



THE **VASHON** LOOP

Vol. 6, #17

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

August 21, 2009



Thriftway manager Brian Henderson with a full back-to-school bin last year at Thriftway. Courtesy photo.

Back-To-School Drive Needs You!

by Heather Rice and Heather Flanery

The Vashon PTSA is in need of volunteers to help with collecting school supplies and donations for the Back-To-School Drive outside of Thriftway on Sunday, August 23rd and Saturday, August 29th. This is a great way to start off the new school year, helping Island kids!

There are four, 90 minute time slots we need to fill for each day, 16 volunteers total/ 2 per slot: 9:30 - 11:00, 11:00 - 12:30, 12:30 - 2:00 and 2:00 - 3:30. Donations can be made at the Thriftway during those times or at any time during business hours at Essentials 4, thanks to the support of Kathleen Fitch or at the Pharmacy thanks to Tom and Dave. If you are able to help, please email Heather Rice at heatherlrice@comcast.net

Continued on page 6

Wolftown Brings Documentary Premiere



by Louise Bostock

Birds, butterflies, beaver and antelope, wildflowers and frogs — could their survival possibly be connected to top predators like the wolf and cougar? For those who have seldom given thought to the great predators so often missing from the web of life, here is a world of reason to think again. Following in the footsteps of wolves and cougars, and the scientists working to understand their place in the rapidly changing

Continued on page 15



Energy Starrs

By Mary Bruno

This is the first in a series of articles from WISEnergy that will showcase the different ways in which Islanders are trying to conserve energy.

Kirk Starr always checks his electric meter on sunny days. Since he and his wife Janie installed solar panels on the roof of their guesthouse in May 2007, Starr makes regular pilgrimages to the digital meter on the back of the guesthouse to see if its arrow is flashing up or down. "It's like your stock portfolio," he said. "You always look on the good days."

At the Starr's southwest-facing home on Cedarhurst Road, the good days come in summer when the system generates about 45 kilowatt hours a day. "In summer we're banking thousands of hours," said Starr. "We work off that during the winter. Usually about February-March we have to start buying back again." These days, they're not buying back much.

Continued on page 11



Kirk and Janie Starr in front of their solar roof, courtesy photo.

Sound Food Displays Vashon Spirit



Sound Food loves parties! In addition to the restaurant, private dinners like this birthday party in honor of Valerie Manusov (center) are welcome. Photo by Ray Pfortner.

by Ed Swan

The newest venture to utilize the Sound Food name reaches its first anniversary in September. The Vashon spirit of collaboration and keeping it local that shows in Sound Food's operation bode well for making through these tough economic times.

Mardi Ljubich, owner of Shefidgets Catering, and Nadia D'Aoust owner of Three Olive Catering came together last fall to lease the space for catering and parties organized by their individual catering enterprises. They each had four years of developing their businesses on the Island. As they came together to remodel and use the old Sound

Continued on page 8



Island non-profits met August 7 with Vashon's state legislative delegation at the Vashon Community Care Center (above), courtesy photo.

Island Non Profits Meet on Recession

by Lynn Davison

Over 70 people gathered Friday, August 7 to talk about the impacts of the recession on Islanders. The meeting was organized by Susan Tuller, Director of Vashon Community Care Center (VCCC) and State Representative Sharon Nelson. Representatives from other Vashon health and human services non-profits included Sam Collins, Director of Vashon Youth and Family Services, Yvonne Pitroff, Director of the Vashon and Maury Island Food Bank, Chris Szala, Director of Vashon Household and Emma Amiad, Chair of the Interfaith Task Force on Homelessness. Each non profit leader talked about the double whammy of the down economy—more demand for services and less public dollars to help pay for them.

Continued on page 4

St. John Vianney Celebrates New Leader

A new priest took the helm July 1 at Vashon Island's St. John Vianney Catholic Church. Rev. Marc Powell, 38, began as the 270-family parish's Priest Administrator. The assignment could last anywhere from one to six years, according to priest appointment guidelines in the Catholic Archdiocese of Seattle.

Continued on page 10



Fr. Marc Powell started as St. John Vianney's Priest Administrator on July 1, photo by Ed Swan.

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.

Enjoy the Birds!

Do you wonder what that beautiful bird outside your window was? Which owl was it that you heard last night? Where are the best places to see birds on Vashon-Maury Island? Answer your questions about birds at the Enjoyment of Birds classes offered by Vashon Audubon.

There is an introductory session and a Gardening for Birds tour for beginners, and a series of six additional sessions for budding birders who want more. Classes begin Wednesday September 9 and continue monthly on second Wednesday nights, 7-9pm at the Land Trust. The beginner's class is \$20 and the complete series of 7 sessions is \$70 for members. (Add \$15 per household for an introductory membership). Registration info at vashonaudubon.org or e-mail Alan Huggins at alanhugs@comcast.net

Write checks payable to Vashon Audubon and mail to: Vashon Audubon c/o A.Huggins, 11915 105th Ave SW, Vashon, WA 98070. Include your phone and e-mail on check or registration form. Classes fill quickly.

Volunteers Needed for Food Drives

The Vashon Maury Island Food Bank needs volunteers for three food drives scheduled at Thriftway this fall: Sept 12, Nov 14, and Dec11-12. Contact Marian Whited at marian@vashonfoodbank.com, 463-6332 for info or to sign up.

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 21, 2009- Vol. VI, #17

Don't miss an issue. Really.

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

Community Dance/ Food Bank Benefit

The new Vashon band Rumor Has It is playing for a Community Dance and benefit for the Vashon Community Food Bank on Saturday, August 22nd at the VFW Hall from 8pm-12 midnight. It's an all-ages dance, and there will be snacks and non-alcoholic drinks provided by Thriftway, Minglement, Café Luna, and the Monkey Tree. Another island band, Big Kahuna (formerly known as the Sound Band), will open with a set. There's a \$10 requested donation, but they'll take whatever people can afford. Food donations are welcome as well.

Rumor Has It is made up of Roger Taylor on guitar and vocals,



Rumor Has It will play at a benefit for the food bank on August 22, courtesy photo.

Steve Amsden on guitar, banjo, and vocals, Paul Colwell on mandolin and vocals, Sarah Perlman on fiddle and vocals, Kevin Almeida on bass and vocals, Larry Lawson on flutes, whistles, and harmonica, and Todd Zimberg on drums.

When they started rehearsing, they didn't have a vision for where they'd play. They scheduled some gigs to get focused, but those fell through for one reason or another, and the band couldn't come up with a name. Pretty soon, some of their island friends were referring to them as The Secret Band, and teasing them about whether they'd ever play out in public. This eventually led to the name Rumor Has It, and finally, their first gig at this summer's Strawberry Festival.

All along they'd planned to play for dances on Vashon, so they scheduled this community dance at the VFW Hall. Roger says, "Just a fun, summer dance. Then we heard that the Food Bank was hurting, so we decided to make the dance a benefit to raise money for them. No big deal, just a chance for the community to come and dance, have some fun, and raise some money for a good local cause together."

Rumor Has It is ready to play for private and corporate events and parties. Contact Roger Taylor at 463-3763.

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-SAT 7AM-7PM SUN8AM-6PM
WWW.ISLANDLUMBER.COM
206-463-5000

Vashon Library September 2009 Programs

Toddler Story Time

Tuesdays, September 8, 15, 22, 29, 10:40am. Ages 21 months to 3 years with an adult. A 20-minute program of stories and songs just right for toddlers. No registration required.

Preschool Story Time

Tuesdays, September 8, 15, 22, 29, 11:30am. Ages 3-5. Join us for 30 minutes of stories, songs and fun! No registration required.

Baby and Me Story Time

Wednesdays, September 9, 16, 23, 30, 10am. Newborn to 20 months with an adult. A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

Gandhi

Friday, September 11, 7pm
Observe September 11 with Bernie Meyer, "the American Gandhi." Meyer will present six major events and nonviolent teachings from Gandhi's life. After the portrayal Meyer will initiate a dialogue with the audience. Sponsored by Inquiring Mind / Humanities Washington, and Friends of the Vashon Library.

Friends of Vashon Library Meeting

Saturday, September 12, 10am-noon. Help support the library by joining the "Friendliest" group on the Island! Our volunteers raise funds to provide library programs for all ages, including LateNight @ the Library for Teens, English Language Learners, Playtimes for Preschoolers, Opera Previews, Books for Babies, and many more. Refreshments will be served.

KCLS Study Zone

Tuesdays and Thursdays, 3-5pm, beginning September 15th. Volunteer Tutor, Chris Purpus Stop by the Vashon Library and find your Study Zone! Get help with your homework questions,

learn new study skills, discover the resources in your library, ask questions and share what you know with others. The Study Zone is for students in grades K-12, and it's free!

Microsoft Word, Level 1

Saturday, Sept. 19, 9-10:30am
Netmaster, Chris Purpus. Learn basic word processing skills for entering, correcting and revising text. No prerequisites but knowing how to use a mouse would be helpful. Registration is required; call 463-2069.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 28.**

VCCC Hosts Caregivers

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm, in the Break Time rooms of VCCC. This group is geared toward family or friend caregivers, not paid caregivers. Call Julea for details or with questions: 567-6142.

Are You Smart About Water?

The general manager of Water District 19, Jeff Lakin, will facilitate a water Trivia contest at 12:30 August 28 at the Senior Center, 10004 Bank Road. Jeff has been in the water utility business for over 30 years, starting in Missouri, and has worked on Vashon since 1995. He will quiz us on "Big Picture Thinking," "Vashon Specific," and "Drilling Down to Water District 19." The program is open to everyone—with prizes for the best teams.



HOME TEAM REALTY

Troy and Marie Have Incredible 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 Offered at \$295,000



9515 SW Burton Dr

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**

Incredibly Priced at \$330,000.



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

Incredibly Clean



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

We've Got a Lot of Kids I Like Bikes

by Kevin Pottinger

Our kids have been spending a lot of time riding bikes this summer. They pedal in a repetitive loop around the yard: past the brick garage, through the narrow side yard, circling around the picnic table in the front yard, then back through the side yard and up the gently sloping grassy knoll in the back yard. They often ride in loose formation, and with their dirty faces and dirty bare feet, sometimes in costume, riding various wheeled contraptions, they look like characters in a Mad Max movie.

Our oldest, now eight, rides a sporty red six-speed bike with twenty-inch knobby tires that he got for Christmas last year. His alternate bicycle is one of the adult-sized mountain bikes that sit disused most of the time in the garage; the handlebars of the mountain bike are even with his forehead. He can't sit on the seat, but pedals standing up, looking like someone walking on stilts. From time to time he'll commandeer his younger siblings' bikes, especially his younger brother's single-speed DirtRider, a particularly nimble bike with knobby sixteen-inch tires.

Our oldest has been riding a two-wheeler for a couple of years now. It took several months and dozens of wobbly practice runs for him to master riding without training wheels. In the end, what seemed to work best for him was dragging his bike to the top of the grassy knoll and sending him sailing down the gentle slope, with me running alongside like a Secret Service Agent ready to grab him before his orbit irretrievably decayed and he flamed out in a spectacular crash, followed by wailing and gnashing of teeth.

For weeks he had despaired of ever being able to ride a two-wheeler like his friends. When he found he could at last sail down the grassy knoll unassisted, he was thoroughly proud of himself, and claimed he had been doing that for weeks.

His younger sister, now six, rides an extra-heavy, single-speed purple-metal-flake Trek with a white woven basket suitable for holding a bouquet of colorful weeds or a toy poodle velcroed to the handlebars. Once the training wheels were off, I worked patiently with her on the grassy knoll, for what seemed like several weeks. Much like her older brother, she despaired of ever finding her balance on her battleship of a bike.

Friends of ours had recommended removing the pedals and lowering the seat to make learning to balance on two wheels more of a gradual thing, so I

removed the pedals and lowered the seat. No dice. If I let go of the back of her seat she would stall in a few wobbly feet before careening into the dirt, rending her garments, with wailing and gnashing of her two front teeth.

One afternoon we were at the same friend's house for dinner, and she picked up one of their kids' bikes and immediately and spontaneously started riding the bike. Celestial choirs exulted. She was bathed in a golden glow. She giggled and shouted "Daddy! I'm riding this bike!" It was a happy, happy day.

Our youngest boy, now five, just learned to ride his two-wheeler a few days ago. His rusty tricycle had broken in half, and rather than try to braze the cheap metal tubing of his broken trike back together, or buy him a new trike, it seemed like the right moment to get him on a bike. I couldn't find the training wheels for the disused DirtRider, and it was getting dark, so without thinking much, I dragged the DirtRider to the top of the grassy knoll, plopped him on the seat and gave him a tentative sort of push. And hoped for the best.

He sailed almost all the way down the slope before crashing spectacularly into a log near the bottom of the grade. I'd neglected to teach him how to brake. He was quite proud of himself, and he seems to have an inborn talent for balance. After a day of practice slaloming down the grassy knoll, he now rides unaided on the circuitous path.

For our youngest girl, now five, I installed training wheels on her tiny-tot clown bike with streamers on the handles, white ten-inch tires, and a gaudy electric pink-and-purple-and-blue paint job. Part of the satisfaction of riding her bike, apparently, is to stop square in the middle of the concrete sidewalk in the side yard and refuse to yield, forcing her siblings to maneuver shakily around her.

Soon they'll all be back in school, and worrying about what their classmates think of them. They'll wear newish clothes and carry a bag of sharp pencils, and come home with complicated stories to tell. For now, they have hours to ride bikes in the late August sun.

ISLAND ESCROW SERVICE

Complete Escrow Service
Licensed & Bonded

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

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



Great Tomato Taste-Off!

Saturday, August 29th
Open to all Island Farmers and Home Gardeners
Bring 2 pounds of each entry to the Market by 10 am, on 8/29.
For details, visit VIGAVashon.org

Vashon Farmers Market

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:

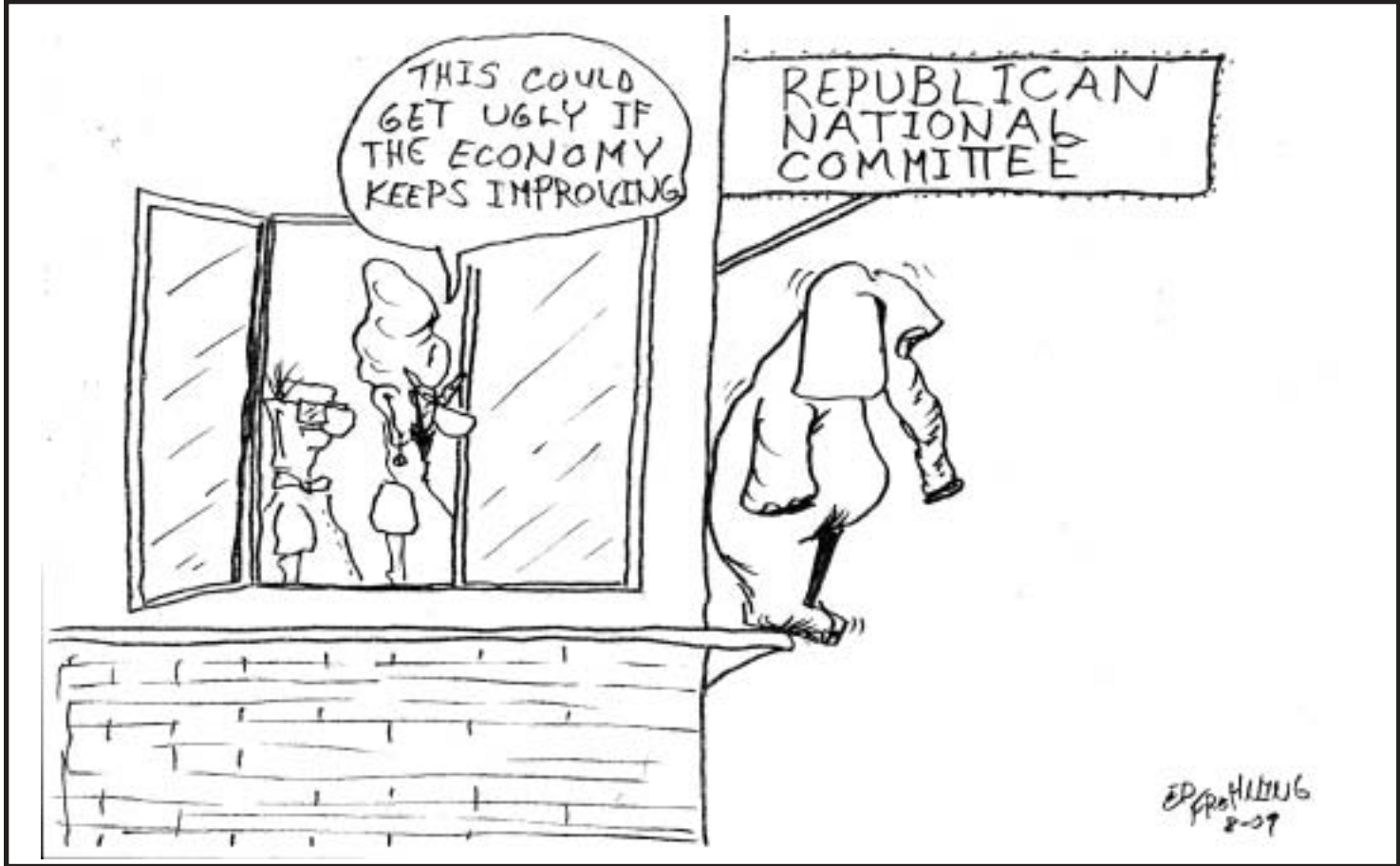
KIDS EAT FREE EVERY DAY AFTER 5:00 PM!

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





Aries (March 20-April 19) You may not know what you want. There can be significant pleasure in considering your options, and you're more likely to make a good decision if you do it from there rather than a place of angst or hot inner debate. Before you decide, anything is possible. The good part is that after you decide, most things are still possible.

Taurus (April 19-May 20) Some things you cannot have a strategy for, and passion is one of them. Something in your charts suggests that this is what you're trying to do; I suggest you ask yourself why. Yes, you seem to be of two minds about something important, but your feelings are certainly telling you something that doesn't need to be analyzed.

Gemini (May 20-June 21) Mars making a prolonged visit in your sign cautions against feeling too confident or too certain in any decision you're making. You are as likely to feel as strongly about one side of any issue as you are about another — and then to change your mind. This could be perfectly insufferable for friends or loved ones; so you need to make sure you listen for a long time before you speak, and make sure people know you might change your mind.

Cancer (June 21-July 22) Venus and Mercury working together says you can balance your feelings and your ideas. For example, approaching the quest for deeper relationships from a place of contentment rather than need will open their potential. Believe it or not, this is a decision we make. So, too, is the choice how to react if you get spooked.

Leo (July 22-Aug. 23) You actually might be able to take a week off for your birthday this year. Cash flow should be improving, or at least you know you have a plan. Mainly you're in a rare moment when people are more likely to keep their problems to themselves, and not depend on you as the usual solution. Make a plan, and get away while you can.

Virgo (Aug. 23-Sep. 22) This has not been the easiest year of your life. If I were your brain, I would need a cup of ginkgo tea. Conduct a 20-minute review and you'll notice that you've worked your way into a relatively sane and stable place. I don't want to bias the study results, but if you do this one right, you'll be blessed with a feeling of confidence.

Libra (Sep. 22-Oct. 23) A real conversation about your feelings is finally possible. You've had so much practice talking about everyone else's feelings the past few months that you're likely to be an expert by now. Relationship matters will be easier if you resolve sooner rather than later to forgive someone who has hurt your feelings.

Scorpio (Oct. 23-Nov. 22) You are friendlier and more generous than some people think, and you

cannot control their perception of you. However, you're unlikely to be particularly consistent this month. You need plenty of room to change your mind, and I suggest that you decide in advance that you don't care if this pisses certain people off.

Sagittarius (Nov. 22-Dec. 22) By now you've noticed that this is a very unusual time in your life. Generally there is a kind of glass barrier between what we think is possible and what actually happens. Now it's more like a clear curtain. If you don't walk up to it and touch it, you might not be able to tell the difference.

Capricorn (Dec. 22-Jan. 20) Your worst fear may be that if you take a small chance, you'll take another small chance and then you'll take a big chance and eventually risk it all. Therefore, it would be better to quit while you are neither ahead nor behind, and be happy with what you've got. While you could call that life, you definitely can't call it living.

Aquarius (Jan. 20-Feb. 19) Now is the time to put into action all the things you've been thinking, brewing and conspiring -- and you will get results sooner rather than later. Your mind never rests, so while you're busy with your latest round of working your plan, you seem to be gearing up for another round of planning your work. Don't forget to plan some fun.

Pisces (Feb. 19-March 20) If your life seems to be taking you deeper into a mystery, pretend you're writing a novel. Some authors like to know the ending of the story before they start the book, and some like to be surprised by the outcome. Which would you prefer? You can afford to let things take their course; anyway the real mystery is how you truly feel.

Read Eric Francis daily at PlanetWaves.net.

Eat at the...





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



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



Lotions for Liz

by Steve Reed

Everyone knows Liz Ortega. What? You don't? But you know Liz the barista at Movie Magic's espresso drive-through window? Same Liz.

Liz has been an Island resident all her life. Over the years she has helped more people on this Island than most of us know. And Liz has never asked for anything in return. Well, it's pay back time.

Liz has been diagnosed with a very rare condition. She has two different leukemias at the same time, which is highly unusual. She also has no health insurance and is unable to work while she is in treatment.

LOTIONS FOR LIZ is a benefit to help Liz pay some of her bills. Vashon Organics is going to sell recently discontinued personal care products for pennies on the dollar to help Liz. These are spa-quality skin care products that retail for up to \$19.95 each but will be sold for a flat \$3.00 each. All proceeds will go to a fund to help Liz.

The LOTIONS FOR LIZ sale will be held Saturday, August 29, 2009 in front of the offices of Vashon

Organics, 10015 SW 178th St, Vashon, which is the front of Island Security Storage just west of the US Post Office.

Lotions, body butters, washes, cleansers, balms, toners – all kinds of luxurious skin care items will be offered at next to nothing prices. And donations will also be accepted if you cannot find a product that suits you.

Predominant among the items to be offered are Apicare Healing Honey Skin Care products, based on the incredible healing properties of Active Manuka Honey. Other items include our own Vashon Organics organic bar soap for sensitive skin.

All Apicare products offered are in good condition but have been discontinued by the manufacturer.

CONTACT: STEVE REED
/ 206-274-5900 /
steve@vashonorganics.com

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

Island Epicure



Blackberry Bonanza

By Marj Watkins

All over the Island, people line the roadsides picking blackberries. With a little luck we'll have blackberries until well into September. Fortunately for us, they don't all ripen at the same time. The blackberry bonanza can go on for weeks.

Fresh blackberries are a treat we only get to enjoy at this time of year. Is there anything like a blackberry pie, aromatic beneath a golden crust, warm from the oven? I'm making my pastry with barley flour, lowest in gluten and lowest in carbohydrates of all the grains.

BEST EVER BLACKBERRY PIE 6 Servings

Pastry 9 or 10-inch double crust pie
3 to 4 cups blackberries, picked over, rinsed of dust, and laid out in one layer on a baking sheet to dry

Combine:
½ to 2/3 cup light brown sugar
3 Tablespoons barley flour
or 2 Tablespoons cornstarch
1 Tablespoon cinnamon
¼ teaspoon cloves
1 Tablespoon butter diced into ¼-inch cubes

Preheat oven to 400 degrees.
Line a pie baking pan with half the pastry. When berries are fairly dry, transfer them to the pie pan and gently toss with the flour and spice mixture. Dot with those tiny butter cubes.

Dampen the rim of the pastry. Roll out the other half of pastry to a 12-inch circle. Place it atop the berries. Seal rim with the tines of a fork, or by pinching up a decorative edge. Trim off excess pastry.

With a sharp knife, make a hole in the center of the top crust. Form a chimney from scraps and seal it in place in the hole by dampening the chimney's bottom edge.

If desired cut leaf shapes from extra scraps and attach them in a decorative pattern to the top crust, dampening their lower side before placing so they will be pasted on.

Bake in preheated oven for 15 minutes. Reduce heat to 375 and continue baking until the crust is golden brown and the pie smells delicious.

Remove from oven and cool, in the pan, on a rack.

Serve with yogurt, whipped cream, or ice cream.

Nutrition Note:
1 cup of Blackberries gives you 30 milligrams of Vitamin C, 237 IU

of Vitamin A, 29 milligrams of Magnesium, 18 grams of carbohydrate, and only 74 calories. Blackberries also give you Vitamin K, necessary for bone formation and normal blood clotting.

You may ask, "What about using Splenda or Sugar Twin instead of sugar?"

Well, dear readers, after reading about a recent research report on the effect sucralose had on the scientists' rats, I'm giving up on all artificial sweeteners.

The researchers fed one team of rats a diet that included sucralose for 12 weeks, and a control team of rats never got any sucralose. No dessert for them. They were the lucky ones. The sucralose-fed rats had the alkalinity of their little bodies increased so much that they didn't have enough stomach acid or intestinal acid to absorb enough nutrients from their real food.

And the super-alkalinity continued even after the rats had been taken off the sucralose for the next 12 weeks. It remains to be learned whether the sucralose's effect ever went away. Maybe in a year or two—how long do lab rats live, anyway?—the hyper alkalinity will wear off, and they'll be well nourished and as healthy as the control rats?

What about another sweetener? Stevia has good press, at least for now. It comes in drops of several flavors, in a jar of powder, and in little packets you can add to your coffee or tea. You only need two drops of the liquid, they say, to sweeten your beverage. I haven't tried stevia for baking, yet. I did try the powdered form of stevia in my tea and found it bitter if I used enough to detect sweetness.

Oh, yes—I still believe in butter. Butter and cream deliver a little bit of omega-3 fat, the good kind.

Blackberries and cream, anyone? Should the wild fresh blackberries be gone by the time this hits print, you might try for a packet or two of frozen blackberries.

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

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

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

B&B REPAIR

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

463-9624
Located at the Old BRENNO REPAIR BUILDING

Island Non Profits Meet on Recession

Continued from page 4

34th district legislators— they are happy to do so and it could help

Look to our own community to sustain essential services, work together to make sure Islanders help Islanders through these tough times and beyond

After the brief presentations, the meeting opened up to the audience. There were hard questions and honest, if not optimistic, answers from our legislators. The discussion shifted to a local response. Lynn Davison encouraged the group to consider ways that the broader community could help these non profits support their friends and neighbors. Islanders were encouraged to volunteer time, especially with elders. Sam Collins challenged the Boards of the five non profits to meet together and develop joint strategies. Board members from each organization, who were present, made that commitment.

Linda Bianchi described an initiative at VCCC to "friend raise," to expand the knowledge of Islanders about VCCC and the services they provide for our community which will lead to a broader base of support. She suggested our community should be as active in supporting health and human service organizations as we are in supporting the arts and the environment. Others chimed in about the potential for a community foundation to support Island non profits.

The meeting ended with a call for volunteers, in addition to the boards of the non profits, to maintain the momentum. Seventeen people signed up! It's now up to them to take the next step. Ultimately, however, it is up to all of us. After all it is our community.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 28.**

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Coming Home

By Mary Litchfield Tuel

In 2007 we thought we'd sell our house. The idea was to pay off the mortgage and other debt and go into retirement free of debt. On the day we moved out the *Seattle Times'* front page banner headline said, "Housing Market in the Toilet."

OK, the *Seattle Times* never ran that exact headline, but that was the meaning, and that was the truth. After years of the real estate market booming, houses were suddenly not selling. We kept waiting and hoping for our house to sell. It did not sell. Long story short, we gave up and have moved back into our old house. Not the outcome we expected, but another thing we didn't expect was how profoundly happy we would be to come back here. We are home.

We lived here for 30 years. Rick and I fell in love here, started married life here, and raised the kids here. Our first son was born here during a January blizzard. I wrote songs here, some of which you have heard.

I grew up here. The first time I walked into this house, I said, and I quote verbatim: "Oh my God." It was a wreck.

Originally it was built as the mess hall for the summer campground of the Norwegian-Danish Methodist Conference. That campground is now known as the neighborhood of Beulah Park.

The mess hall consisted of four rooms: the kitchen, two large dining areas, one of which had a fireplace, and a fourth room which I imagine was where the camp cooks bunked. There was no bathroom in the building. The bathrooms were located in the dormitory building about 50 feet up the hill.

When I got here in 1977, the kitchen was still the kitchen, the other small room was the bedroom, the large room with the fire place was the living room, and the other large dining area was a catch-all space for lumber, tools, machinery, furniture, and what have you. Our older son would later call it, "the room that looks like the attic." The bathroom was still up the hill.

In those days the roof leaked, but fortunately the floor sagged, so the water that leaked in ran right out again.

The building stood on cedar posts, made no doubt from trees cut down on the property. As time went on I noticed a springy quality when I walked in the north end of the

house, and went outside to see if I could find out what was causing it. I found that the cedar poles had rotted, and instead of the poles holding up the house, the house was holding up the poles. This explained the trampoline-like action of the house.

The house was cold. Part of the kitchen wall was rotted away, leaving the kitchen the same temperature as the great outdoors. The crawl space was wide open, so the wind blew under the house, and you could feel the heat being sucked right out the bottoms of your feet. We had a wood stove inserted into the fireplace, and that built up creosote in the chimney, which then caught fire. We had a lot of chimney fires. I learned to throw a glass of water into the stove and shut the stove up tight. That helped; also Rick turned the hose on the fires to put them out. The cold water made the masonry crack, and creosote ran into the house through the cracks. Eventually Rick and our friend Colin tore the old fireplace out, and we put a new chimney in to vent the wood stove.

Rick jacked the floor up level, and we put a new roof on the place. Then we had it gutted right down to the outer walls and Lotus and Kate built a new house inside, complete with indoor plumbing, and did a beautiful job. Kimmco put in a foundation. Those three sentences cover the years 1977 to 1988, and the last two occurred in 1987.

We lived in our remodeled house for twenty years, then left for two years, and now we're back, and I think we're going to stay.

When I sat down here and started writing about the house, I realized that the story of the house and our lives here could fill a book, but this is a column and only mentions a few things in passing. Maybe some day I'll write that book, but for now I'm surrounded by boxes of our belongings and I need to unpack. It's good to be home.

Continued from page 1

Food space, they enjoyed working together enough that they formed a new, co-owned business under the name Sound Food Catering & Events.

Ljubich and D'Aoust soon expanded their new business to creating a restaurant open to the public, in part to fulfill the requirements for their beer and wine permit. Their catering and restaurant operations work with several other Island businesses as Ljubich says, "We buy our buns from Bob's and our produce from Langley's, and as a bonus form friendships for life. Menus are based on what is fresh for that week and changed frequently." All of their coffee also comes from the Vashon Coffee Roasterie.

While the restaurant continues to evolve, Ljubich still emphasizes their catering roots: "We love to cater and we also love holding

Live Music at the Red Bike



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

MONDAY NIGHTS: FREE POOL ALL DAY.

TUESDAY NIGHTS: POKER TOURNAMENT AT 6PM & 9PM

WEDNESDAY NIGHTS: LIGHT PIANO DINNER MUSIC 7-9PM

THURSDAY NIGHTS: LADIES NIGHT - DRINKS HALF OFF

FRIDAY NIGHTS: LIVE BAND NIGHT - 8:30PM

SATURDAY NIGHTS: LIVE BAND NIGHT - 9:30PM

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

August we are featuring the art works of Patrice Tullai, Oil paintings and Catherine Jacola, photography.

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!

Sound Food Displays Vashon Spirit

special music and dinner events. Our expansion will be with more events, with 4 days a week of restaurant as the max. We really hope that people catch on that it is affordable to hold a company party in the winter at Sound Food and have one of us cater it! That's our passion, throwing parties! It's also affordable to have a small wedding ceremony and reception in the back yard during the summer. We have the tables and chairs, the bar, and a beautiful spot. Parking is great and you don't need to rent port potties!"

September brings changes to the Sound Food hours of operation. Starting with Septembers First Friday, Shefidgets Catering will be offering dinner Wednesday thru Friday from 5pm to 9pm. Lunch hours will begin again later in the Fall as we build our staff. For dinner we will be changing from counter service to having a delightful person taking your order from the comfort

of your seat. Shefidgets will continue to provide delicious meals for all types of appetites with a focus on using Vashon Island grown or produced items when available to promote sustainability. Shefidgets always has meals for those that are gluten and dairy intolerant and also for those following the anti-inflammatory diet. For those looking for comfort foods, we serve homemade mac'n cheese, pimento cheese hamburgers, and roasted garlic thyme baked chicken thighs on a regular basis. We offer a dining room that makes people feel warm and welcome, a place to call home. Our beer and wine menu is handpicked with special wines added after First Friday tastings.

Three Olive Catering will continue to host Kiwanis meetings with dinners that start at 6pm every Tuesday and future special events like, wine makers dinners and

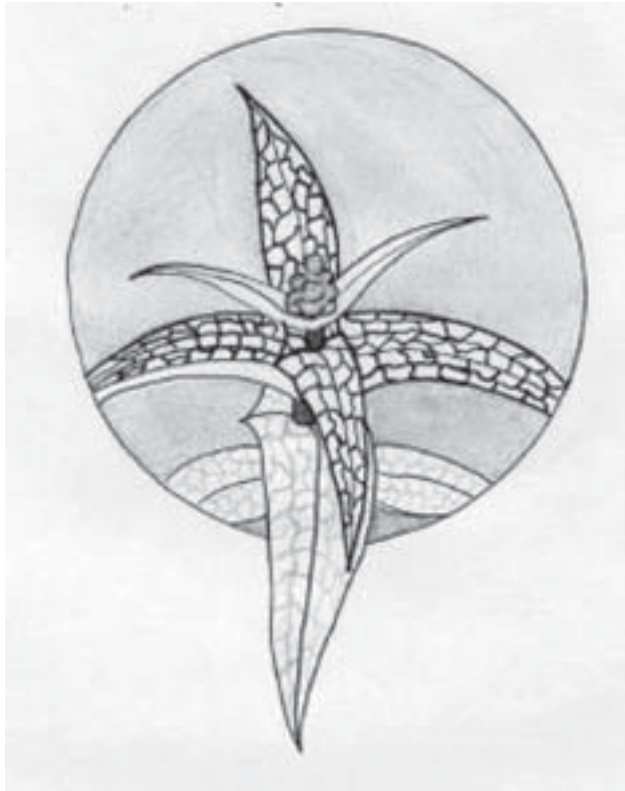
Continued on page 10



Preparing for the Flu, part 2.

by Kathy Abascal

I keep vacillating about the pandemic. Sometimes, it seems that the hoopla is about selling novel flu vaccines. On the other hand, swine flu is around and will soon be joined by seasonal flu. That increases the odds of catching the flu. And, after watching a friend suffer a “mild” case of non-fatal flu, I have decided



Eupatorium, drawing by Kathy Abascal

to prepare for the worst. A mild case may lay you flat for two weeks. If you are a bread earner, that is a long (and uncomfortable) time. This article covers the unstudied, potentially dangerous herbal remedies I intend to use if I get the flu but, of course, would not recommend you or anyone else use. As preventatives, I take an adaptogen, a vitamin D supplement, and drink a tonic tea. Adaptogens balance the human response to stress. They make us less reactive to stressors be they teenage daughters or the flu. Adaptogens builds slowly, taking 6-8 weeks for full effect. I take Eleuthero (*Eleutherococcus senticosis*) because it is inexpensive and available in capsules. If I had children, I would give them licorice instead.

As the earth tilts away from the sun, we lose our ability to make vitamin D. There is a correlation between low vitamin D stores and flu season so I am taking 2,000 units of D a day. I avoid calcium

supplements while taking D because I believe that excess calcium in the blood tells the body not to activate D. Instead, I eat lots of greens for calcium and magnesium.

I have made up a tea, Fo Tea (available at Minglement), that I drink daily as a tonic preventative. It combines two immune tonic herbs (Astragalus and Fo Ti) with warming ginger. I have also stocked up on drinks I will use if I feel like I am getting the flu. One is pure ginger juice. It can be combined with sugar syrup to make ginger ale, but I like it mixed straight with bubbly mineral water. Swine flu can cause nausea and ginger is a good anti-nauseant. I also have a case of organic lemon juice because the old physicians said lemonade was the best beverage for flu patients. Straight lemon juice also improves the taste of mineral water. Finally, I have some elderflower concentrate from Ikea. Elderflower helps bring on a sweat, reduces fevers, and has a nice taste.

I have stockpiled boneset (*Eupatorium perfoliatum*) tincture. This bitter herb has a reputation as the herb to lessen the aches and pains as well as to shorten the length of a flu episode. It has a reputation as a preventative but I do not use it that way, given that flu season is predicted to last from September through May. Boneset may be hard on the liver and should only be used short term. Because swine flu often begins as a cold, I would start taking 20 drops or so if I thought I was catching a cold or had the flu. A one ounce bottle contains 1200 drops, so I need 2-4 ounces for the season.

I combine my boneset with pleurisy root (*Asclepias tuberosa*) used by native Americans for anything from bronchitis to pneumonia. I keep those two with a bottle of lobelia (*Lobelia spp.*) next to my bed. Lobelia is an antispasmodic sedative. Last time I had the flu, lobelia was my savior. It eased the chest tightness and helped me sleep. Lobelia is a strong herb and must be used cautiously because it causes vomiting in excess.

I also have a steam inhaler. Swine flu is much more able to quickly move deeply into the lungs and cause pneumonia than other flu strains. Inhaling thyme vapor (yes, the cooking herb) is an old lung remedy so I have lots of thyme. I also have Eclectic cough tea, a blend of red clover and thyme, in case I develop a persistent barky cough. I am putting together a chest poultice. Right now, I have a couple of big jars of Vick’s vaporub that I will replace with a powder poultice. In 1918, docs dipped a cloth in grease, sprinkled it with herbs, and wrapped it around their patients. They renewed it often and said it effectively prevented pneumonia from developing. Last, I have some



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.

dragon’s blood (*Croton lechleri*) sap on hand just in case the flu also causes diarrhea. Finally, I will try to rest if I feel sick. This is the most difficult part of the flu: Not going to work if you feel like you may have a cold. Not sending your kids to school if they are sick. And not returning to work too soon after the flu. In 1918,

getting up too soon after a bout of the flu was reported as the primary cause of the sometimes fatal pulmonary complications. But, of course, I am hoping staying on my anti-inflammatory diet will protect me from the flu, this year as it did last year.



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*. Kathy also teaches on-going classes on how to quiet inflammation with diet. For more information, contact Kathy at 463-9311 or at anemopsis@yahoo.com.

Classes By Kathy Abascal Resuming: Eating for Health & Weight Loss.

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 September 10. One series at 9:30-11:00 AM, one 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 September 6 at 2:00 PM (\$90). For more information, contact Kathy Abascal at anemopsis@yahoo.com.

Madame Toujours

Neighborhood Watch

Dear Madame Toujours,

I have a pretty serious problem. Last week, a young woman in our neighborhood was raped by a man who invited himself into her home after they got back from a blind date. This young woman is such a nice, sweet girl, when her neighbors heard about what happened, we were all outraged. Well just a few days later, the scuzzball showed walking down the street with a bouquet of flowers and a box of candy in his hands. We recognized him from her description. My wife rushed the young woman into her house, locked the door and called the police. Two more of the neighborhood ladies confronted the guy and demanded to know who he was and what he was doing. He said he was there to see his friend _____. The ladies snarled that, “Oh no you’re not,” and the guy started to back away like he had just come up on a mother bear and her cubs. He was seriously underestimating the danger, I can tell you.

By that time, I had called the guys from my softball club, and they were showing up, leaving their cars on the curb and joining the mob. I think we showed a lot of restraint. We just followed him down the street. I kept in touch with my wife who relayed our location to the police until they arrived and picked him up. I think he was really relieved to see them. Unfortunately, the police released the guy that night because, according to them, the young lady didn’t say “no” soon enough.

Here’s my problem. As males, my friends and I felt a biological

imperative to kill the rapist. I mean, what if it had been one of our wives or our daughters? We resisted because it was the socially responsible thing to allow the police to handle it, but the police seem to have dropped the ball, and I am left feeling that I should go out and wrestle a dinosaur or something. What is a man supposed to do?

Sincerely,
Responsible Guy

Cher M. Guy,

First of all, the police persons are having the big confusion. I am reminding everybody that there is not the time limit after which the female persons are having the legal obligations for having the sex. Everybody can be changing the mind right up until the last minute.

Unfortunately, the police are hardly ever having the sense of humor about the very sensible murderings, so you are being very wise to refrain yourselves. Instead, you have done the very responsible thing by explaining to the distasteful rapist person that the rapings, they are not the acceptable practices in the polite society.

Bon Chance, M. Guy, and you are having the big reasons for the pride and the satisfactions. Very many of the modern persons, they are not having the responsibility for the neighborhood securities. The police persons are not the terribly frightening individuals, but everybody is being much more careful not to make the crimes if they are knowing they are facing the wrath of the outraged mothers.

St. John Vianney Celebrates New Leader

Continued from page 1

Most recently, Fr. Powell served the clustered parishes of St. Edward, St. George and St. Paul in the south end of Seattle. At the same time, he wrote a regular column in The Progress as one of the Archdiocesan newspaper’s assistant and then contributing editors. He continues to write his column, Object Lessons, as time permits.

Fr. Powell is the first permanent priest to serve at St. John’s since the death last year of Rev. Richard Roach, S.J., who pastored the parish for more than 10 years.

Fr. Powell grew up in Spanaway, WA, near Tacoma and before becoming a priest studied Print Journalism at Eastern Washington University. He worked as a reporter for about three years at the News Tribune in Tacoma, where he covered issues including crime, schools and Tacoma-area neighborhoods.

Fr. Powell left journalism in 1997 to actively serve others’ spiritual needs through the Church. As a seminarian, he completed one year of philosophy at Mundelein Seminary near Chicago before finishing five years of theology at St.

Patrick’s Seminary near San Francisco. He was ordained a priest by current Seattle Archbishop Alexander Brunett in 2003 at the archdioceses’ St. James Cathedral.

Hobbies Fr. Powell enjoys include bicycling, acting, playwriting and studying martial arts. He recently learned our Island affords views of migrating Orca whales in October and believes whale watching will soon become his next hobby.

He looks forward, he said, to continuing the good work maintained at St. John’s for more than a decade by Fr. Roach and the parishes’ active lay leaders, councils and volunteers. “Even though the parish suffered a huge loss with Fr. Roach’s death,” Fr. Powell said, “there’s a great spirit in the people, and I think they’re ready to move forward into St. John’s next great chapter.”



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 28.**

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



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

Proud to be Vashon’s premier exterior cleaning company.



Marcus Berg, Owner

Sound Food

Continued from page 8

Midtown Music Nights. Both catering companies will continue to share the kitchen at Sound Food for their individual catering events.

Upcoming events at Sound Food with Shefidgets

September 4th Harvest Moon First Friday with Artist of the Month Lotus, live music, dinner, and wine tasting 4/\$10 with Ron Irvine.

September 6th-Sound Food Reunion and Scott Cossu Performance

We invite all and especially the employees of Sound Food of years past to join us for a night of reminiscing and wonderful music. Advance ticket sales will be available at Sound Food August 26th - 27th & September 2nd-4th 5-9pm and Vashon Winery August 19th and September 5th 2-5pm for \$10 per person. Restaurant and bar will be open and serving a special menu for the night, so come hungry. Doors open at 5pm, music starts at 6pm.

Compost the Loop

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

Tomato Taste-Off

The Great Tomato Taste Off is back, August 29th at the Vashon Farmers Market in the Village Green! The contest is open to all Islanders both farms and home gardeners. You must bring 2 pounds of each variety you are entering to the market sign-up table by 10 a.m. on Saturday, 8/29. Categories include: Best Tasting Heirloom, Best Tasting Slicer, Best Tasting Cherry, Weirdist, and Biggest (by weight). For details visit VIGAVashon.org.



Last year’s tomato entries, photo by Ralph Moore.

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.

Save Your Crop!

Food Preservation Fair Teaches Canning, Freezing, Drying and Other Preservation Methods

by Jessica Lisovsky

Just in time for harvest, an innovative workshop on food preservation is scheduled for August 29th from 10am to 2 pm at the Presbyterian Church (across from Zoomies). Vashon has an abundance of fresh fruits, vegetables, meat and dairy products in season. Wish you could make zucchini bread in December? Taste raspberries and blueberries in February? How do you store Vashon's wholesome goodness?

The workshop includes several stations and live demonstrations of food preservation methods. Ask questions, discover resources, and get advice from Vashon Island experts about:

- ** Hot-bath canning (jam, tomatoes, pickles, salsa)

- ** Steam juicing
- ** Pressure canning (fruits, vegetables, fish)
- ** Drying (fruits, and veggies)
- ** Freezing (vegetables, meats)
- ...and more

The Food Preservation Fair is a project of Vision for Vashon's Food Security Working Group. Monthly meetings plan projects to help Vashon Islanders become more self-sufficient in food production. Upcoming classes teach food processing (cooking classes and farm animal and game processing), gardening, chicken-raising, and a seed exchange.

A Food Bank donation of \$5 at the door is suggested but not required. Contact Jessica, triling@mindspring.com, or see www.MariposaGardens/FoodPreservationFair for more information.



Illustration by Geno Kuhns.

Energy Starrs

Continued from page 1

Their solar goal is to “zero out,” to have the panels power all their lights and appliances as well as the electric heat in the guesthouse. (Propane heats the main house.) They're almost there. The panels generate about 95 percent of all their electricity usage.

The Starrs have one of several dozen (CK) solar installations on Vashon. Janie Starr was the impetus behind the couple's move to solar. While running workshops for Al Gore's Climate Project she felt a responsibility to “walk the talk.” She hoped that a home installation would help to demystify solar for other people. That's why the Starr's place has been a stop on the Vashon Island Solar Tour for the last two years.

The most common visitor questions have been about cost, maintenance and whether the system uses a battery.

About the battery, there is none. The system plugs directly into the Puget Sound Energy grid. Maintenance involves washing the panels once a year with a little water and dish soap to remove the pollen and bird poop. Cost is another story. “It's a major roadblock for people,” said Kirk Starr.

The Starr's system is large by Island standards. The 45, 4x5-foot panels completely cover the metal roof of their 1,000-square foot guesthouse. The installation was quick and easy - two days to clip the panels onto seams in the metal roof. But the system wasn't cheap.

The couple prefers not to discuss dollar amounts. But they are quick to point out that the same system today would be a lot more affordable.

For one thing, increased demand for solar systems has caused prices to plummet more than 30 percent since the start of the year. The U.S Government now offers a 30 percent tax credit for solar installations, a savings that was not available when the Starrs went solar back in 2007. And Washington State provides an annual credit to consumers who produce solar power for the grid. At the end of the year, the Starrs get a check for \$1,500, or about 15 cents for every kilowatt-hour they've generated. That annual rebate would have been as high as \$5,400, or 54 cents per Kilowatt hour, if the Starrs had purchased their system in Washington State.

Unfortunately, there wasn't a local solar panel producer in 2007. There still isn't, although made in Washington panels are expected early next year from Silicon Energy, a startup in Arlington, WA.

There is, however, a local installer now. Vashon's own Artisan Electric has installed eight of the 14, grid-tied solar systems that are currently operating on the Island. By the end of September, Artisan will add four more.

In 2007, the payback period for a solar system was about 20 years. That's 20 years before the money saved on electric bills would equal the cost of the system. Today, the payback period is down to about 17

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

years. As the cost of electricity rises, which it is expected to do, the payback timeline shrinks. Experts expect it to reach the 10-12-year range within the next five to ten years.

Even though they could have saved money by waiting, the Starrs love their solar system. In 2006, the year before they went solar, electricity retailed for about seven cents per Kilowatt-hour and their electric bill was \$860 for the year. In 2008, with electricity up to 8.7 cents per Kilowatt-hour, their annual charge had dropped to \$233.

The more money and energy they save, the more eager they are to conserve more. They have become energy Scrooges, a behavioral shift that has surprised Janie Starr.

“I would have thought that psychologically we'd say, oh we have these solar panels let's just leave the lights on,” she said. “But they have us really aware that we've made a conscious choice to save energy. Kirk checks the meter. I just see the panels all the time and they're like an anchor, a reminder. I think it leads to conservation.”

There is one thing the Starrs would have done differently. Instead of going straight to solar, “we'd start with the kind of improvements that don't cost that much money, and then work our way up,” said Janie Starr. “We didn't do that. But we're going to.”

The couple just scheduled their first home energy audit. A certified professional will comb their home for every energy-leaking nook and

cranny and then recommend fixes. A snug, weatherized house will save more of that solar-generated power, which makes Kirk Starr very happy.

“I'm competitive,” he said. “Let's get to zero. Let's get to zero.”

Back To School

Continued from page 1

or call Heather Flanery at 463-1529

Anyone wishing to make a donation via cash or check can drop it off at Essentials 4 or the Pharmacy or the John L Scott office on the north end of the Island. Donations can be mailed to PO Box 2364, Vashon 98070. Checks should be made out to the Vashon PTSA. Donations are needed ASAP so that supplies can be given to students before the start of school on September 8th.

We hope that Islanders wishing to donate supplies will shop locally for their donations. Donation cans will be available at: Vashon Thriftway, Movie Magic, The Little House, Island Lumber, True Value, Books by the Way and Vashon Bookshop. Donation bins for school supply donations were generously donated by Vashon True Value.

Distribution for school supplies will take place at the Vashon Maury Community Food Bank on Wednesday, September 2nd from 11am-1pm and 5pm-7pm (with a time from 4:30-5pm for seniors and disabled that cannot wait in a line due to the physical hardship/strain).



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

Loopy Laffs

A mom was driving her five year old son to McDonald's one day and they passed a car accident. Whenever the Mom saw something terrible like that, she would always say a prayer for those who might be hurt, so she pointed and said to her son, "We should pray."

From the back seat she heard his earnest request: "Please, God, don't let those cars block the entrance to McDonald's."

The candle fell in love with the perfect match.

A friend of mine was having a bit of marital-tension in his household and was trying to figure out just what to do about it.

In the course of our conversation, I happened to mention my opinion that: "You know, quite often God speaks to us through our wives."

My friend looked at me kind-a funny and said, "Wow! I didn't know God used that kind of language!"

I had been teaching my three-year old daughter, Caitlin, the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some E-mail."

On the way back from a Cub Scout meeting, my grandson asked my son the question. 'Dad, I know that babies come from mommies' tummies, but how do they get there in the first place?' he asked innocently. After my son hemmed and hawed awhile, my grandson finally spoke up in disgust. 'You don't have to make something up, Dad. It's OK if you don't know the answer.'

Two little boys were sitting on the front steps talking. One turned to the other and said, "My grandfather has a wooden leg."

The other little boy replied, "My grandma said she has a cedar chest."



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Aug. 28.**

Why do firemen wear red suspenders?
To keep their pants up.

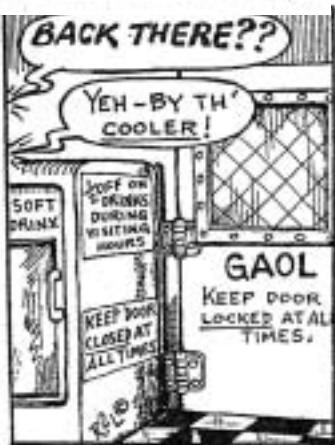
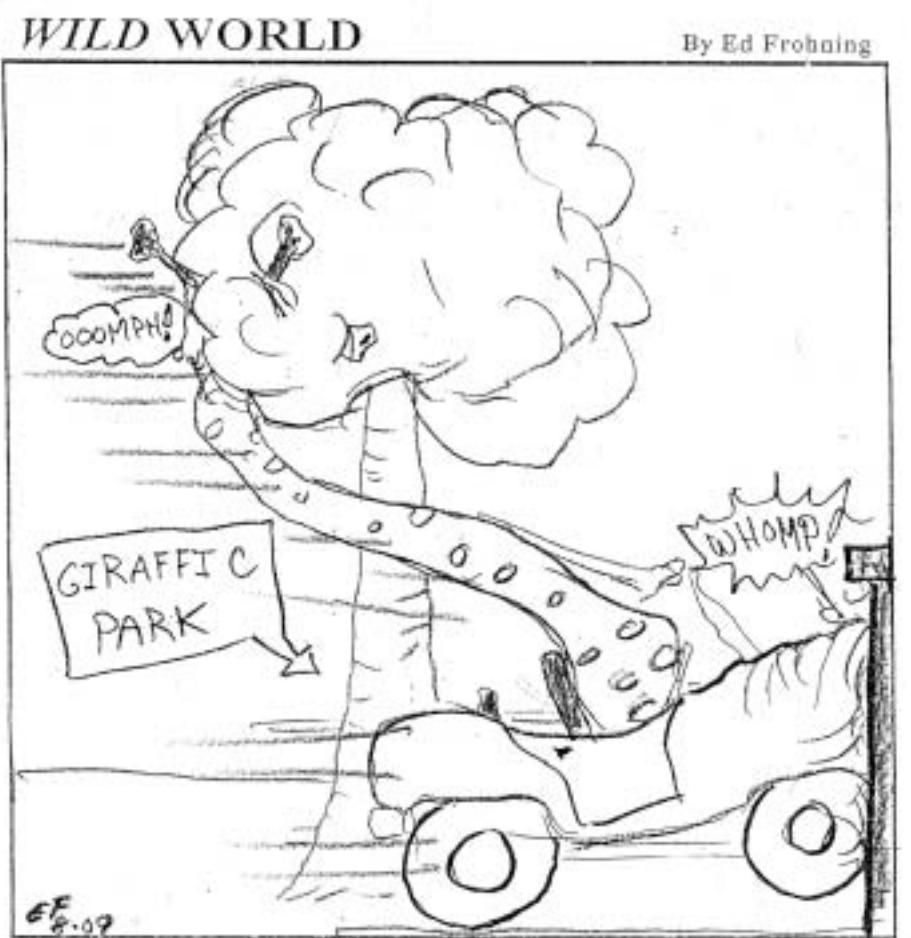
After a particular bad argument between Morris and Sadie, Morris, still fuming, retreated to his den. After a few minutes, Sadie appeared, and asked, "Morris, have you seen my broom?"

Morris replied, "No, why? Are you going somewhere?"

A little girl asked her mother for a dollar to give to an old lady in the park. Her mother was touched by the child's kindness, and gave her the required sum.

"There you are, my dear," said the mother. "But, tell me, isn't the lady able to work any more?"

"Oh yes," came the reply. "She sells candy."



Moose Lake

By Steve Krueger



LOGJAM



Loop Arts

Bluegrass Band Closes Summer Series

Don't miss the Summer Concerts in the Park Series finale when bluegrass band Runaway Train, plays 7 to 9 p.m., Thursday, Aug. 27, at Ober Park. This collaboration of some of the region's top traditional players brings high

by Janice Randall

poignant, soulful tunes such as "Walls of Time" and "Sweetheart You've Done Me Wrong."

Players include Washington native Greg Linder, lead guitar and vocals; veteran bluegrass player Kent Powell, banjo and lead vocals; go-for-it player Nolan E l w e l l , mandolin, lead and vocal harmony; the extraordinary, world class John Pyles, bass and banjo; and the incomparable, unstoppable Vashon Island dobro player, Tab Tabscott. Runaway Train's new CD, *No Brakes*, will be available at the concert.

The annual Summer Concerts in the Park Series is sponsored by Vashon Park District and Vashon Allied Arts. All ages are invited for this last concert of the season. No alcohol in the Park please.



Runaway Train, courtesy photo.

energy, traditional tunes, quick guitar, banjo picking and spot-on vocal harmonies. Like a runaway train, they showcase their finger-pickin' talents with lively renditions of fast-moving tunes such as "Shenandoah Valley Breakdown," "Up on the Blueridge" and "Pickaway" while serving up

The Dusty 45's Spin the Red Bike

If you were there at the last Billy Joe & The Dusty 45's Red Bike show last October, you won't forget the grand finale that these guys put on....let's just say, it's pretty HOT! They return Friday, August 28 at 9:30 p.m. The cover charge is still absolutely free and this is a 21+ event.

The Dusty 45's were originally formed in 1997. For over a decade, singer/songwriter Billy Joe Huels and The Dusty 45's have gained critical praise and delivered countless exciting live performances. Wrapping up the excitement with Billy's infamous flaming trumpet, they leave the audience in awe and complete satisfaction. The Dusty 45's, which include some of Seattle's top roots/rockabilly musicians, were voted Best of Seattle by Seattle Weekly readers 3 years in a row. Huels continues to branch out, most recently starring at Seattle's 5th Avenue Theatre as Buddy Holly.

Infused by a passion for American roots music in all its varied forms, The Dusty sound blurs the line between genres to create a style that is, in the final distillation, entirely fresh and new. With

by Pete Welch

elements ranging from honky-tonk to jump blues to rock and roll. Their songs are built on soulful, harmonic vocals and a back beat of upright bass, drums and rhythm guitar. A marachi trumpet and vibrant lead guitar complete The Dusty 45's signature sound.

Professional, confident, and experienced, Billy Joe and The Dusty



45's play to pack the house up and down the coast. Four independent releases have earned the band regular airplay, glowing reviews, and sales reaching 20,000 units in the U.S. & abroad. The band has appeared with acts such as LeAnn Rimes, comedians Margaret Cho,

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

*Fresh Produce
Organically Grown Here*

*Hydrangeas Are in Bloom -
Pick your favorite*

Tasty Asian Pears

Blueberries are ripe - U-Pick

New: Underwear for children.

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

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

Julie & Julia
Aug. 21-27

Coming Soon:
District 19

Eat at the...

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

Digital Imaging Seminars

Vashon Island Imaging has opened registration for a series of Digital Imaging Seminars on the 15th of each month, beginning in September, from 7:00 to 10:00 p.m. The seminars will cover digital imaging as it relates to photography, PhotoShop and the giclée printing process. The format will be Q&A. Douglas Mesney, proprietor of Vashon Island Imaging, will host the seminars. "The digital imaging seminars are being offered to help people get the most out of their digital cameras and computers," he explains. "My experience with giclée customers has taught me that many photographers and artists would benefit from a few pointers and a few new tricks. For example, many people don't really understand about resolution, or 'dpi' and how that relates to the quality of their pictures. Controlling exposure and color are other big issues."

The seminars will be held at the Vashon Island Imaging studio. A five-dollar "honorarium" will be requested for each seminar. Interested people should call Mesney at 567-5800 or email douglas@vashonislandimaging.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/Whatcom, Inc.
Licensed since 1996

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*

Wayne Brady, Dick Dale, The Ventures, BR-549, and most recently Lemmy of Motorhead and Slim Jim Phantom of the Stray Cats.

The Dusty 45s were also honored to recently perform for Democratic presidential candidate, Barack Obama, as well as for Albert Gore in 1998.

Valise Opens underGROUND

On Friday, August 28, 2009, at 7 pm, at VALISE Gallery, 17633 Vashon Highway SW (one door south of Gusto Girls), artist Beverly Naidus will give a talk about her current work on display. The talk is entitled, “underGROUND: Artifacts of this Moment.” She invites all interested members of the community to bring questions and



The mixed media “Heavy Metal Filtration System” by Beverly Naidus.

participate in a lively conversation about the different ways that art

and social issues can weave together, and how visual artists can bring the impulses of contact improvisation into their work in the studio, the woods and the street. On Saturday, August 29, 2009 from 10 am -noon, Beverly Naidus will lead a workshop on “Eco-art for Everyday Life.” The workshop will involve walking outdoors and participants are invited to bring a sketch pad, journal or blank paper, pencils, cameras and scavenged materials. All ages are invited, the price for admission is your time and attention, registration is not required, and participants should dress for the weather. We will meet at VALISE Gallery at 10 am and proceed from that location to an (as yet) undisclosed site.

Beverly Naidus teaches interdisciplinary arts at University of Washington, Tacoma and exhibits her work internationally. She is the author of the recently released, *Arts for Change: Teaching Outside the Frame* (New Village Press, 2009). Her website is www.artsforchange.org.

Angela Reed Returns to Café Luna

Angela Reed, a Café Luna favorite for several years, will perform at 7:30 p.m. Friday, Aug. 28, at the Café in a free solo concert.

Explosive and elegant, Reed sings and writes an eclectically-influenced blend of music. This Seattle-based songstress is a competent lyricist, a melodic soul, a personal performer, and a beautiful example of artistry at work. Judy Collins said of her singing, “Angela Reed has the voice of an earth angel-sweet and vibrant and memorable. A rare singer who will fly far.”



Angela Reed, courtesy photo.

Her sound fits comfortably nestled between such rock, pop and folk veterans as Sheryl Crow, Joni Mitchell, Marc Cohn, and younger, energetic acts like Brandi Carlile and Guster.

Her love of music has taken her from Berklee College of Music (Boston, MA) to Cornish College of the Arts in Seattle, (where she received a Bachelor of Music), from growing up singing solos in the choir to performing her own

original music across the country, from a nervous laugh to owning the stage. Angela makes her way before an audience with grace, confidence, and class.

She has performed with many accomplished artists like Al Anderson (NRBQ), Cheryl Wheeler, Kenny White (NY songwriter-Marc Cohn/ Peter Wolf), Kelly Harland (Etta James/ Beach Boys), and Jonathan Edwards. Her studies have included working under such greats as Catherine Russell (David Bowie/ Jackson Brown), Jovino Santos Neto (Grammy nominated Brazilian artist/composer), and Julian Priester (Herbie Hancock/Sun Ra).

Reed has performed across the country, in such venues as New York City’s Joe’s Pub, the Kerrville Folk Festival in Texas, and the Delta of Venus in Davis, California as well as the Nectar Lounge and Conor Byrne Pub in Seattle.

Angela Reed’s studio experience includes recording and co-producing her debut album *Undertone* with Grammy nominated producer/engineer Paul Speer and engineer Kathryn Kavanaugh (Rainstorm Studio in Bellevue). Angela is also featured on the Paul Hanover Band’s 2006 release *Under Your Skin* in the duet “I’m Gone,” along with background vocals on multiple songs on the record.

Angela Reed’s life is all about the music. She makes you believe in love and life as much as she does. Please join her and many other artists at live shows to experience the real thing. Find out about performances near you on www.AngelaReed.com by clicking on the Calendar.

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

Custom framing~ Do-it-Yourself~ Posters~ Photo Albums~ Gifts~ Cards

Frame of Mind

Tues-Sat, 10-5
463-3933
9926 Bank Road (next to Cafe Luna)

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

17311 Vashon Hwy Sw

Espresso

New Fall Hours

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

Check out our Punch Cards
“Double punch after lunch”

17311 Vashon Hwy Sw

Wolftown Brings Documentary Premiere

Continued from page 1

world of nature, award-winning filmmakers Karen and Ralf Meyer of Green Fire Productions have captured the predators’ ongoing drama in their new documentary, *Lords of Nature: Life in a Land of Great Predators*. Narrated by Peter Coyote, this captivating documentary goes behind the scenes with leading scientists to explore the role top predators play in restoring and maintaining ecosystems and biodiversity. *Lords of Nature* will screen at the Vashon Theatre on Saturday, August 29th at 1:30 pm and will be followed by a Q&A panel discussion with wildlife managers and conservationists.

“This free event is an incredible opportunity for people to learn about scientific discoveries we need to consider and incorporate into our decision-making on managing wildlife and public lands,” said Wolftown.

Narrated by Peter Coyote, *Lords of Nature* journeys to the heart of predator country: the Yellowstone plateau; the canyons of Zion; the farm country of northern Minnesota and the rugged open range of central Idaho – all places now resettled by the great beasts society once banished.

Here scientists discover these top carnivores as revitalizing forces of nature, keystone species whose presence in sufficient numbers can dramatically reverse the slow decay of America’s wild West.



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.wolftown.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



reconditioned
kitchen

knife sharpening
restaurant service

206.463.3009 rex morris

Phil Spencer

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



Seattle Metro West

(206) 679- 9859



PANDORA'S BOX

Well, you know it never goes as smoothly as they say it will.

We're almost done "improving." Thanks for your patience.

Cheryl's Pick of the Week:
Las Vegas in 3 weeks.



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