatoes: ¼ cup minced fresh parsley and 1 large or 2 skinny green onions, thinly sliced.

Nutrition note: Eggs pack more nutrition into smaller space at less cost than almost any protein food I can think of. In one average, 4-ounce egg you get 6 grams of the highest quality protein, plus iron, 32 micrograms of folic acid (8% of your recommended daily amount), a bit of Vitamin E, traces of all the B vitamins, and a little calcium and magnesium. തതത





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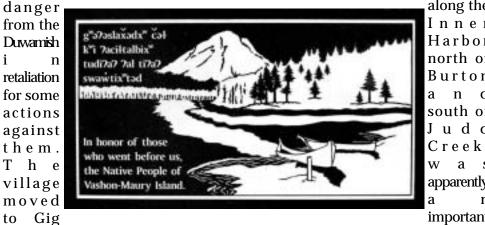


The S'Homamish

Continued from page 6

site as *QebqEba-had*, which means "sheltered at both ends," and Manzanita is indeed a flat area along the beach with high cliffs closing it off at both ends. David Beurge named this site Tsu-GWAHL-ul and identified it as a fort. Marian Smith also identified this site in her 1935-36 fieldwork as a "fortification built by a single man and populated by him through wives from neighboring groups." She believed him to be a "Skagit wanderer" who was in constant

residences. The site at Jensen Point, where Tom and Lucy Gurand lived, was called kwuk-ks or "white promontory," "because it was littered with broken white shells." Kingsbury Beach, according to Lucy Gurand, had two buildings, but she did not remember any families living there. Later accounts recall Lucy Schon, a S'Homamish woman who died in 1979, and her husband John living there and working for the Kingsbury's after selling their allotment on the Puyallup Reservation. The Newport site,



Harbor shortly before the Medicine Creek Treaty in 1854, when the founder became old.

Other Sites

Other sites were at Assembly Point, Jensen Point, Kingsbury Beach, Newport, Burton Inner Harbor, Dockton, Ellisport, and Peter Point. None of these seem to have been permanent village sites, although they may have had houses. Their primary use seems to have been summer gathering of food or materials that were used to sustain the people through the winter months. Near Assembly Point, where Camp Burton is located, was a site identified by Waterman as kowhich KOLH-chuts, means "madrone trees." Even today, this is still one of the finest madrone stands on the island. There were house pits there in the mid-1800's according to Lucy Gurand, but they do not seem to have been permanent residences. Perhaps, like many of these other sites, they were summerhouses, and thus substantial house sites, but not permanent

shellfish gathering and processing location. Harlan Smith found substantial shell middens, up to four feet high, that contained many oysters and burned shells, which indicate a place for processing shellfish, rather than a residence. Waterman identified this site as AchwE-tLos, "to face first one way, then the other," which may refer to its location between the two major village sites. The Inner Harbor site at Burton, near where the marina is located was called *Deqo-ya*, and was the location of a feast site. Harlan Smith dug a trench here and found the midden to be "slightly over 1.5 meters high ... made up of about equal quantities of shell and soil, with a little ash." The sites at Dockton, Ellisport, and Peter Point are less well documented and were probably gathering sites for shellfish, and in the case of Ellisport and Peter Point, of cat-tails and reeds which were used for weaving mats.

along the Inner Harbor north of Burton n d south of Judd Creek, a s apparently n important

peanuts, optional 1 cup bean sprouts, coarsely chopped Olive oil for frying

Combine all ingredients. Using a wide skillet, heat a tablespoon of oil until it shimmers. It should not get smoking hot.

Spoon the mixture in as 3 fairly flat cakes. Cook until almost solid, and golden brown on bottom. With a wide spatula, flip each cake and continue cooking until done clear through. Transfer to platter. Keep cakes warm. Repeat with the rest of the batter.

Serve with a brown sauce made with a tablespoon or so of soy sauce and a cup or so of water, and thickened with 2 to 3 teaspoons of

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The S'Homamish also established some of the enduring patterns that



Phelpsifizing

The picture in *Time* magazine of him jetting into the water, hands together, body arched, reaching for the wall even as he began to reach for the water, is the same picture I remember of her coming out of my body.

"One big push", the doctor said, and I, remembering at the last minute that my birth instructor had told us the latest information was not to bear down but to yell as we pushed lest we deprive the baby of oxygen, gave the battle cry of the century.

She shot out like a rocket skidding over the OB-GYN's hand. The nurse reached out and grabbed her heels before her perfectly shaped beautiful head smashed into the wall behind the doctor's back.

Twenty years later we sit side by side, night after night, watching Michael go for the gold. In this summer when she was making the passage from teenager to young adult, I watched her draw inspiration from this one who, like her, had begun to make great sacrifices and work extraordinarily hard to make the most of talents and skills that, once given, must be stewarded from a young age.

This has been the summer during which my fondest dreams were harvested. Sheer joy marked almost every day. I have made my way, by following the whiff of God lest I take credit where none is due, into work where I am allowed to do what I love to do everyday with excellence and get paid a living wage for it with people who thoroughly enjoy receiving my services and work in partnership to make it even better.

I've watched my children embrace their calling in life in new and exciting ways that bring out the best in them.

We gather in a home where I get to keep things as nicely and beautifully as I like with gardens eager for more and the steady peace of falling water in the background.

In the career path in which I flow, there is lots of grunt work. Loving children with supportive side coaching to parents that are trying everyday to do right by their families, involves poopy diapers and well thought out sentences and vigilance that has it's own fatigue level through sheer engagement let alone the physical requirements. Writing is neither effortless nor romantic. Words lay strewn on the carpet like the outer wrappers of chocolates you found did not have the expected flavour inside them. Yet, the joy persists. My stepfather's words ring in my heart. "Find something you love and someway to make money at it and put the two together." And my mentor's words, 'what is it that only you can do that God gave you to do?"

by Deborah H. Anderson

It's true I've always brought my best game to whatever way my wages were earned. I shoved ice cream cones out a window with excellence. I stocked shelves with excellence. I washed dentures with excellence and so on through the history.

But here and now, to know that I can do what I love at work as well as in my personal life, is beyond the American dream. The American dream only promises that if we work hard we can buy things.

I will be so bold as to say that when I was doing blue collar work for someone else who said, "You can only make this much money, and in this timetable", I was not as fulfilled as I am now. I brought no less excellence, but it wasn't as fulfilling to work under someone else's limitations.

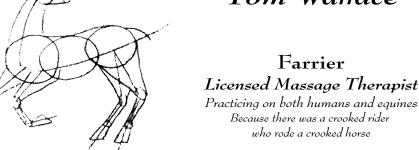
And yes, when I was doing work I loved for people who didn't appreciate it, it was not as fulfilling as it is now. That's just a waiting game and an ever-discriminating ability to match carefully.

But here and now I am struck by the irony that even as I remember the life experience that I chose for my opening paragraphs and reflect on the earning of wages and the blend of passions and stewardship of those skills for which I am trained, the best job I ever had didn't pay me a thing.

The best job I ever had was raising the girl on the couch watching Michael Phelps help her rekindle her commitment to 'the singing thing' as she calls it. Not only did it not pay anything, it cost everything.

My eyes drift to the stands where his mother sits with tears in her eyes for the joy of watching her son accomplish all that he and his coach set out to accomplish. He grabs the water and pulls it out of the way to make the wall closer. She puts her hands to her mouth and then looks up at the scoreboard and makes the sign of two fingers, saying 'that's second' and then realizes he's She falls to the ground trembling. I watch her with tears in my own eyes. You, Debbie Phelps, have won gold and are an inspiration to all of us parents to support and love our children in all that they do and want accomplish. to be and Congratulations on first place for a job well done. Parenting is the best job in the world.





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The S'Homamish

Continued from page 14

have characterized Vashon-Maury Island throughout its history. The S'Homamish clearly saw themselves as an exceptional people, distinct from other Puyallup groups and yet distinctly tied to the other Puyallups and other groups throughout the Puget Sound Basin by a complex series of marriages, affiliations, rituals, shared resources, and mutual defense. The S'Homamish also clearly defined themselves as "the people" on Vashon-Maury Island, and new comers, although often welcomed, were distinctly new. The cycles of weather pattern changes over the 3000 + years the S'Homamish lived on Vashon-Maury Island made them familiar with boom and bust cycles that first by some hundredth of a second. would characterize the Island after the S'Homamish had been removed. The S'Homamish had a particular type of dependence, that while different from the dependence that would characterize the Euro-Asian-American settlement of the Island, had similarities in that the S'Homamish relied on resources off the Island for their well being, if not for their basic survival. Access to hunting, fishing, and gathering places off the Island was a significant part of S'Homamish life. Off-islander groups used the resources of the Island and established another pattern of the Island as an exploitable resource for off-island use. Finally, bigotry and scapegoating were also part of S'Homamish culture. The fear of

outsiders and the identification as a distinct and separate group, allowed the S'Homamish to define the non-S'Homamish as "other" which is the beginning point of all forms of prejudice. The need to place blame for the cycles of disease that swept through the region allowed the S'Homamish like other groups to identify whites and their own shaman as the cause, not their own cultural practices which facilitated the rapid spread of the diseases.

Farrier

Because there was a crooked rider

who rode a crooked horse

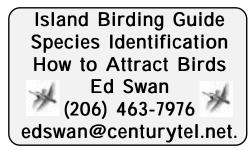
At the end of the 18th century, S'Homamish culture was at its peak. It had established itself in a balance with the resources available, and for millennia the S'Homamish had been a successful thriving people. This was all about to change. In 1792 George Vancouver sailed into Puget Sound and a new era began for the S'Homamish. Within less than one hundred years a third wave of human migration pushed the S'Homamish from Vashon-Maury Island, broke their culture and dispersed individuals. By 1890, a new and thriving Euro-American culture had established itself on the Island with little regard for the S'Homamish who had preceded them. But the S'Homamish do not disappear.

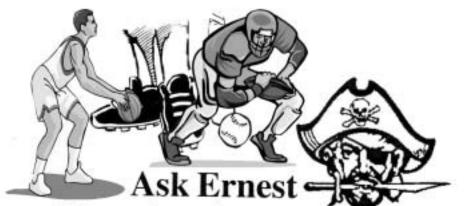
Love

Deborah

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Loopy sez: Deadline for the next edition of The Loop is 📲 Friday, Sept. 5





The court jester of sport

So, we've all been watching the Olympics on NBC and CBC. We've seen beach volleyball, swimming, track, wrestling, and diving. We know Michael Phelps, Usain Bolt, and Henry Cejudo. But what about the fringe sports? The sporting events that will soon be mainstream and media friendly? Four sports were tested this summer as Olympic Trial Sports. Check them out and their participants. Certainly we will see at least a few of them in four years in London.





Air Guitaring: Dr. Lottle and Spanaway Stephe separated themselves from the competition after the quarter finals of the Air Guitar Off. Lottle's spin on Creed placed him on the same stage as Stephe who was shredding his air guitar to Jack Johnson. If they can keep their form, both will be formidable forces in London.

Mixed Martial Arts: Tommy "The Human Bacon Sandwich" Delargy swallowed up his competition like a true meat eater. "I knew Peter Larson (his final opponent) would be easy, but not as easy as the easiest wrestler in the whole world," Tommy stated. Look for Tommy in London. He'll be there, winning, pinning, and eating large sandwiches and plates of plain noodles.

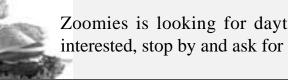


Whats New At

August 29, '08

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

Not Just a Great Burger We now have great teriyaki



Zoomies is looking for daytime help, If you're interested, stop by and ask for Kelly.

Singing: Check out Calison Ott singing with her brother, Nathan, the Salonen brothers (David and Danny) and Dylan Payne!

Vashon Island Soccer Club Hosts Summer Camp



Go Carting: This competition will likely jump start the Magnuson/ Quackenbush/ Nelson rivalry. Look for Henry to take the inside lane. get



bumped by Carlton, passed by Blaine, and crash into the tires while Kaijsa, Colin, and Tyler take home the top three qualifying spots.

Over 140 youth came to soccer training with the Vashon Island Soccer Club as part of the Challenger Sports program this summer. Challenger Sports program brings British coaches over to the US and Canada. The Vashon youth involved ranged from age 6 to 16. Despite the poor weather during the week of training, kids and coaches had a lot of fun.

Colby Stead will play a live, free show at Café Luna on September 6 at 7:30pm. Those who have been lucky enough to attend a live concert by Colby Stead know that it s always an emotional and fulfilling experience, something not to be missed. He has a completely unique and honest style and a message that has been whole-heartedly embraced by all types of people from his

performances in homes and venues across the United States. Colby's ideas and performances are brilliantly and carefully crafted. His shows are filled with humor and emotion, reality and compassion. Colby is extremely prolific and creative, a truly original and authentic voice.

Café Luna Hosts Colby Stead

Colby Stead is traveling and performing with his cousin, Steven



Colby Stead, courtesy photo.

Gertsch, who plays the cello, and Amy Robinson, who sings harmony while playing the accordion Blending with Colby's guitar, these instruments create a full and unique sound. It is sure to be different from anything you've heard 01 experienced before. To hear samples of Colby Stead's music or to access more information about Colby Stead please visit www.colbystead.com.

August 29, '08



Letters to God from dogs Dear God,

When we get to heaven, can we sit on your couch?



If it weren't for STRESS I'd have no energy at all. Everyone seems normal until you get to know them. There is a fine line between "hobby" and "mental illness." If flying is so safe, why do they call the airport the terminal? No matter what happens, somebody will find a way to take it too seriously. Generally speaking, you aren't learning much when your lips are moving. Conscience is what hurts when everything else feels so good. I don't mind going nowhere as long as it's an interesting path. Life not only begins at forty, it begins to show. In just two days, tomorrow will be yesterday. I am having an out of money experience. Dijon vu - the same mustard as before.

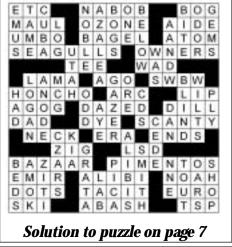
dollar.

I am a nutritional overachiever.

The cop got out of his car and the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the cop said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Spell-Check Poetry

Eye halve a spelling chequer It came with my pea sea It plainly Marx four my revue Miss steaks eye can knot sea. Eye strike quay and type a word. And weight four it two say Weather I eye am wrong oar write It shows me strait a weigh. As soon as a mist ache is made It nose bee fore two long And eye can put the era rite Its rare lea ever wrong. Eye have run this poem threw I am shore your pleased two no Its letter- perfect awl the weigh My chequer tolled me sew.



Oxymorons: Act naturally Resident alien Good grief Almost exactly Sanitary landfill Alone together Small crowd Clearly misunderstood

Almost Useful Facts

The longest recorded flight of a chicken is thirteen seconds.

If you have three quarters, four

\$1.19. You also have the largest amount of money in coins without

being able to make change for a

dimes, and four pennies, you have

Pearls melt in vinegar

Deja Moo: The feeling that you've heard this bull before.

OFFSHORE Classic

WILD WORLD

The Vashon Loop, p. 17





Love is temporary insanity curable by marriage. —Ambrose Bierce

First you forget names, then you forget faces. Next you forget to pull your zipper up and finally, you forget to pull it down. —George Burns Scientists have finally figured out what is wrong with human beings. The problem lies in the two halves of their brains - the left and the right.

The left half has nothing right in it.

And the right half has nothing left in it!







Loop Arts

Fall into art!

A time to dance, a time to sing, a time to get on stage and perform! The time is now to register for fall Vashon Allied Arts fall classes and workshops. Whether your heart is in music, dance or theater, VAA offers a myriad of choices. Complete class schedule, registration and scholarship forms are available at the Blue Heron Art Center and at www.vashonalliedarts.org.

While many classes and workshops happen in October, several classes start immediately 6 to 12, begins Tuesday, Sept. 23.

including Blue Heron Dance which begins September 8, with Ballet and modern classes for all ages. Rehearsals for December's production, Nutcracker, with Artistic Director. **Christine Juarez**

and instructors Jill Adomaitis and Tuesdays and Thursdays at the Blue Rebecca Schroeder also begin Sept. 8.

Sing and perform to your heart's content with Vashon Youth Chorus information, 463.5131. Scholarships (for grades K-6) which begins are available for all classes!

Calling All Student Thespians on Vashon Island!

UMO Ensemble is creating an exciting feature work called First Vote relationships with two Vashon that integrates inner city students from an alternative high school in South Seattle with rural Vashon high student students. Under the direction of Amy Rider, UMO's Youth Program leader, young adults from diverse backgrounds will create a "performance intensive" that utilizes the thoughts, dreams and concerns of first time voters finding their voices



Monday, September 8. Lights, Camera, Action! under the direction of Marita Ericksen, will offer a lively repertoire of seasonal pieces in 2-3 part harmonies and a selection of favorite songs from musicals such as Shrek, The Polar Express and more with choreographed moves and speaking parts. Public performances will take place at the Blue Heron Art

by Janice Randall

Center, Dec. 13 and 14. Teen Stage Company, for grades

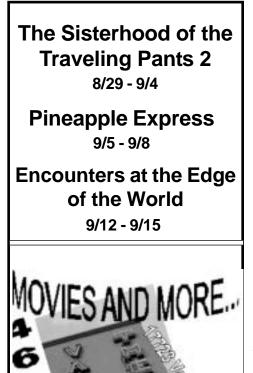
> Perform the fastpaced comic play, "Murder Me Always." Under the direction of Lisa Breen, actors will polish stage skills, develop eccentric characters and perfect their comic timing. Classes are 2:30-5 p.m.

Call Blue Heron for more

by Robin Miller

students, Natalie Hoyt and Calen Winn. Hoyt, a graduating senior, says "Working with UMO on First Vote was a great experience. I feel like I really connected with the students as an assistant, but even more as a friend. At first I thought that there would be some sort of bridge to gap, but when I met them, any fears I had

> of discomfort or a w k w a r d n e s s disappeared completely. When it came right down to bring the fall portion Yarkin, Amy Roth, and Chelsea greater fruition by selecting four students from Vashon who will rehearse Monday and Wednesday evenings and two Saturdays



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

August 29, '08 **Thanks for Food Bank Support**



The way this community responds to people's needs is exceptional. We want to thank everyone for all your help, for all the fabulous food donations you've been bringing in, all the extra garden produce, the volunteer help, the checks in the mail, and just the words of encouragement and support. All of this makes a huge difference, and helps keep our food bank shelves stocked and available to meet the needs of the increasing numbers of us in our community that are struggling to get through each month, even with a job, due to gas and price increases that push people beyond their financial limits.

Yvonne Pitrof, Executive Director, Vashon Maury Community Food Bank

Two Wall To Host Farmer's Market Art (And Food!)

Food, Farming, and the Vashon Farmer's Market is the theme for the September show at the Two Wall Gallery. The gallery is pleased to host a collection of artwork from several talented Island artists based on themes from the popular Market, some of which were entries in the Market Poster contest earlier this year. There will be an opening and reception for all the artists on Friday, September 5 from 6 to 9 PM at the gallery featuring food and drink from the market and the Island farmers themselves.

Although some of the artists in this exhibit originally came together as competitors for the winning design of the 2008 poster, they now come together to celebrate the Market and share their expressions it, we were all there of its vitality and spirit, as well as a to learn and have good dose of appreciation for what fun." Funded in part the market is all about, including by a grant awarded locally grown food. Six talented by the Vashon Park artists including Lotus, Suzanne District, Rider will Anderson, Allison Trundle, Celina

by Greg Wessel

works captures that bounty and presents it to us, a cornucopia of art that brings us back to the basics of

Photographic works will also be exhibited by Ralph Moore, who is not only the market photographer but also a talented woodworker. He captures through the lens the essence of the Market and some of the farms as well, documenting the rare combination we have here that is so central to our community.

And lest there be any remaining doubts about the pleasures and rewards of sustainable agriculture on Vashon, the harvest itself will represented at the snack table. So please join us at the Two Wall Gallery, Friday, September 5 from 6 to 9 PM and celebrate with us the farms, the farmers, and the bounty of Vashon





Teens perform at Blue Heron, photo by Janice Randall.

Heron. Public performances will be Nov. 21, 22, 23.

living here.

Vashon student Calen Winn participates in the First Vote project, courtesy photo.

in a democratic society in this year's election. Through the creation of songs, scenes and debate with self students who are eighteen (or close delight and enchant us as Island generated text, students will create a unique performance based on their concerns about this year's presidential election. This will culminate in a performance at Ober Park on November 2nd and at various impromptu locations in Seattle.

The program began this summer with an initial class that immersed students in the political process and established the first round of

during the month of October.

interest in politics and available for all rehearsals and performances. Eligible students interested in this project, please contact UMO through robin@umo.org or by calling 206.408.8059.

Any community members interested in supporting First Vote please contact UMO at info@umo.org. Stay tuned for performance dates and times.

of the project to Coldeen will exhibit charming pieces that capture the vitality and the spirit of the Market. Some of their entries for the poster composition will be augmented by their other works along the same vein.

All of the works to be exhibited UMO is looking for interested in this show are guaranteed to to it), have acting experience, an residents. Lotus says that her works show her appreciation for the nurturing qualities of Vashon, so typified by the Market, and that Vashon's farms and the Market are central to its social environment. Whether it is food, flowers, wine, or local handicrafts and art, the Market showcases both our talents and our plenty. This collection of

Market Poster photo by Lotus.

Second Thursday Films at Café Luna

The Lunavision film series continues this Fall with a series on food and one on the Vietnam War. The Food series will screen on second Thursdays and we will look at the Vietnam War years on the fourth Thursday of each month. Films will start at 7pm and a discussion of each film will happen afterwards. At present, I'm also working on bringing in people with expertise in areas covered in these films to add depth and a critical eye to the discourse that follows.

On September 11 we will be screening the documentary Food Matters, from directors James

Colquhoun and Laurentine ten Bosch. Coming from a nutrition and natural medicine background, Colquhoun and Bosch offer us a view of food that places the stuff that we eat at the center of what fuels us as well as what makes us sick or well. Starting off with a quote from Hippocrates, the father of modern



medicine, we are Photo by Peter Ray-kuri squash in the shown how far we garden.

have come from his

thy food be thy medicine and thy medicine be thy food." In interviews and discussions of topics from drinking water to vitamin megadose treatments for cancer, a viewing of Food Matters goes way beyond just food for thought- it might just change your life.

On October 9th we journey to the dark side with a film from French documentarian Marie-Monique Robin with her in depth expose, the World According to Monsanto. Starting off as a small chemical company, Monsanto has been spreading its influence around the world with an eye towards a monopoly on the world's basic foodstuffs. From a start in the manufacturing of the now banned toxic compound known as PCB's, Monsanto moved to producing the contact me at pgr42@att.net or 567-

by Peter Ray

most "popular" household herbicide, Roundup. From there, Monsanto branched into the bovine growth hormone business, as well as purchasing and patenting the rights to many heirloom seeds, along with genetically engineering seeds of crops such as soy and corn so that fields can be sprayed with Roundup, killing the weeds and not the crop. Using a basic internet Google search as her jumping off point, Robin fleshes out what she finds with globe-hopping interviews and disturbing video footage. More food for thought when you make that choice, whether

it's in the food at aisle the supermarket or in the lawn and garden department at the hardware store.

And finally, November on 13th we have what appears to be a much more lighthearted look at something we eat. Some, and perhaps most, people might say: why make a film about asparagus? Asparagus, In Stalking the

basic concept that we should "Let American Life, directors Anne de Mare and Kirsten Kelly take us to Oceana County Michigan, the socalled Asparagus Capital of the World. We get to look in on the Asparagus Festival, various collections of asparagus apparel and dinnerware, and are privy to a rather hilarious high school classroom experiment as to how the ingestion of asparagus affects the aroma that arises from a certain bodily function. We also see how the global economy and the War on Drugs are threatening to bankrupt what seemed to be this area's lock on an edible niche market.

> All of these films are free- some thinking is required. For more info about the screenings check out the Lunavision listings at http:// www.cafelunavashon.com, or



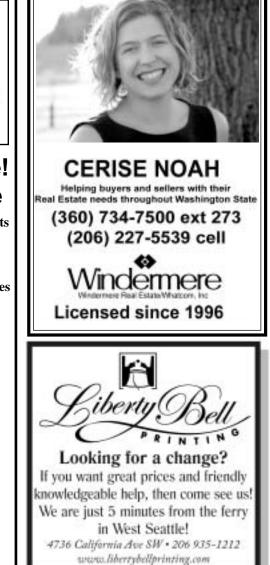
section may be the answer to high prices and Ferry Costs!

Girls Tops 20% Off

Other Economy Helpers Food Dehydrators **Apple Peelers**

We Have "Storm Cloud" **Navy Blue Agapanthus Gorgeous Blooms!** Also in White & Light Blue

Country Store & Gardens 20211 Vashon Hwy SW (206) 463-3655



Ali Marcus "Forthcoming" at Café Luna

appears at Cafe Luna on September 19. She tours nationally, playing in venues and festivals year-round. Marcus performs mainly solo on guitar, harmonica, and piano -

though by no means quietly - and the music ranges from folk to blues to country to indie pop. She has 5 records under her belt so far, and another, Forthcoming, due out in the fall.

Marcus says about her next

"What began as a release: meditation on the constellations and our irreverent mimicry has predictably morphed into a messier, more interesting enterprise. My fifthish record is presumptively titled 'Orion' - only I'm pretty sure that the celestial namesake will not stick. For now, we'll go with '*Forthcoming*,' so that the intentions are clear.'

Seattle songwriter Ali Marcus and it's tracklist has spent all spring and summer getting road-tested for, among other things, rhythm, 'tude, and sincerity. Audiences from New York to Carolina to New Mexico to California to

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handful of accomplished musicians to add to the new record, finally bringing the oft-requested 'full band' sound onto tape – well, ok, onto chip. Keep your ears peeled for drums, upright bass, and banjo among the usual guitar, piano, harmonica.

What happened with the whole "Orion" thing, anyway? Well, there are still plenty of stories about Gods and Goddesses - their various pursuits and what exactly they did that landed them in the heavens for eternity. It's turns out, though, that the heavens are merely a reflection of the land, this land, Woody's land - more varied and stunning than the outlines in the sky will ever be. For complete details on Ali's please visit news, www.alimarcus.com.

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defoliant Agent Orange during the 4542. More info will follow on the Vietnam War and on to making the Vietnam series.

Forthcoming will be her first release since April's Mostly Piano EP,

"Island Mystery Guest" and Lossy Coils Play at the Red Bicycle

Friday Night, August 29th 2008 \$8 adv/\$10 dos cover. Show starts at 9:30pm. 21+

mystery guest has ever played on the island with his full band, the first being last April when they brought down the house and had people dancing in the street. If you know this mystery musician, you know that he is a guitarist and singer-songwriter originally from Austin, Texas, and is now living on Vashon Island. He studied fiddle as a child, but switched to guitar when wrist problems interfered. His music contains elements of folk, rock and roll, world music, and blues. After playing guitar in Joe Ely's touring band and appearing on one studio album, he spent time in Austin with his own folk, soul and reggae interwoven with awareness and love."

This will be the second time our group. He has been on multiple world tours and has toured with such musicians as the Rolling Stones, Bob Dylan, Paul Weller and ZZ Top. He's collaborated with artists from Daniel Lanois to Ice Cube and has had five top 20 charting rock songs. He has also appeared in Billy Bob Thornton's movie, Sling Blade. We are very fortunate to have him and his band back for a second time at the Red **Bicycle Bistro!**

> Opening up for The Lossy Coils, we are so pleased to welcome Sarah Christine to the Red Bicycle. If you haven't heard her perform before, Sarah's style of music is a blend of

by Pete Welch

conscious lyrics and uplifting positivity. She strongly believes in the healing power of music and it's ability to strengthen and unify people. "Music is a gift from Spirit, it is a common language that everyone can understand." Sarah has been composing and performing for the last "Music is alive and 10 years. constantly breathing throughout our universe se. It dances among the breezes and is available to take us into higher realms. I give thanks for the gift of music and seek to be an instrument to facilitate growth,

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.

BILENDALE PROPERTY MANAGEMENT

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Westside - 3 Bedroom Craftsman



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Growing Vashon Island Company seeks full-time Warehouse Manager. The employee will be responsible for shipping, receiving, inventory management and freight estimates. Strong communication and computer skills are a requirement. Work hours will be 7 am to 4 pm, Monday through Friday. Compensation DOE. Send resume and cover letter to:

utilities, cable tv, high speed internet incl. First, last deposit and references req. Call for availability. (206) 463-3009

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