



VASHON

THE LOOP

Vol. 6, #16

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 7, 2009



Beng-Imm Low, right, with her friend and managing partner, RoseEllen Albers, courtesy photo.

Tea Shop Begins Anew

by Beng-Imm Low

The Vashon Tea Shop has a new lease on life. As of July 6, 2009, its new owner, Beng-Imm Low, a former employee, bought the Tea Shop and will manage the business together with her friend, RoseEllen Albers. Albers, a native of Seattle, used to run her own business as a guild of antique paintings in California and has been an enthusiastic supporter and loyal employee of the Tea Shop for the past few years. Low's husband, Bill Carr, a retired Presbyterian minister, with his own psychotherapy practice on Vashon, will manage the finances.

Continued on page 7

Film Captures the Redwood Spirit

by Benjamin Greené

Vashon filmmaker Benjamin Greené will be presenting his recent film *Bury Me in Redwood Country* at Vashon Theatre on Sunday, August 16th at 7pm. Called "the most poetic film on the redwood forest to date," this feature length independent documentary strives after the "spiritual aesthetic" of the redwood forest, while touching on the natural and cultural history of the landscape. This will be the first screening of the film in its completed form.

The redwood tree is in a class of its own for its size and relative dominance in a diverse forest ecosystem. The trees are so big, that vast lattice structures of

Continued on page 8

Seeking the forest spirit in *Bury Me in Redwood Country*, courtesy photo.

Free Your Creative Self

Islewilde Lives to Tell "Tales from the Organ Grinder" -- 18TH Annual Islewilde Free Performances Aug 22 & 23, Workshops start Aug 14th



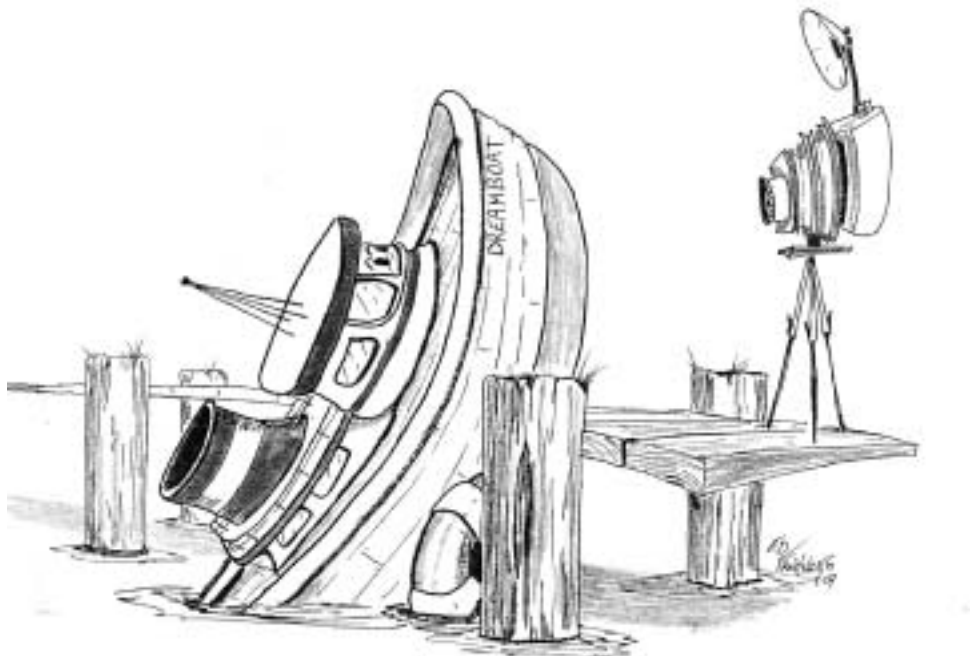
The 2006 Islewilde Pangeant, photo by Doug Skove.

performances in our new forested home at 21150 Old Mill Road in the center of the Island.

Continued on page 11

by Doug Skove

Vashon's quirky side lives on and continues to breathe life into the performance celebration festival known as Islewilde, which will be held August 14-23rd with FREE public performances Friday August 22 at twilight, and Saturday August 23 from noon till midnight. All are welcome to participate in art workshops, camping and the



A Dreamboat lounges for a camera shot, by Ed Frohning. You'll need to go to the Dreamboats Calendar launch party September 3 at Café Luna to see Vashon Loop artist Ed Frohning's photo. Frohning is one of a dozen Island men posing to help raise money for Island schools.

Help Keep Island Schools Afloat

by Kris Thompson

In answer to a struggling school district facing significant financial woes, a group of 12 male Vashon Island commuters gamely agreed to pose nude for a 2010 fund-raising calendar. The calendars will be printed and released later this month, and will go on sale in August; 100% of sales will be donated to the school district.

What began as an amusing topic of conversation among friends one morning on the PO boat, quickly flourished into an idea and a

Continued on page 11

Courtesy photo.

Fireflies, Rope Swings and Other Magic.

by Margaret Heffelfinger

A wonderful picture caught my eye the other day. It was a jar of blinking, flashing fireflies. The article said that if the world seems a little less bright these days, it's because there is a dramatic decline in the firefly population around the world. Upon hearing this, my husband commented, "That's a loss of the magic of childhood." I kid you not—that's what he said. He grew up in the Midwest, where fireflies lighting up the backyard might have been a fact of his life, but that made their flashing no less fantastic.

Continued on page 10

Save the Sound!

The Mosquito Fleet NEEDS YOU to Protect Maury Island & Puget Sound

10am-2pm Saturday, Aug.15th

by Bill Moyer

The Backbone Campaign is preparing for a LARGE community rally at Gold Beach. It's going to be fun and family friendly with great music, speakers, picnic, flotilla, and beach march. We'll start the morning by launching the flotilla and then creating a human mural on the beach.

Cont'd on page 10

The January rally to protect Maury Island, photo courtesy the Backbone Campaign.

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.

My Island Reading by Ann Leda Shapiro

Inspired by her love for her Island home and worried about the threat of environmental damage, Ann Leda has created a picture book that tells the story of one Island's struggle to maintain its health. Through sixteen colorful paintings, reminiscent of folk art and Persian miniatures a portrait of a place emerges.

Ann Leda and the Mosquito Fleet aka Aqua Activists share their David and Goliath story: how a small Island, using a book, boats and barristers is trying to defeat the giant, an international company intent on shipping gravel through an aquatic reserve in pristine Puget Sound. Through paintings and the tale of an island known as dancing man, Ann Leda's activist book of original art and narrative offers a solution to an environmental problem.

Join us for a reading and performance by Ann Leda with cameo appearances by local politicians, the Backbone Campaign Puppets and representatives from Preserve Our Islands. Celebrate *My Island* and Ann Leda's birthday.

Reading Event at Elliott Bay Book Company Tuesday, August 11, 7:30

My Island can be viewed in video format at:
www.AnnLedaShapiro.com.

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
Editor: Ed Swan, 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
© August 7, 2009- Vol. VI, #16

Don't miss an issue. Really.

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

Teen Workshops: Strategies for School & Money!

According to a recent study, teenagers, 12-14 years old, spend more than \$50 every week, and their older counterparts, 15-18 years old, spend even more than that. But, just how well are our teenagers handling their money?

Devon Atkins, who teaches sixth graders through college students how to be more productive in school, has created a new workshop, "Strategies: Teens and Money" that uses the same principle on which all her teaching and workshops are based: Thinking more deliberately results in more success. "When you think and plan what you do, you have real control over the doing and the results," says Atkins. The Teens and Money workshop evolved as did other Strategies for Success workshops. "If I teach a child some strategies that work for him, and he tells another friend, or a parent tells another parent and then another, sometimes that one-to-one learning results in a workshop." "Teens and Money," a two-evening workshop, will teach the basics of Creating Wealth, Smart Consuming, Personal Finance, Taxes, Saving & Investing.

The following Success Strategies workshops will be held at McMurray Middle School, August 24 - 28: Strategies for Sixth Grade, Strategies for Seventh & Eight Grade, Strategies for Success in High School, Strategies for Better Writing (9th & 10th Graders), Strategies: Teens and Money, and Success Strategies for Parents.

For information about these workshops, call Devon at 353-9227 or go to devonatkins.com.

Back To School Drive Needs You!

For the last several years the Back to School Drive has contributed back to school supplies for Island students in need. This year, the needs are greater than ever. Local food bank usage has surged and the number of students who need help for those important supplies has grown a well. Can you imagine kids who don't have backpacks, lunch boxes, pencils and paper to start the school year because their parents can't afford it? The drive needs your help as a donor and/or as a volunteer. If you can donate money or time to the project, please contact Susan Lofland at susanlofland@johnlscott.com.

Find the Loop on-line at
www.vashonloop.com.

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-



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

Study Zone Virtual Tutors Needed

The King County Library System's Study Zone program needs 20-40 volunteers for a new virtual online tutoring opportunity. We are currently recruiting for the September 2009 semester. This is a brand new addition to the Study Zone tutoring service. The service provides students with access to a free online Study Zone session. The new online classroom, developed by Brainfuse, utilizes whiteboard and live chat tools for easy and effective communication between students and tutors. Through our new Brainfuse classroom, tutors can connect with their students from any computer with Internet access. Volunteers can work from home or the office, even while traveling.

Study Zone tutors provide help in all subject areas up to the 8th grade level and also specialize in one or two subjects up to the college-prep level. The commitment is three hours, one day per week for an academic semester. Sessions are available Mondays, Tuesdays, Wednesdays or Thursdays, 3-5:30pm or 5:30-8pm. For an application or further information, please contact Annie Poyner at the KCLS Service Center 425.369.3312 or email aholloma@kcls.org.

Chamber Hosts Ferry System's Moseley

The Chamber of Commerce has invited David Moseley to their Thursday August 20th general meeting: 8:30am Courthouse. This meeting is open to all. Meeting with the businesses on the Island is a perfect time to impress upon the ferry system the economic impact ferry disruptions and limits in ferry runs have on our community.

Green Party Meets

The Vashon-Maury Island Green Party's monthly meeting will discuss 1) Single Payer Healthcare. 2) Transition initiatives to overcome "peak oil" and "climate change" and enjoy the changes. 3) Maury Island gravel pit. It takes place at Joy Goldstein's home, 10329 SW Bank Road Tuesday, August 11, 7:00 to 9:00 PM. DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road. Democrats, Independents, and other interested progressives welcome! Questions: Steve Graham, Administrative Coordinator, (206) 463-9579 Melvin Mackey, Secretary, (206) 463-3468.

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

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.



Loopy sez: Deadline for the
next edition of *The Loop* is
Friday, Aug. 14.



H HOME TEAM R E A L T Y

Troy and Marie Have Lots of Listings

Call us if you are interested in seeing any of these properties, or any others that are listed for sale.
We can be reached at 206.463.LIST (5478)

Convenience and Comfort

This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!

17318 100th Ln SW #2-B

Only \$295,000



Acreage on Burton Peninsula

Location and Land! This comfortable house sits on almost two level acres on the Burton Peninsula, one of Vashon's most desirable neighborhoods. The property consists of two tax lots and borders Vashon Park District owned lands and trail system. Sunshine and fruit trees, lots of room for gardening and playing. Inside, the cozy living spaces look out over the private acreage, and a full unfinished daylight basement with a bath provides great opportunity for additional living space. **MLS# 29096848**

Great price at \$330,000

9515 SW Burton Dr



Incredible 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

Beautiful!



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**



(206) 463-LIST (5478)

www.yourhtr.com

See all rentals available at
glendalerentshomes.com

Don't Forget the Birds

A Photo's Better Than a Thousand Words



by Ed Swan

The web and digital cameras continue to be a great contributor to the growth of birding knowledge. This proved itself again in July when Islander Michael Elenko sent a photo of a MacGillivray's Warbler to fellow Islander Richard Rogers, graphic designer/web designer, photographer and birder. Michael put the photo on his website with a question as to what it was as well. One responder told him it might be a Connecticut Warbler, in the same genus and very similar and also with no records for Washington State. If you know the birding community, you'll know a rare bird like that can set off an avalanche of activity to find and verify the bird. Through a series of emails, we got fairly definitive analysis of the bird as a MacGillivray's Warbler, still interesting, but no need to set off the rare bird alert.

In the old days, the original finder would call or use snail mail to get the word out on their sighting and might not have caught the needed field marks for listeners to know for sure what the bird was. A lot of people would stop there and write the sighting off because by the time a follow up observation could be attempted, the bird would usually be gone.

Instead Michael sent a photo to Richard in the morning, it eventually got to me in the late afternoon and I passed it on to receive opinions of which I had several within the hour. Richard knew right away it was likely a MacGillivray's Warbler because he maintains the Vashon checklist on the Vashon Audubon website at www.vashonaudubon.org. But when he sent it Alan Huggins (a birding class leader for Vashon Audubon) to confirm, Alan thought, "are those feathers sticking out the down of a first year bird or just a newly fledged adult?" MacGillivray's Warblers show up in spring and fall migration on Vashon and though the Island possesses several tantalizing records for June, in breeding season, no definitive nesting evidence exists. It would be very nice to have some proof that they do in fact breed here.

Alan sent the photo on to Gary Shugart, Islander and ornithologist at the Slater Museum of Natural History at the University of Puget Sound in Tacoma. I sent it on to Don Norman with the Puget Sound Bird Observatory who forwarded it on to Dan Froehlich who according to Don, "know his feathers." They took a look at the photo and came up with these opinions:

Don Norman: "It does look like a MGWA. They will molt into their 1st pre-basic (formative) plumage in the nest or shortly after, so it is likely a local bird. I've cc'd Dan to get a confirmation of the last remaining juvenile feather popping out. Sure looks like down to me."

Gary Shugart: "The poofy feathers are breast feathers that stick out when the wings are tucked tightly into the 'pockets'. The Burke museum's Sievert Rohwer typically puffs these out on skins - hence his name for round skins — puffers or puffer bellies. If down remained it would be on the head and there is supposed to be, although inadequately described, molt of body feathers into first basic (=formative) plumage between fledging and August. The plumage look rather fresh so it could be a first basic (=formative) plumage bird of the year or an extremely early molting adult."

Dan Froehlich: "Cool pic, but the bird has already completed its preformative molt and none of the



A MacGillivray's Warbler in freshly molted plumage, photo by Michael Elanko.

feathers are juvenile feathers, as far as I can see. When they poof out their flank feathers over the wings, you get a fluffy effect because the wings push those flank feathers out

7th Annual Fur Ball Auction

Saturday, August 8, 2009
5:30-10pm

"O" Open Space for Arts & Community

Sponsored by:
Barbara Drinkwater • Annie Miksh
Karen Hust & Todd Vogel • Palouse Winery
J.R. Crawford, Realtor of John L. Scott
Michelle & Scott Harvey • Mike & Marlene Rossi
Emma Amiad of Amiad & Assoc.
Joyce Olson • Sue Carette of Windemere
Vashon Island Golf & Country Club
Fair Isle Animal Clinic • Terri & Geoff Fletcher

Tickets \$25 • On sale now at Fair Isle Animal Clinic, Pandora's Box, Vashon Bookshop and Books by the Way

www.vipp.org • 206.463.2268

a bit, as in this bird's posture. MacGillivray's spend so little time in their juv plumage that the feather barbs are remarkably loose and don't form vanes; they would look much fluffier than this individual. So, sorry to spoil the speculation, but I would be highly dubious about any claim for local breeding based just on the bird in this picture!"

So this photo gave the opportunity to send this record out to experts who gave us a lot information back in a short period of time. Breeding status for MacGillivray's remains unconfirmed but a photo like this will be what helps make the definitive evidence if it ever happens.

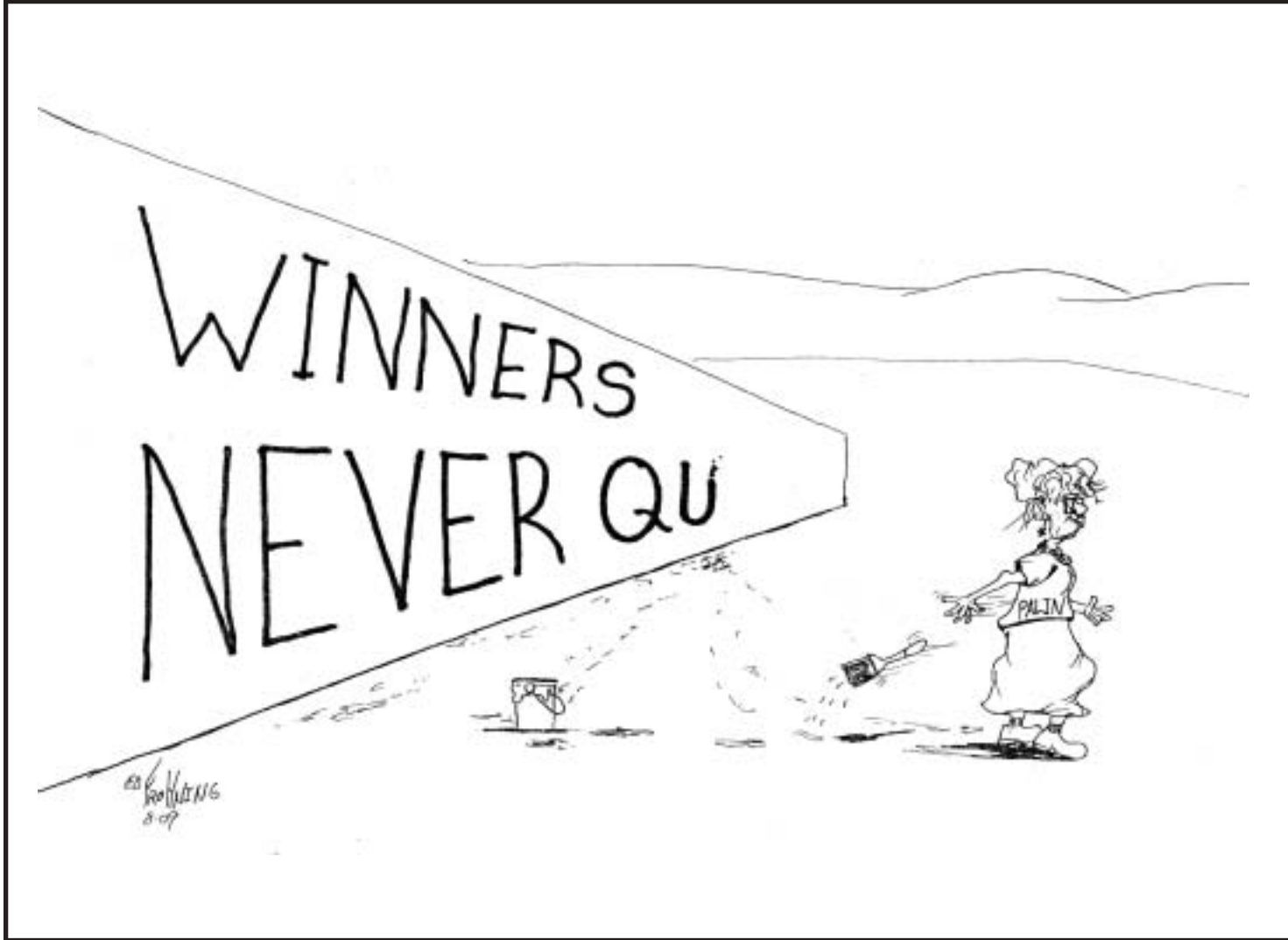
This photo looks very nice in black and white and even prettier in color, catching the grays and yellow of the MacGillivray's well. However, a photo needn't be so professionally done to be helpful for recording important ornithological

data. Take photos when you have a chance and share. If you have an interesting photo or sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

If you'd be interested in a guided bird tour of Vashon or an off-Island trip for ptarmigan on Mt. Rainier or down to the Nisqually National Wildlife Refuge for returning birds, contact me as listed above. I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification
How to Attract Birds
Ed Swan
(206) 463-7976





Aries (March 20-April 19) You are free to think what you want, do what you want and associate with whom you please. But if that statement still evokes doubts in your mind or your feelings, it's time to figure out why. Nobody likes to admit how much power others hold over them, yet the only way to liberate yourself from that power is to be aware of it. Recent events have exposed some psychologically controlling tendencies in the people around you, and your tendency to go along with it. This kind of pressure would have no appeal, though, were you not uncertain of your own opinion in a critical matter. The point is that when you are united with yourself, there is no way that another person can have an undue influence on you. This is the real lesson. In other words, it's not about them, it's about you.

Taurus (April 19-May 20) You know what you are feeling but it's difficult to put into words. Or rather, are you in conflict about what you're feeling? You seem to have one idea; you may perceive someone else as being in conflict, as having two opinions on the same matter. You might want to check in and see whether the idea of someone else feeling a certain way may simply be a screen onto which you are projecting your own feelings. This is almost always worth doing; it helps to know whether something is a reflection, an image or something emotionally and physically substantial. I can tell you this. At the moment, something besides conflict is luring you out of your shell: something much more interesting and pleasant. Yet to go there you need to be willing to do two things: go beyond conflict; and to treat it honestly and directly when you feel it.

Gemini (May 20-June 21) Your fears have been getting more of your attention than they deserve. What's actually happening is that the flow of energy is opening up inside you, and you're experiencing this as instability, which can evoke a kind of nervous quality. Yes, you're famous for this, but enough is enough. The thing is that Mars is going to be in your sign for a few more weeks, and is about to make a trine to the Aquarius conjunction. To put it mildly, a lot of information is coming in, to the point of overload. One thing to do is make friends with the chaos. To do this, you only need to let go a little, and feel it as energy rather than as matter. Another thing that might help is to focus on who you are rather than what you are thinking. Your sense of being will feel like flying above the clouds rather than being caught in the wind and rain.

Cancer (June 21-July 22) Different factors in your chart are bringing up your worst fears and your deepest sense of potential. You might think it would be nice to have the potential without the anxiety, but you are obviously trying to work something out. Remember that between love and fear, no compromise is possible. Or rather, when we attempt to forge a compromise, we end up with this odd thing we call guilt, where what is right feels so wrong; where love feels like a burden; where no option feels right. The thing to do when you feel guilt is to love and forgive. And you do have that option right now, in a very strong way. We rarely call guilt by its name; we jump to the conclusion that we are wrong without any conscious critique. Guilt is more about evidence that you are attempting to choose what is right for you, more than anything else.

Leo (July 22-Aug. 23) You are bigger than anything you encounter; you can

embrace any circumstance. Like all people, you tend at times, or often, to feel smaller than your situations and looked at one way, your life is an exercise in recognizing your true place in the scale of the cosmos. Now you have some bonus opportunities to practice. While it's true that you don't have control over most things, you have vast influence over how you perceive yourself and others. This is the key to finding a place of harmony with them. Yet the thing about people is that they feel so many different things, and these feelings can be destabilizing to themselves and to others. They often exist in a state of contradiction. You have a talent for embracing contradictions; for recognizing that they exist within you, too, and thus taking away their power in your relationships.

Virgo (Aug. 23-Sep. 22) Mercury in your sign seems to be arriving with the necessity to make a decision, but I would suggest that it's not the time to rush matters. You don't need to commit to anything or anyone before it's actually time to do so. I would suggest that you take a different approach, anyway: look at what you're already committed to; where your devotions are currently invested, whether you've said or done anything about it or not. You may indeed be facing a blockage, but that is not, I repeat, not a sign that you lack a sincere dedication or investment. You have made more progress than you think, even if that progress has not had any visible results lately. Before you make the decision in question, you've needed to make a discovery; that discovery is at hand. Then you need to process the information and your feelings about it. Time is on your side.

Libra (Sep. 22-Oct. 23) Venus is working her way across the angle of your chart that most astrologers associate with success. In the solar chart system used by newspaper astrologers, the sign involved is Cancer, suggesting that your success is intimately linked with other people being taken care of; and that happens to be where Venus is at the moment. You are the visible factor in this equation; a beacon and a reference point. There's also a hidden factor involved, one of supreme significance to achieving any of your goals. You may not be able to identify this offhand, so I suggest you keep a keen eye out for what this factor may be. Potentially, a person; potentially an idea; potentially both — and collaboration is strongly implied in the setup. Take maximum advantage of this.

Scorpio (Oct. 23-Nov. 22) A close partner, friend or loved one is leading the way from conflict to faith: the way of all healing. I do recognize the struggle of faith on our planet. It seems like a cynical concept, when so many people make it their business to take advantage of others rather than offering them support and opportunities. This is evidence that faith manifests in relationships first. Here is where to pay attention. There is a pride issue involved: in a sense it feels good to be right, or to fight for what is right. And it feels like we are giving something up by giving up that struggle; by admitting that it was unnecessary, we can face the illusion we're admitting to being wrong, after struggling to assert a point of view. Someone close to you has a better idea; accept its potential humbly.

Sagittarius (Nov. 22-Dec. 22) There has been something standing between you and your success, and even your ability to express yourself clearly. Recently you caught a glimpse of what that something might be. It probably looked like some ugly psychological



La Pinata

YOUR NEIGHBORHOOD MEXICAN GROCERY STORE

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

**La Pinata**

Joanna Gardiner

Loving care for animals,
plants and homes

567-0560





Barber & Beauty Shoppe

(206) 463-7212

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

Parker Plaza 17232 Vashon Highway



tendency that you're dragging around; in reality, it's a thought form that has hijacked your identity by forcing you to follow its every whim, subtle or not. You could call it a hidden negative expectation. The powerful part was not the negative aspect but rather the hidden one. It directly involves what would, presumably, happen to you if you open up and reveal a vulnerability. By exposing this you make yourself stronger, not weaker.

Capricorn (Dec. 22-Jan. 20) Finally the issue of self-worth is coming up on the radar. It's like this thing that we've dragged around, concealed in our psyches, since we had our first thoughts. I've noticed that no matter how much work we do on this issue, it seems to respond in quantum leaps. Basically, we work and work and search for that sense of why we need to feel better, or identify the issues; and then one day it all catches up and suddenly we're on a different level. It would seem that something like this is happening to you lately. There is one difference, though: you can document the change. You have a tangible reason to accept and understand that something you blamed yourself for is not your fault.

Aquarius (Jan. 20-Feb. 19) Every person comes equipped with shadow material. This is a fact of psychology as we understand it today. Where did these

fears, injuries, judgments and dark spots come from? We can identify many sources, but they are all in the past. That is the one thing they have in common and the one thing we need to remember: something in the past is affecting us now; something in the past is acting like, or tricking us into thinking that it's in the present time. You are now in a moment of sorting out. The question you can ask yourself is, how much do you want to be influenced by things that happened one or five or thirty or more years ago? The more you ask that question, the more influence you will have.

Pisces (Feb. 19-March 20) You can count on the people you care about the most being ready to have a real conversation about what truly makes a difference. You are changing; you've taken a step and have become more comfortable with a fact of your own life that was difficult to accept at first, but which you're now embracing as a teacher. If you can keep doing this, trust that the best is yet to come. The lessons of your life are not haphazard, nor are the rewards for your efforts. If the universe is governed by chaos, it's the intelligent kind; and like any living thing, the more intelligently you speak to the people in your life the more intelligently they will reply to you. Don't deny others' consciousness. Assume awareness. Be aware.

Island Epicure



Chill Out with a Cold Dinner

By Marj Watkins

Ever wish you could just rub a saucepan and a genie would appear and cook dinner for you without even heating up the kitchen? I had to be my own genie to prepare a farewell for our daughter, Suzanna Leigh, who was leaving for a month in China and Thailand. That late July day, mainland temperatures topped 100 degrees, and reached 90 even in my house on Quartermaster Harbor. Here's how I coped.

MENU

Bavarian Potato Salad
Greek Salata Horiatiki
Roasted chicken from Thriftway
Pomegranate juice, light cranberry juice, sparkling apple-cranberry cider, or water
100% rye bread or Campagnolo bread.
Real butter

BAVARIAN POTATO SALAD
Makes 6 servings
4 large pink potatoes, fork pricked and microwaved
½ cup diced celery
½ cup diced red bell pepper
3 or 4 green onions, tops included, thinly sliced
2 boiled eggs, sliced
Vinaigrette
Garnish: cilantro or parsley sprigs, leaves only

When potatoes are done and cooled enough to handle, scrape off the skins, but not too carefully and thoroughly. Remind yourself that vegetables keep most of their magnesium in the skins and potatoes have all of their Vitamin E in their eyes. If the eyes have sprouted a bit, do dig out the sprouts. Potato sprouts contain a toxin, and taste awful.

Dice the potatoes and stir in the other diced and sliced vegetables, a teaspoon of salt, and the vinaigrette. You can either buy a bottle of vinaigrette, or make this simple one at home.

BASIC VINAIGRETTE

½ cup olive oil
¼ cup cider vinegar or wine vinegar
1 teaspoon tarragon, marjoram, or basil, optional
¼ teaspoon black pepper

Put in a bottle, cap tightly and shake vigorously to blend. Promptly stir it into the salad. (Let rest a bit, it separates.)

Assemble the salad: After slicing the boiled eggs, reserve the center slices for decoration. Chop the end slices and stir them into the potato mixture. Transfer to a serving bowl. Pat the salad flat with the back of a large spoon. Arrange the pretty center egg slices on top. Cut the stems from the cilantro and/or parsley. Rim the dish with cilantro leaves and/or parsley sprigs.

For Scandinavian Potato Salad, omit the bell peppers and stir in several dollops of sweet pickle relish. Substitute mayonnaise or ranch dressing for vinaigrette.

SALATA HORIATIKI 6 servings

3 very large, very green lettuce leaves. Romaine is traditional.
10 cherry tomatoes, halved; largest ones sliced in three
½ cucumber, fork scored, sliced and the slices halved
¼ pound Feta cheese, diced
½ cup diced yellow bell peppers
½ cup diced green bell peppers
Red onion: 1 slice broken into rings or a few thin wedges
Olive oil and lemon juice dressing

Wash the lettuce leaves under running water. Lettuce is one of the most insecticide-sprayed vegetables, besides it can harbor parasite eggs. Pat the leaves as dry as you can with either paper towels or clean dish towel.

Cut the pale ends of the lettuce leaves off and slice them. Tear the greenest ends in fairly large pieces and arrange them around the rim of a platter. Put the lettuce strips from the pale ends and the diced bell peppers in the center. Arrange the cherry tomato halves and slices in a circle around them. Outside that circle, make a ring of half cucumber slices. Decorate with the Feta dice and onion slices or strips.

Present the dressing in a pretty jar or dish with a spoon for stirring and applying. Pass it at the table.

OLIVE OIL & LEMON JUICE DRESSING

Combine ¼ cup lemon juice, ½ cup extra virgin olive oil, ½ teaspoon garlic salt, and ¼ teaspoon coarse black pepper.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 14.**

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

Tea Shop Begins Anew

Continued from page 1

The shop provides a well beloved reputation for providing a restful oasis for friends to enjoy a delightful repast or a quick bite while shopping in town. “Susan Bassett has given birth to this wonderful communal space on Vashon.” said Low. “We hope to build on her fine efforts to ensure that Vashon folks and visitors will have a gathering place they can enjoy intimate conversations over a pot of soothing tea or a mug of energizing coffee, refreshing iced beverages, and delicious snacks, as well as delight in shopping for gifts.” Visitors to the shop will soon enjoy an expanded menu which will include more savory foods and wheat and gluten-free foods for the lunch fare.

Low lived in New York City for ten years and worked as a hospital chaplain and Supervisor in Clinical Pastoral Education at Columbia-Presbyterian Hospital, New York City for eight years prior to taking a leap for love that landed her on

Vashon. She has been a Vashon resident for the past five and half years. Low hails from Malaysia and has resided in the United States since 1993. She became US a citizen in November 2008 and is very thankful for the privilege.

As part of the transition of moving from New York City to Vashon, Low gave herself a year's break from pursuing professional work. The break soon became a five-and-a-half year sabbatical, and an exciting transition to a whole new vocation of running a tea shop. She muses that perhaps the rest has energized her to take on this new challenge.

Low worked at the Tea Shop for about eight months in 2007 and recalls how much customers enjoyed relaxing and communing there, and what a wonderful gathering place it was for them. It was her husband who approached Susan Bassett, the previous owner, about his interest in buying the Tea Shop should she ever want to sell. He then asked Low if she would be interested in running a tea shop. Thus, the seed of interest was planted, and together they mulled it over for several months before deciding to take up the new challenge.

The tea shop is located in Vashon town between the Heron's Nest and the Vashon Book Shop. The Tea Shop is now open from 9:00 A.M. till 6:00 PM, Monday through Saturday, and on Sunday, from 12 Noon till 5:00 P.M.

B&B REPAIR

Marine & Automotive
Auto - Boat - R.V.
Repair & Detailing

463-9624

Located at the Old BRENNO REPAIR BUILDING

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

How We Stayed Cool

By Mary Litchfield Tuel

Extreme heat is a notorious killer of the old, the young, and the infirm, and after our recent heat wave, we all understand why. I am sure that all of us tried various strategies for dealing with the heat.

People who live in air conditioned houses were set.

People with air conditioned cars were able to go for a drive and cool off.

In our house we had every fan going all the time. At night we'd open up the screened windows and let the heat out and the cool in, if there was any, then we'd shut the house up in the morning to try to hold in the cool. We have a little one-room air conditioner in the office, so I would come in here during the day to play computer games and cool off. I'm getting pretty good at Free Cell solitaire again, but I don't like the VISTA version as much as the old XP version. Computer geeks. Always improving things, and taking away stuff you liked. But I digress.

We have some neck bands that have little crystals of some kind inside. You soak the neck band in cold water, and it swells up like a poisoned pup, and you wrap that around your neck, and as the water evaporates, it cools you a little. It's not a complete answer, but it helps a lot, and my husband and I both used one.

My husband packed a cooler with lots of ice cubes and took them to work and used them as needed. He said he dropped them down the back of his shirt. That's how hot it

was – an ice cube down your back felt good. He said he shared ice cubes with various laborers he ran into who were working outside during the day. They enjoyed ice cubes down their backs, also.

I have an air conditioned car, and I got in and drove to Eastern Washington for a couple of days. Going to Eastern Washington during a heat wave may sound counter intuitive, but the fact is that they get the heat every summer and are prepared for it. So when it got up to 104 degrees in Soap Lake, Cousin Nancy and I looked out from the air conditioned cave of her nicely insulated house and said, boy, it sure is hot out there.

The Colville casino up in Grand Coulee is air conditioned, too, just in case you were wondering. It was our last trip there before Cousin Nancy moves back to California. She said she couldn't take another Eastern Washington winter. How I shall miss her.

And yes, she did win at the casino. She always wins. It's the darnedest thing I ever saw. She sits down at a machine and the next thing you know it's whooping and wailing and adding credits to her stash. This time I won a little, too. The casino is a lot more fun when you win something, it turns out.

Tepid baths and showers were good for the body and soul in the heat. Swimming, in the Sound or in pools or lakes or ponds or wading pools, whatever was wet and handy, lowered the body temperature and helped us to go on.

I made a lot of iced tea with lemon, and we ate a lot of watermelon, and I shopped at the deli more often than usual, wishing to avoid cooking. My husband kept putting ice cubes in the dog's water dish. The dog appreciated it, and when he licked us after drinking ice water, it felt good.

This morning the sky was gray and the air was cool. Ah, this is more like it. Some people love heat, but I'm not one of those people. I didn't move here to get warm.

Live Music at the Red Bike



Bistro Hours

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

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

Sushi Bar & Live Entertainment Weekends

Open for Breakfast Weekends at 8am

Poker Tournaments Tuesday and Thursday 6pm

www.redbicyclebistro.com

Vashon Carpet Steam Cleaning 206-919-7019



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

New to Vashon and Tacoma!

Film Captures the Redwood Spirit

Continued from page 1

parallel trunks and fused branches form "aerial cathedrals" that house micro-ecosystems of plants and animals. Soil beds form 250 ft up on branches, and in addition to ferns and mushrooms, observers have spotted 60 ft tall Hemlock trees and even individual redwoods growing out of them. While the trees are incredible biological organisms, they have also been prized for their utility as timber. The last two hundred years has seen a 96 % elimination of old growth Redwood forests.

Benjamin teamed up with Bainbridge Island filmmaker and co-director Benj Cameron two years ago to make the "definitive film about the redwood landscape." With a grant from the Save the Redwoods League, private donations and investments of a

professional gambler, they spent three production shoots spanning four seasons in National and State Parks in California. Gaining the trust of redwoods experts and park rangers, they were given access to coveted secret groves, including the "Sistine Chapel" of redwood groves and a grove with some of the tallest and oldest redwoods concentrated along a pristine river sanctuary. Both of these groves have a Holy Grail like status in the botany community. The groves are featured in the documentary, but their locations remain a secret. Characters in the film include two naturalists who discovered the tallest known tree on the planet, the foremost redwoods expert, park rangers, conservationists, foresters and the oldest living Yurok tribal elder.

Bury Me in Redwood Country was featured in rough cut form as the Opening Night Film at Northwest Projections Film Festival in

Bellingham. Michael Falter, Program Director of the Pickford Film Center described it as, "a film of startling craftsmanship and design, *Bury Me in Redwood Country* is destined to go places—its assured cinematography, accomplished sound design, and methodical pacing suggest comparisons to films like *Rivers & Tides*. A meditative yet thrilling film that lets the trees, and a few select aficionados, tell their own story."

The filmmakers will be attending the screening and taking questions at the end. The cost is ten dollars and benefits the documentary.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 14.**

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





Are You Ready for the Flu?

by Kathy Abascal

Frankly, sometimes talk of swine flu is both tiring and boring. Another person with preexisting health problems dies. Kids at a summer camp or people on a cruise get the flu. So what? It feels like a tempest in a tea pot, in the news only to generate billion dollar purchases of antiviral drugs and vaccines. We feel more concern when pregnant women or healthy adults die. While perhaps mistaken, those “in the know” really do expect us to have a very difficult flu season this year. In fact, they are predicting a flu season that will run from September through May.

This year, as every year, a new strain of seasonal flu will cause many to get sick and some 30,000 to die. Every year, scientists guess at what the new strain will be and prepare a new flu shot based on their predictions. Some years, they guess well. Other years, they do not and the vaccine is a mismatch. A mismatched vaccine cannot effectively prevent people from catching seasonal flu. Unfortunately, this year’s seasonal vaccine is a mismatch. Seasonal flu is expected to be more wide spread.

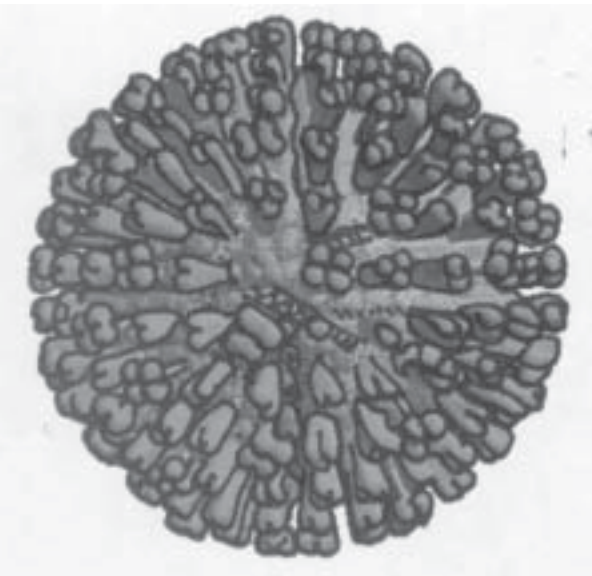
Then, on top of seasonal flu, we have swine flu circulating. In fact, swine flu did not even take a summer break. The Center for Disease Control (CDC) usually quits tracking flu in mid-May. This year,

people continue to come down with the flu even during the dog days of summer. So we will have two flu strains to contend with this fall along with any mutations that arise when these two strains mix. Swine flu is also expected to be more difficult come fall and winter when vitamin D levels plummet.


Swine flu is problematic because it has many atypical attributes. First, unlike most flu strains, it can quickly penetrate deeply into the lungs. As a result, it is more able to cause bronchitis or viral pneumonia. Second, it often causes “atypical” or unusual symptoms. For instance, nearly a third of the people with swine flu in Mexico did not run a high fever. Instead, they had cold symptoms caused by a virus that rapidly moved deeply into their chest causing bronchitis, pneumonia, and fatigue. But, in the US, only people with high fevers were tested for swine flu. Our government just admitted that the severity of swine flu probably was underestimated because we did not test young adults with pneumonia for the swine flu. Third, although swine flu continues to spread at a fair clip — fast enough that the government has given up tracking those numbers — it is expected to begin spreading much more rapidly when schools reconvene.

Unfortunately, coming down with seasonal flu will not prevent you from getting swine flu, and vice versa. Because flu strains mutate as they go, the fact that you possibly had swine flu a month ago does not mean you will not catch it again this fall. Some of the physicians back in the 1918 pandemic caught the flu two or more times. Because

we are infectious for a few days before symptoms appear, people will always inadvertently spread the flu. Because we do not stay home from work when we have a cold, we may spread swine flu yet longer, not realizing how sick we are. At a minimum, the government expects every person with the flu to infect at least two others. Children shed and spread the flu much longer



Flu virus drawing by Kathy Abascal.



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.



Dancing Bee Farm

“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

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



FLASH PHOTO

Your Photo Source ~ Traditional or Digital

Mon-Fri 10 - 6
Sat 10 - 2

Thriftway Plaza
463-3311

Closed Sunday

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

which is why officials are so tempted to close schools.

So, we should expect a difficult flu year and almost half of us may catch the flu at some point. The government is telling us to expect 20-40% to get sick at the same time when the flu hits our community. Remember, even mild seasonal flu knocks the healthiest people on their back for at least a few days. Large numbers of people too sick to work sick may well disrupt the flow of goods and services. At flu.gov, the government is urging people to “store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand.” In addition, “have any nonprescription drugs and other

health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.” Last year in a mild flu season, Irish pharmacies sold out of flu remedies in the first few days of an outbreak.

You still have a window of opportunity to prepare for the upcoming flu season. Take advantage of it. First, go to <http://www.vashonbeprepared.org/>, print out their check list and make sure you have what you need for your family and pets if you are too sick to go to the store — or because the store shelves are temporarily empty because shipments have been slowed by the flu. Then, in the next Loop, I'll give you a list of useful herbal remedies to have on hand.

New Classes, New Times: Eating for Health & Weight Loss.

By Kathy Abascal

Inflammation is a big factor in all 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 class 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 needed), improved sleep, and the disappearance of annoying aches & pains. New series: Thursdays beginning July 16 at 7:00-8:30 PM. The class runs for 5 consecutive weeks. Advance registration at the Roasterie/Minglement and prepayment (\$75) is required. There is also an online class beginning Sunday July 19 at 3:00 PM (\$90). For more information, contact Kathy Abascal at anemopsis@yahoo.com.

Madame Toujours

Dear Madame Toujours,
Why is it that my husband Larry always seems to get amorous when I am in the kitchen elbow deep in meatloaf? We have been married seven years, and we aren't as—you know—randy as we were in the first two years. Lately, it's becoming a really obvious pattern—he always seems to be more frisky and affectionate when I am busy in the kitchen with something I can't put down. So there he is kissing my neck, and I'd love to do something about it, but I can't get to the sink to wash the tomato sauce off my hands or put down the knife I have been using to chop zucchini. Is he uncontrollably aroused by the sight of raw meat? Or maybe the sight of somebody getting ready to feed him gets him so excited he can't contain himself. Or is it that he has some kind of mother complex? Is it a death wish?

Then when I have my hands free and am in the mood, he just says he's too tired.
I've asked him to explain, but he just makes this innocent face and says he doesn't have any idea what I am talking about. Is he kidding me? What's going on here?
Sincerely,
Baffled Wife

Chere Mme. Wife,
Ah me, I am explaining to you. No, it is not that *M. Larry* is being aroused by the feedings or the Oedipal thinkings or the raw meats; Here is the thinking of *M. Larry*: He is coming home from the tedious employments with the tiresome workday. He is having the big

fondness for you, and he is knowing that you are liking to have the expressions of his affection, but he is not wishing to be obliged to perform the Olympian feats of gymnastic prowess. How is he to show you the affections without incurring the strenuous obligations?
Ah ha, he is cunning. He is watching from the corner of his eye. He is seeing when you are preoccupied with the tasks which are keeping the hands busy and occupied. He is seizing the moment when you are helpless to make the unfortunate demands, and he is clasping you in his arms for the brief but lusty smoochings, and then he is dashing away before you are recovering the senses.

Now I am telling you what to do. As long as you are being in the kitchen anyway, tenderly slip the "male-enhancements" into his desert. Many of the female-type persons are finding that the husbands are taking the medicines better when they are crushing the nasty tablets between two spoons and mixing the powder into the puddings or the berry cobbler. Others are having better success by wrapping the pills in bacon or cheese which are snapped from the fingers and swallowed whole by the eager patient.

Bon Chance Mme. Wife, and be sure to check with *M. Larry's* doctor before you are administering any new treatments. If his "enthusiasm" it is lasting more than four hours, you should be calling the doctor, and you may be obliged to confess to *M. Larry* that you have been adding the unconventional "ingredients" to his diet.

Save the Sound!

Continued from page 1
Bring a black long sleeve shirt (or white - but we need less of those) and we'll create a giant orca whale. We have a plane arranged and photographer Ray Pfortner will be flying in it to get the shot!
August 15 is the day that Glacier was initially allowed to restart construction of its gravel loading pier. It is unclear what they will do given Commissioner Goldmark's lease compliance requirements, but we know that our community must not falter in our demand that this project not be permitted to continue. IF you want to save Maury Island and Puget Sound from the blight of a giant industrial gravel mine - then mark your calendar - as this is a pivotal moment to show up.
The Mosquito Fleet is a rapid response team of folks that can be in boats on the water or on the



beach with only a couple hours warning. IF you would like to be part of this nonviolent action team, support it from home, take part in a kayak safety and skills or non violence trainings call the Backbone Campaign office at 206-408-8058.
The Backbone Campaign applauds Commissioner Goldmark's letter and "Lease Compliance Requirements" on Glacier Northwest Aggregates (subsidiary of transnational mining conglomerate Taiheiyo) as an appropriate and prudent response to the misguided and corrupt inheritance he received from former Commissioner Doug Sutherland.
We continue to assert that the management plan for the Maury Island Aquatic Reserve is fatally flawed and should NEVER have included an expanded industrial



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

Full Service Residential and Commercial
Exterior Cleaning
Licensed * Bonded * Insured

567-4765

soundviewservices@gmail.com



Marcus Berg, Owner

Proud to be Vashon's premier exterior cleaning company.

Fireflies, Rope Swings and Other Magic.

Continued from page 1

I grew up in Mason County, where we had our own kind of summer magic—phosphorescence to swim in at night and a thick rope swing hanging from an enormous Madrone to augment our days. It wasn't until I did my stint in Chicago that I encountered fireflies. They brazenly ignored the signs posted on the grounds of the Catholic Archbishop's mansion to Stay Off The Grass and they dotted the manicured lawns of the high rises along Lake Shore Drive as if hired for a Gold Coast garden party. To see them as an adult is to be delighted in a way you forget is possible. I imagine that as a child, seeing fireflies in summer somehow also validates the reality of Santa, dinosaurs and pumpkins that turn into coaches.
Scientists suspect that these bioluminescent beetles, of which there are 2,000 species, are in decline because of habitat loss and light pollution. Artificial light makes it hard for the adults to find each other and mate, which is what that madcap flashing is all about.
Maybe we were lucky. We took fireflies and rope swings for granted. My kid has never seen a firefly and perhaps he never will. Fortunately for him, we have a neighbor who provided a rope hanging from a Madrone right down the beach from us and I can't thank him enough for

creating a little magic and a lot of memories for the kids around here.
As for that big old tree with the rope swing at the family cabin? Both got too old, even if we never did, and had to be taken down. Oh, when the tribe gathers and we persist in boring our kids with tales of our childhoods, the swing lives on. Like about how my cousin Ricky swung-smashed into my doddering grandfather, flinging him over the bulkhead onto the beach, and how we all hid behind the house sniggering and watching to see how much trouble there would be...for Ricky, not Papa. (The swing-smash wasn't limited to old people. Toddling babies were also marks.) We drone on about how we were incessantly testing how many of us could pile on and swing out— six, seven? Who could clamber up the highest? Hang on the longest and leap off the furthest? Who fell off and got the bloodiest? Whose idea was it to spray Uncle Jim with the hose while he was swinging with Aunt Dot? Where did that carload of kids come from who are on the swing...does anyone know them?
Whoever they were, I hope their recollections of summer include that swing. And I hope rope swings and fireflies will never stop making their special kind of magic.

Find the Loop on-line at
www.vashonloop.com.

Free Your Creative Self

Continued from page 1

Since 1992 this arts festival has been delivering incredibly edgy, many times frayed, but always passionate (and sometimes life altering) performances and experiences for the folks who decide to participate. For 7 days, anyone (no matter what the talent level or age) is invited to low-cost family oriented art workshops which will culminate into the public performances. Led by professional artists, and timed for today's busy lifestyles, the workshops or in some cases art work-stations will build skills, costumes, props and stages that will become this one time, one of a kind variety show.

This is a festival like no other, but one which takes it roots and influences from many sources such as Peter Schumann's Bread & Puppet theatre in Vermont and the Minneapolis based Heart of the Beast theatre as well as Oregon Country Fair and Freemont Solstice parade participants. Started and nurtured by the Vashon based UMO Ensemble, Islewilde continues to foster a fiercely independent arts community that often challenges political correctness with sharp homemade wit using props often crafted in the found-art style. Anyone can come anytime and do something creative, fun, cheap, natural, and gorgeous. Islewilde exists to inspire those who want a safe, fun setting to explore their interest in the combination of art and performance in an unconventional, circus type environment.

Islewilde begins each year with a retreat where the "working group" plots a wide course for that year's festival. This year's show is titled "Tales from the Organ Grinder". What can you expect? Janaki Ranpura, this year's artistic director, answers that it will be "A place to make lanterns of glowing body parts that will process through the fields on Friday night; a chance to make a blacklight and shadow puppet show to be performed outdoors; to work on illuminated

costumes that will whirl together in an abstract modern Swedish amateur ballet. You can bring your own puppet shows or make them up onsite, perhaps at the Daemon-Making station, where you can determine how to incarnate your own force of genius. Colorful body parts will litter our incredible natural site: kids can trace themselves and paint petro glyphs; anyone can draw a section of the giant Exquisite Corpse. Throughout it all we will write songs, make music and unintentional sound effects."

Sweat equity keeps camping (\$100) and workshops (\$50/per household) fees low and we managed to stay relatively immune from the crisis in commercial paper because we've never had very much. An affordable meal plan is available for the week or day.

An orientation and pot-luck dinner will be held Friday night, August 14 at 7pm. For more details, history and photographs, please visit our website at www.islewilde.org or call managing director, Doug Skove at 463-1947.

Please consult your inner daemon and decide if its time to get in touch with your creative self, if so, Islewilde is a welcoming place for you. Many Islewilders have reported that the experience helped them to ignite more "chain reactions of free artistic expression" in their lives and others.

Continued from page 1

plan that developed shape and enthusiasm with every passing commute. Twelve year-round Island residents and commuters, agreed to "bare it all" in the name of raising money for the beleaguered local school district. To both provide a modicum of modesty and demonstrate the models' interests and hobbies, it was agreed that props would be used and strategically positioned in every month's portrait. Within days, the calendar models were dubbed, "The DreamBoats."

From garlic farming to banjo picking to windsurfing, each month of the DreamBoats 2010 Calendar portrays the diverse interests and talents of its Vashon residents. The

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

Help Keep Island Schools Afloat

group intends to raise \$10,000 for the school district through the direct sales of 500 calendars.

Island resident and professional photographer, Rebecca Douglas, agreed to join the project as the artistic director, immediately grasping the playful and unique intent of the calendar (as well as volunteering her own husband to be one of the models). "We weren't interested in making a traditional, 'beef cake' calendar," says Kris Thompson, one of three women self-identified as 'co-producers' of the DreamBoat project. "We wanted to showcase these wonderful, courageous, and caring men, posing with props and symbols of their interests beyond their professional careers. Rebecca completely understood this and took it a step further; she did all of the above, and she highlighted what a beautiful island we are so fortunate to call home, all with a little wink-wink. It's very Vashon."

In order to ensure that 100% of the sales could be donated to the School District cause, Thompson and the other two DreamBoats co-producers, Inger Brockman and Sarah Schosboek, launched a fundraising campaign to cover the printing costs for 500 calendars. With a combination of Island businesses and local, anonymous supporters, \$2,500.00 was quickly secured for the project's viability.

Other Island businesses lent their professional support to the project: Vashon Print and Design agreed to provide printing services at cost alone. Kristine Dahms of Twist Design jumped on board as the calendar's graphic designer. Numerous Vashon businesses agreed to purchase advertising space on the calendar pages. And local restaurant Café Luna owner, Natalie Sheard, agreed to host the calendar launch party and auction.

There is one Island entity, however, that the DreamBoats group is careful to specify had nothing to do with the development and production of the calendars: the Vashon Island School District. "Given the fact that there is an adult-theme to this project, we understand the importance of stressing the fact that the calendar is not endorsed by the District and that the content is neither educational nor school related," states Brockman. "The purpose of the calendar is to raise awareness and to have a little fun. The obvious intended audience for this calendar is adults, with the ultimate beneficiary the Island's education system."

The DreamBoats, nearly all fathers themselves, couldn't agree more. DreamBoats Calendar 2010 will be on sale next month. Come to the launch party at Café Luna on September 3.

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

Retail Space For Lease

1100+ square feet
In town/On main street
17502 Vashon Highway
Repaint, recarpet to suit
463 2608 or 790 9457



Liberty Bell PRINTING

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

Compost the Loop

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



Music every Wednesday night!
Open seven days a week.
Lunch from 11 to 5, dinner from 5 to 11
Weekend brunch 9 to 2

Delicious anti-inflammatory menu options!

“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.

www.quartermasterinn.com


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

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



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[®]
ACRYLIC FINISHES
With Integral Color
No Painting Required

Complete Drywall & Painting Service
206-463-9624
Licensed - Bonded - Insured



Sporty's
EST. 1994

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



VASHON ISLAND BICYCLES
(206) 463-6225
9925 178th Ave. SW www.vashonislandbicycles.com

BIKE
RENTALS
FOR
ADULTS
AND KIDS



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

Lo'py Laffs

I had just moved from an apartment to a house on the Island. One day at the grocery store, I finally used the last of my personalized checks bearing my old address. The cashier examined the document and asked if everything on it was correct. I assured her that it was, and she started to put the check in the cash drawer.

But then she inquired again if everything was accurate.

"Why do you ask?" I responded.

"Because," she replied, "my husband and I moved to this apartment yesterday, and I don't remember seeing you at breakfast."

My wife and I have very structured conversations – first she gives me her opinion and then she gives me mine.

One morning this past winter – a rough one, you'll recall – an employee at a local business explained why he had shown up for work 45 minutes late.

"It was so slippery out that for every step I took ahead, I slipped back two."

The boss eyed him suspiciously. "Oh, yeah? Then how did you ever get here?"

"I finally gave up," he said, "and started for home."

These are entries to a Washington Post competition asking for a two-line rhyme with the most romantic first line and the least romantic second line:

My darling, my lover, my beautiful wife:
Marrying you has screwed up my life.

I see your face when I am dreaming.
That's why I always wake up screaming.

I want to feel your sweet embrace;
But don't take that bag off your face.



The highways will be safer now that the price of gasoline is going back up. Nobody will be able to afford to drink AND drive.

At his 103rd birthday party, my grandfather was asked if he planned to be around for his 104th. "I certainly do," he replied. "Statistics show that very few people die between the ages of 103 and 104."

In the old days, the town of Vashon sold off a building that had been a one-room schoolhouse, which the buyer converted into a tavern.

One day an elderly man was walking by the place with his grandson. The old man pointed to the building and said, "That's where I used to go to school."

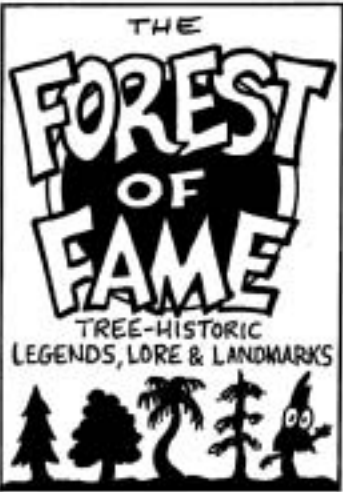
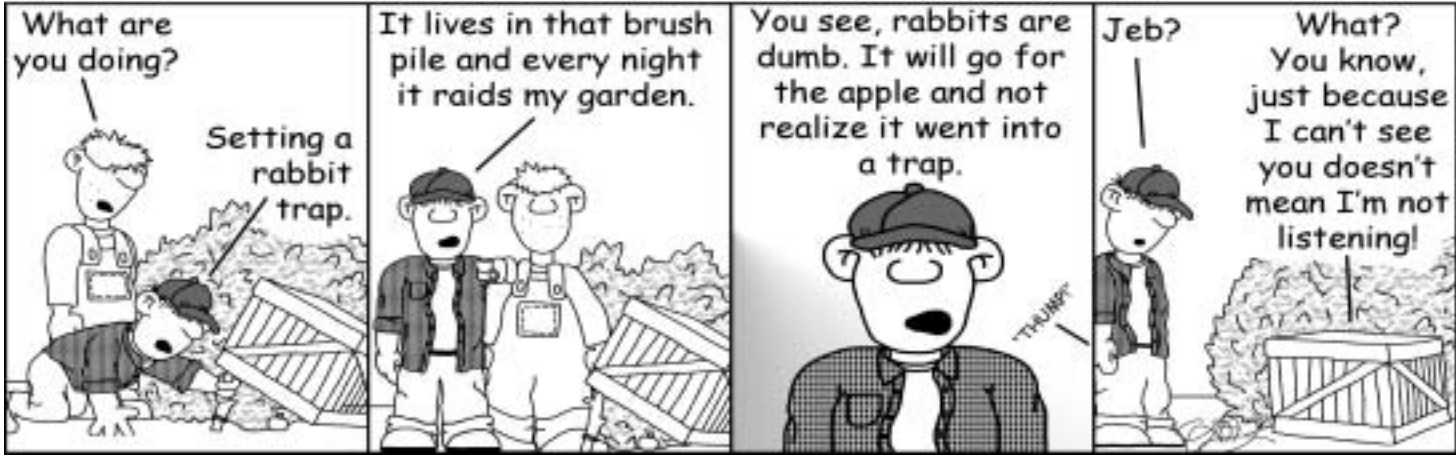
"Really?" asked the boy. "Who was the bartender then?"

OFFSHORE



Moose Lake

By Steve Krueger



Loop Arts

All ages World Music Festival Saturday

Hear the Indian pop rock of Manooghi Hi, samba and bossa nova of Kiko Freitas and the danceable music of Cuba with the Supersones at Vashon Allied Arts' annual all ages summer music festival, 5 to 8 p.m., Saturday, August 8. Held at Camp Burton's outdoor amphitheater, food and beverages will be available by SheFidgets, henna body art by Kara Jones and face painting for kids by Lynn Brevig. Fair trade items from around the world offered by Vashon shop, Giraffe.

Tickets are available now at Blue Heron and Heron's Nest, only \$8 for ages 21 and under, \$12 VAA members and seniors and \$14 general admission. Purchase tickets at brownpapertickets.com or by

by Janice Randall

phone, 463.5131. Tickets also available at Books by the Way, Vashon Book Shop and Heron's Nest. Camp Burton is an alcohol-free venue. For more information check out VashonAlliedArts.org.

Radio Daddyo Replaces Kutapira

Due to massive hassles with Homeland Border Security paperwork, the Thursday, August 13 Concert in Ober Park, slated to be Canadian drum group Kutapira, has been cancelled. Local group, Bob Krinsky and Radio Daddyo will fill in. The free concert will take place 7 to 9 p.m., at Ober Park. The Series is sponsored by Vashon Park District and Vashon Allied Arts.



Listen to the danceable music of Cuba with the Supersones at the annual all ages summer music festival, 5 to 8 p.m., Saturday, August 8. Courtesy photo.

Honky Tonk at the Red Bicycle

On Saturday night, The Red Bicycle Bistro & Sushi welcomes the rockabilly band, The Shivering Denizens to the Island. Many people ask them, "What in the heck is a Shivering Denizen?" If you listen to the lyrics of this band, it won't take long to figure out. A combination of



Courtesy photo.

Roots /Outlaw Country & Rockabilly help paint the picture of misery and despair in the troubled

by Pete Welch

past of The Shivering Denizen. There is some heavy influence from the likes of Hank Sr., David Allen Coe, Johnny Cash, Johnny Paycheck, and George Jones.

After over a year of performing in various venues, the Shivering D's finally went in to record a full length disc in December of 2008. They started working with Brian Nelson (engineer for Nirvana's Lithium release) at Elliot Bay Recording Studio on Capital Hill. They banged out 10 songs in 2 days and finished up all the mixing and mastering a few days after that. The SD's believe the recording is fantastic and Fred Speakman (of the Beltholes) laid down some sensational guitar tracks. This is a 21+ show and there will be no cover charge.





Come and enjoy the whole 10 acres and an old fashioned Country Store

View our many garden collections

**Time for the 10ft. Lily
We have Embbothrium Trees
(Red Chilean Fire Tree)
See Washington's largest Filbert tree**

Canning jars are in!

We will do a plant search for you if we don't have it!

View the many additions to our website: Plants, Supplies, Tools & Clothing

**The Country Store & Gardens
20211 Vashon Hwy SW
206-463-3655
www.countrystoreplants.com**



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/Wincom, Inc.
Licensed since 1996



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

**Coming Soon:
Julie & Julia
and
Moon Coming Soon**

ISLAND ESCROW SERVICE

Complete Escrow Service
Licensed & Bonded



9929 SW Bank Rd. #204
206-463-3137 fax 206 463-9122
islandescrow@centurytel.net

Redeker Plays at the Hardware Store



Daryl Redeker will be at the Hardware Store from 7 to 9pm August 15. Daryl has opened and shared the stage with Phoebe Snow, Cheech and Chong, John Denver, Taj Mahal, and New Riders of the Purple Sage. I have performed with Danny O'Keefe, Chris Leighton (percussion of the Laura Love band), and my sister Renee'. For 15 years Renee' and I produced 9 albums (1975 thru 1986). All of the albums received air play. We charted in Seattle and were number one for three weeks in Spokane, and throughout the Northwest (Idaho, Oregon and Montana). I have material in Switzerland at OK records. I

perform solo and as "RedPerl" with Sarah Perlman (Violinist). I have received Kudos from Newsweek and the Wall Street Journal regarding a children's interactive CD . I also love to do weddings... I have played hundreds. As you can tell I am 85 yrs old (just kidding). For all venues and CD sales contact me at (206) 463-5342. Enjoy the samples. Thanks & Love, Mr. D. Courtesy photo.

**Find the Loop on-line at
www.vashonloop.com.**

Long in the Memory: Abby Williams Hill on Vashon Island

by Bruce Haulman

Abby Williams Hill (1861-1943) was a pioneer western and landscape artist who made her summer home on Vashon between 1895 and 1903. She wrote in her 1900 Vashon Journal “A little sketching, some sleeping, some eating, a bit of work, what a useless sort of day! It was beautiful though and sometimes such days stay long in the memory.” The Vashon-Maury Island Heritage Association



Vashon Island, Puget Sound by Abby Williams Hill, courtesy Vashon-Maury Island Heritage Association.

is proud to offer an exhibit of Abby Williams Hill’s Vashon paintings and drawings in cooperation with The University of Puget Sound opening August 7and running through September 27

Abby Williams Hill left a remarkable legacy of individual achievement as a western woman artist. Her Vashon work includes seven paintings and seven drawings that give us a unique insight into the life of a woman and an artist at the turn of the last century. Hill was a progressive liberal, worked for women’s suffrage, fought for a variety of social causes of her time, eschewed fashions involving the ever-present

corset, and was an outspoken proponent of women’s rights.

Curated by Andrea Moody, Kyle Freeman, and Rachael Pullin, the exhibit will include many of her observations about life on Vashon from her journals and letters. In conjunction with this exhibit, Island painter Pam Ingalls will have an exhibit of her work, entitled “After Abby”, inspired by Abby Williams Hill at the Hardware Store Gallery. This joint exhibit will give Vashon Islanders a unique opportunity to view the work of two important women artists of two centuries.

The Opening Receptions will be held jointly on First Friday, August 7, 2009 from 6:00 to 8:00 PM at the Vashon Heritage Museum on Bank Road, and The Hardware Store Gallery. Additionally, there will be two VMIHA sponsored Gallery Talks: “Abby Williams Hill and Vashon,” by Andrea Moody and Dr. Bruce Haulman on August 13th, and “Abby Williams Hill: Painter of the American West” by Dr. Michelle Marshman on September 10th. Karen Haas, noted northwest dramatic interpreter will offer a performance based on Abby Williams Hill’s writings on September 19.



Abby Williams Hill, drawing by Pam Ingalls.

Save the Sound!

Continued from page 10

use. DNR’s requirements are a compromise between rescinding the lease entirely (guaranteeing lengthy lawsuits) and allowing the complete squandering of credibility and future potential of DNR’s Aquatic Reserve Program.

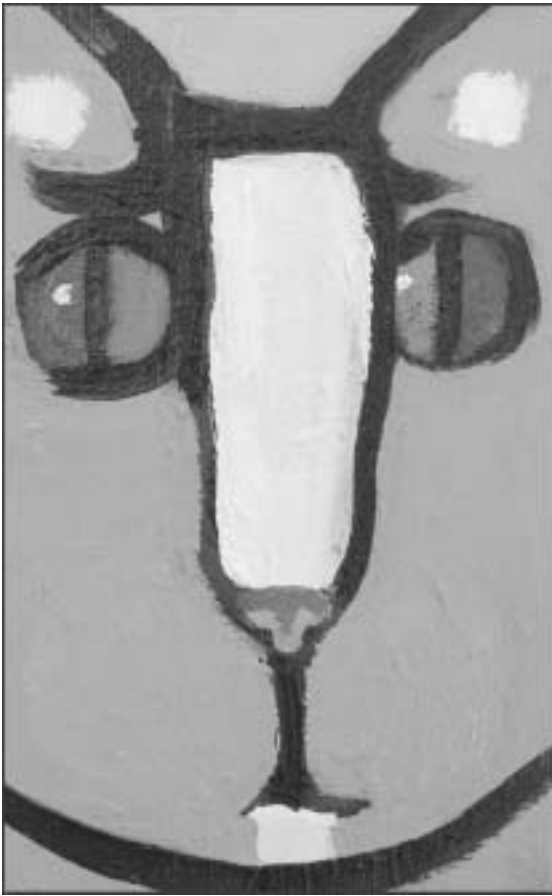
This is the only Aquatic Reserve in Central Puget Sound; the tidelands are 70% privately owned and entirely dependent upon the self-compliance and partnership of the beach and upland community. Allowing an industrial mine in this protected area - even with onerous restrictions - threatens the credibility of all agencies requesting or requiring home-owners to invest in improvements or remediations. Allowing an industrial mine in this supposedly protected area

therefore jeopardizes the success not only of this reserve, but the entire project of saving Puget Sound.

It is time we made the transition from a frontier regulatory system favoring extraction to an integrated system based on sustainability and community partnership. Maury Island is the pivot point. Our community’s commitment and resolve to ensure the health of our island and Puget Sound should not be doubted or tested. But if it is, the Backbone Campaign and Ruckus will stand by this community and provide the training and tools necessary to prevail.




Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 14.**



That’s So Vashon

Opens Aug.7, 2009

Featuring
Margaret Tylczak,
painter
Joanne Bohannon,
ceramic sculptor



SILVERWOOD GALLERY



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

Listen in to the Wiretappers at Café Luna

The Wiretappers will be appearing at Café Luna on Vashon, Saturday, August 15, 2009, from 7:30pm to 9:30. No Cover/Tip Jar Donations. With deep musical roots in jazz, bluegrass, swing, old country and funky folk, The Wiretappers have fused these widely-varied genres into an upbeat, swinging style that features great vocal harmonies and virtuoso instrumentalists. Scott Spadafora is well-known in the Puget Sound region for his jazz guitar styling,

along with long-time musical compadre David Smith, who can lay down any variety of grooves on the mandolin and also plays a mean fiddle. Jake Weber has a warm and soulful voice that will have an audience begging for more, singing everything from jazz standards to high lonesome, bluegrass-inspired duets. Mark Snyder delivers the low end on the upright bass, and can belt out a high tenor harmony or a “tear-in-your-beer” honkytonk country ballad. The Wiretappers



The Wiretappers, courtesy photo.

have been performing for the past year at festivals, and clubs around the region and are sure to put on a rousing mid-summer show for the folks at Café Luna.

MILES AUTOMOTIVE & TOWING CO.



- 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

Auto Repair
206-463-2993

Towing
206-463-6944

Located behind the Chevron gas station



Retail Space For Lease

1100+ square feet
In town
On main street
17502 Vashon Highway
Repaint, recarpet to suit
463 2608 or 790 9457

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!

WolfTown!

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
wolfstown@centurytel.net
www.wolfstown.org

Share office suite/ waiting room

with Acupuncturist at Courthouse Square. Available Tues, Thurs, Fri, Sat, Sun. Ann Leda 206-463-3967



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
www.cunninghamairstwhistles.com

SHARPENING SERVICE

Restaurant Service Available

The Knife Guy
Rex Morris
463-3009



Phil Spencer

I'm here for all your
real estate needs...



Seattle Metro West

(206) 679- 9859



PANDORA'S BOX

Big changes galore!!
Come see our "new" recycled shelving.
Many thanks to the food companies who are helping make these improvements possible.

Cheryl's Pick of the Week:

Tylenol P.M. - Enough said.



(206) 463-3401
\$8 Nail trimming with no appointment