



# THE VASHON LOOP

Vol. 6, #11

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

May 29, 2009



In 1918, a Seattle street conductor stops someone for not wearing a mask, courtesy photo.

## H1N1 Flu Reaches Vashon

Talk Scheduled June 6

by Ed Swan

Health officials confirmed May 21 the first known case of the H1N1 swine flu virus on Vashon. The virus struck an adult who showed flu indicators which resulted in testing for the specific illness. The sick person continues to recover well and family members stayed flu-free.

Continued on page 7

## Fire District Appeals Hackett Case

by Neal Philip

Hey all, it's been awhile since I checked in at the Loop, so an article about what's happening over at the fire department seems to be in order. To start off, I have to say that although I'm on the board of fire commissioners for Vashon Island Fire & Rescue, the thoughts I'm about to share are my own and do not necessarily represent those of the board or the fire district. The district continues to evolve and Chief Hank is making dramatic improvements in many areas.

The fire district still has a few issues, however. One is the Hackett

Continued on page 2



VIFR Commissioner Neal Philip, courtesy photo.

## Save Our Teachers

by Ed Swan

On May 19, the Vashon School Board sent home a letter kicking off the Save Our Teachers initiative. They hope to raise an average of \$150 per student to

assist in restoring some of the more than a dozen positions that will be otherwise reduced or eliminated next year. While some

always argue that the school district could be more efficient, this situation involves not an instance of waste coming home to roost but rather huge cuts imposed by the State of Washington on all districts, from funds not exactly generous in the first place.

Laura Wishik, the school board member who initially proposed the fundraiser explains,

Continued on page 7



Caption: Ethan Sedgemore (left) and John Suplee learn to be copper workers from teacher Gail Labinski and Artists in Schools craftsperson Ivonne Kommer. Photo by Garnet Swan.

## Treat Your Ears

by Allison Cox

A Gathering of Voices - an Afternoon of Song, Story and Sweets, a Benefit Concert for Cathy Spagnoli will feature wonderful musicians, singers, storytellers and delicious desserts on June 7th at 4:00 PM at the Blue Heron Arts Center! This event will benefit Vashon storyteller Cathy Spagnoli, who is undergoing extensive treatments for a malignant brain tumor.

Cathy Spagnoli performs internationally and writes creative books for children in English, Japanese, Korean, Hindi, Urdu and Tamil. She has interviewed storytellers across Asia and compiled fascinating storytelling collections for adults and recorded some of her favorite Asian stories. Cathy's books, tapes and CD's are now being sold at the Vashon Bookshop - all sale proceeds go to Cathy Spagnoli. These multicultural works will also be available at the benefit.

Enjoy favorite Vashon musicians such as mural artist/farmer/singer/Celtic guitarist Will Forrester appearing with the acclaimed Celtic singer/musician Jasper Forrester. Also appearing are guitarists Kevin Almeida and Charles Reed with Shane Jewell on mandolin, Jack

Continued on page 8



Cathy Spagnoli, courtesy photo.



Linda Bianchi, Vashon Chamber president, courtesy photo.

## Island Businesses Look Good

by Linda J. Bianchi, President, Vashon Maury Island Chamber of Commerce, Windermere Real Estate

While walking the streets of downtown Vashon, Center and Burton this past week, I noticed an upbeat attitude by our local businesses. Shop doors open to fresh mild breezes, well deserved sunny weather and the pulse of summer is in the air. This has been a long, tough winter, not only for our local businesses, but for businesses large and small across our state and country.

Continued on page 4

## Island Gains Eagle

by Olin and Donna Nespor

What do Neil Armstrong, Steven Spielberg, Bill Gates, Sr., and Cody Turner have in common? They are Eagle Scouts. On May 24, 2009 Cody Turner became the 63<sup>rd</sup> Eagle Scout of Vashon Troop 294, Boy Scouts highest rank and one only 3% of scouts reach. "

To reach the rank of Eagle, scouts have to complete 21 merit badges, five rank advancements,

Continued on page 15



Former Scout Master Steve Kicinski awards Cody Turner (left) with his Eagle Scout rank, photo Olin and Donna Nespor.



# Get in *The Loop*

## Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

### Summer Reading Programs

Preschoolers & School-Ages: Looking for ways to keep the kids interested and busy this summer? And sharpen their reading skills too? The King County Library System has just what you're looking for: Be Creative @ Your Library—the 2009 Summer Reading Program, June 15-August 31. Read 500 minutes and receive a half-way prize; read 1000 and receive the finisher prize and be eligible for the grand prize drawing of a laptop computer! Prizes distributed beginning July 15. Grand prize winner announced in September.

Teens: Check out the Summer Edition of Read Three, Get One Free! Read three books, write a review for each and get a free book! Earn great prizes too!

Details at your library or online at [www.kcls.org](http://www.kcls.org) beginning June 15.

### Free CPR/PAD Class

The Vashon Eagles #3144 is sponsoring a free class for the public on Cardio-Pulmonary Resuscitation and the use of Public Access Defibrillators. If your organization has one of these devices, isn't it time to refresh your staff on its use? The class will be held at the Vashon Eagles, 18134 Vashon Hwy SW, on June 20 at 10:00 a.m. No card will be provided. If one is needed, the cost for a card is \$2.50 each. Cards are free to Vashon Eagle members. To register, call Vashon Island Fire & Rescue 206 463-2405. Class size is limited, so please register early.

### The Vashon Loop

**Writers:** Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

**Original art, comics, cartoons:** DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger

**Ad sales and design:** no one, really (Need a job)

Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

**Editor:** Ed Swan, [editor@vashonloop.com](mailto: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. Come eat at the Q...again and again!

Published every two weeks or so by Paradise Valley Press

© May 29, 2009- Vol. VI, #11

*Don't miss an issue. Really.*

*We are in our 6th year of publication and still not bankrupt! (Yet) Wow!*

### Backbone Campaign Fights For the Maury Island Aquatic Reserve

The Backbone Campaign is pulling out all the stops for a night of music, aerial performance, cocktails, salmon bbq, and giant puppets, as well as a "Love Your Island" Auction to raise money for the its fight against the Glacier gravel mine expansion. The event happens Saturday, May 30th, 5-11 pm at the "O" Space. Tickets are available at Books by the Way, the Vashon Bookshop, and Brown Paper Tickets, as well as at the door. For more information, contact the Backbone Campaign office (206) 408-8058 or go to [www.BackboneCampaign.org](http://www.BackboneCampaign.org).



Win a house concert with Ian Moore, pictured above, at the Backbone fundraiser. Courtesy Photo.

### Healing and Hope for Father/Son Relationships

"A Father's Day Gift Better Than Any Tie"

Saturday June 20, 2009

9:00 a.m. – 4:30 p.m. Vashon Grange Hall (Easy access from W. Seattle)

Announcing an experiential workshop for adolescent and adult men age 16 and older who are grandfathers, fathers, step-fathers, grandsons, sons, and step-sons. The workshop will provide a safe space to allow mending, building, and enhancing relationships. We will address wounds, bonding, grief, distrust, barriers, hope and healing between fathers and sons. Bring your stories, and the memories of fathers and sons who may be alive or deceased and critical to your life path. Training provided by Stephen Bogan, Island therapist. Cost: \$35 per person; \$50 for father/son team. (Includes lunch) Register by June 10, 2009. Call 463-3050 or email [imperfecthealer@netscape.com](mailto:imperfecthealer@netscape.com).



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



## Sound View HOME SERVICES™

EXPERT EXTERIOR HOME MAINTENANCE  
LICENSED AND INSURED

We clean all types of roofs, decks, gutters, windows & more  
Plus: Environmentally Friendly Moss Control Solutions

VASHON'S ROOFS ARE OUR BUSINESS.  
LET US HELP MAKE YOURS LAST AS LONG AS  
IT WAS MEANT TO WITH PROFESSIONAL CLEANING  
AND REGULAR PREVENTATIVE MOSS TREATMENT.

Our high volume, low pressure power washing can safely clean delicate surfaces such as asphalt shingle and cedar shake. GUARANTEED!

PUT YOUR TRUST IN VASHON ISLAND'S MOST  
CAPABLE, WELL EQUIPPED AND INSPIRED EXTERIOR  
CLEANING SERVICE

EXCELLENT REFERENCES  
FREE AND FRIENDLY ESTIMATES  
TRULY OUTSTANDING SERVICE

567-4765

[soundviewservices@gmail.com](mailto:soundviewservices@gmail.com)



Marcus Berg  
Owner

### Fire District Appeals Hackett Case

*Continued from page 1*

gender discrimination lawsuit and Mrs. Hackett's judgment against VIFR. Although the district stands behind its personnel and does not agree with the judge's decision that it engaged in gender discrimination, the fact is that the judge found to the contrary. To make sure that everyone in the department understands that harassment will not be tolerated, we recently adopted a zero tolerance policy regarding harassment. We also took input from the community regarding whether the department should appeal the judgment, and found that community opinion was split on the issue. The decision on whether to appeal was a difficult decision, but because of the large judgment and some significant issues with what happened at trial, we recently decided to appeal. Some will disagree with our decision, but we believe that appealing the judgment is necessary to fully protect the interests of the taxpayers we are sworn to serve.

Another issue we face is charging for ambulance transport to hospitals. You might remember that the department nearly started charging for such transports last year but tabled the issue. If you have thoughts on this issue, you need to let us know now. The economy is very different than it was when this issue last came up, and we may need

to start charging for transports because of the change in our financial situation.

My concerns about charging for ambulance transport, however, remain the same as they have always been – that someone who needs to call 911 won't make the call for fear of the bill she might get. But we also need to take into consideration that providing "free rides" to the hospital, particularly when many other departments charge for such services, might no longer be appropriate. We need your help in deciding how to balance these competing concerns; you can contact me at [nealphilip@yahoo.com](mailto:nealphilip@yahoo.com) and the commissioners' next regular meeting is June 9th.

These are just a few issues that the department is dealing with, and there are certainly more. Relatively speaking, though, VIFR is in a good place. The career and volunteer men and women who respond to your 911 calls are professionals in every way and you are well-served by those who are responding. But we can always use more volunteers, and if you would like to volunteer, whether as a firefighter, emergency medical technician, or in a support role, we'd love to have you. Call us at 463-2405 to find out what you can do to help.





# HOME TEAM REALTY

www.vashondream.com

## Ready for your Horses



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. **\$299,000**

## Zanzibar - Sweet Deal!

Interested in learning more about the business? Come to a chocolate party on May 17. Call Marie for details - 206.463.5478.

**Zanzibar Chocolates**  
Sweet opportunity to own a growing chocolate business with positive cash flow and huge potential for additional growth. Located in a prime Vashon location, Zanzibar Chocolates offers quality hand-dipped chocolates to loyal Island clientele and customers throughout the country. Profitable from inception, and there is limitless opportunity for additional revenue through increased seasonal promotions, specialty orders, hand-dipping classes, and partnerships with local restaurants. **\$49,000**



## Easy Living, Easy Care



*Two bedrooms and bath on the main floor; a third bedroom and bath downstairs. Hardwood floors, two fireplaces, workshop, bonus room - office, media room? Picture windows let the sunshine in on the renovated kitchen - cork floors, beadboard ceilings, loads of space. Two garages, serene backyard, top of the world views.*

**Offered at \$425,000**



Year Built: 1959      Bathrooms: 2 full  
Sq Footage: 2,390      Parking: 2 Car garage  
Bedrooms: 3      Lot Size: .62 acres  
MLS # 29017457

9515 SW 268th Street

## Million Dollar View



**Offered at \$279,000**

Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

Call us and ask about MLS#29035811



**GLENDALE**  
PROPERTY MANAGEMENT

## Owners!

*We offer full time or seasonal property management services.*  
**Maintenance  
Repairs  
Tenant screening  
Rent collection  
Bill payment  
Full reporting**

## Renters!

*Check out our Preferred Renter Program.*  
Rent a house through Glendale Property Management. When you're ready to buy, earn a significant discount no matter where you buy.

**(206) 463-9177**



**Your Home Team Realty**  
**(206) 463-LIST (5478)**

www.yourhtr.com

See all rentals available at  
**glendalerentshomes.com**



# Positively Speaking

## The Big Lie

by Deborah H. Anderson

“Ladies and Gentlemen, when it rains it pours.” Thus began the explanation for the second plane breaking down making a thirty-two minute trip from Dallas to Austin last five hours.

I had told the pilot in a joking way as we deplaned from the first aircraft that had a sensor problem in the landing gear, “My daughter has her first major performance tonight and I can’t miss it.” Fortunately a couple of years ago, someone had told me about the condition and difficulties of MD-80’s. I took it in stride knowing prayer and chewing gum and duct tape would take care of the situation. A mother with a young girl got off the second plane after about thirty minutes and announced ‘We’re driving sweetie.’

The guy across the aisle after making a very vocal phone to call his secretary to never book him on that particular airline again, made an announcement that “Southwest has a 4:50 and there’s room!” before he dashed off to make the connection.

Me? I played my best “Frasier” making jokes with the maintenance guy walking the aisle (someone on the ground had shorted out the PA system this time) that I had a 2lb Trader Joe’s 72% dark chocolate in my carry on that was his if he could get me to Austin in time. Unfortunately they don’t have Trader Joe’s in Texas (too far from the warehouse) so the joke was lost.

I made it there at 6:15. Got to the apartment in time to shower the stink off. No time to do hair. Looked dreadful for meeting all the Profs, but my fanny was in that seat when the curtain went up.

And, as a public thank you to the dozens of you who have donated thousands of dollars towards, “the voice,” I wish to announce she knocked it out of the ballpark. I mean way, way out. Beyond anything I could ever have imagined.

Businesses, as my plane ride attests to, are having a real struggle right now. They’ve got their game face on, but it’s a struggle. That means struggle for the consuming side as well.

I already brought up Trader Joe’s. Truth is I do most of my shopping there. I use the coupon book at Thriftway and buy the meatloaf special at the deli and then the rest I purchase overtown. Is that argumentative or truthful? Is that disloyal to the Island? Does it help to say that my son has just been made one of the managers at a new TJ’s? What do I do? Whose family do I help? My own or someone else’s?

It would be a stupid business move for the people who own the brick complex to not have solicited

a liquor contract. During a recession/depression people drink more. If you are in business, you better be about the dollar. Business is not a service related industry. It’s a profit/loss situation. You can be a kind businessperson who gives back but you better be about the dollar or you’re not going to have any money or goods to donate. Once upon a time Island businesses only had to be convenient. Now they have to be competitive.

But now, we will have the visual statement to tourists, and ourselves, that how we are defined as a community is with liquor very much as a mainstream part of our lives. We haven’t been able to admit that before.

So what will we focus on? What do you focus on?

I think we can look at both the sunny and the sour if we keep our eyes on transformation. Right now, we mostly look at development. What do I mean? Let me give you an example. Every child develops pretty much naturally. Add an attentive nurturing adult and their life is transformed into a gift. Each of us can develop our skills and talents. We are not transformed until we share them with someone else.

The Big Lie says we can’t look at things negatively in a public forum. The Big Truth is that if this community is to survive, we will have to look at the negative and positive sides of things and say, “What will transform us into the healthiest community with all the givens of diversity and pleasures”.

It happens if we do it in our own personal lives. Is your life a transforming experience or is it just developing? Your community is counting on transformation.

Love, Deborah

### Workshops: “Joy” & “Pre-Natal Parenting”

Waterlily Workshops presented by Deborah Anderson will offer two classes in June. On Monday nights June 2 & 9 from 7-9 “In the Midst of Everything...JOY!!!” and on Thursday nights June 11 and 18 from 7-9 “Pre-Natal Parenting.”

The JOY!!! workshop will look at the psychological, physical, emotional and spiritual aspects of Joy and the implications for these hard times.

The Parenting workshop will help pregnant parents be prepared from day one to take on their new role as a parent with confidence and delight.

Cost for each workshop (two sessions each) is \$75.

Call 206.853.2388 for questions, registration and location information.

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

# B&B REPAIR

Marine & Automotive

Auto - Boat - R.V.

Repair & Detailing

463-9624

Located at the Old BRENNO REPAIR BUILDING

# LA PLAYA

A Family Mexican Restaurant

Miguel and Ofelia have a new baby girl!  
Melissa was born February 25, and weighed a healthy 8 lbs 4 oz.

Now that Miguel is a dad, he thinks kids should eat for free at La Playa.

So here’s the deal:

## KIDS EAT FREE EVERY DAY AFTER 5:00 PM!

Of course, there are rules...

Buy two regular menu items and up to three kids get dinner on the house Kids 10 and under only

Must be accompanied by a parent

Kids order from the children’s menu

Not valid with any other offer

Spanish/English Karaoke

Saturdays 9:00 pm - 1:00 am

7 Days a Week 11:00 am - 10:00 pm

10825 Vashon Hwy SW (206) 567-0020

## Island Businesses Look Good

*Continued from page 1*

The collapse of the banking industry in the fall, 2008, and the stock market in early 2009 brought our economy and businesses to their knees. And yes, Vashon businesses felt the pain. When I agreed to run for the position of President for the Chamber of Commerce earlier last year, I already knew that the economy was struggling, but did not anticipate the severity of the decline. The state of Washington and local businesses did not feel the downturn from the current recession until the second half of last year. While we thought we were prepared for this recession, it still hit harder than expected.

With all this gloomy news I continue to be amazed at the resiliency of our local businesses and their determination to vitalize their business and environment in challenging times. I have been stopping in our storefronts and asking business owners how they are doing. The overwhelming response has been that they are not only surviving, but some are actually doing better than last year. They have had to learn to be creative with how they run their business, spending marketing dollars carefully, cutting costs where they can and trying hard to hold on to their employees, who are a vital part of our local economy.

It also looks like our community is getting the message to shop locally. Everyday locals are sharing their Vashon shopping experiences with me and are thoughtfully, while also watching their spending, spending their hard earned dollars locally. They save gas and ferry fare, decrease their carbon footprint, meet charming shop owners and other locals while strolling our business communities and often come home with a better product than they could have purchased in the city. And a big THANK YOU to our local businesses for their efforts at making Vashon an affordable and desirable place to shop.

### Q Cleaners

4744 California Ave. SW  
Seattle, WA 98116  
(206) 937-6859

Organic Soap  
Drycleaning  
Expert Alterations

Bring this coupon in for 20% off drycleaning only.



# We've Got a Lot of Kids

## Beautiful Meredith

by Kevin Pottinger

On a recent sunny Sunday afternoon in our rather unkempt front yard, our oldest daughter Meredith, age six, was trying to figure out how to play tether-tennis with her four-year old sister Gracie. Beautiful Meredith, willowy and graceful, with auburn hair, slate-gray eyes and splashes of tawny freckles, was dressed for the afternoon in a flowing pink Sleeping Beauty hanky gown with matching evening gloves, wearing a pair of giant pink and blue fairy wings on her back and a practical pair of pink rubber boots on her feet.

Meredith has lost six of her eight front teeth in the last year. The most recent tooth to wiggle free clattered down the drain in the bathroom sink. My wife Maria told a tearful Meredith that the Tooth Fairy would certainly be able to find it down there, and probably extract it from the pipe herself. I'm not at all sure about the "extract it from the pipe herself" part; it may just as well remain down there, if I were speaking for the Tooth Fairy, which in this case I think I am.

A couple of nights passed without remittance from the Tooth Fairy, probably because there wasn't a tooth under Meredith's pillow to remind Ms. Fairy to pay a visit during the night. Finally, Meredith took direct and decisive action, writing a polite note to the Tooth Fairy and placing it under her pillow, directing the Tooth Fairy to look in the drainpipe in the bathroom for the missing tooth, and if the Tooth Fairy had any questions to ask her Mom. The next morning Meredith found that the Tooth Fairy had replied in flowery purple script, thanking her for the tooth and the precise directions where to find it, and providing the traditional crisp fiver as payment.

Meredith has so many front teeth missing that she's lisping again. She's forced to gnaw everything with her molars. Taking a bite out of an apple is impossible: she can't wedge the apple in between her jaws far enough to get a bite on it with her molars, and if she tries to bite the apple with her front teeth (or tooth, actually) she just leaves a shiny patch without so much as breaking the apple's skin.

Meredith writes love notes to Maria and me, sometimes two or three a day. They're usually rendered in colored felt pen and often include giant hearts and the words "I love you Mom and Dad," and her name, in her crooked kindergarten script, with random capitalized letters tossed in the middle of some of the words. Sometimes her notes are hand-delivered; at other times, they're

strategically placed where they'll be quickly discovered. Frankly, if life was fair, and everyone got all that they earned, I wouldn't get love notes from Meredith. Those notes never fail to lift my spirits.

Meredith bought a princess tiara from Betty at The Little House, with her own money, most of it coming from the Tooth Fairy. The tiara is beautiful, shiny, and very, very special. A couple of nights after she purchased it, Meredith asked me to build her a shelf to properly display her new tiara. Meredith had never asked me to build her anything before, although for a while she was asking me twice a day if she could get her ears pierced.

I rather quickly built a small, serviceable shelf, and she politely refused it. Instead, she drew a detailed picture of the sort of shelf she was looking for. Maria whispered that it's possible Meredith might keep this shelf for a long time, so I should probably make sure it's my best work. Following Maria's advice and Meredith's specifications, I built the shelf. I can confirm, however, that she's still not getting her ears pierced anytime soon.

Our kids take turns riding along with me when I go uptown to the lumber yard or the grocery store. When it's Meredith's turn, we hold hands and talk about kindergarten or her friends, or the music business or what we're having for supper. We might get a little bag of popcorn at the lumber store or a couple cookies from Bob's Bakery, and listen to the rock and roll station and munch our snack on the way home. For those few minutes alone with Meredith, it feels like I'm a good Dad.



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

Large-Format Printing Studio

Fine Art • Posters • Custom Giclée & Finishing

By Appointment

Vashon Island Imaging

206-567-5800

www.vashonislandimaging.com

Espresso

New

Spring Hours

Monday - Friday 5:30am - 4:00pm

Saturday 7:00am - 5:00pm

Sunday 7:00am - 3:00pm

Check out our Punch Cards

"Double punch after lunch"

17311 Vashon Hwy Sw

ARNOLD SCHWARZENEGGER FORCED INTO ONE OF THE NEW BREED OF ENERGY SAVING AUTOS CALIFORNIA ENVIROMENTAL REGULATIONS WILL REQUIRE.





Planet Waves by Priya Kale. For more daily Astrology, Horoscopes and information on Private Consultations please visit [www.cosmicdiaries.com](http://www.cosmicdiaries.com)

**Aries (March 20-April 19)** If you've ever doubted your capabilities to say the word and make it happen, now would be the time to put your abilities to the test. You've always known you were born for greater things; your ability to dream the impossible and dare to meet your soul's longing, is your gift to the world. What ensues from your actions this week should be nothing short of miraculous, if you can resolve emotional or financial insecurities that hold you back when it comes to reaching for your dreams. You are now channeling a higher wisdom that allows you to see beyond the horizon and divine possibilities everywhere you look. What matters then is what you choose. Choose based on your deepest values, grandest vision and that which fills you with a sense of purpose. If you can dream, you can do.

**Taurus (April 19-May 20)** With the astrology peaking the way it is right now, although you may personally feel invisible be assured your awareness and gifts are anything but. Your humility has always been your greatest strength. I am not suggesting you change that, but although you've never hankered after success there is no reason to shy away from it either. You now have twice as much to offer than you may have thought you did and you are worth twice as much too. This is as true in your personal life as it is in your professional life. It may seem like magic, but yours has been a long, soulful journey of self-awareness which has led you to your calling. Accept this as you stand at the threshold of being who you were born to be, doing what you do best — being yourself. This is a rare, elusive quality that sustains and brings a message of hope to a larger world, that they can get by in this world doing just that — being true to themselves. You are living proof of it.

**Gemini (May 20-June 21)** A great, expansive dream or aspiration is luring you forward with a message of hope and you've come a long way in acknowledging "doubts" that say you'll never get there. This has also helped you find the inner strength and access to resources you tend to forget you possess. But most importantly what is putting you in the path of achieving the seemingly impossible, is your ability and desire to be true to yourself above all. Ask yourself now, when you envision the future or your success story, what does it look like? The more you can clarify and answer that, the greater your chances of recognizing the opportunities to make it a reality. Reach for the stars knowing at worst you may land on the moon. And you know well now, no matter what you will always have the ground beneath your feet.

**Cancer (June 21-July 22)** You stand at a crucial turning point asking you to identify yourself in the sea of people whose lives are submerged with yours. You've learned now (perhaps painfully) the need to be clear about whose values you take on as your own. As you gain your sense of perspective, this week brings clarity regarding a deeply intimate or financial situation. There may be another way to get the freedom, autonomy and resources you need. When presented with an opportunity to make your mark on the world, let your imagination and infinite vision guide you forward. Resolve your own feelings of vulnerability and then recognize you would not be in this position, if it wasn't to reflect to you your inherent power. You are the captain of your ship — until you give over the reins to someone else. This is not about anyone else but daring to trust your own inner wisdom; knowing that those that love and believe in you will be there,

overflowing in their support of your success.

**Leo (July 22-Aug. 23)** You are being called now to explore your most vivid imagination and boldly paint the sky with your colorful ambitions. You may feel unsure about this, but deep in your soul you know this is a risk you dare not pass up. It may indeed be scary but you are learning now just how deeply your destiny is entwined with the others in your life — gifts, wounds and all. Your freedom has always been important to you, but this is not about alienation or detachment. There is a powerful sublime truth floating into your world if you are willing to listen. A relationship you share has the potential to touch your soul deeply, expand your world and show you new heights of divine passion all at once. Healing is always a two-way street, but you can't expect others to be open if you lead with your defenses. There is a dual hope you carry and there may be no need for you to choose between personal pleasure and an altruistic vision you share.

**Virgo (Aug. 23-Sep. 22)** As you regain your perspective on an important financial or intimate situation in your life, suddenly things begin to light up in a way that you did not think possible. All the while you've been tending to intense life-and-death dramas, there's been a soulful dream awakening you to your greater mission on this earth. But that is the nature of passion, it has a way of coloring every small encounter in your day with sublime and grand hope. An ethereal connection you share has the potential to awaken you to the fire in your soul. In your professional as well as most intimate relationships, allow yourself to be moved by a desire to create a better world for all whose lives you touch. Do all you do with love and awareness and that is what will float back into your life in the small and definitely not so small ways.

**Libra (Sep. 22-Oct. 23)** You've been through a phase of review within your relationships, which has taken you into the depths of yourself, your own wounds, needs for independence, reassurance and fears of alienation. There has been an element of holding a crystal vision even through the dense fog and an important truth about a partnership reveals itself to you this week. They say the truth will set you free and it will this week if you listen to what someone is trying to say. Trust your heart above all and the great hope of freedom, adventure and passion you dream of. You may still have your doubts, but at least when it comes to a professional opportunity you can do anything but take what looks like a promising risk. Personally, you seek someone who sets your soul on fire — when you find that, will you shy away or will you get that great, big leap of faith toward happiness?

**Scorpio (Oct. 23-Nov. 22)** You've been on a quest for that elusive sense of belonging; a sense of feeling loved, appreciated and accepted for who you are and an ability to be comfortable in your own skin. But ultimately no one can do this for you but yourself. The question for you now is what or who it is that makes you feel at home. Is it the four walls you live in? The bed you sleep in? Your pets? Is it having the financial resources you need so you don't need to look at your bank balance? There are people who have all of these things and yet are plagued with restlessness. I suggest you go deeper in your quest for an answer. If you do, there is likely to be a huge revelation welling within your soul, flooding your life with deep warmth and hope for the future. You are already home, it may just mean you look within and around you to recognize that.

**Sagittarius (Nov. 22-Dec. 22)** As a Sagittarian you have always been a

### Farmers Market Manager

Vashon Island Grower's Association (VIGA) seeks a Farmers Market Manager to start July 2009. Strong leadership and communication skills are a must. This is a part-time contracted position. Please apply by Wednesday, June 10. For a full job description see [www.vigavashon.org](http://www.vigavashon.org) or contact Sarah Lowry at [sfjunebug@yahoo.com](mailto:sfjunebug@yahoo.com).

"Teaching small hands to connect with the land"

### Register now for summer farm camp!

Weekly sessions Mon-Fri, 9 am - 3 pm  
Children ages 4 – 11

Organic gardening • Harvest and Cook Veggies • Feed and groom animals • Collect eggs • Milk a goat • Make worm bins • Ride a pony • Kid's farm stand

For more information call 206-579-8132  
Register online at [www.dancingbeefarm.com](http://www.dancingbeefarm.com)

## Eat at the...

See Page 12

### Vashon Flea Market!

17311 Vashon Hwy SW • Behind AJ's Espresso  
Open weekends 9 to 5 Always free to visitors!

Vendor reservations available,  
or just show up at 7am

Free weekly raffle &  
"Where's Maury" contest.

Contact Sheila at

206-719-2691  
or email: [vashonfleamarket@gmail.com](mailto:vashonfleamarket@gmail.com)

crusader of truth, be it in your sense of humor or your ability to speak the unthinkable. But right now your powers of communication border on the divine and surreal. If you've ever doubted your psychic or intuitive abilities, events this week should go a long way in changing that opinion. There is something or someone igniting flames of creative or sexual passion within you like you may not have experienced in a while. A partner, although present, may have their own doubts about a situation, but you now have a gift that allows you to see the rainbows where others can only see rain clouds. The only thing that matters now is that you be true to yourself; your soul is older than you and your childlike innocence is wiser than you imagine. Trust this if nothing else and be the blazing voice of truth for the world.

**Capricorn (Dec. 22-Jan. 20)** Your values are deeply coming into question and you are being reflected your own inner depth that you at times fail to recognize. Financial instability is never really the concern when you are a Capricorn, more than likely you live a life that other people envy. But there is a danger in getting caught up in other people's desires versus your own. As the fog lifts you are learning what drives you is not just your financial security but connections that make you feel warm, safe and loved. Be honest now with yourself and the people closest to you about your dreams, hopes and wishes. A partner is not only listening but is open to the depth of your message in a way that may even surprise you. You don't need to lead a double life to have what you want more of daily. Be true to yourself and all else will almost magically flow from that.

**Aquarius (Jan. 20-Feb. 19)** Your self-awareness reaches a surreal expansive peak this week, which may be overwhelming. Awareness, although a gift, can be a painful thing. Be bold, imaginative, honest and speak from the soul this week. There is a conversation or creative vision you share that has the potential to bring you deep clarity where there may have previously been a sense of fog. You may worry that if you are honest you will rock the boat with one delicate situation surrounding work or an aspect of your daily life. But truthfully you know that every risk has its downside — and the higher the stakes the greater the rewards. An idea or truth may be too hot to handle, but pushing boundaries has always been your thing and you know better than anyone — only the truth can set you free.

**Pisces (Feb. 19-March 20)** You've been an unstoppable force lately, filled with more passion and desire than your usually soft and gentle demeanor. This is because your awareness of life and its frailty has grown at alarming and surreal levels, driving you to seize opportunities as they come. You are also recognizing the delicate webs that bind us with those that we love and the dynamic energy that sustains life itself. You can now manifest in your life a great hope you've been working toward, bringing you the emotional and financial independence you crave. But far from being a selfish desire, your ability to be bold and dive into yourself has the ability to flood not just your life but the lives of those you love with healing, hope and comfort immeasurable in its value — in both tangible and sublime, ethereal gifts.

Read Eric Francis daily at [PlanetWaves.net](http://PlanetWaves.net).



# Island Epicure



## First Catch Your Wild Yeast

By Marj Watkins

My husband ran across a recipe on the Internet for no-knead bread that relies mostly on wild yeast. He makes a starter with a little whole wheat flour, a little water, and ¼ teaspoon dry yeast. It’s at least a 36-hour process. The result is a handsome and delicious loaf of properly risen whole wheat bread very much like the freshly ground wheat loaves his mother used to make on the farm. He loves it.

But I and most of our descendants cannot eat wheat and stay healthy. That, and curiosity about how people in my historical novels set in Charlemagne’s 8th Century Frankland managed to get their bread to rise, led me to experiment.

I’ve produced a dense rye bread that tastes great using wild yeast only, but I could only get my barley starter to rise by adding a little wheat flour. That produced a heavy, but acceptably textured, good tasting barley “mesclin” (mixed flour) bread.

Eventually, these baking experiments and other early Middle Ages recipes may turn into a book with text about cooking equipment, chimneyless fireplaces, Charlemagne’s Christmas menu, etc.

Want to join me in trying out some recipes? Naturally, yeast as we know it had not been invented yet. Below are directions for catching wild yeast. If you try either of them, please call me and let me know how your breads turn out, and how you may have tweaked the method or the ingredients. My phone is 463-9626.

### BREAD from RYE STARTER (Made With Tame Yeast)

- 1/2 cup rye flour
- 1/2 Tablespoon dry yeast
- 1/2 cup water

Stir flour and yeast together. Mix water in. Cover tightly with plastic wrap. Let it rest in a warm place for 24 hours. Work into it:

- ¾ cup water
- 1 cup rye flour
- 2 Tablespoons honey
- 2 Tablespoons melted butter or canola oil

Cover and leave to ferment 4 hours or longer. Now you have your sponge.

Work in more flour.

The dough rises best with about 1/3 white wheat flour to 2/3 rye flour. Keep the dough soft. As a batter bread it requires no kneading, just an infrequent stir to move the yeast creatures to new food sources.

### With Wild Yeast

- 1 cup rye flour
- 1 cup water
- Mix in a large glass bowl if you have one. Otherwise, ceramic, or even stainless steel. Stir in:
- ½ teaspoon salt

Cover with a light-weight cloth. A plain-weave cotton dish towel will do nicely. Let the mixture sit in a warm place. It likes 80 degrees, but dies of heat prostration at 95 degrees. It will rise at 77 to 80 degrees, but not as briskly. I’ve tried the top of the refrigerator (not very satisfactory), in the oven with the light on (ditto), and the back of the cook stove beneath the stove’s light (worked best for me).

After 24 hours, peek and stir. Let sit another 12 hours. Small bubbles may start to appear. Feed the yeast 2 teaspoons of honey or sugar and ¼ cup flour. Stir in:

- 1 Tablespoon caraway seeds

Let rest another 12 hours or so, covered, and in warm place.

Add 1 ½ cups more rye flour and about 5 ounces of water, enough to make a batter a little thicker than cake batter. Let rise at least 4 hours more.

Transfer to an oiled, floured loaf pan or a non-stick pan sprayed with cooking oil spray. Cover with a second loaf pan and let rise for 45 minutes to 1 hour. (I use metal clips, one on each end of the pans to securely fasten them together.

Heat oven to 450 degrees. Bake bread 10 minutes. Reduce heat to 350 degrees. Continue baking for 50 minutes. Remove from oven. Let cool enough to take the pans apart. Turn loaf out onto a metal rack to cool almost completely before cutting.

## H1N1 Flu Reaches Vashon

*Continued from page 1*

The good news so far remains that persons infected in the region appear to experience relatively normal symptoms and side effects unless already facing other serious health complications. In addition, this Vashon case involves an adult and not a student at one of the schools where infection might more easily spread to others.

On Saturday, June 6th at 3:00 pm at the Land Trust building, Kathy Abascal will lead a lecture and discussion on pandemic flu. How real is this threat? Have we missed serious cases of swine flu because it often causes atypical flu symptoms? How might you prepare for a difficult flu season? Is vaccination appropriate? Are there ways to prevent the flu? These are some of the topics that will be explored in this forum. Advance registration at the Roasterie/Minglement is recommended. Admission is \$15. For more information, contact Kathy at [anemopsis@yahoo.com](mailto:anemopsis@yahoo.com) or go to [HerbsandInfluenza.com](http://HerbsandInfluenza.com).

The Seattle-King County Health Department provides more information and local tracking of the virus at [www.kingcounty.gov/health/h1n1](http://www.kingcounty.gov/health/h1n1).

## Pre-Paid Cell Phones

Page Plus Cellular

Verizon Wireless

Virgin Mobile

Boost Mobile

Uni Wireless

Come in and ask about our prepaid refill service

**11am to 9pm**

**17615 100TH AVE SW**

**206-567-5844**

Joanna Gardiner

Loving care for animals,  
plants and homes

**567-0560**

## Save Our Teachers

*Continued from page 1*

“Washington voters approved Initiative 728 some years ago. It requires the State to fund more teachers. The District expected those funds to be reduced due to the economic crisis, but we never guessed the Legislature would eliminate them entirely! We thought the loss of \$1 Million in I-728 funds would be partially offset, because the legislature was considering a bill to raise the “levy lid.” The “levy lid” is a state law that prevents our district from collecting \$750,000 next year that people here voted for in the last Maintenance and Operations Levy. But then the Legislature adjourned without acting on the levy lid, and the Governor didn’t call the Legislature back for a special session. So we were stuck holding the bag.”

These cuts represent a major loss to the community in many ways. The quality of both the staff at risk and the programs they impart reach an extremely high level. The staff and subjects expose the students to knowledge and experiences that result in far more than good WASL data.

In addition to the classroom teacher cuts some of the other potential losses seem equally incredible.

Losing two librarians can only hurt teaching staff’s ability to teach and student’s ability to learn. I volunteer weekly for a fifth grade art class that far surpasses anything I experienced through getting my college degree. The excellence of what just normal kids produce from that class can only assist in their understanding of many other subjects

including applied mathematics and the cultures of many nations and peoples.

I also have to share a quick story. Last summer at church during the “Children’s Moment,” a lay leader talked with the youth about important adults in their lives. My son raised his hands to praise his last year’s teacher, Mr. James, on the list to now be laid-off. As the lay leader wrapped up the discussion she brought it to the point where she discussed from one faith’s point of view that Jesus Christ should figure most prominently in a child’s development. Garnet wasn’t quite with the program. His hand came up again and he said, “I really thank Mr. James is the best.”

Even if this initiative goes well, with seniority considerations, Andy James may well not stay on next year. The point of the story lies in that Andy James characterizes all of the staff, those at risk and those not. Its well worth this community’s effort to support the Save Our Teachers initiative whether they’re a parent of Island students or not. The high standard of quality shows in so many ways from the number of Eagle Scouts Vashon produces to the many ways that the students involve themselves in the community and give back to it. My family will contribute not just because of our kids but also to keep our Island community such a great place.

The school district campaign hopes to get donations in by June 15 in order to facilitate next years staffing decisions. Donations may be made on-line at [www.Vashonsd.org](http://www.Vashonsd.org) or mailed to VISD, P.O. Box 547, Vashon, 98070.



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Contingency Plan

By Mary Litchfield Tuel

It was on an episode of *30 Rock* that Jack Donaghy (Alec Baldwin) turned to Liz Lemon (Tina Fey) and said, “What is your contingency plan for a crap storm of this magnitude?”

Or words to that effect. Most people become aware that life is full of surprises. You know the famous quotes: “Life is what happens while we’re making plans.” “When we make plans, God laughs.”

It isn’t that setting goals or making plans is wrong. It’s just that we never have sufficient information in advance to know what to plan, or whether a goal will be attainable.

Lovers leave, toddlers throw up, cars break down, someone we love becomes physically ill, or mentally ill, or dies. Our house turns out to have rats, or burns down (well, at least that takes care of the rat problem). Many of us have life histories of which we hope our children will never learn the whole truth, and our children grow up to have lives of which they hope we will never learn the whole truth. A drug dealer moves in next door, or maybe we end up becoming the drug dealer. None of us talked about that career track with the guidance counselor, did we? How many of us planned to get fat, or become addicted, or disabled, or to love someone who turned out to be unfaithful?

Sometimes we make plans and they do come to fruition and we realize, hey, this isn’t what I want. Then some wise ass will come along and say, “Be careful what you wish for.” Then we have to resist the urge to whack said wise ass a good one up the side of the head.

So life is not perfect; in fact it is quite challenging at times. We get used to that. We learn to live life as it comes at us, and we try to acquit ourselves with grace and integrity. Most of us. We still make plans, but life happens, and we have to change our plans.

The peculiar thing about hardship and adversity is that it can lead us to faith in something greater than ourselves. How many times have you heard people say something along the lines of, “I never would have asked for this to happen, but it has made such a positive difference in my life?”

It’s true. There’s nothing like a really horrible turn of events to open

your eyes to how you are surrounded by love, how noble people can be, and how precious life is. Your priorities get shuffled, and you realize that what you thought was important was getting in the way of what is important. What’s important? Your relationship with the infinite; the love of friends and family; the joy in your heart when you wake up and think, “Wow, I’m still here.”

It might seem like a stupid idea, having to suffer to appreciate what is important and real. I bicker with God about this: “OK, I learned a lot, but couldn’t I have learned it from a less painful experience?”

Apparently not. Life is a harsh but effective teacher.

So make your plans. Set your goals. Just don’t get too attached to them. Be prepared to become educated. Have a contingency plan for crap storms. My number one contingency plan is to close my eyes, bow my head, breathe deeply, and pray: “Help.”

I’ve read organize-your-life gurus who seriously ask, “Where do you want to be in five years?” and I can only seriously answer, “I have no idea.” I have vague ideas. I’d like to be alive, and at least as healthy as I am now, and able to enjoy a slice of marionberry pie, a good read, a good laugh, and the love and companionship of my friends and family. Not necessarily in that order.

I can get along without the marionberry pie. I just don’t plan to.

## Green Party Meets

The Green Party’s monthly meeting will be at Joy Goldstein’s home, 10329 SW Bank Road, Tuesday, June 9, 7:00 to 9:00 PM. Democrats, Independents, and other interested progressives are most welcome. Help change the future! Bob Spivey from SEEDS is scheduled to speak about “Vision for Vashon” and a discussion of how can we support the new vision? Questions: Steve Graham 463-9579.

## Treat Your Ears

*Continued from page 1*

Barbash on keyboard, drummer Geoff Johns & even a few more musical surprises!

Keynote storytellers of the Seattle Storytelling Guild will be sharing tales: Pat Peterson and Sharon Creedon from West Seattle and Vashon Island tale tellers Merna Hecht and Allison Cox. Merna, the emcee, promises a lively line-up of performers. Allison Cox, who is organizing the silent auction of donated art, books and more, invites everyone to come early and find the perfect treat.

Cathy and her artist husband, Paramasivam, hand-made lovely bookmarks in India that are offered with each book, with the Vietnamese saying, “What is carved on rocks will disappear in time. What is told mouth to mouth will live forever.” So many have already added their voice to the mix, to help bring about this event, besides the

# Live Music at the Red Bike

**MONDAY NIGHTS: FREE POOL ALL DAY. POOL TOURNAMENT AT 6PM.**  
1st PRIZE = \$20, 2nd PRIZE = \$10

**TUESDAY NIGHTS: POKER TOURNAMENT AT 6PM & 9PM**

**WEDNESDAY NIGHTS: ALL YOU CAN EAT CRAB NIGHT FOR \$25, PLUS LIGHT PIANO DINNER MUSIC 7-9PM**

**THURSDAY NIGHTS: LADIES NIGHT - DRINKS HALF OFF, PLUS KARAOKE NIGHT AT 9:30PM**

**FRIDAY NIGHTS: LIVE BAND NIGHT - 8:30PM**

**SATURDAY NIGHTS: LIVE BAND NIGHT - 9:30PM**

**SUNDAY NIGHTS: LOCAL LIVE BAND NIGHT - 7:30-9:30PM**

### Bistro Hours

*Sunday thru Thursday*  
**11am - 9pm**  
*Friday & Saturday*  
**11am - 10pm**

### Sushi Bar & Live Entertainment Weekends

Open for Breakfast Weekends at 8am

Poker Tournaments Tuesday and Thursday 6pm

[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# Vashon Carpet Steam Cleaning

## 206-919-7019

**Fast Same Day Service!**  
**New Carpet Available!**  
**Great Rates!**

*New to Vashon and Tacoma!*

## WET WHISKERS GROOMING SALON

PROFESSIONAL INTERNATIONAL TRAINED GROOMER CERTIFIED

**WE OFFER:**  
WASH AND GO  
BATH AND BRUSHOUT  
THIN AND TRIM AND FULL GROOMING

**CALL TODAY FOR AN APPOINTMENT!**  
**(206) 463-2200**

17321 VASHON HIGHWAY SW

CONVENIENTLY LOCATED INSIDE PANDORA'S BOX

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com).

Guild web site offers an online method of donating toward this effort.





## The Hawthorns Bloom

by Kathy Abascal

Now that the elder flowers are dying back, the hawthorns are blooming like mad. Their masses of white flowers are covering trees and shrubs all across the Island, and they are absolutely gorgeous.

Herbalists gather hawthorn flowers, leaves, and small twigs in the spring for tea and tinctures. Although hawthorns are a bit thorny, they are still very pleasant to gather. And they are so very good for you. All of us over what the French call “*d’un certain age*” – basically over forty – should really be using hawthorn on a daily basis. It is a mild but wonderful heart and circulatory medicine.

Hawthorn flowers and leaves are rich in flavonoids, and the plant

your circulatory system as a whole.

The German phytotherapist, Dr. Weiss, M.D., called hawthorn a tonic for the ageing heart. He also used it in hypertensive patients not to reduce blood pressure but to prevent or treat heart complications that can result from high blood pressure. He also favored it to help treat minor arrhythmias in the elderly. Hawthorn is called a tonic because it needs to be used long-term as it may take many months for full results. It is not a magic bullet with an instant effect, especially in the elderly. Fortunately, hawthorn is completely safe for long-term use, and has shown no toxicity in any of the many clinical studies. Moreover, many of the patients studied were on a variety of other prescription medicines but no negative drug interactions were noted.

In folk medicine, the berry was the primary medicine although there is documented folk use of the leaves and flowers in parts of England. The Eclectics used the leaves, bark, and berries; Dr. Weiss used the leaves and flowers. The clinical studies mostly tested the leaves and flowers but some tested a combination of leaves, flowers, and berries. I, like many herbalists, prefer the latter combination but believe that any combination can be used successfully.

I highly recommend that people dry some hawthorn flowers for tea. It does not have an especially memorable flavor but it is pleasant and can be used by itself. For more flavor, you can add a teaspoon of hawthorn flowers to any tea blend you like. Even if your daily dose of hawthorn will be small, I believe a daily cup of hawthorn flower tea will gently but significantly protect your heart from some aspects of aging and poor life style. I use more substantial doses of the tincture for people with heart issues or hypertension, usually as the tonic part of a formula. I particularly like it for people with familial high cholesterol because I think it over time will counteract some of the ill effects of fat filled blood.

The constituents of hawthorn extract in a fairly low alcohol content, so you can make your own tincture using vodka or brandy. To tincture hawthorn, you simply chop the hawthorn flowers, leaves, and small twigs into little pieces and weigh it. Then you put it in a jar and press it down in the jar as much as you can. If you do not compress the herb, you will not be able to fit enough alcohol to the jar to make a proper tincture. Pour in twice the weight of the herb in alcohol. That is, if you have four ounces of hawthorn, pour in 8 fluid ounces of alcohol. Cap the jar, label it, and put it in a cupboard away from light to steep for at least two weeks. It is a good idea to shake the jar every now and again.

The weather is nice right now, so it is a good time to take your snippers and a paper bag and find



Hawthorne, by Kathy Abascal.

has been used to help the heart for at least two thousand years. It increases the blood flow to the heart which ensures the heart muscle more oxygen and nutrients. The Eclectics physicians said it also helps prevent atherosclerosis but that aspect of the plant has not been studied. On the other hand, there are many well designed research studies that show that it, combined with other medicines, significantly helps people in chronic heart failure.

Used regularly, hawthorn can also help lower blood pressure. It is not a dramatic blood pressure reducing-herb, and is usually not enough by itself to handle hypertension. Nonetheless, it should be part of your life if your blood pressure is creeping up. It just helps the heart work better by ensuring that it has a good supply of nutrients, and that will benefit

AWARD WINNING AUTHOR AND JOURNALIST  
FOR HIRE.



Let *Blaze Writer* help you make your work shine.

- Editing and copywriting
- Ghost Writing
- Journalistic Articles, Playful Stories, and Rewrites
- Mentoring

206-300-2392

itzaqueen@gmail.com

PERRY'S VASHON  
BURGERS

17804 Vashon Hwy SW


Open 11am to 8pm Monday-Saturday  
12am to 5pm Sunday



Best Burger in Town!

For a Burger  
Emergency  
463-4-911





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

She is available for herbal and nutritional consultations at Court House Square. The consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.

a hawthorn blooming in some quiet, pleasant place. There may well be one somewhere on your own property. As you snip away, you will hear the birds sing, the pollinators buzz, and feel the spring breezes rustle through the leaves. You will have an enchanting, relaxing time and will come away with a medicine that you can sip in the middle of the winter grayness, remembering the sunny, joyous days of springs that again lie right around the corner. But do not procrastinate about gathering the flowers. You will be amazed how quickly plants bloom and then fade.



Barber & Beauty  
Shoppe

(206) 463-7212

Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway



FLASH PHOTO

Your Photo Source ~ Traditional or Digital

Thriftway Plaza  
463-3311

Mon-Fri 10 - 6  
Sat 10 - 2

Closed Sunday

We do passport photos -- apply for passports at the Courthouse on  
Tuesdays, Noon-3:30 pm; 4-7 p.m.



# Garden T he World



By MEarth

## Monsanto Lies Exposed

I know I promised you no more bad news, and I know that there are “bad news” aspects to what I write below, but the good news is, the truth is steadily coming out. Monsanto, the company that brought us terminator seeds and trees and who has steadfastly claimed that their GM products would have only good results – lower pesticide use, herbicide use, fertilizer usage – is being shown for the lying scum they are.

Number one in that regard is the explosion of “super weeds” that plague Monsanto’s crops in the southern part of the country. Otherwise arable land in Macon, Georgia had to be abandoned because of herbicide-resistant pigweed – and over 100,000 acres are infested to a dangerous degree. As early as 2004, weeds that resisted the company’s Roundup herbicide began to show up in the area, where nine out of ten farmers use Roundup-Ready seeds in their soybean fields.

Since then, these super weeds have appeared in other parts of Georgia as well as North and South Carolina, Arkansas, Tennessee, Kentucky and Missouri. Such problems have also arisen in France, where farmers have been forced to spend large amounts of money hand weeding their fields in an effort to save farms from these super weeds.

It is almost as if Monsanto wanted to design a deadlier weed, because they could not have done a better job if they had. Roundup-resistant pigweed is the most feared super weed, alongside horseweed, ragweed and waterhemp.

“Palmer pigweed is the one pest you don’t want, it is so dominating,” says weed specialist Stanley Culpepper from the University of Georgia. Pigweed can easily produce 10,000 seeds at a time, is drought-resistant, and has very diverse genetics.

With valuable arable land world-wide being lost annually to over-salinization, irrigation saturation, and man-made desertification, we cannot afford to lose any acreage to the use of poisons and genetically modified crops. These are the very problems that opponents of genetic manipulation of food crops warned us all against – even here in this column – and Monsanto spokespeople told us we were fear-mongering critics. It turns out we were just a little more suspicious and forward thinking than the GM shills.

Speaking of GM shills, Monsanto’s technical development manager, Rick Cole, said he believed super weeds were manageable. “The problem of weeds that have developed a resistance to Roundup crops is real and [Monsanto] doesn’t deny that, however the problem is manageable,” he said. Suggestions

for such managements include the use of products such as 2, 4-D, a banned component of Agent Orange, a dangerously toxic chemical that was used in Vietnam.

A number of agricultural specialists note that farmers are moving back to conventional crops because GM crops are becoming expensive.

In related news, a recently released scientific investigation in Argentina suggests that Monsanto’s primary pesticide, Roundup, can cause “brain, intestinal and heart defects.” The studies used amphibian embryos but the results are “completely comparable to what to what would happen in the development of a human embryo,” embryologist Andres Carrasco, one of the study’s authors stated.

The doses of herbicide used in the study “were much lower than the levels used in the fumigations,” and so the situation “is much more serious” than the study suggests because “glyphosate does not degrade,” Carrasco warned.

Shortly after Carrasco spoke publicly, he was the victim of an act of intimidation, when four men arrived at his laboratory in the Faculty of Medicine and acted extremely aggressively. Two of the men were said to be members of an agrochemical industry body but refused to give their names. Such are the tactics of a company that, obviously, cares more about profit than people.



## LoOp Letters

## Thank You Baseball Volunteers

An open thank-you letter from grateful parents to the volunteer-parents and coaches at Vashon Youth Baseball & Softball (and parents and coaches everywhere). Thank you for giving the kids a fair shake at field positions, for firm and gentle guidance (for keeping cool when your little charges gather around you, simultaneously, like rowdy, barking seals), for teaching coordination that coaxes gleeful smiles from under baseball-cap visors - for giving children delight and confidence; and thanks for teaching about base-lines, about defensive- and offensive-pressure, knocking knuckles, and for easing into the finer points of baseball.

Thanks to the moms, dads, coaches for patiently answering multitudinous questions, for herding cats, for the refrigerator magnets that now present a freeze-frame movie of my ever-changing child.

Thank you for communication, e-mails, for toiling over the organization of photo shoots, free doughnuts (!), opening ceremonies, for slogging through team rosters, field reservations, practice schedules, game schedules, for behind the scene (and part of the scene) support from local businesses, for colorful uniforms and

*Continued on page 11*



### Express Menu (Available only to go)

Tacos - Assorted delicious tacos,  
2 for \$2.99

Tortas - A traditional Mexican sandwich made with your choice of filling for \$4.99

Burritos - Flour tortilla stuffed with beans, cheese and chicken, ground beef or picadillo  
Three sizes to fit your appetite!  
Pequeno (8 inch) \$1.99  
Grande (10 inch) \$4.99  
El Muy Grande (12 inch) \$6.99

Chips and salsa \$1.99

**463-6452**  
17623 100th Ave ~ Vashon

## Celebrate Family Art

When someone you know creates a good picture, celebrate by making it into a beautiful varnished canvas work of art at Vashon Island Imaging. Vashon Island Imaging is a large-format printing studio for

by Douglas Mesney standard giclée technique for their art reproductions.

Vashon Island Imaging uses Epson technology to produce high quality reproductions that are up to 44-inches wide, with lengths up to 40 feet. The company also offers a full range of support services such as scanning, image assembly, retouching, pre-press, and archiving.

Says company founder Douglas Mesney, himself an illustrator, “Custom work is what it’s all about. Vashon Island Imaging is a service for people who want to show their own pictures in the finest way possible. Vacation pictures, something your kid made, a flower in your garden or your own creation... there’s an artist in everyone.”

Vashon Island Imaging is unique in combing printing and finishing services. Take canvas, for example. They will print the image, and also finish the canvas by stretching it and applying a coating of archival varnish. Although you could get comparable services in Seattle, you would probably have to find a second vendor, and maybe a third, to do the kind of finishing work now available at Vashon Island Imaging.

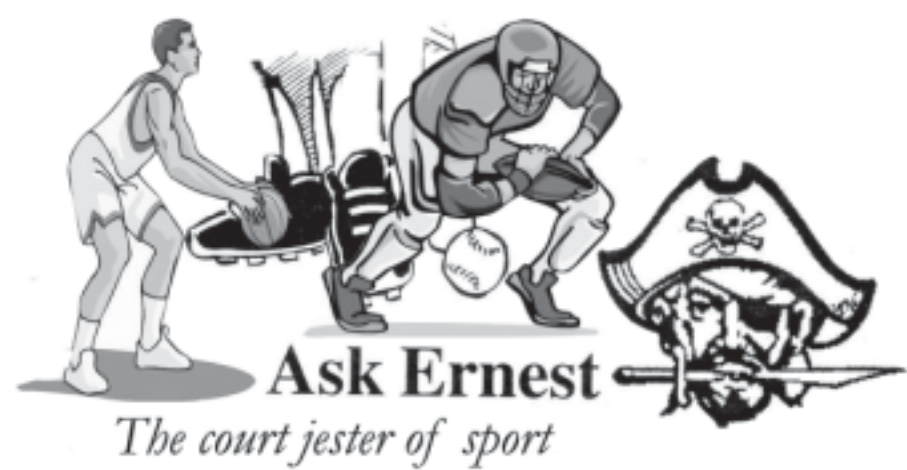


Douglas Mesny with some fine Giclee artwork, photo by Susan Bates.

fine arts work, posters as well as specialized commercial and theatrical applications.

The company offers giclée printing on canvas, fine-arts papers, poster media as well as UVM (ultraviolet-light sensitive media). Giclée is the French word for high quality digital printing. Many art galleries, photographic galleries, and museums (such as the Museum of Fine Arts in Boston) use the high-





## Junior Freestyle Wrestling State Results

Geran “G-Webb” Webb placed 2nd in State in the Junior Freestyle

State Tournament. He wrestled in the 215 pound weight class and his



Geran Webb puts on his game face and shows off his 2nd place medal from the Freestyle State Championships!

2nd place finish qualified him for the National Championships this summer in Fargo, North Dakota. G-Webb technically pinned his first opponent, then pinned his next two opponents to get to the finals. In the finals, he lost a competitive match to the 4A high school State Champ from Mead.

## Register for the Bill Burby Fun Run

by Susie Kalthorn

Make the commitment and sign-up now for the Bill Burby Inspirational Fun Run and Walk. Check out [www.signmeup.com/63622](http://www.signmeup.com/63622) for detailed information about the race and to register, or look for paper registration forms at many Island businesses. Early registration costs only \$15. Choose

to stroll with a cup of tea in hand. Bring the whole family.

The Bill Burby Fun Run Association has made a few changes for this year’s race. No longer do 70 year-old seniors need to compete for a medal with 60 year-old youngsters. There is a new age category for 60-69 year-olds and a 70 year-old and older category. To speed up the awards ceremony so that everyone can make it to the festival parade, the Association will recognize the first three male and female finishers, instead of the first six, in each age category for the 10k and 5k runs. This is not an official race-walking event, so walkers are not given medals, but are encouraged to beam with pride at the finish line.

Strap on the sneakers and get ready. July 18th is just around the corner. This year’s race honors Vashon Island Junior Basketball and is co-sponsored by Vashon Rotary and Northwest Sports. For more information, contact: [burby10k5k@aol.com](mailto:burby10k5k@aol.com).



Aaron Burby (on right) and Kevin Ross finish first and second in the 2008 Bill Burby Inspirational 10k race.

from a 10k and 5k run or a 5k walk. The course is USA Track and Field certified and chip timing is done by Budu Racing. The race will start at 9AM on July 18th at the VYFS Play Space (Gorsuch and Vashon Hwy). The race is in its 29th year and attracts highly competitive runners from the region as well as those who prefer



# Vashon Pizza

Its hot outside.... let us cook for you.... Call us now

Relax....We Deliver

Located between Vashon Market and Vashon Dance

## Call 56-PIZZA

Open Friday thru Monday 4pm - 8pm

**CERISE NOAH**  
Helping buyers and sellers with their Real Estate needs throughout Washington State  
**(360) 734-7500 ext 273**  
**(206) 227-5539 cell**  
**Windermere**  
Windermere Real Estate/Whatcom, Inc.  
**Licensed since 1996**

**Compost the Loop**  
The Loop's soy-based ink is okay for composting.

## Thank You Baseball Volunteers

*Continued from page 10*

embroidered caps, brightened by the sun (you remember sun don't-cha). Thank you to coaches and parents for recruiting on cool evenings, your own kids in tow, handing out fliers and flushing out, like noisy quail, forgetful, busy parents.

Thank you to fellow parents, siblings, grandparents and friends, who provide keen camaraderie and excellent people watching, but mostly for showing up to say to their children, "I see you, I hear you, I love you."

We feel humbled, and blessed, to know parents and coaches who take

precious time from their lives and from the lives of their families, to spend time with my child (our children), to teach them calmly and with grace, leading by example, teaching them to win and loose in good faith, and for showing them that they matter.

Thank you, thank you, thank you!

*Pascal Py, Marie Koltchak & Cooper Py*

Find the Loop and its archives on-line at [www.vashonloop.com](http://www.vashonloop.com).

### ISLAND ESCROW SERVICE

Complete Escrow Service  
Licensed & Bonded

9929 SW Bank Rd. #204  
206-463-3137 fax 206 463-9122  
[islandescrow@centurytel.net](mailto:islandescrow@centurytel.net)





**Open seven days a week from 11:00 am to 11:00 pm**

Are you on Kathy Abascal's anti-inflammatory diet? Our chefs have developed delicious meals that fit the diet. Come check it out!

**Entrees from \$12.95 to \$21.95**

**The best fish and chips on the Island**

**Juicy rib eye steak with garlic mashed potatoes**

**Vegetarian lasagne with roasted vegetables**

**Salads, soups, desserts to die for**

**Daily specials**

**Smaller bites under \$10**

**Sweet potato fries with aioli**

**Beecher's mac and cheese**

**Gorgonzola fries**

**and much more...**

**We are serving burgers including a lean and healthy bison burger.**

**There is nothing like sitting on the deck on a sunny day enjoying a burger and a cold beer.**

*"Delicious food, wonderful, efficient service - a lovely experience!"*

*"Great food, good prices. I'm coming back!"*

*"Excellent food - the best Caesar salad I've ever had."*

Live music every Wednesday night!

Mellow acoustic guitar by the talented Steve Amsden.

**Coming soon: Weekend brunch**

**Call for reservations**

**206.463.5355**

**info@quartermasterinn.com**

**In the heart of beautiful Burton by the Sea...**

**Proofreading and Editing... from A to Z**

<i>Mailing</i>	<i>Mission</i>	<i>Online docs</i>	<i>Plays</i>
<i>Manuals</i>	<i>statements</i>	<i>Order forms</i>	<i>Poetry</i>
<i>Maps</i>	<i>Music notation</i>	<i>Packaging</i>	<i>Press releases</i>
<i>Marketing</i>	<i>News copy</i>	<i>Pamphlets</i>	<i>Pricing</i>
<i>Memorials</i>	<i>Newspapers</i>	<i>Personals</i>	<i>Product tags</i>
<i>Menus</i>	<i>Novels</i>	<i>Photo captions</i>	<i>Programs</i>
		<i>Placards</i>	



**EAGLE EYE PROOFREADING and EDITING**

Nancy Morgan    onvash@hotmail.com    206/567-5463  
PO Box 2393    206/819-2795  
Vashon, WA 98070



**ACE**  
**DRYWALL**  
*We Deliver*

Featuring:  
**Sto DecorTex<sup>®</sup>**  
**ACRYLIC FINISHES**  
With Integral Color  
No Painting Required

**Complete Drywall & Painting Service**  
**206-463-9624**

**Licensed - Bonded - Insured**



*Open 7 days a  
week 6am till 2am*

*Family run business  
for over 30 years*

Breakfast    17611 Vashon Hwy SW    Live  
Lunch    Entertainment

**206.463.0940**

*Where the locals go!*

**SERVICE  
REPAIRS  
SALES  
FREE  
TRAIL MAPS**



**BIKE  
RENTALS  
FOR  
ADULTS  
AND KIDS**

**VASHON ISLAND BICYCLES**  
**(206) 463-6225**

9925 178th Ave. SW    www.vashonislandbicycles.com



**ANN LEDA SHAPIRO**

LICENSED ACUPUNCTURIST  
Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B  
Vashon Island, WA 98070  
206 463-3987

219 1st Ave. S. #310  
Seattle, WA 98104  
206 463-3987



# Loopy Laffs

After our friend Tom had been a bachelor for several months, we stopped by his home to visit him. My wife asked if he was eating properly. "Well, I do eat a lot of dog food," Tom told her.

"Dog food!" my wife exclaimed, horrified. "I can't believe you would be eating anything like that!"

"Come to the kitchen and I'll show you," Tom replied.

Opening the refrigerator door, he waved his hand at a row of doggie bags from half of the restaurants in town.

A woman is never as old as her best friend says she is.

What do you call a lawyer with an IQ of 50?  
"Your Honor."

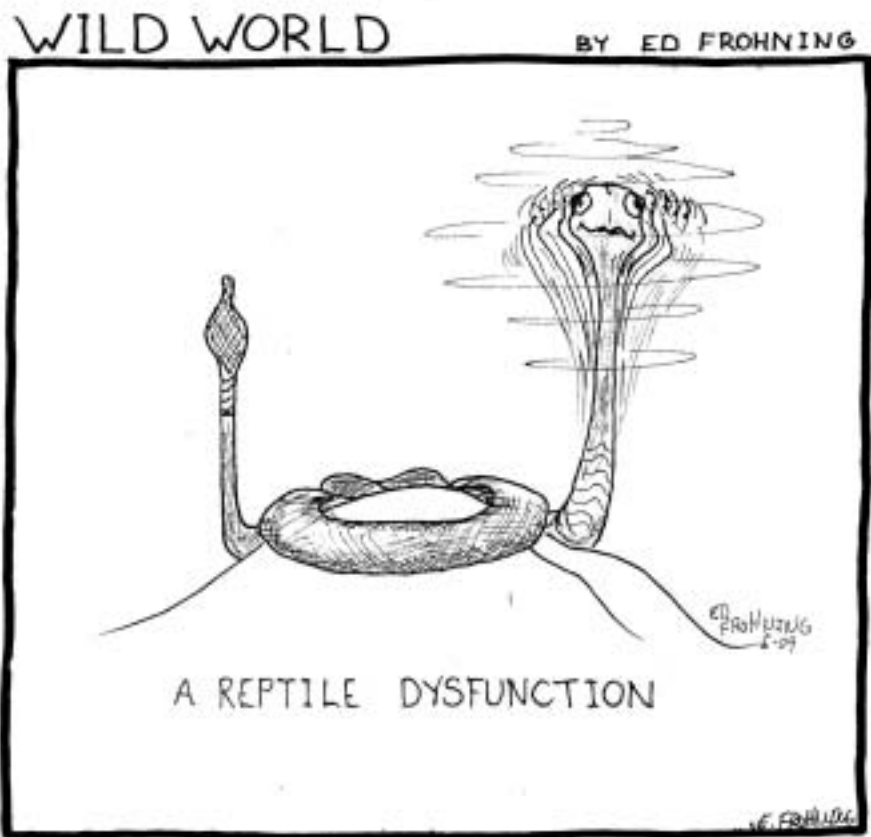
Two fonts walk into a bar. The barman says to them, "Get out. We don't serve your type here."

There is no sadder sight than a young pessimist. —Mark Twain

Don't tell me that worry doesn't do any good. I know better. The things I worry about don't happen.

Children are of great comfort to us in our old age, and they help us get there much more quickly than we otherwise would.

A Taxidermist and Veterinarian went into business together, combined their business. Their new slogan is: "Either way you get your cat back!"



**Wipe Out**  
Carpet & Upholstery Cleaning

**Randy Bruce**  
(206) 463-6314 Office  
(206) 300-5905 Mobile

Certified Carpet Technician  
Adv Truck Mount Equipment  
(Environmentally friendly Formula)

Certified Upholstery Cleaner

Oriental & Antique Rugs  
Pet odor control  
Water Damage  
Deodorization  
Carpet Repairs

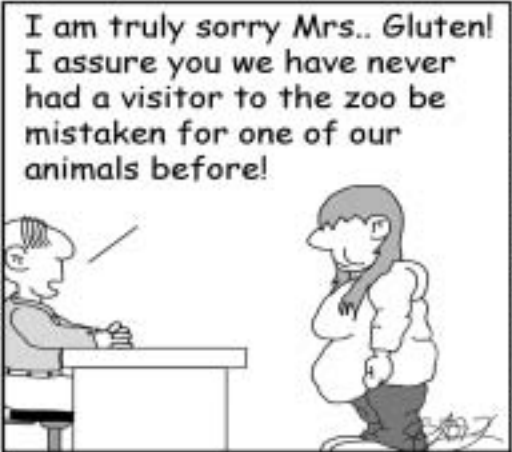
## OFFSHORE



## Moose Lake



By Steve Krueger



© Copyright 2009 Steve Krueger

## Kindergarten Registration Open

You can still register for Kindergarten through 5th grade at the Chautauqua Elementary School office. There are also still openings for the Full-Day Kindergarten program. Office hours are 8:30am - 4pm, Monday through Friday, except school holidays. Please contact registrar, Gillian Callison at 463-2882, ext 401 with questions.

## Vashon Island People



## LOGJAM





# Loop Arts

## Just Fiddlin’ and Friends play Blue Heron

Saturday, June 6, 7:30 pm

by Janice Randall

When they began five years ago, Just Fiddlin’ Round was a fledgling group comprised of young musicians and parent mentors. Over the years, the group has grown up and morphed into different variations, but with multi-talented Megan Hackett at the core (now 13 years old), Just Fiddlin’ and Friends will bring more mentors and all new arrangements of some their favorite American roots songs to VAA’s New Works Series.

Nurturing youth talent, Paul Colwell has been teaching Megan how to play mandolin and Merideth, Megan’s younger sister (age 10) has been learning banjo from Rochelle Wolfe. Both mentors will be on stage during the evening, in addition to the girls’ mom, Lanora Hackett on rhythm guitar, Stan Voynick, bass, Steve Amsden, lead guitar and Jean

Richstad, fiddle and vocals. Expect to hear bluegrass tunes and cowboy favorites such as Old Dan Tucker, Will the Circle be Unbroken, Get along Little Doggies and more.

The group has played Strawberry Festival, Lavender Festival, Farmer’s Market, Northwest Folklife, Kitsap County Fair and a 2004 VAA New Works. Megan and Merideth performed in Drama Dock production, Honk and both are cast in upcoming summer production, Urinetown. Last year the group performed on Seattle’s Channel 21’s Big Night Out, hosted by Kevin Joyce. CD’s will be available at the show.

Tickets are \$12 VAA members/seniors/students, \$14 general admission, available at Books by the Way, Heron’s Nest and Blue Heron; call 463.5131 to reserve.



Just Fiddlin’ and Friends performs at Blue Heron June 6. Photo by Janice Randall.

## Garden Tour Coming June 27-28

May 31 is the deadline to purchase VAA Garden Tour tickets at a \$5 discount; after May 31, tickets are \$25 per person. Group rates are also available. Groups will also receive light refreshments in a private garden separate from Tour. Bring friends, lunch and enjoy! The 19th annual Garden Tour is scheduled for 10 a.m. to 5 p.m., Saturday and Sunday, June 27 – 28. This year’s tour will showcase six fabulous gardens. Call Vashon

Allied Arts, 206.463.5131 to reserve or order on line at brownpapertickets.com. Tickets are available now at many Island businesses and are also available both days of the Tour. Presenting sponsors this year are Puget Sound Energy and John L. Scott with additional sponsorship from Thriftway and DIG. All proceeds benefit Vashon Allied Arts.



Creative artist embellished mailboxes (this one is the work of Corma Ottersen) will be available by silent auction during Vashon Island Garden Tour; June 27-28; Tickets discounted until May 31!

**Our Lilacs Are blooming**  
**Come choose your flavor**  
Gorgeous Strawberry Plants  
Raspberry Plants  
**Fantastic Cup & Saucer Campanulas**  
Yellow Fin Potatoes  
*Asparagus Roots*  
Huge Oriental Poppies in  
Red, Orange, White,  
Pink, Two-tone and maybe  
Purple  
*Heuchara -- Large Assortment*  
Drive or walk to the rear of our  
building for the “Show.”  
Check our website  
www.countrystoreplants.com  
**The Country Store & Gardens**  
**20211 Vashon Hwy SW**

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

**Up!**  
**5/29 - 6/11**

**Star Trek!**  
**6/12- 6/18**  
**(to be confirmed)**

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

## Archives – An Art Sale

by Janice Randall

Come early because one of the most fabulous and fun art sales you’ll ever attend is happening at the Blue Heron Gallery week-end of May 29 - 31. Friday evening through Sunday afternoon, many of Vashon’s best and favorite artists will put up “archived” works at greatly reduced prices.

Two years ago, Vashon Allied Arts held its first Archives sale. A resounding success, the event featured “archived” artwork from nearly 100 Vashon artists. Blue Heron Gallery overflowed with artwork of all mediums and there was a line at the door as Vashon art patrons came to see what their favorite artists had been storing.

VAA again presents the Archives sale and again artists have released many works they’ve kept until now. Have you always wanted a piece by Morgan Brig? C a r o l Schwennesen?

Mary Margaret Briggs, Valerie Willson, Mark Bennion, Penny Grist, Gay Schy? Kira Bacon? Terry Donnelly? Al Bradley? These are but a very few of the gifted artists who have contributed. All art will be offered at affordable prices.

An open gallery event, you walk in, find pieces, purchase and take them home! See paintings, prints, photographs, textiles, jewelry, sculpture, pottery, furniture and garden art. This is a great opportunity to purchase excellent

original art for home, work, summer place or winter cabin. Participating artists have been extraordinarily generous.

The event takes place 5 p.m. to 8 p.m., Friday, May 29, for Blue Heron members (or join at the door) and contributing artists. Doors open for general public 10 a.m. to 4 p.m., Saturday, May 30, and 11a.m. to 4 p.m., Sunday, May 31. For more information, please call Vashon Allied Arts, 463-5131.



Island artists Don Cole and Joan Wortis both contributed pieces to the Archives sale. Photo by Janice Randall.

**Fireside Hearth**  
**Dry Wood**

The only guaranteed dry fuel for your woodstove is at the Fireside Hearth Shoppe. Our presto logs are 8% water weight and are stove ready immediately call 463 5995 for delivery while supplies last! Don't risk chimney fires with wet wood!

**FOR ORCAS AND FOR ISLANDERS**  
**PLEASE REPORT LOCAL**  
**WHALE SIGHTINGS**  
**ASAP TO**  
**206-463-9041**  
**Vashon Hydrophone Project**  
Orca Annie Stateler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats



## Dust and Illusion

by Peter Ray

On June 20th at 9:30pm, the day before the Solstice and twenty three years after Larry Harvey first proposed the burning of a wooden man on a beach, a new documentary by Olivier Bonin will have its Northwest premiere at Vashon Theatre. *Dust & Illusions* has been four years in the making, and is an exploration and meditation on the degree of change that has occurred out in the middle of nowhere, or as some have called it- “now here.” The “it” in question is the yearly Burning Man festival that takes place at the end of August on public lands in the middle of

Cacophony Society and the Suicide Club, we are shown the origins of some of the art and counter-cultural influences that drive the festival in the Black Rock Desert today.

The thing with Burning Man is that each individual’s experience there is different, on the same day as well as from year to year. In post burn slide shows with friends, the most repeated comment I’ve heard is- “I didn’t see that, where was it?” But what *Dust & Illusions* brings to any conversation about Burning Man is visual evidence of where it’s been. To see all the participants in early Black Rock excursions joining together to raise the Man for burning by pulling as one on a

long rope gives one pause when contemplating the spectacle that the Saturday night “Burn” has become with its security perimeter, Black Rock Ranger presence and elaborate pre-burn fire dance and fireworks extravaganza.

So what is Burning Man? In carrying on an

email conversation with director Bonin, what I heard from him was that when he asked twenty different groups around Black Rock City what the relevance of Burning Man was to them, without exception the answers revolved around the “power of community”. But when they were asked to explain what that was, no one could really answer. *Dust & Illusions* doesn’t answer any big questions about Burning Man- it does however ask some big ones. As a film, it is an expansive and thorough bit of social anthropology for anyone interested in a glimpse at one piece of the human attempt at life on this planet. As a Burning Man participant though, if you want to engage in a meaningful dialogue about where this event has been and where it is going, seeing this film is simply a must.

*Dust & Illusions* will be having a one time screening at the Vashon Theatre on June 20th ant 9:30 pm. Tickets are available online- presale \$10, night of show \$12- through the film’s website: <http://dustandillusions.com/>. For any further information, contact me at [pgr42@att.net](mailto:pgr42@att.net).



Before the Burn- the Man on the stand- photo Peter Ray.

the Black Rock desert in northwest Nevada. *Dust & Illusions* takes the broadest and most in depth look of all the Burning Man films so far, at both the history and the concepts and controversy that drive and shape and change this event.

After an initial trip to Burning Man in 2003, Bonin began a serious investigation into the history and workings that have shaped the event. Residing in San Francisco, the birthplace of Burning Man in 1986 on Baker Beach, Bonin was able to access a wide variety of historical documentation of the event through film, photos and stories told by friends and people involved in the earliest manifestations of Burning Man. Through contemporary interviews with current Burning Man head organizer Larry Harvey, as well as with the co-founders and earliest participants such as John Law and Jerry James from the

## Island Gains Eagle

*Continued from page 1*

and a culminating Eagle project. During Cody’s Eagle Court of Honor, adult leaders acknowledged his diligence, perseverance and leadership in the troop. The Eagle requirements test a young man physically, mentally, socially, and spiritually.

“The hardest part for me about becoming an Eagle Scout,” Cody said, “was when I first joined the troop I had a

lot of my friends with me. But, as time went on, many quit and I didn’t really know anyone. I even considered quitting because it was so awkward for me to not know anyone. I’m glad I stayed with it. I made many new friends and had a really good time.”

Cody’s Eagle Project was completing the hiking trail around Fisher Pond. Cody worked with the Land Trust, community members, and lead scouts and parents during the construction. Cody reflected, “I learned how hard it is to try to get the attention of a large group of young boys.”

**Hourly rentals at the Jensen Pt. Boathouse at Burton Acres Park:**  
May 21 to Sept. 7, Thurs, Fri, Sat & Sun, 10A to 5P. Later in Sept. and on week days by appt. For information and to arrange guided tours call 206-463-YAKS or email: [kayaks@vashonparkdistrict.org](mailto:kayaks@vashonparkdistrict.org) and visit the website: [www.vashonparkdistrict.org](http://www.vashonparkdistrict.org).

# DO YOU NEED AUTO PARTS?

**ISLAND LUMBER IS NOW STOCKING**  
-INTERSTATE BATTERIES-FRAM OIL FILTERS-  
-MAJOR BRAND MOTOR OILS-AMSOIL SYNTHETIC-  
-LIGHT BULBS-WIPER BLADES-WASHER FLUID-  
-AUTOMOTIVE WASH AND WAX ACCESSORIES-  
-ALL ESSENTIAL CHEMICALS AND FLUIDS-  
-AMSOIL FULLY SYNTHETIC MOTOR OIL-

## ISLAND LUMBER & HARDWARE

Earl Van Buskirk, Inc.

*If We don't Have It We Can Get It!*  
All Other Automotive Parts and Accessories Available  
The Next Business Day!

**OPEN 7 days a week!**  
**MON-FRI 7AM-7PM SAT 8AM-6PM SUN 9AM-5PM**  
**WWW.ISLANDLUMBER.COM**  
**206-463-5000**

## Weird Words Poetry



*Weird Words Poetry put on and hosted by Mc Rex at Sound Foods at 7:00 on Friday, May 29th. There will be poetry by Rex, Per-Lars, Blomgren, Dom Wolczko, and more. There will be comedy by Per-Lars and prose by Brent Barnes. There will be music by Dom and Madeleine Wolczko, Paul Colwell and company, Skyler Ford, and Brendan Bric and Geran Webb. This is certainly enough, but there also may be a surprise appearance or two. Come, grab a bite to eat, converse with master conversationalist Mark Ledbetter and enjoy the weird words and sounds of music.*

Vashon Troop 294 has 42 active scouts ages 11 to 17. Having a larger number of scouts who reach Eagle is no coincidence. The troop members have to support each other. A group of dedicated parents provide leadership and guidance. Finally, the Vashon community takes an active role in supporting the efforts of the scouts. What advice would Cody give to other scouts who want to become an Eagle? “I

would tell scouts to do two things. First of all, don’t get so caught up in trying to get all the Eagle required badges at once that you aren’t having fun. Secondly, start your project earlier than you think you should, because there is an incredible amount of things that can make you have to change your project.”



# MILES AUTOMOTIVE & TOWING CO.



Auto Repair  
206-463-2993

Towing  
206-463-6944

Located behind the Chevron gas station

- Computer Diagnostics
- Tune Ups
- Oil Changes
- Clutches
- Brakes
- Tires
- Exhaust Systems
- Motorcycle Tires
- Free WiFi While You Wait!

We Sell  
Auto Parts,  
Belts, Fluids,  
Filters  
and Oil

Top quality  
hydraulic assemblies  
made while you wait



**Looking for a change?**  
If you want great prices and friendly knowledgeable help, then come see us! We are just 5 minutes from the ferry in West Seattle!  
4736 California Ave SW • 206 935-1212  
[www.libertybellprinting.com](http://www.libertybellprinting.com)

Wolfstown needs your help in these critical times. We are helping others, won't you help us? Become a member for \$35 or just make a contribution. Wildlife season is upon us and we need to purchase medicines, feed and supplies. Think \$5 or \$10 bucks doesn't make a difference? What if everyone on island sent \$5 or \$10 bucks....  
Mail a check to  
**Wolfstown**  
PO Box 13115  
Burton WA 98013  
206-463-9113  
[wolftown@centurytel.net](mailto:wolftown@centurytel.net)  
[www.wolftown.org](http://www.wolftown.org)

**Olympic Instruments, Inc.**  
• Custom Manufacturing, Machining, Welding, Fabrication, Repairs  
• Short & long run production  
• Prototyping  
• Length Meters for Wire & Cordage  
• Cunningham Air Whistles  
Your Vashon Neighbor Since 1946  
Monday - Thursday, 7:00 AM - 5:30 PM  
16901 Westside Highway SW  
Vashon, WA 98070  
Phone (206) 463-3604  
[www.olympicinstruments.com](http://www.olympicinstruments.com)  
[www.cunninghamairwhistles.com](http://www.cunninghamairwhistles.com)

**Q Cleaners**  
4744 California Ave. SW  
Seattle, WA 98116  
(206) 937-6859  
Organic Soap  
Drycleaning  
Expert Alterations  
Bring this coupon in for  
20% off drycleaning only.

**Share office suite/  
waiting room**  
with Acupuncturist at Courthouse  
Square. Available Tues, Thurs, Fri, Sat,  
Sun. Ann Leda 206-463-3967

**SHARPENING  
SERVICE**  
The Knife Guy  
Rex Morris  
463-3009

**Phil Spencer**  
I'm here for all your  
real estate needs...  
  
Seattle Metro West  
(206) 679- 9859

New stuff arriving daily...  
new food, new treats, new toys...  
new manager, new employees, new owner  
Cheryl's Pick of the Week:  
Fruitables treats - the pumpkin/blueberry is to die for.  
It's what all the rage with the "city" dogs.  
(206) 463-3401  
\$8 Nail trimming with no appointment