



VASHON

THE LOOP

Vol. 8, #12

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

June 9, 2011

Vashon Dance Academy Brings Never Never Land to the Island

By Amy Morrison



Dancers rehearse for Peter Pan. From L to R: Anna Hicks, Aiden Rees, Isa Sanson-Frey, and Lizzy Schoen, Photo: John Osborne.

Peter, Wendy, Tinkerbell, and Nana the Dog, along with over 100 additional dancers, take the stage in Vashon Dance Academy's 15th annual performance, Peter Pan, Friday, June 24 - Sunday, June 26, at the Vashon High School Theater. Show times are Friday and Saturday night at 7:30 PM with matinee performances at 1:30 PM on Saturday and Sunday. Tickets are available at Books by the Way.

While the story of Peter Pan is familiar to most, Vashon Dance Academy

is known for its creative interpretations and imaginative characters. This year's cast lives up to the studio's renown, with dancers performing the inventive roles of Pirate's Treasure, Pan's Music, Mermaids, Water, Stars, Never Wood and Never Birds, Tinkerbell's Little Sisters, Tiny Indians, and Forest Folk, among others. The cast, featuring dancers as young as age 3 ½ is composed of 120 Vashon students, weaving the

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Vashon Vintage Makes Everything Old New Again. Again.

By Steven Allen



Islander Mathilda Oldham, owner and proprietor of the original Vashon Vintage, still located in a repurposed old garage behind what used to be Old Dreams which then became the Vashon Wine Shop and is now Urban Cottage, has opened a new satellite retail outlet in the main downtown Vashon commercial corridor immediately next to Robinsons Furniture, and which will formally be called Vashon Vintage Uptown.

Vashon Vintage Uptown officially opened its doors on June 3, Vashon Island's traditional "first Friday".

The original Vashon Vintage, which opened its doors nearly 3 years ago, while doing very well and which will remain open, is perhaps not the most ideal location for a retail outlet. Ms. Oldham decided she needed "...more of a retail space, less of a garage, something in the

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The Monster of Florence Claims New Victims

By Karen Pruett

The Monster of Florence was a heinous serial killer who mutilated his female victims and terrified Tuscany from 1968 to 1985; it is now the most famous cold case in Italy. Here in the Puget Sound, we knew this fear from the 70's to the 90's as two serial killers left their mark upon our lives, but we never expected a twist of fate to link us to a foreign murderer.

Our connection to the Monster of Florence is the Perugian Public Minister Giuliano Mignini, the man who wrongfully prosecuted and convicted Amanda Knox and her friend Raffaele Sollecito of the death of Meredith Kercher in 2009. His lurid tales of satanic rituals, sex, drugs and his parade of tramp witnesses were so far fetched that it set off alarm bells all over Amanda's Seattle community. Fear replaced alarm when we discovered that this was not the first time Perugia's PM had used these same tactics, in the decade prior to Meredith's murder he had become notorious as a wily and ruthless prosecutor.

His path to glory using the Monster of Florence case became our path to ruin.

In 1995 Michele Giuttari took over the MOF investigative squad and by 2002 he had joined forces in a holy war against the Order of the Red Rose (a medieval

satanic sect) with Mignini and Gabriela Carlizzi, a spirit channeler. The lawyer, the cop and the psychic concocted theory after theory featuring mentally challenged persons, tramps, addicts and prostitutes as witness/informants. They wove elaborate tales about the modern doings of the ORR, whom they claimed had infiltrated Italy's elite. Then they laid waste to a select few as they tried to prove that Satanism was alive and well in Tuscany and Umbria.

A year and a half before Meredith's murder another American crossed paths with Mignini for writing about the case. In their book, "The Monster of Florence," authors Doug Preston and Mario Spezi describe their interrogations at the hands of Giuliano Mignini. He accused Mario of being Il Mostro because he had been reporting on the investigation for decades and had amassed an impressive set of files on the case; Mignini imprisoned him, 'confiscated' his files and subjected him to an outlandish trial. Doug was chased out of Italy.

Doug and Mario were now victims of a different Monster of Florence, an investigation that had become a juggernaut, a destructive force.

For over forty years those accused of

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Road to Resilience

By Terry Sullivan, Transition Vashon

The Psychology of Bike Riding

The bicycle is the simplest, most efficient, and elegant machine ever invented to move people over land at the local level. Biking is the predominant mode to transport people in the world. It can get you where you want to go, bring home the groceries, keep you in great shape, provide a lot of fun, and, in our case, cut your carbon footprint way down.

350.org, a group working to bring the carbon content in our atmosphere back to 350 ppm (parts per million), the amount that would have maintained the climate we've enjoyed for the last 10,000 years, is setting aside September 24 this year for people all over the world to make a commitment to curb climate change by getting out of their cars and onto their bikes. For those of you still in the contemplation stages, or maybe not even there, the outset of summer is a great time to experiment with bike riding.

A bike can be had for as little as \$5 at Granny's or as little as \$40 or so for a

functional used bike at the Bike Shop. Jeff at the Bike Shop is a very understanding and pleasant guy to deal with and will get you what you need and want. He can also refurbish that Granny's bike (be sure to have him check it out). You may want to get a bike with electric power assist (\$1400). The important thing, for a good first experience, is to have a good workable bike.

Having been an on and off bike rider for 30 years, I believe I understand the tortuous inner struggle with the resolve to ride the bike. Riding for the first time in your adult life, or at least after many years, can be hard. As you make your way gasping, with leaden legs, up those hills, you look for excuses never to do this again. However, along with an intimate awareness of slopes, you will experience the Vashon roadscape that you never noticed before: the birds, trees, water views, and.... things! If you wait another six months before trying it again, you will be back to the arduous square

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Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

The Atticus “South of the Border” Reading & Potluck

Bring a simple Mexican- or any-style dish or dessert to share while enjoying a professional dramatic reading of “Atticus,” a play adapted by St. John Vianney Pastor Fr. Marc Powell from the novel by New York Times best-selling author Ron Hansen.

WHEN: 7 p.m. Saturday, June 18th
WHERE: St. John Vianney Catholic Church Hall, 16100 115th Ave. SW.

COST: Free, but good-will donations to the church are appreciated.

Audience members will have a chance to offer feedback about the play before it is revised for full production at Blue Heron Arts Center at 8 p.m. Saturday, Nov. 5th and 2 p.m. and 8 p.m. Sunday, Nov. 6th. You can pre-read the novel by purchasing it at Vashon Book Shop or Books By The Way.

New York Times best-selling author Ron Hansen (“Mariette in Ecstasy” and “The Assassination of Jesse James by the Coward Robert Ford,” which was made into a hit movie starring Brad Pitt) will attend the Nov. 5th opening for an after-show Q&A with the audience.

Next Edition of The Loop Comes out Thursday, June 23

Deadline for the next edition of *The Loop* is Friday, June 17

Compost the Loop

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

The Vashon Loop

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Spring on Vashon

Now is the time of year that mother wild animals are having their young and raising them. Often wild mothers leave their young alone for stretches of time. So don't panic if you see a baby fawn or seal pup alone. You can call me any time for advice. But most often I will ask you these questions.

Is the baby crying?

Is it thin?

Is it wounded or in a high traffic area.

If the answer to any of these questions is yes, we will come out and check up on it. But also realize if you stay around a healthy baby its mom will hide! This often causes problems.

Baby birds are learning to fly. These 'branchers' are not abandoned and mom is watching and still feeding them. Watch a a safe distance. Same questions apply to baby birds.

We will often ask you to bring a small animal to us to cut down on our huge fuel bill.

Please don't try to rehab wildlife yourself. It is against the law and you run the risk of spreading disease and imprinting wildlife.

Right now we have a young elephant seal molting on our beaches. It looks bad but is perfectly normal. Please stay 100 yards away from any marine mammal.

Did you know that Wolftown is run by private donation? And the staff are unpaid volunteers? Did you know we are the main rehab for Kind county?

Please donate! We need to buy feed, medical supplies, building materials, bedding, keep our rent and insurance up so we can give tours. Without you we won't be here!

Did you know our main job is education? And we do alot of it! Look for Wolftown at Mother Earth Fair in Puyallup.

Thanks Vashon
T and Pete Yamamoto
PO Box 13115
Burton, WA
98070
206-463-9113
www.wolftown.org

Vashon-Maury IslandGreen Party's Monthly Meeting

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Greens, Democrats, Independents, and other interested progressives always welcome!

DATE: Tuesday, June 14, 7:00 to 9:00 PM
LOCATION: 10329 SW Bank Road, Vashon

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.

Discussion issues:

- 1) Strawberry Festival Parade.
- 2) VMIGP Election of Officers.
- 3) VMICC Governance.
- 4) VMIGP Tri-fold brochure.
- 5) Pebble bed Nuclear Reactors.

Questions: Melvin Mackey, Secretary, (206) 463-3468

Vashon Delta Dogs

Learn how you and your canine friend can become a Certified Pet Partner Team.

Dogs must have basic obedience skills. Chautauqua Elementary School, Monday, June 13, 6:30pm or Tuesday June 21 at 5pm

Community Drumming

Join Vashon Drum Circle to drum and sing with Buffalo Heart, our big community drum, on Friday, June 10, 7 PM outdoors at Village Green. All ages are welcome. Buffalo Heart just returned from a 3000 mile journey to Flagstaff to witness and hold space for the birthing of a new sister drum to serve that community. Come welcome her home and share the joy, depth and beauty of this recent birthing ceremony.

Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities, Vashon Drum Circle meets every 2nd Friday. During summer months we will be outdoors at Village Green.

Mindful Eating

A three-part workshop introduction to mindful eating. For anyone interested in discovering an alternative path to healthy eating habits

No prior experience required. Sliding scale cost. For more details visit www.presentthealthandwellness.com or contact: Sevilla Rhoads, 206-567-6876

Limited space, so please call in advance to reserve

Vashon Island Featured on Comcast on Demand

Last March the Vashon Island Chamber of Commerce partnered with Comcast to put together a promotional piece for Vashon Island on their Neighborhoods series. I am very excited to let you know it is now available for viewing on Comcast On Demand and beginning in July it will be on you-tube for everyone to view. At that time we will have a link to you-tube from our website homepage.

On this film we featured The Vashon Island Coffee Roasterie, the bike in the tree, Liz Lewis Pottery, Silverwood Gallery, Point Robinson Lighthouse, Palouse Winery and Vashon Island Air. We trust that potential visitors will find this piece interesting and enjoyable and encourage them to come see what else Vashon has to offer!

Instructions for viewing on Comcast: On Demand>Get Local>Neighborhoods>Vashon Island
Debi Richards
Vashon Chamber of Commerce

Caregivers Support Group

"Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.

This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again experimenting with offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 567-6142."

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things in Your Torah"
Psalm 119.18

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Unofficial Mayor - It's Not Too Late

Have you dreamt about a career in politics? Here is your chance to become the Unofficial Mayor of Vashon Island AND support your favorite non-profit organization at the same time!

Politians could take a lesson from this one...candidates announce they are running, following very few rules and then proceed to collect as much money as possible (every dollar is one vote). People can vote as often as they like. You can be from any part of the world and vote in this race. Some have been known to vote 5000 times. This Unofficial Mayor has no budget crisis to worry about - there is no budget! Once elected, the fun starts...all year, the Mayor can do whatever he or she pleases!

All money goes to benefit non-profits on the Island.

The winner is announced at 10 pm Saturday night in the Strawberry Festival Beer Garden. The new Unofficial Mayor's first, ok only, duty is to ride in the Sunday parade. As many as 30,000 people attend this wonderful, homegrown 100-year old Festival.

Candidates declare their intention to run for Mayor first to the Chamber office for acceptance and then to all news media.

Contact the Vashon Island Chamber of Commerce for more information at 206-463-6217

Island Birding Guide

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Next Loop comes out June 23

**Care Packages Sought
for Fallen Soldier's Platoon**

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

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Festive Cruise Planned Aboard Historic Virginia V

By Jean Findlay



Join the Vashon-Maury Heritage Association when it takes to the water for “The Gatsby Cruise,” an around-Vashon Island trip aboard the historic steamboat Virginia V on Sunday, August 21.

Think of that calm era nearly a century ago, a time between world wars and before economic collapse. Think of a time when clothing styles were freer and less confining—for both men and women. For the first time, women wore trousers and did not wear corsets. Think of Jay Gatsby and his exuberant parties. And think of a romantic afternoon with summer sunlight, gentle breezes, and a picnic lunch, then join us on board.

The cruise will begin and end at Vashon’s north end passenger ferry dock, adjacent to where the ferry from Fauntleroy docks, so visitors coming from Seattle can walk on board the ferry from Fauntleroy, then walk on board the Virginia V. Boarding will begin at 12:30 p.m., departure is scheduled for 1:00 p.m. with return approximately 5:30

p.m. Bring your own lunch (no alcohol allowed) and wear soft-soled shoes.

The Virginia V, the last boat Vashon Islander Nels Christensen (of Lisabuela) had built, was launched in 1922 and is the last surviving wooden-hulled member of the “Mosquito Fleet,” so named because all the little steamboats reminded someone of a swarm of mosquitoes. The Five—Christensen’s boats were all named Virginia and he called them by their numbers—ran freight, mail, and passenger service, plying the waters from Vashon to Seattle and Tacoma for 16 years. Today she is owned by the Virginia V Foundation and is used for charters and excursions.

For more information or to purchase tickets, visit the VMIHA website or call Barbara Steen at 463-9355 or email Vashonsteen@aol.com. Tickets are \$60 for members and \$75 for non-members. Proceeds support the Vashon Heritage Museum.

Vashon Park District to hold a Groundbreaking Ceremony for the Vashon Fields

By Allison Shirk

The Vashon Park District will break ground on Saturday, June 11th at 10:00 a.m. at a gold shovel ceremony to begin the construction of the Vashon Fields. The project is a 4.59 acre renovation of the fields adjacent to the Harbor School to be used for soccer, baseball, softball, football, and lacrosse.

The development of the fields will relieve a critical need on the Island for sufficient playing fields. Sports teams who want to use fields on the Island are often hard-pressed to find an available fields to use. As a result, the current inventory of fields is deteriorating from overuse.

In addition to the need for more fields that can stand the wear and tear of an active sports community, the fields also address other youth needs on the island. Twenty-six percent of youth in King County are obese or overweight and get less physical activity than their peers in the State. And data from the Healthy Youth Survey also shows that the isolation and lack of healthy activities on the Island lends itself to higher rates of drug use among teens, even as early as in eighth grade.

The \$1.3 million Vashon Fields project is primarily being funded by state and county government grants. In fact, the current State budget has discontinued the Youth Sports grants under the Washington Recreation and Conservation Office, so Vashon Island is lucky to have applied for and received the grant when it did. Many community members have also stepped up to provide matching grants for those who donate from the soccer and lacrosse community, and to make significant donations to the project in cash or by purchasing pavers.

The park district sent out requests for bids for construction and is currently reviewing those bids, which include

an in-kind component required for the grant match. Once the bids are vetted and approved, the district will know the exact amount remaining to fundraise from the local community. It is estimated to be about \$200,000.

Those funds will be raised primarily through selling pavers to the community that will be placed in the plaza around the concession stand. Pavers are 12” by 12” and are \$225, or \$150 for text only. The funds will also be raised through naming opportunities for structures and key facilities, such as dugouts, bleachers, and a batting cage. Most of the structures are \$10,000 and would be great way for the corporations with a local presence, or businesses to contribute to the project.

Advocates for the fields are steadfast in their hopes to complete the project on time and under budget. King County has lifted the stop work order after settling that the original permit was acceptable for the project. And now that they gray skies are parting, literally, the district is anxious to start construction so that disturbances to the already strained sports community are minimized.

The project means to be a community gathering place for families and friends. It will be the only athletic field site on the Island with real restroom facilities (as opposed to port-a-potties). Plans for the site are not only cost-efficient, but incorporate aesthetic qualities as well. It will be a great place for the whole family to spend the day supporting youth development and healthy, active lifestyles.

Please join us at the Vashon Fields site on June 11th at 10:00 a.m. to break ground and wish the project a happy and successful completion. You can visit www.vashonparkdistrict.org to read the case statement



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Island Life

Words

by Peter Ray

I remember how the meaning of words began to change.

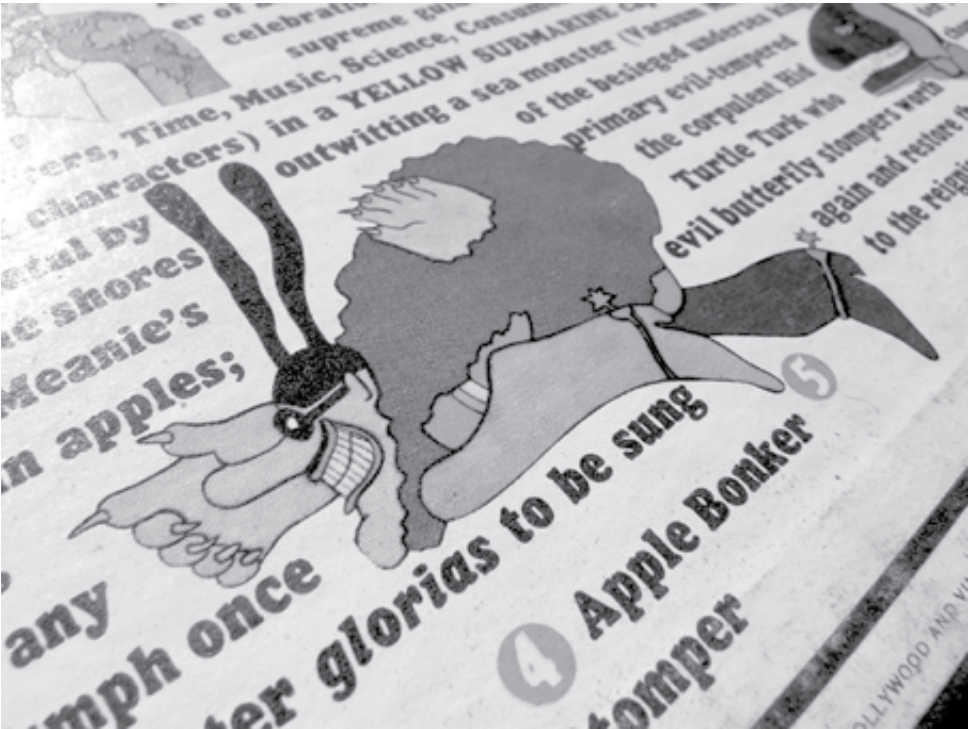
Valerie- from V for Vendetta

Perhaps I was more acutely aware of a vocabulary of time and place because I had just spent the weekend immersed in words. A random occurrence of synchronous events tends to be one of my secret amusements. What I am thinking of here relates to the realization, upon walking into a record store the other day, that the song that had begun precisely as I crossed the threshold was the title song of the film I had watched the night before. It was a film I had not seen in a long time, and unlike some others, it had stood its ground through the passage. I listened some more as I walked through the store, thinking that perhaps it was just a minor coincidence. But as the last notes of Yellow Submarine faded and Only a Northern Song cranked up, it became obvious that the entire soundtrack to that animated classic was on for the duration, and of course for my private, coincidental entertainment.

In sharing this bit of serendipity with the person at the front counter I found that what I had thought to be a bit of clever banter between the cartoon characters representing the actual members of the Fab Four in the film was neither scripted nor spoken by any of the Beatles, and that the only real Beatle sighting in Yellow Submarine was the live action bit



since the meaning of words (like freedom and democracy) has changed, it is no longer necessary for presidents, or those aspiring to the job, to tell the truth. In the clip I saw, the Mitt wasted no time in pounding the K and the W off what we needed to know about how the current president is actively trying to make life and the economy worse



at the end, with all four of the mop tops inviting audience members to join in song while exiting the theatre. While slightly disappointing, this bit of trivia did not diminish the power of the film for me. The power of the images and the words that went with them still stood tall in my mind. The strongest image that remained was the visual of a giant blue glove flying through the air over Pepperland, sent on a mission by the Blue Meanies to stamp out all that was good. The most powerful graphic event in this regard was when Glovie encountered the monumental, three dimensional four letter word in the landscape- KNOW. While it had crashed and smashed through a number of other such word structures along the way leaving total destruction in its path, the glove in this case chose to only take out the K and the W, leaving a much greater sense of loss by virtue of what remained.

As luck or the fates would have it, I was watching the news not long after my submarine ride when a glove of another type, actually a Mitt, appeared behind a mic at a public appearance somewhere, apparently to officially declare his intent to run for the office of President of these United States. As we all no, I mean know,

for you and me. Unlike another president who made an art form out of lying at the time that the Beatles were breaking up, the Mitt looked pained in his efforts to twist and mangle the truth. If he really wants to occupy the highest office in this land, the Mitt is going to have to learn to take the gloves off and truly lie like a Dick- you know, Nixon and Cheney.

On the other hand, we could maybe seek out, look for, aspire to something better. As was stated back at the beginning of this ramble, I spent last weekend immersed in words and surrounded by those who were using them well. At the second Vashon Island Poetry Fest, what became readily apparent from the very start at the Young Poet's Center Stage through Sam Hamill's festival closing reading on Memorial Day at Ober Park, was that here and here and here were places where words actually meant something. The only thing that approached a deception was Tom Pruiksma's Poet's Magic, where sleight of hand and spoken word met to reveal, rather than conceal, a truth about poetry. After wallowing in the rut dug by a seemingly endless barrage of mainstream media fist pounding, that looked and sounded pretty good from here.

Vashon Island

Ultramarathon & Trail Run

Vashon Island has a history of sport and athleticism, from the founding of K2 Skis and involvement in early hydroplane development to being the home of an annual 10k and 5k run, two triathlons (road and Xterra), and the annual Dock to Dock Half Marathon. The Island presents a great environment for many outdoor activities, from open water swimming to horse back riding.

ut until 2010, there had never been an organized trail run or Ultramarathon that took advantage of the great trails on Vashon Island. With the advent and explosion of interest in ultramarathon events, runners on Vashon Island were inspired to show off what they have known for years - that linking just a few of the various trail systems on the island provides an ecstatic trail running experience.

With the overwhelming success of the 2010 event, the Vashon Ultra is back for a second year.

The race will take place Saturday June 18, at 8:30 a.m. There is no early start.

The 50k and 10 mile races will start at the same time at the start line/finish line location in Paradise Ridge park. The 10 milers will run out of the park south to the road (220th) and west along the shoulder to Old Mill Road (literally an



old dirt lane). Meanwhile the 50k runners will separate from the 10 milers inside the park and run a full 1-mile loop of the perimeter of Paradise Ridge park before exiting out onto 220th and following the 10 milers up Old Mill Road.

All runners will continue north up Old Mill Road to 204th - where they will follow 204th east to Singer Road (another dirt road). From Singer Road runners will continue north onto the trails looping around the Vashon Cemetery.

Runners will then cross Cemetery Road and head up 115th (a gravel road) into the trail system of the King

Continued on Page 11

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Preparing For Life
by Rochelle Gravance
NAFC Master Level Certified
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Physique Transformation Specialist
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To prepare for something, anything, one is wise to research, gain knowledge, practice and anticipate any and all possibilities. To throw oneself into a situation can be quite exhilarating and stimulating to the spontaneous nature of our being. But it could be said that being spontaneous without being somewhat prepared is the essence of naivety with potential dangers.

As we progress, or regress depending on your view point, into today's society, we tend to have most everything spelled out for us. Overstimulation of marketing advertisements and news media telling us what to buy, how to think and how we should be living our lives has slowly numbed and depressed the human species.

All this external noise drowns out the internal senses and the one voice that inherently speaks our own rationale, agenda and truth. So it seems as if we are bouncing from the last latest, greatest to the next latest, greatest without considering that it may not be the greatest at all. As we consider this information let's begin to apply it to the season's activities.

Hiking, kayaking, climbing, water skiing, backpacking, swimming and the like are all potential undertakings of the season. All seemingly healthy endeavors on the surface, yet all possess potential threats if preparation is not a consideration.

Gone is the day of "just do it". No purchasable, advertised gadget will bail you out of the trouble of being underprepared. The average person is so out of shape physically and out of touch with oneself psychologically that taking on a foreign activity may not be without repercussions.

A simple backpacking trip can quickly turn into a physical and emotional challenge if one is not prepared for the physical demands of the hike and the emotional fall out thereafter. Being overly sore or developing an injury

because of poor conditioning can take weeks if not months to recover from. The emotional fall out that follows is the realization of the condition and the physical capacity of oneself.

Simply going to the gym a couple of times a week, randomly selecting exercises and performing them without focusing on physical body awareness is a fruitless approach to prepare one for life's challenges.

Spending 45 minutes a few times a week on the elliptical machine or the treadmill is not sound preparation for carrying a 40 pound pack on your back, setting up a tent, gathering wood, building a fire, sleeping on the cold ground, being aware of your body's nutrient, hydration and caloric needs or the recovery process of such an attempt.

A fun summer backpacking trip can easily turn into several weeks of frustrating recovery. Just pushing hoards of weight around in the gym and aerobics classes will in turn yield similar results.

One would be wise to think in terms of awareness and physical conditioning. A program with such an agenda would include energy system conditioning, total body strengthening and flexibility training, balance and coordination, proper nutrition and rest/recovery cycling. All of these efforts should be done with conscious attention and body awareness.

Being prepared for life's activities so that one may enjoy them while limiting potential threats and frustrations requires a new approach to thinking and doing. Get prepared then go have fun.

This is my last article for the Loop as I have moved on to the big skies of Montana. My health and fitness articles will continue to post weekly at www.LoseTheKneePain.com. Sign up for the free workout videos and you will be notified when the latest article is released. Take great care of yourself.

Wild Birds of South Africa and South East Asia

Wednesday, July 13, 2011 will be the annual Vashon Maury Island Audubon Society meeting, featuring a program presentation by Nate Chappell. Nate Chappell is a lucky man who appears to be living a dream life that many would envy. He organizes and leads small (2-10 individuals) group tours to exciting birding hot spots all over the world, including many locations in the Pacific Northwest where he is based. He specializes in photography focused excursions, with an emphasis on capturing spectacular wild bird images.

The focus of the program on July 13th, for the armchair birders and the world travelers among us, will be Birds of Thailand and Namibia. For those of us who aren't planning on hopping on a plane anytime soon, this will be a great opportunity to vicariously bird a bit farther afield. For those of us who have been thinking of taking such a trip and need a little logistical help getting



Little Bee Eater (from Namibia) - photo credit Nate Chappell

to the right spots, Nate Chappell's company is Trogon Tours, Inc. and it specializes in photo nature tours to some of the most beautiful locations on earth. The website for Trogon Tours is www.trogontours.net.

The program will be held at at 7:00 pm at the Vashon Maury Island Land Trust building. As always, the program is free, and all are welcome. Please see www.vashonaudubon.org for more information.

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Summer Camps at VPD 2011

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NEW!! Skate Board Clinics at B.A.R.C.
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July 5-8 + 6 weeks more thru Aug 19 -
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July 11 thru 22 - Camp Beba
July 11-13 & 18-20 - Kids Kayak Camp
July 11-15 - **NEW!!** Wilderness Camp
July 12, 14, 19 & 21 - **NEW!!** Yoga for Teens & Young Adults
July 18-21 - **NEW!!** VolleyKidz Camp
July 18-21 - **NEW!!** "Beach" Volleyball Camp
July 18-August 6 - Jr. Crew Camp
July 25-28 - Youth Triathlon Camp
July 25-29 - V.I. Soccer Camp
August 1-5 - **NEW!!** Circus Arts Camp - No need to run away from home.
August 15-18 - Nature Immersion Camp with Erin Kenny
August 23-26 - "Pixie" Ballet Dance Camp

Classes For Kids
June 11 - Babysitter Training - Get Ready to Fund Your Summer Fun
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Camps For Grown-Ups
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Get details and register online at www.vashonparkdistrict.org



Aries (March 20-April 19)
You're going to learn how to feel safe amidst all of the unpredictability of your life; that's a given. To do that, your concept of 'safe' has to change. Looked at one way, safe means free from any sense of threat, change, disturbance or instability. Yet that's not what your chart is about at the moment. It's about learning to hold your center even as you're confronted by inner upheaval, complex relationship situations, high goals and deep aspirations. Most people would rather sit on the couch and chill. You don't have this option. Safe for you translates to adaptable, aware and one who takes pleasure in rising to the occasion of life. Yes, somewhere in there is making sure that you have a home base. But it's a place to advance from, more than it's a place to retreat to.

Taurus (April 19-May 20)
You seem to be having a kind of psychological crisis over your finances, without recognizing how much you have going for you. Money is the tool and not the goal; you are the thing of worth, rather than it. The crisis involves having several sets of values going at the same time. You can make this work for you, say, by having a set of ideas that relate to separate situations in your life. It can just as easily become a source of conflict, where priorities from one aspect of your life, or time in your life, conflict with something more important. Indeed, of all the issues on which you tend to be divided against yourself, money is first among them. I suggest you take this opportunity to reconcile your values systems. You don't need two. You need one.

Gemini (May 20-June 21)
Love and anger are often presumed to be bedmates, but one excludes the other. Where there is anger present, how is there room for love? Where there is love present, anger fades from importance and disappears into forgiveness. Remember that as you move through life this month. Remember as you consider whether you have 'divided feelings' about someone. It's more likely that your feelings about yourself are in conflict, and you're missing something obvious about someone you know you care about. It would seem that you're not quite noticing someone's benevolence because you're only seeing your own feelings. I suggest you apply logic to the situation: if you have concerns about someone, look at their track record. Look for actual evidence of their intentions. Ask if your outdated ideas about life are clouding how you see the world now. They don't have to.

Cancer (June 21-July 22)
This is the moment to meet life face to face, at full strength. I don't mean that in terms of drama and conflict, but rather as making contact with your inspiration, with your highest goals and with how deeply certain individuals in your life influence you. Remind yourself how much you influence the people around you -- open your eyes and you'll see that this is obvious. Think of all of these potentials not as externals but rather as extensions of yourself. Your creativity is a magnet for human contact. Your passion will drive your success. Your ideas will inspire your whole life -- and many people around you. Your happiness is not yours alone. As you improve your life and follow your heart, many around you will see and be inspired by that light. Start with happiness and then focus on

cooperation.
Leo (July 22-Aug. 23)
Think of yourself as a good luck magnet and that's what you're likely to be. This works for you, and for anyone you associate with. There's a protective quality about you, and some element that has the ability to manifest good is a kind of rare fortune. This is not a passive thing about you; rather, there is something in the active process of your thinking, observing and synthesizing facts that adds up to much more than is obvious on its face. Work with that -- let's call it the intuitive factor. There will be times that you just know something, or a method, or a solution; you'll have ideas that seem to come from nowhere special. You don't need to account the source to anything more than an open mind and loving intentions. It's not an accident that those things get actual results.

Virgo (Aug. 23-Sep. 22)
You say you don't like too much public exposure, but I suggest you grease yourself in SPF and take your place in the spotlight. What you have going for you is a communication gift -- the ability to express or explain in clear language something that others have a hard time getting out. You can not only see, but integrate, both sides of a seeming polarity. You can do this because you know you embrace within yourself the opposites that others perceive as inevitable. This has something to do with gender; it has something to do with acknowledging that you're not at odds with the world around you, but rather an integral part of it. These things are easy for you to see, and you often take that fact for granted. It's a lot more challenging for others -- and you have the ability to make it clear.

Libra (Sep. 22-Oct. 23)
Saturn has been in your sign for a while, and it's been retrograde for most of the year. You may feel as if plenty of life has passed you by. It hasn't, and now that Saturn is returning to direct motion, you don't need to catch up. What it would be very good to do is let go of certain elements of the past that you're holding onto. I'm talking about the ones that you haven't noticed. They might show up as traditions or rituals; they might appear as nostalgia or a tense relationship to change. Clearly, you want to make progress, and progress is about updating your files and living in the present. You'll have many opportunities to do that in the coming weeks, and if at any time you're experiencing confusion or struggle, bring yourself into the actual moment in which you're standing. That is where your power is.

Scorpio (Oct. 23-Nov. 22)
Suddenly, a relationship is showing a lot of promise. Looked at another way, you have many options, and you may not want to limit yourself. Those are not contradictory values. Indeed, the idea that they conflict is the value that gets in the way of everything else. Be on the lookout for any situation that has the mark of 'do or die'. Beware of any circumstance where you might think, 'if I do that, then this is the inevitable result'. The chances are you want that result but are afraid to admit it to yourself. Your charts suggest that you have impressive attractive power. Like many people, that can worry you, if you wonder: what if I act on a possibility and then live to regret it? That is what I would call starting from a place of regret, when adventure is the

very thing that is calling you.
Sagittarius (Nov. 22-Dec. 22)
What attracts you to someone? This is often a complicated issue. There seem to be two distinct ways your mind perceives desirability. One is mental clarity, a kind of gymnastic talent of the intellect. You're definitely someone for whom the brain is a sex organ. The other quality that draws you in is nourishment and compassion. Now, while mental agility has its place, your point of sexual contact is more typically the nourishment attribute. But is that still true today? At least ask the question. These days you are at a kind of maximum compatibility with others. You can relate to people on many different levels, and there seems to be no shortage of people available to exchange energy. You've long lived your life based on identifying what you need. Now is the time to notice and act on what you want.

Capricorn (Dec. 22-Jan. 20)
Notice the influence that you have on people. I'm not suggesting you accept my theory on its face; I'm proposing that you observe people, and listen to what they say about how they feel about you -- and why. As for the ones who don't say anything, observe them carefully and listen between the lines. At the moment, and for the foreseeable future, you're a kind of evolutionary flywheel, with momentum that can carry many people along. Yet to appreciate the full benefit of that, I suggest you notice the special intensity of your growth process now, and how many people are trying to plug into your energy to get a little of what they think they lack themselves. Be flexible. Let go of your opinions based on what has happened before. This is actually a new moment in history.

Aquarius (Jan. 20-Feb. 19)
Treat your life as a wild experiment. Figure out what that notion might have meant to you right up until this moment, and then devise a way to go over that little hump. The experiment of your life is about stretching who you are. That's a question of gender; it's a question of what you say, and exploring the impact that it has on people; and it's about stretching your idea of what you think of as fun. Things that you were sure would be fun for others but could never be fun for you might seem especially attractive. There's a little something about swinging both ways. In the background of your experiment is a shift in attitude about what you think is possible. Experiences in relationships that seemed improbable, impossible or out of your league are suddenly looking pretty real. They might even be.

Pisces (Feb. 19-March 20)
Keep your energy flowing. Whether it's with physical activity or some kind of especially strenuous mental exercise, keep moving. You may encounter resistance. Pisces, the most ethereal sign, has a natural antipathy to anything that is physical, and what is rational can take some getting used to. Push both of them a little more every day. Stretch your potential. Feel yourself make progress, and observe all of your emotional inconsistencies as you work through them. By the end of the month, I propose that you'll have the distinct feeling that great things are possible -- greater than you ever imagined. If there is one factor on which your success depends, it's accepting parts of you that seem to be in opposition. They're not, really -- they have the same goal, but they do things different ways.

Read Eric Francis daily at www.PlanetWaves.net.

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Waiting for the
Test Results

by Mary Tuel

My birthday was last week, and a couple of people wished me “the happiest birthday ever.” Oddly enough, that is exactly what it was.

I had some biopsies done six days before my birthday and I was waiting for the results. Many of my friends and family members have had cancer, and I thought it might be my turn.

If you have waited for test results for a biopsy, you can testify that the waiting period is not fun. You imagine all kinds of things. You go from planning your funeral and writing letters to the kids telling them you love them, to thinking maybe you’re fine and wondering, since all your friends and family are sweating out the wait for test results with you, “Will I feel embarrassed after all this fuss if I don’t have cancer?”

Then you go back to thinking it probably is cancer. Or maybe not. But it probably is. But it might not be.

And so on.

As the days crawled by for me, I’d go for minutes without thinking about the tests and wondering what the results were, but then I’d remember with a thud. I took deep breaths and tried to relax. I used what I call “the power of positive denial.” I told myself that as long as I didn’t know for sure, I could enjoy my ignorance. One morning I realized that having cancer is a lot like not having cancer – you’re still alive, you’re still you.

Road to Resilience

Continued from Page 1

one. However, if you stick with it, you find fairly soon that it becomes easier. Before long, you won’t have so much trouble on those hills and you will realize that you can go anyplace on this island with impunity. This is a truly empowering feeling, not only physically but also to know that you have an option and don’t have to depend on gasoline. Ride with friends; working up hills is a lot easier with company. Take your time. If it is too hard, get off and walk. Form a riding group and try to ride once or twice a week.

Alert: biking provides you with a whole new world of ...accessorizing! If you are planning on bringing something home, you will need a way of carrying it. I have plastic bucket panniers that clip on to my bike rack that are really convenient and easy to use. There are all kinds of baskets and panniers. Some folks use a back pack, but I think it is easier to let the bike carry the load. Besides carriers, there are helmets, mirrors, lights, toolkits, dingalings, bikewear (I don’t go in for that myself), and god knows what else.

Starting to use your bike in lieu of your car is another stumbling block. Sliding into that comfortable car seat, turning the key, turning on the radio, and cruising to your destination is hard to pass up. Try to start becoming conscious of the

That was good to know, even before the test results came back.

I sang, and wrote, did a few crosswords, watched a little TV, and laughed with friends. It all worked for a while, then I’d remember that I was waiting.

Finally, on my birthday, the call came.

“Are you sitting down?” the woman on the phone asked. It did not seem like an auspicious beginning to the conversation.

“Wait,” I said, and sat down, ready, I thought, for whatever it was.

She told me I didn’t have cancer.

I have to tell you that when I heard the words, “You don’t have cancer,” embarrassment was the last thing on my mind. I was more like, “Yay, wahoo, whoopee!”

My body relaxed like a rubber band that had been twisted tight, and for the rest of that day and part of the next I walked around feeling loopy. I had a silly grin on my face, even though I did hear the rest of the test results: the cells that were biopsied are indeed whipping up bad craziness. They are almost cancer, but haven’t quite gone over to the dark side. They must be removed.

So my summer plans have been simplified: surgery, followed by recuperation from surgery. I’d rather fly to Maui,* but oh well.

The big hitch in the plan is that I don’t have medical insurance. I lost that when my husband became ill and couldn’t work full time anymore. I had a plan to stay healthy until I was old enough for Medicare, but that has not worked out so well. Before I get to see a doctor I’ll be speaking to a financial counselor. Once I’ve been financially counseled, and fill out several reams of paperwork, I shall be treated. So they tell me.

Right now I’m happy to be alive, and kids, I do love you, even if I do have to send you a notice on Facebook to remind you when it’s my birthday.

*Actually, I wouldn’t rather fly to Maui, or anywhere. For over three decades I’ve had a severe fear of flying. But I’ve been thinking since this biopsy thing came up, what the heck. I might like Maui. So look for gratuitous mentions of flying to Maui in future columns. It’s going to be my fallback fantasy this summer.

amount of money you are spending on gas. Remember those times that your car broke down? Instead of a moving pleasure palace, you now had a one ton pile of you-know-what, and, whatever you were planning on doing was now superceded by the task of getting the car(cass) off the road and to a repair shop? That should help you to start putting things into perspective.

Then, you don’t have to completely forsake your car. Pick a nice day for your bike expedition. Try out your accessories. Strut into Cafe Luna with your bike helmet and have a good visit with friends (Save that stop at the tavern for when you are a little more seasoned). After you get your moves down and your accessories fine tuned, you can ride in for your errands more often. SPECIAL TIP: The Strawberry Festival is a great time to ride into town. There is something about gliding serenely into town past all those people hiking in with all their gear from far off parking spots....

Get into biking: you’ll be glad you did!

Another reminder to be sure to catch the Wisenergy Fair, “Caulk The Rock”, June 18, 10-4 in the parking lot just north of the Village Green. A whole host of local businesses and consultants will be there to help you be more sustainable, stay warm, and save money!

Comments?
terry@vashonloop.com

PANDORA'S BOX

It's JUNE!!!! Should be able to pack away your woolies and mittens. Shedding begins in earnest. Come get a new brush because you lost the one you bought last year!

Buddy's Pick of the Week:
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Buy 4 cans get 1 free! ANY SIZE! Mix and match flavors.

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Monster of Florence Claims New Victims

Continued from Page 1

being the Monster or being connected with the Monster have had their lives destroyed as they and their families suffered from slander, finger pointing, shunning, imprisonment, lost jobs and ruined careers. The sixteen families who lost loved ones have waited for decades hoping that Il Mostro would answer for his crimes and although the police investigated 100,000 Italian men, most without their knowledge, the real killer remains elusive.

In the past decade, Perugia’s Monster hunt effectively steamrolled anyone who got in its way. In an unbelievable spectacle of accusations and legal actions more than 20 people found themselves entangled without a shred of evidence. No theory was too outlandish as Mignini, Giuttari and Carlizzi played off of each other. The mutilations became ‘obscene wafers for Satanic Rituals.’ An actor, writer and tramp were accused of being Il Mostro. The rich and famous were ORR Masterminds. A body was ‘switched twice’ by the ORR to fool authorities. The Satanic Trio saw signs of the Order of the Red Rose everywhere and Carlizzi spun fantastic tales of its perversion reaching into the highest offices and the wealthiest families, even recruiting novitiates on the campuses of the University of Washington and Leeds University. Be careful! That Husky might be a Satanist!

During the summer of 2007 Meredith, Amanda and Raffaele arrived in Perugia to settle in before the start of the new term at the University of Perugia and the University of Foreigners. No doubt Carlizzi ‘knew’ that the ORR had already infiltrated those schools.

On Sept 27, 2007, thirty-five days before Meredith’s death, the trial of Francisco Calamandrei began; the pharmacist was accused of being one of the Masterminds behind the Monster of Florence murders, the Satanists who paid tramps to obtain their “obscene wafers.” Mignini brought in a schizophrenic and several tramps; serial witnesses who had testified ten years earlier at another Monster trial. Calamandrei’s lawyer, Gabriele Zanobini, told the court that “almost all the results of the Perugian investigation are like so much waste paper.”

Then Zanobini read a document in which Mignini had interviewed an associate of Gabriela Carlizzi; the woman wove a bizarre tale that included many of the principals in the Monster investigation, the first of many lunacies Zanobini presented at trial. On May 21, 2008 Mr. Calamandrei was found innocent and “acquitted for the reason that the Allegation is Nonexistent.” That means, in Italian Law, that the crime had never occurred and Mignini failed to prove Satanism in court. Six and a half months later he would try again when he prosecuted Amanda and Raffaele for murder and accused them of being Satanists.

But on Oct 31, 2007 Mignini had been indicted for Abuse of Office and was awaiting trial. Calamandrei’s trail had just started. He was dealing with Carlizzi by himself. Giuttari was gone, sent back to Rome in shame. And a few powerful locals were not happy about the ORR/ wealthy Old Italian family theory he had floated. Mignini’s career was on shaky ground and he needed a distraction, a sleight of hand, to shift attention away from himself for a while.

November 2, 2007 the distraction arrived in the form of Amanda Knox.

The night before, All Saint’s Day, Rudy Guede killed Meredith Kercher in a botched robbery/rape. Meredith’s murder is thirteen years to the day when Pietro Pacciani was convicted of being the Monster of Florence. Pacciani was the only person ever convicted of the crime, he was exonerated on appeal and all charges dropped in 1997.

Mignini and Scientific Police Chief Edgardo Giobbi (Giuttari’s replacement?) colluded to charge Amanda and Raffaele with Meredith’s murder, along with another innocent man, Patrick Lumumba. Mignini theorized Satanist involvement because of the proximity to Halloween and Carlizzi predicted that both girls belonged to the Order of the Red Rose. “One came to murder and one came to be the victim, neither knowing who would fulfill what role,” she mysteriously proclaimed.

November 2nd, All Soul’s Day, would begin an unending nightmare for three innocent families as their children gave up their lives to murder, vanity and avarice. Meredith dead, Amanda and Raffaele trapped in prison by corruption.

Amanda would bear the brunt of the international hate created by the PM and his henchmen while the official slight of hand deftly scooped up and imprisoned Rudy Guede, conveniently shutting him up with only a rare comment from his lawyer. Guede is the young man who’s DNA, fingerprints and shoeprints were all over the crime scene. All over Meredith. In 2010 his 30-year sentence for Meredith’s murder was cut to 16-years when he was ‘encouraged’ by his lawyers to write a letter of apology to the Kercher family for sexually brutalizing their daughter and then slashing her throat when she fought back.

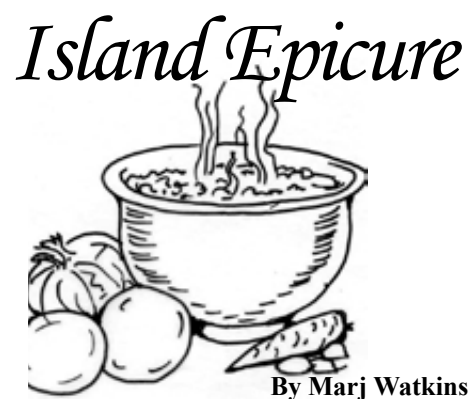
Guede’s sentence reduction is shamefully biased.

In retrospect Amanda and Raffaele have been subject to pompous, heinous, ridiculous, contemptuous and slanderous lies; more than twenty were ‘created’ for them to bear. These intelligent, compassionate young adults were broadcast to the world as though they were insane, drug-crazed maniacs.

A near perfect description of the 1938 Reefer Madness trailer on Youtube is what Mignini described to the press in 2007 and to the court in 2009. Complete with young adults chain smoking joints, cackling maniacally, crazy dancing, knife welding, unabated sex, wild abandon, why Mignini even created “dialogue” for Meredith and Amanda’s fictional catfight to enthrall the court. “All that was missing was the video camera,” he said. Actually, I think the video camera in his head is worthy of a few flavorful expletives from a horrified mother. He needs to wash his brain out with soap.

Certainly all the MOF investigative tools were used to great effect during Meredith’s murder investigation. Spirit channelers, tramps and drug dealers for witnesses. Satanism, sex, drugs, tainted DNA evidence, elementary investigative mistakes, lurid accusations, illegal interrogations, thundering theatrics in the courtroom, finger pointing, imprisonment, solitary confinement, Abuse of Office, wiretapping, falsifying evidence and it is all complemented with a masterful bending and twisting of Italy’s Laws. Mignini artfully applied due process meant for violent criminals to innocent bystanders.

Continued on Page 9



By Marj Watkins

Cooking Chinese with Xiao Ning (Shi-ah-o Ning, said fast)

The joy of cooking this spring has been enhanced by my Chinese daughter-in-law’s eagerness to learn to cook American foods and her willingness to share her Yunnanese style recipes. A field trip to a Chinese market makes her day. So does a trip to Thriftway, though her hometown of Jinghong has several supermarkets now. There you can buy sweet, tender bamboo shoots, lotus roots, pig’s feet, and pig’s skin and vegetables that have no English name.

Xiao Ning has taught me that every vegetable side dish needs a little meat in it. She says the meat protein helps you get more good out of the vegetable protein. She tells me Chinese medicine teaches that pig’s skin prevents wrinkles. Every Chinese meal begins with a thin soup to prepare our stomachs for solid food.

Chinese cooking is thrifty of ingredients and of heat. Usually, much more kitchen time goes into cutting up vegetables than in actual cooking. Chinese cooks do make long-cooked dishes: Hong Chao Ju Rou, Red Cooked Pork Meat, for instance in which chunks of pork stew with cloves and cinnamon.

She regrets she cannot make for us long-stewed pig’s foot with daikon, a Japanese root vegetable that has caught on in China.

I’ve taught her a smattering of French, Italian, Creole, Azerbaijani, and other ethnic and regional dishes. Today, I showed her how to make a Mirepoix, the basis of so many French soups. It’s just chopped up onion, carrot, and celery, stir-fried in oil. Adding any stock or broth creates a simple soup in itself. For a heartier, main dish soup, add a can of red, black, or white beans, 1/3 to ½ cup Uncle Ben’s 10-minute rice, bring to a boil, reduce heat, and cook covered for 10 minutes. Back in China, she can reproduce a near duplicate of this soup by making a Mirepoix, using any cooked beans available and adding a cupful or so of leftover cooked rice.

Xiao Ning loves to harvest handfuls wild fennel for soup and in cooking fish.

Chinese meals most often begin with a soup, and the soup with a home made

broth or stock. She asks me, “Mom, do you have bones?” Even bones with no meat left on them have a place in her inventory of possible soup stock materials. They yield magnesium, calcium and other minerals, and a surprising amount of flavor.

Xiao Ning says, “Bones are good for your bah-dee.”

- XIAO NING’S FENNEL SOUP
- 4 servings
- 4 cups any soup broth or stock
- 2 cups snipped, washed fennel fronds
- 4 green onions, sliced
- 1 fresh red ripe tomato, diced

Bring the stock to a boil. Add the remaining ingredients. Bring again to boiling. Reduce heat. Cook 5 minutes. Serve hot as a starter course.

One day Xiao Ning and my daughter, Suzanna, Leigh went to Seattle, shopped at a Chinese grocery, and brought back several big lotus roots. Xiao Ning sliced the lotus and soaked the slices overnight in vinegar water—about 2 Tablespoons of vinegar per quart of water. We found a frozen cooked turkey drumstick and some bits of pork in the freezer. With those plus some chicken stock, several slices of lotus root cut in bite-size pieces, a generous handful of frozen cut green beans, and a little leftover cooked rice, she created a delicious, nutritious soup for lunch for four people.

- XIAO NING’S LOTUS ROOT & BEAN SOUP
- Serves 4 to 6

- 1 large fresh lotus root, sliced and soaked several hours to a couple of days in
- 2 Tablespoons apple cider vinegar and water to cover
- 3 cups water
- Any meat bones on hand
- 1 10-ounce can Campbell’s condensed chicken broth
- 1-inch ginger root, minced, optional
- 1 clove garlic, chopped
- Drain the lotus root slices and cut in quarters. Bring all the remaining ingredients to a boil. Reduce heat and cook gently for up to 1 hour. The lotus root will still be crisp like water chestnuts. Add:
- 1 ½ cups frozen cut green beans or fresh green beans cut in 1 ½-inch lengths
- Bring again to a boil. Reduce heat somewhat. Cover. Cook briskly for 10 minutes, but not so briskly that the pan boils over. Add: 1 to 1 ½ cups leftover cooked rice.
- Bring the soup to a boil again. Taste and add salt and pepper as desired. Serve hot.
- Vinegar soaked lotus root can also be cut in bite size pieces and used in salad as you would water chestnuts, and as Suzanna Leigh does.

Send 4 boats from Vashon Junior Crew to Nationals

by Martin Koenig



The Vashon Island Junior Crew team recently competed at the Northwest Junior Regional Championship regatta in Vancouver, Washington where the team entered 16 races, qualified for the final in 15 of them, medaled in 12, and qualified 4 boats for the U.S. Junior National Championships: the Women’s Varsity Quad, Women’s Varsity Four, Women’s Varsity Pair, and Men’s Varsity Lightweight Double. The U.S. Rowing Junior National Championships will take place on the second weekend of June in Oak Ridge, Tennessee where the 12 qualifying rowers, 1 coxswain, and 1 coach from Vashon Island will travel to compete against the fastest junior teams in the nation.

Being one of the smallest junior rowing programs in the country, qualifying for Nationals has been a tremendous challenge for the high school rowers who train 13 hours each week at the Jensen Point boathouse. Last year was the first time since 2005 Vashon sent boats to the National Championships, the fourth time during the team’s 20-year existence. This year, in one season, with the tenacity and passion of our new coach, Steve Full, the team managed to qualify 13 athletes for the prestigious event and more boats than in the past 20 years combined.

This exciting opportunity will

require substantial funding in order to make the competition for the Vashon rowers possible. Because the team is not subsidized by the schools or the parks, all of the expenses fall on the rowers, their families, and the club. All together, the group of athletes will need to pay for their travel expenses, boat rentals, regatta fees, coaching expenses, and room and board while at the competition, adding up to an estimated \$25,000. The team is asking for support from the community to help subsidize the cost so that both the team and the island will be able to participate and compete in this elite event, representing our little island at a national level. Having reached the goal of qualifying, we are working hard, madly fundraising so we will be able to compete. We need your help to propel our team on to represent Vashon. Please contribute what you can! Anything and everything helps!

Checks can be made payable to VIJC and addressed to:
Vashon Island Junior Crew
VIJC National Sponsorship Program
P.O. Box 79
Vashon, WA 98070

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Vashon Island Junior Crew

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Monster of Florence Claims New Victims

Continued from Page 8

And here we are today, waiting patiently (sorta) and praying for fair play. That’s all anyone has ever asked for, Fair Play. We are cautiously optimistic as Judge Hellmann’s courtroom has been determined and insightful since fall and we applaud the court’s efforts to gain access to contested evidence in order to conduct a fair DNA review. Barring any other delays, we will know his ruling in the fall.

The judge is no doubt keeping his eyes upon developments in Italy. A coalition led by The Honorable Rocco Girlanda came before the Italian Parliament on May 20, 2011 with a petition asking authorities to launch an investigation into Public Minister Giuliano Mignini’s office. Mr. Girlanda became a supporter of innocence after he began paying visits to Amanda at Capanne prison in his official capacity as the Italian-American liaison.

Obviously the Italian-American liaison was the only one in the chain of command

who saw a problem with the Perugian court system wrongfully persecuting innocent university students. Thank you kind sir!

Mr. Girlanda is part of a groundswell that started in Seattle in 2007. More and more people are speaking out for innocence, the press included. Seattle has been loudly, yet politely, grumbling for 3 ½ years and now we are joined by friends in Italy and from around the world. The Loud Crowd could easily become deafening if this judicial debacle continues longer than necessary. Plus we have help from the Voice of Reason in the scientific and judicial communities on two continents who just looked at the facts, ma’am.

Facts that are still being pried from the fingers of the prosecution, facts the defense has been waiting to review since November 2, 2007.

And my opinion, as the Average Citizen, is that it was a badly botched murder investigation by seasoned professionals led by a Public Minister who has a masterful grasp

of law. He is not crazy, he is manipulative, controlling. Public Ministers are at the top of the judicial food chain in Italian cities, these are not wide-eyed neophytes. Giuliano Mignini knew what he was doing at Meredith’s crime scene and, as we have seen during the original trial and now during the appeal and slander trials, he knows how to work the legal system.

It’s readily apparent to me that Public Minister Mignini used our kids as a sort of human shield to deflect attention away from himself for his egregious behavior in the MOF case. But today Mignini is alone, Giuttari and Giobbi are in Rome and Carlizzi died in 2010. And I don’t think he meant to garner the international attention of so many intelligent professionals, the caliber of which reflects the true nature of Amanda, Meredith and Raffaele; not the entitled, drug-fueled, murderous criminals he imagined. What will become of him is anyone’s guess and I really don’t care, as long as the kids get out of prison and come home.

Our innocent kids have never given up hope that the truth will be known, so they

have served the prison time thrust upon them with courage and grace. Vashon, Seattle and Bari should be proud.

But the soft glow of hope that has given us strength these long years throws into stark relief the sordid twists in the Monster of Florence investigation that led to the sacrifice of three innocent students and their families. Giuliano Mignini has been chasing Satanists all over the sun-drenched vineyards and through the winding medieval streets. Doing God’s Work. He proclaims to be a man of God, as well as a man of law, so he should know that he has broken all of the laws in Exodus 23:1-9. Certainly every good Christian is taught that actions, more than words, are the hallmark of righteousness and Mignini’s actions demonstrate evil, not good.

If the public minister wants to find a Satanist, he should look in the mirror.

It’s time for authorities to come together to stop the Monster of Florence from claiming any more victims. It’s time to free Amanda and Raffaele. It’s time for true justice for Meredith Kercher.

Positively Speaking

Home

By Deborah H. Anderson

Caity’s adventure in singing finished with the two of us deciding it didn’t make sense on many levels for me to fly down to Texas for two days for graduation. She was going to be exceptionally busy with performances, honors convocation had happened two weeks earlier when even she couldn’t go because of a scheduling conflict, and the final hurrah was to be in a stadium that seats fifty five thousand , she would be far far away on one end in the choir, and it was predicted to be between 95 and 100 degrees.

So I stayed home and continued to unpack. My goal was to have all the furniture in place in the new house. By the end of the weekend it was beginning to feel like home. Real home. Two weeks later I swapped the blonde creative desk with the dark brown business desk so they were both in functional positions and put the printer on the newly angled filing cabinet. I am home. Finally.

Home before the Island was 331 NE 53rd in Seattle. A small house from the front, it was actually a huge 3500 square foot three story home that we filled with an intensity of life that was unique. Birth/adoptive families have special rhythms and character.

The house was purchased with a trust fund from my aunt, the same fund that was sending my then husband to school . The deal was that at the end of his schooling my mom, who was the executer of the estate would sell it to us for whatever was left on the mortgage. In 1991 that was going to be \$80,000; down from \$119,000 at the time of purchase. You remember those days don’t you? A five bedroom home in the Greenlake corridor for \$119,000? Note to self. Don’t tell unmedicated bi polar mom who holds the purse strings she has to go get some help. She yanked the deal.

I was a homemaker and a student then. The adoption agency required one parent be home full time. Life was going to begin again for my own personal gain when Caity, the youngest, graduated from high school. Creating a home was my art form. I believe the job of a mother is to know her children so well she supports the highest and best vision of who they can be until they can hold it for themselves. It’s sheer joy for me. Hard work, but sheer joy. It always has been no matter where they were/are living. I have held the vision of the highest and best for each of my kids in my heart to this day.

What’s inside a house that makes it a home ought to reflect that goal.

True, I haven’t known what to do with people who interrupt that process. It was a blind spot of mine. And it certainly smacked me out of nowhere when I moved with the kids to the Island. I know now. You pierce the heart of evil with Love. Finding a home



is part of that.

I found the new 331 inadvertently this past January. I had a choice of three very different living situations in three completely different places on the Island. I wasn’t sure of my ability to choose wisely. I’ve gotten myself into some doozies of circumstances because of my naiveté. I didn’t want to have that happen again. I kept saying, “You choose” to God because the last time I did that I ended up at the beach and healed in mighty ways. I found my center and my strength again.

But God apparently wanted to see if I could now live in that strength. There was only silence in response to my demand.

After six weeks of careful deliberation I chose door number three. The dated maple trim and cupboards of the seventies, the floor plan with the eat in kitchen and the pony wall, the office space with a view, the bedroom that could handle a king size, and the toy room was so familiar. “Why do I feel so comfortable here?” I would ask myself in the middle of the moving chaos. Then I realized it has all the parts of 331 I loved and that served the kids well.

I look forward to the day all of my children come to this home with their children and are together again in a too small converted bedroom that is called a toy room. The books are there from their childhood, the board games, the jig saw puzzles, the art supplies, the TV, the small stereo. All crammed in together for them to make new memories and their children to enjoy. Home.

C S Lewis said, when you get lost, go back to the last spot where you knew where you were. I would add, but face towards the future. This is like the house we left when we were all home together. But it’s on our favorite family spot on the Island. Something new.

Home is where they root for your highest and best. Home is where they know who you were, who you are, and who you can be and love you unconditionally. If you do not have a home, I hope you find one. If you are in charge of creating one, embrace the job with passion. There is no higher calling.

Love
Deborah



What would you say if you had to share your faith story? Deborah will offer a workshop at Vashon Presbyterian Church Saturday 25 June 2011 from 10-4. Lunch is included. No charge but a freewill offering will be taken to defer costs. For questions and registration call 206.853.2388.

I am looking to gather perhaps six to eight (tops ten to twelve) participants for tweeners and teens both typical and special needs kids for a one shot workshop on developing and using social skills this summer on the Island. I’m looking for interest first and then we will coordinate time. It would run three to four hours(with appropriate breaks and snacks, games and fun as part of the learning) and cost wouldl be \$60 on a sliding scale. If you have a child or children you would be interested in attending please let me know at dha@lgcmin.com or call 206.853.2388

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We’ve Got a Lot of Kids Tip Your Children’s Teachers

by Kevin Pottinger

Our kids all attend Vashon schools, Chautauqua Elementary. Two are going into first grade next year. Our older two will be in third and fifth grades.

Like many families, we live on Vashon in part because of the schools. The Vashon Island School District provides a great education to children of any family that wants it, plus it’s a nice-sized school system with a well-mannered school board, mostly free of creationist agendas or embezzlement scandals.

Like most school districts in the State of Washington, our school district is funded primarily by property taxes. Schools are often funded by property taxes because a well-funded and well-run public school system makes an area attractive to families and real estate more valuable, and conversely a poorly-run or poorly-funded school district makes an area less attractive, and property less valuable.

It’s like the Wild West of the late 1800’s: frontier towns sought families to put down roots, because strong families (of all shapes and sizes) tend to take care of a place, work hard, and create social structures that benefit the whole community, which in turn builds a place where more people want to live. A great school system brings great families, and great families help create great communities.

Because of a speculative housing bubble that burst in early 2008, everyone’s property on Vashon is worth less, something like twenty percent less than the peak in early 2008. Because property taxes are based on the assessed value of the property, and property values all have gone down, the only really good part of the real estate debacle is that everyone’s property taxes are a little lower in 2011.

The bad part is that because everyone’s property tax bill has gone down, plus precipitous drops in new construction fees and sales taxes which also help fund local schools, the school district has a lot less money with which to run the schools.

Lower taxes are a good thing, especially during a recession. Economists say lowering taxes can result in a faster return to prosperity, because more investments are spurred by less taxation, and more investment means more jobs, and more jobs means more spending, and so on.

I’ve talked with a few good friends

in the lower-my-taxes-now crowd who’ve eyed the school district’s budget hungrily, wishing their tax burden weren’t so large; well, they’ve got their wish, in some small way. Our friends often insist that schools don’t need all that money and instead simply need to correct their priorities; here’s the test of that theory. Vashon schools will have the better part of a million dollars less next year to fund the school system.

But rather than simply tighten belts, face hard facts, cut the fat and run leaner as my friends in the lower-taxes-now club expected would inevitably happen, in fact, it’s clear that instead of cutting fat in the district budget, meat and bone will necessarily be cut in the face of such drastic shortfalls of cash.

When my brothers and sisters and I were growing up on Vashon, island parents supported the schools; they stood in the rain holding cardboard signs at the four-way stop uptown asking voters to approve the yearly levies, they got new buildings built, and hired the best teachers they could find to live and teach on the island, and we got a great education.

So now, we’re those island parents. Our family supports Vashon schools by being active and engaged school parents, by paying taxes and donating time and money to our island schoolchildren, and holding cardboard signs in the rain asking for financial support of Vashon schools. It’s the right thing to do from lots of angles, not the least of which is to help pay back what the families of a generation ago did for us and the community of Vashon.

As home owners, this year we’ll pay about \$3500 in property taxes. A couple of years ago it used to be higher; and how one counts it is really complicated, but through a series of failures including a massive international real-estate investment scheme that went horribly awry, today our house is worth a lot less, and we pay a lot less property tax to fund our school’s operating budget.

To restore the funding that has been lost, we can write a check directly to Vashon School District for ten percent of that \$3500, that’s about \$350. It’s complicated, but we calculate that’s roughly the drop in revenue from the Pottingers that the school district will otherwise do without next year.

If you own your home, and ten percent to make up the difference is too steep for your family this spring, give as you should, as we will. Be sure that you give something. I’m sure our school district would be happy with a couple crisp fivers rather than nothing. Tip your children’s teachers.

It’s for the kids you see in Thriftway, or washing your car in the parking lot, or your neighbor’s kids waiting for the school bus in the morning. It’s for our kids, but more importantly it’s for Vashon Island. Dig deep.

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Vashon Vintage Makes Everything Old New Again. Again.

Continued from Page 1

main retail corridor. A cheerful little store that would be attractive for downtown Vashon."

Philosophically, the new store will operate on a "small and beautiful, European style" philosophy featuring reasonable prices and high turnover/variety. While the primary stock will continue to be refurbished and revitalized furniture, the store will also contain a variety of items which "go along" with the primary stock. Chandeliers, mirrors, vases, lamps, lights, accent pieces, and other decorative vignettes will all be available.

Additionally, the store will feature a monthly artist, which this month is well-known Island photographer Peter Serko.

Ms. Oldham intends for the new Vashon Vintage Uptown retail space to be both a showplace for her furniture pieces and a gallery. Interestingly, local Island realtor JR Crawford, whose Papillon dog "Xerox" can be seen in the photograph accenting one of the pieces on offer, will have a personal office mixed in with the other decorative items. This "multi-use"

approach is something Ms. Oldham says is consistent with the European style approach were small, attractive, varied and accessible makes for a unique and pleasurable shopping experience. If it should happen that you're not in the market for a new home, Ms. Crawford will be more than happy to sell you a piece from the stock to enhance your existing home.

Ms. Oldham first became involved in reconditioning/refurbishing furniture as a hobby for herself and friends. Finding that she had an exceptional talent at it, and with the encouragement of friends and after conducting research that indicated the island definitely had a need for high quality but inexpensive furniture and related items, Mathilda decided to make a business go of it and hasn't looked back.

The original Vashon Vintage location will remain open as usual, and Vashon Vintage Uptown will be open 11 to 5, Tuesday through Sunday (unless otherwise posted) for summer hours. Winter hours have yet to be determined. Be sure and stop by for, as Mathilda would say, a "style infusion or just visit".

Next Edition of The Loop Comes out Thursday, June23

Deadline for the next edition of *The Loop* is Friday, June 17

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Vashon Island Ultramarathon & Trail Run

Continued from Page 5

County Park's Island Center Forest. Once entering the park runners will turn east onto the trail system known as Valley of the Firs. Everyone will exit the north end of the park and run a short paved section of 115th out to Bank Road.

At this point runners will cross Bank Road and run down the grass shoulder of 115th to the entrance to Fisher Pond Preserve. Runners will then turn west into the Fisher Pond Preserve trail system. Runners will circle the pond (approx. a 1-mile loop), exit the nature preserve, re-cross Bank Road and navigate south back into the Island Center Forest.

Once back in the forest - runners will run the trails west and southwest to the southwest corner of the park where they will then leave the park, down to Cemetery Road. Runners will then cross Cemetery Road, heading south, back to Old Mill Road where they will face the only two way traffic of the event. They will continue south along Old Mill Road south to 220th and then along the

shoulder of 220th back into Paradise Ridge park. At this point the 10 milers will finish and the 50k runners will turn and head back out onto the loop.

This rolling race course will include single track and double track park trails, dirt roads, gravel driveways, grass shoulders and some short sections of paved road.

The elevation change is approx. 750 feet per loop (2,250 feet for the entire 50k). Though don't let that fool you - there are some challenging hills in the mix on this course. Very little of this course qualifies as flat.

Awards will be presented to the first male and first female Open Division (39 and under) Finishers as well as first male and first female Masters Division (40+) Finishers. There will also be a number of other prizes handed out to as many participants as possible. Prizes and awards to be determined.

For more information visit
www.vashonultra.com

Last Vashon Class until the Fall. Eating To Quiet Inflammation.

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. Come 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 5-week series: Saturdays beginning June 4 at 3:00 to 4:30 PM. Note: No class on July 2.

Advance registration at www.TQIDiet.com is required.

There are also classes beginning in Burien, West Seattle, Seattle, and Live Online.

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Mobile Church

By Mike Ivaska

"All the men and women, the people of Israel, whose heart moved them to bring anything for the work that the LORD had commanded by Moses to be done brought it as a freewill offering to the LORD." – Exodus 35:29 (ESV)

[I wrote the following several weeks ago.....]

As I write this, it is the morning after our church's first Sunday in borrowed space – the cafeteria at McMurray middle school. For several years now we have wanted to remodel and improve our building. Raising the necessary finances to do so has been a challenge. But God has provided for us and is working out the details in his own perfect way. We have finally been able to begin the remodel of our building's basement, where the kitchen, fellowship hall, classrooms, nursery and restrooms are. It is exciting to see things begin to happen!

To cut costs, our church's leadership and building committee decided to do the majority of the demolition work in the basement ourselves, as a congregation. Day by day for the last two weeks, men and women who were able have come by to clean, pack, take down doors, knock out walls, and scrape stucco ceilings. Pastor Frank and I have even put down our books (every so often, at least!) to do our part in the process as well. It is a wonderful thing to see God's people all come together to get the job done!

Yesterday morning [i.e., Sunday May 22nd] we brought our instruments and sound system, our coffee pots and

snacks, our Bibles and bulletins, and took time as a family to set up for church, worship the living God together, and take everything back down again. This morning as I read my Bible, I was struck by God's commandments to the Israelites as they prepared to build the Tabernacle – basically a mobile temple made of wood and animal skins. God commanded that the donations for the Tabernacle, the priests' robes, the gold utensils, and the altars be on the basis of "everyone whose heart stirred him and everyone whose spirit moved him" (Exodus 35:21). People needed to give, and craftsmen needed to build, and the skilled women needed to weave and create, but God wanted it all to be done by willing hearts. And God stirred in our hearts yesterday. What a blessing.

If you want to be a part of things, to learn more about God, or simply to be among his (far from perfect) people, you're welcome to join us. Earlier I said that we worshiped God "as a family" yesterday. Well, families aren't perfect, and it takes time to feel like a family. But family is always happy to see new faces around the house. So consider our doors open to you, even if those doors happen to be the doors of McMurray middle school for the next couple of months. You're always welcome.

Mike Ivaska is associate pastor at Vashon Island Community Church. He blogs somewhat regularly at www.vicc4life.com/blog. Service times for VICC are every Sunday from 10am until 11:45am, currently in the cafeteria of McMurray middle school on Cemetery Rd.

Toby Needs A Home...

This super sweet, adorable Dobie loves to run in the woods, on the beach ... anywhere. You wouldn't know he has a balance problem until you see him try to make quick turns in a small space. It may be a vision problem as he has been checked out for more serious issues and given a clean bill of health. He is at his best with open spaces and off leash, so if you have some room to roam, you will love this boy! Toby also loves sitting quietly beside you with a chew toy while you are working, reading or watching TV. If you would like to meet Toby, contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.



Go To www.vipp.org Click on Adopt



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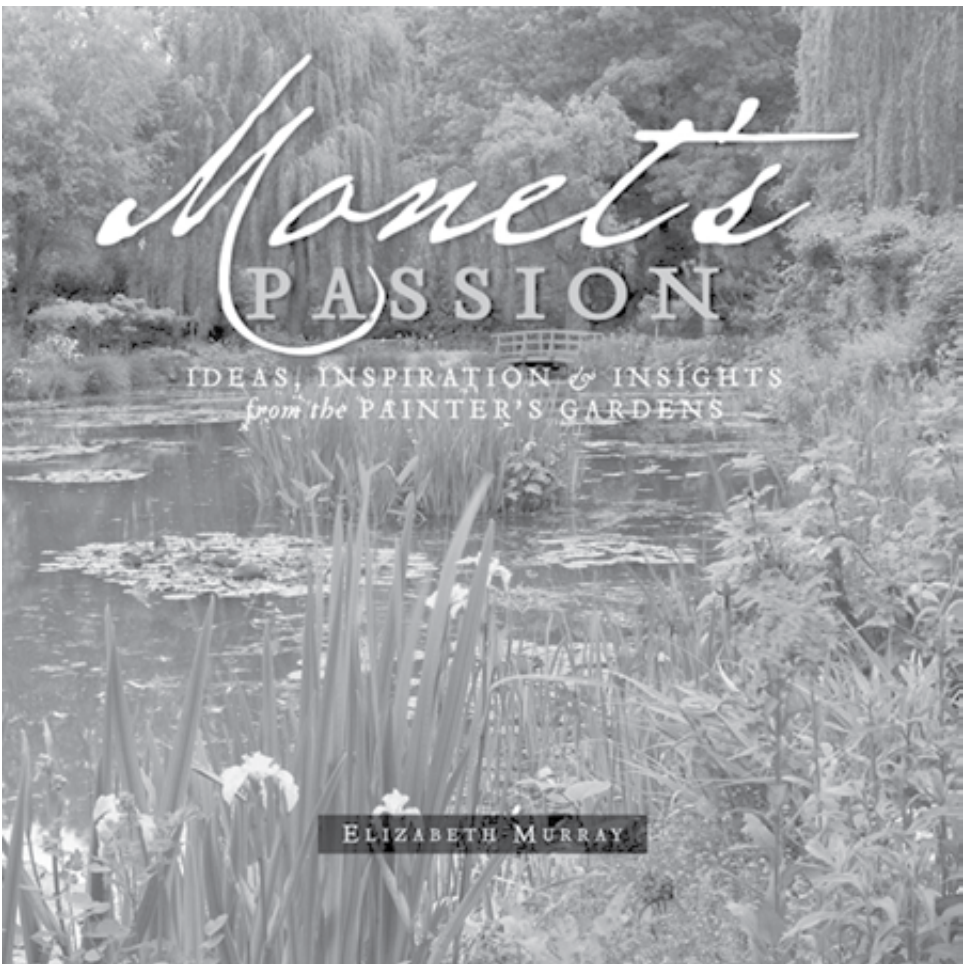
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In the heart of Beautiful Burton By the Sea...

VAA Garden Tour offers new event

By Janice Randall



information about Elizabeth Murray's publications, photography and art go to: ElizabethMurray.com. Tickets, available at Blue Heron, Heron's Nest, Books by the Way and BrownPaperTickets.com, are \$30 per person/\$45 when purchased in conjunction with Garden Tour Ticket.

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“Life in Stitches” Quilt Show

By Kathy Pierce

The Vashon Island Quilt Guild is in its final preparation for the ninth biennial quilt show, to be held June 25th and 26th at the Vashon High gymnasium. The show theme is “Life in Stitches”.

“Life in Stitches” will be pre show judged by special guests from the La Conner Quilt & Textile Museum and the community will have the opportunity to vote for “Viewer’s Choice” on Saturday the 25.th

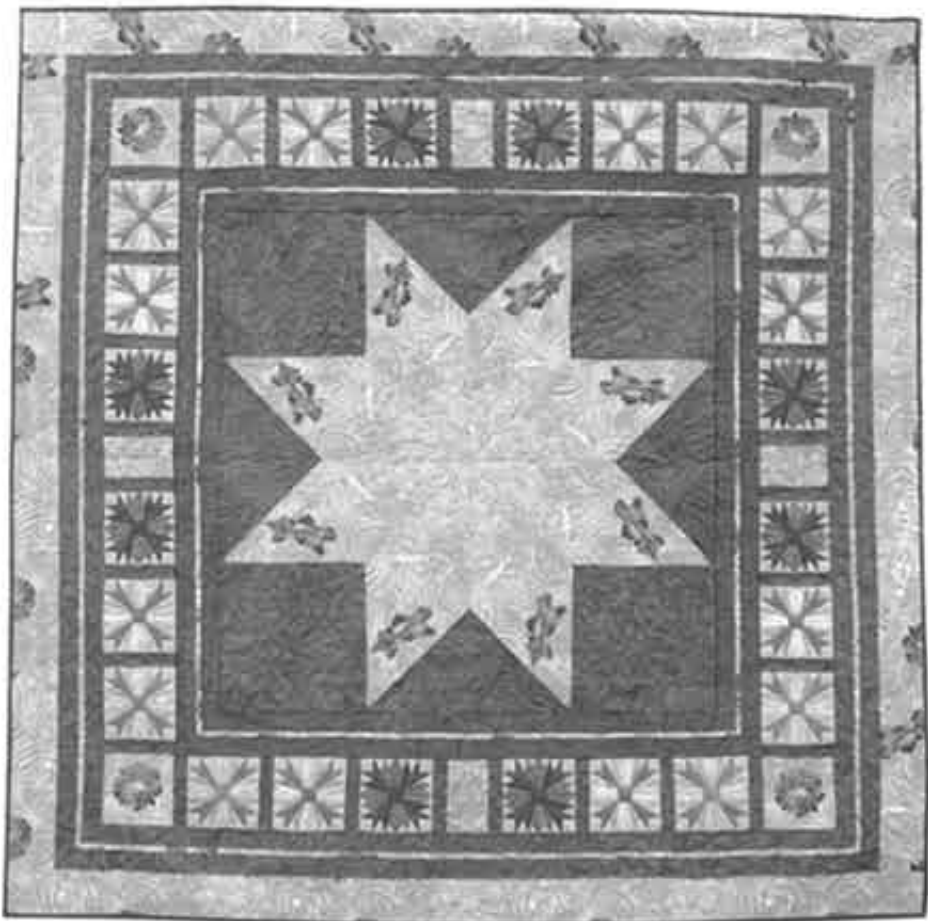
The Guild members will be presenting over 200+ quilts. The show will also include a display of charity quilts supported by the Guild. These quilts will include American Hero Quilts and lap quilts for both the patients at the Fred Hutchinson Cancer Center and Children’s Hospital.

On display will be the Vashon Quilt Guilds raffle quilt, “Star of the Isle.” This is the last opportunity to see and purchase a raffle ticket, \$1 per ticket. The winning ticket will be drawn June 26th at 4pm.

The popular store will again be on hand giving the community a chance to purchase beautiful hand crafted items and other quilt related items.

The location is Vashon High School Gymnasium, June 25th and 26th. Hours: Saturday, 10am to 6pm and Sunday, 10am to 5pm. Admission \$5.00 per person.

Also on display now until the end of June is the beautiful presentation of lap quilts made by Vashon Quilt



The Vashon Quilt Guilds raffle quilt, “Star of the Isle”, purchase a raffle ticket, \$1

Guild. These quilts will be given to Fred Hutchinson Cancer and Seattle’s Children’s Hospital honoring the Guilds support for charitable organization.

For more Info: Su DeWalt 206 601-7505 or email: suzandewalt2@gmail.com



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Lopy Laffs

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

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

Moose Lake

After two years we finally finished developing the perfect fishing lure!

You do realize you guys took six months longer to make that little lure than it did to build the Empire State Building.

Yeah...but does it sparkle as much as this?

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

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

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

THE FEDS DEMONSTRATE TO THE VASHON P.D. HOW TO DETECT TRANS-FATS...

IN ORDER TO DEAL WITH TRANS-FATS SMUGGLING WE HAVE TO FIND OUT WHO'S ABUSING THE SUBSTANCE!

WE HAVE HERE A FEDERALLY DESIGNED FATOMETER FROM THE "LET'S MOVE" PROGRAM! IT'S ATTACHED TO A TASTEFUL HEMP-BEAD NECKLACE.

THE BEAUTY IS THE ALARM WILL GO OFF IF THE FOOD CONTAINS ANY TRANS-FATS!!

EEEEWWWWOOOO!!

©DEE

LOGJAM

BY Jeff Hawley

I'VE DECIDED NOT TO GIVE YOU A PARKING TICKET

OH, GOOD! I COULDN'T AFFORD TO PAY IT ANYWAY

THIS'LL JUST TAKE A SECOND

I'LL BE BACK TOMORROW TO INSTALL THE A.T.M.

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Picoso



Since its establishment in 2004, Picoso has evolved from a trio playing on the streets of Seattle into a smoking seven piece band that regularly lights up venues around the Pacific Northwest and beyond. Their original music innovates while remaining rooted in the fundamental extemporaneous groove and feeling of The Cachao Descarga Sessions. Grounded in the Afro-Latino sounds of the Caribbean, Picoso’s all original music spans a dynamic spectrum from traditional Cuban son and Cha Cha to dubbed out Cumbia and Reggaeton, and of course their mainstay, Salsa. Picoso makes any event a party, and whether in clubs, festivals, or private functions Picoso brings a fire that is sure to get things moving. The urban Latin flavor in Seattle is championed by Picoso...they are not afraid to stretch beyond what is comfortably

Friday, June 17, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Vashon Dance Academy Brings Never Never Land to the Island

Continued from Page 1

story while showcasing choreography they helped develop this Spring.

The entire performance is the brainchild of Cheryl Krown, Artistic Director of Vashon Dance Academy, who believes the show will be enjoyed by all. “Peter Pan is a wonderful story about growth and trust and friendship, yet sill with enough conflict and excitement that anyone will be entertained.”

Co-instructors Julie Gibson and Francois Serre y Berga were instrumental in developing choreography and storylines and in preparing the students. In the lead roles are Chloe Zimberg and Laura Hicks, performing the role of Peter; Wendy is played by Allison Spencer and Lizzy Schoen; Tinkerbell is performed by Leanne Anderson and Anna Hicks; and Tiger Lily is danced by Gianna Giusti and Maria Osborne.

Sam Lanier, co-producer of the show, explains how the choreography is developed. “The show this year will be different from the one in 2004 as the choreography is created specific to the dancers and their skill level. There is a lot of kid input, which keeps them happy; they are developing the dance too. Their input is listened to and honored.”

Principal Gianna Giusti furthers, “With each dance show I have learned a lot about communicating with other people and believing in myself. With choreography, everyone has their own ideas of how they imagine the scene, and it takes a lot of compromising to get to a final product. We all have crazy ideas, but we are encouraged to say them anyways. I’ve learned that it’s important to hear everyone out. Last year we said, ‘Wouldn’t it be cool to make a human staircase!’ We all laughed for awhile, and then seriously made a human staircase which was breathtaking – and back cracking! – in the show.”

A handful of dancers in this year’s show recall performing in the 2004 Peter Pan show. Chloe Zimberg says, “Peter Pan is my favorite story of all time and getting to watch it come together when I was younger and to now have the opportunity to really be a part of that, especially with the role of Peter, is really special and rewarding. A highlight in 2004 was being old enough to pay attention and know the sequence of the show and to know the older girls’ dances and to idolize them at the same time. This time around I get be in some of the dances that I absolutely adored when I was in fourth grade. That has been a blast. This year has also really pushed me in

known as Latin or world music. The vibe is urban and very street, without losing the relationship to the ancestor sound.

Integrating a fully capable horn section with hard-hitting rhythms, the dance floor is blazing from the first note. The lyrical delivery, led by Puerto Rican Cantante (singer) Alfonso Gonzalez and backed up by 7-part harmonies is both passionate and playful, drawing in audiences like a warm hearth in winter. Time and again Picoso proves their ability to control the stage with facility and to send their audience home full of joy and asking for more. Organizer Pete Welch says “....come prepared to dance!”.

This is an all-ages show until 11pm, then 21+ after that. The cover charge for this show is only \$5.

my dancing. The choreography pushes the edge in a lot of places.

“Patience, dedication, hard work, and daring are all major things that I have gotten from dance. Dance has shown me how much is possible. One year we decided to ‘build a human tree’ and another it was ‘build a human staircase’. Never would I have imagined that possible had I not been a dancer.”

Says Lizzy Schoen, “In 2004 I actually had some really great parts for a little kid: I was a little Indian, a little pirate, and I got to be the Shadow. It was really neat being the Shadow back then because I was the very first person to go on stage after the flamenco ladies were done. That was definitely a high point!”

“This year is pretty wonderful because playing Wendy is great. Last year (in Charlie and the Chocolate Factory), as Mike TV I got to play around with being a very boyish character, but as Wendy I finally get to dance like a pretty girl. And since we have a lot of input on our own choreography I get to do movement I love to do.

Co-producer Annette Spencer adds, “A huge part of the show each year is seeing the kids who have been dancing with Cheryl for many years rise through the ranks -- from starting as a creative movement dancer to taking on a principal role. It’s really special when you see the kids who were younger in prior years achieve the level of the dancers they always looked up to.”

Says Krown, “As a teacher, a personal highlight for me, and there are many, is to see a child grow through this process in confidence from year to year and to be able to watch them be able to embody different characters and to express that character to the audience with such grace. That is what motivates me as a teacher.”

Principal Allison Spencer recounts the emotions of performing, “After your first show, Friday night, you just get this feeling, and after the last one you think ‘I just did all of that for five months and that’s all I lived and breathed with no time to do anything else, and it’s over and I’ll never do those dances again, and they will be put to rest after doing each step perfect, just to do the show four times.’ After Sunday, it’s over!”

Krown furthers, “The enthusiasm the kids have to be taken on this creative journey is contagious. They are SO excited to find out every year what role they will be exploring and how their part, large or small, influences

Let’s Do The Time Warp Again!

By Steve Amos



Vashon’s own Drama Dock is currently in rehearsal to present Richard O’Brien’s technically and artistically demanding musical “The Rocky Horror Show” at the VHS Theater.

Most islanders familiar with the show will know it through its 1975 film adaptation of the original 1973 British classic rock musical stage play which premiered at The Royal Court Theatre in London. The film, originally a crashing failure by any movie industry standards, quickly picked up a cult following and has achieved the distinction, 35 years later, of being the longest-running theatrical film release in history and has taken in approximately \$140 million so far at the US box office alone, a stunning accomplishment given its original estimated budget of \$1.2 million. The movie has been playing every weekend at some theaters for more than 35 years.

On the surface, the plot line is apparently a sendup of science fiction B-movies. The initial musical number of the show, “Science Fiction/Double Feature”, alone mentions such science-fiction classics as “The Day the Earth Stood Still”, Flash Gordon, “The Invisible Man”, “King Kong”, “It Came from Outer Space”, “Tarantula”, “Day of the Triffids”, “When Worlds Collide”, and “Forbidden Planet”, not to mention many other indirect science-fiction B-movie references. The overall plot line thread itself is clearly a reference to “Frankenstein”.

Campy, over-the-top, and literally filled end to end with very catchy rock ‘n roll tunes and ballads, potential theatergoers need to be aware that, while very comedic, the show does contain many strong adult themes and a definite portrayal of gay and trans-gender culture, and is considered by many to be

the rest of the story. Their energy is what gives me energy.”

Principal Maria Osborne sums up the outcome of all the hard work, “Dance has been absolutely invaluable to me. It’s taught me, among other things, a meticulousness and patience that have been key in other aspects of my life. Dance has shown me that hard work and commitment can pay off in enormous ways. It has also brought out a kind of confidence in me that I would have never discovered without it. It has shown me the inevitability of making mistakes, and helped me learn to persevere in the face of setbacks. Really, dance has taught me how to navigate life gracefully, both literally and figuratively speaking.”

Dance! Vashon is the producer of the show, providing support for costumes, set, volunteer coordination, tickets, and other production details. Lanier acknowledges the vast help from the community, as well as parents. “Businesses like Granny’s Attic are generous with lending us items to use

a movie symbol of LGBT themes as well as other sexual elements. Though parental guidance is recommended, it should also be noted that as of 2005, the film version of the show has been preserved in the National Film Registry by the Library of Congress for being “culturally, historically, or aesthetically significant”. The Vashon production will include all the songs and characters of the original show and movie.

Known to be appearing in the program are Marshall Murray, Stephanie Murray, Stephen Floyd, Lissy Nichols, Bryanna Savelesky, William Wassman, Ari Ashkenazi, Jon Whalen, Arlette Moody, Stephanie Murray, Zoey Rice, and Richard E. Montague. Christopher Overstreet provides projection art, and set design is by Lillian Ripley, who also provides the very demanding costume design for the production. In addition to appearing in the show, Arlette Moody also provides choreography.

Quoting Elizabeth Dinan-Slack, “Both Fridays (July 8 and 15) and Sunday (July 17), the show begins at 7:30 pm. Saturday (July 9) there will be two shows 7:30 pm, and 10 pm, and Saturday, July 16, one show at 10 pm. The 10 pm shows are for you Rocky-o-philes! Those who love to dress up and participate are encouraged to dress up as your favorite character from the movie and feel free to join in with call and responses the film has given birth to... “Say it!” And, of course, get to your feet and dance the Time Warp! Although we can’t throw rice and toast in the VHS Theater, there will be soda pop, candy and popcorn available in the lobby.” For those unfamiliar with the established culture of Rocky Horror, Ms. Dinan-Slack is referring to long-running traditions of audience participation by fans of the show.

as props. The receipt programs at Vashon Thriftway and Vashon Market contribute significantly to our scholarship fund, which more and more families rely on.

“We have a tradition that everybody pitches in. We can find some kind of job for anybody, and people always know there is some little piece they can add to make the show happen. In this way we have almost 100 percent family participation in making the show come together. Planning happens six months ahead, and the show would not be possible without the help of everyone pitching in.”

At the Saturday matinee show, there will be a dessert auction, with beautiful and delicious gourmet desserts available to bid on. The lucky winner will take home their dessert that day. At the Sunday matinee show, Krown will announce the winners of the 2011-2012 scholarship. Tickets to Peter Pan are available now at Books by the Way, \$13 for adults and \$11 for children.

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