

Vashon-Maury Island (Images of America)

Book Review

by Steve Amos

Given the deep practical interest Island residents have in the Washington State ferry system (WSF) for obvious reasons, it would probably not come as any great shock to learn, somewhere in the sediments and mists of time-gone-by, that some Vashon-Maury Island residents actually participated, at least in some small way, in the creation of the Washington State ferry system. Yes, but did you know that some of those residents made their contribution armed with clubs and apparently quite prepared to use them in... well, in the way traditional for clubs?

And did you know that at one time the notion of a bridge to Vashon was so popular with Vashon residents that the Garden Club featured a model bridge to the Island, bedecked with flowers, as the centerpiece of its annual flower show? This was news to my wife, the current president of the Vashon-Maury Island Garden Club.

These revelations and a surprising stream of countless others can be found in the pages of Vashon-Maury Island, a new book by Island historian Bruce Haulman and retired schoolteacher Jean Cammon Findlay, due out July 11. As noted on the back cover and back interior, this book is a new title in the Images of America series by niche publisher Arcadia Publishing which specializes in books on local history, typically written by local residents, in communities all across the nation. There are nearly 5500 titles in the Images of America series alone with thousands of other titles of historic interest in other series by the same publisher. Co-author Jean Findlay has another title in the Images series, The Mosquito Fleet of South Puget Sound.

As Bruce Haulman himself describes



it, Vashon-Maury Island is a photo history of Vashon-Maury Island and the first history of the island published for over 75 years; Oliver Van Olinda's The History of Vashon-Maury Island was published in 1935.

This book is an absolute must-have for any Island resident with any affinity for the Island. You'll find your friends, neighbors and often your family members in the list of people who have contributed to its content and production process, and every page bears information connecting people and places and names you know today, and probably see or drive by every day, with their origins in the past. My wife has a social dinner in a local social club nearly on a weekly basis with a man who "led an effort to develop a scenic overlook at Inspiration Point". I did not know this. A local lumber company used to be

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A Festival of Music



This Year there are seven stages to enjoy music this year, at the Vashon Strawberry Festival. Weird Load, pictured above will play the Street Dance starting at 9pm, on Saturday July 16. Go to page 10 and 11 to see the complete music schedule.

The Music starts Friday July 15, at 7pm on the Beer Garden stage With Loose Change Pictured Below.



Italian Law Twist and Shout

Giuliano Mignini, the Public Minister of Perugia Italy, is found guilty of Abuse of Power and Corruption for falsely accusing and prosecuting Amanda Knox and Raffaele Sollecito for the murder of Meredith Kercher.

Well, at least that is the fervent wish of every one of Amanda's family and friends on Vashon Island. The Seattle native, with deep ties to Vashon, is currently serving a 26-year sentence in Capanne Prison because of collusion and corruption. In the Trial of First Instance, back in 2009, vital evidence was destroyed or withheld, tainted evidence admitted, questionable witnesses sworn in, motions were blocked and defendants were silenced while prosecutors yelled.

Rudy Guede murdered Meredith on November 1, 2007, during a botched robbery, and when her body was found the next morning Amanda stepped into the Twilight Zone; she had no idea she was a suspect by the evening of November 2nd. Why? Maybe Mignini needed to distract Perugia from his legal woes; maybe Guede had lots of Get Out Of Jail Free cards. Theories abound and whatever his reason Mignini began to corrupt Italian Law from the moment he laid eyes on the American girl whose parents were not rich or powerful. What is clear is that innocent, naive Amanda

By Karen Pruett

served some purpose and Mignini thought no one would notice his ever-changing, completely ridiculous stories, but skeptical bystanders saw right through the deception.

Guede's DNA was in abundance at the murder scene, his fingerprints and shoeprints in Meredith's blood. His skin cells and body fluids were found all over Meredith, in Meredith. Only Guede's DNA, no one else's.

Not One Molecule of Amanda's DNA was found in Meredith's bedroom, but she was tied to the murder with a kitchen knife from Raffaele's apartment. Raffaele was tied to the crime with essentially One Molecule of what may be his DNA on a bra clasp collected at the crime scene 47 days after the murder. It was located under a pile of debris across the room from its original position, as shown in the police video. Both items would never have been admitted in an honest courtroom.

On June 26, 2011, Rudy Guede appeared in court to rebuff the testimony from inmates in Viterbo prison. The men claimed that he had said, "Amanda and Raffaele were not involved," the same story in his recorded Skype call while he was on the run in Germany in 2007.

Continued on Page 8

Road to Resilience

By Terry Sullivan, Transition Vashon

Planning Ahead

In addition to our personal and local work, we need to keep pushing for the creation of a sustainable, low energy economy. I've been wanting to write about why we, as a species, fail to plan ahead, in the light of the very probable disastrous consequences of climate change. A little story might help you see it the way I do.

Imagine that you are rafting on a beautiful, serene river on a beautiful day. The guide is at the helm and you don't have a care in the world. Suddenly, someone on shore yells out to you that a landslide has occurred downriver, creating a huge waterfall, and urges you to land and portage your boat. Dismayed, you look to your guide, who assures you that no such thing has ever happened before, and not to worry about it. "It may be a class 2 rapid, nothing more, nothing we can't handle," he says. You readily accept your guide's assessment because the alternative would mean quitting this beautiful drift, going ashore where it is hot and buggy,

and slogging through the brush carrying this boat instead of it carrying you. As you continue downriver, more people urge you to land your boat, you notice that the current has picked up a bit, and occasionally you hear a very deep roar, not unlike a large waterfall. This is really putting a damper on your wonderful day, but you can't help thinking about the possibilities. If you stay in the river until you actually see the falls, it will probably be too late to get out of the river in time. You know your guide is experienced and competent, but all these people on the shore say there is danger and some of them probably have a better vantage point than you do. It would be really embarrassing to wimp out and go ashore if there turns out to be no danger. On the other hand, if there is a waterfall, you will very likely die. This sort of landside has never happened before... Why should you believe it could happen now? Meanwhile, it is a beautiful day, and your mind wanders off...

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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.

Green 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, July 12, 7 to 9 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) VMIGP Annual Letter.
2) VMIGP Tri-fold brochure.
3) VMICC Governance.
4) General Discussion.
Questions: Melvin Mackey, Secretary,
(206) 463-3468

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Next Edition of The Loop Comes out Thursday, July 21

Deadline for the next edition of *The Loop* is Friday, July 15

Compost the Loop
The Loop’s soy-based ink is good for composting.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.
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Market Manager Job Opening

The Vashon Island Farmers Market is looking for a Market Manager for the 2012 season. The Market Manager will be responsible for the operation of the Market from April – December. Approximately 15 hrs/ wk. Must live on Vashon. Full job description posted on www.VigaVashon.org. Please submit your resume and at least 3 references with a cover letter to mbrunyan@earthlink.net by 7/14/11.

Water District 19 Meeting

Water District 19’s next regular board meeting which will be held on Tuesday, July 12th, 2011 at 4:30 PM. At the district office 17630 100th Ave SW, Vashon.
Special Meeting scheduled for Wednesday, June 29th, 2011 @ 10:00 AM. Agenda:
1. Board Discussion/ Action
• Master Resolution
• Account status of Shirley Snider
• Approval of minutes – June 14
2. Sign Approve Minutes
3. Approve Voucters
4. Conclude

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.”

Part Time Position Available

Part time position available with small Island non-profit. Highly organized and able to work with multiple deadlines. Strong working knowledge of Word and Excel, knowledge of Publisher and Power Point a plus.
Send cover letter and current resume to: info@s4svashon.org. No phone calls or dropping by, please. EOE

Festival Parade Parking

Are you seeking a great place to park to view the Festival Parade? Vashon Presbyterian Church is offering reserved parking (by donation) again this year. Our Festival fundraiser will benefit both DOVE (an island organization offering support for victims of domestic violence) and relief efforts by the Red Cross in Joplin, Missouri.
If you want to reserve parking/chairs, please contact beverlyskeffington@gmail.com or call 206/354-8921. Reserved spaces will only be held until 10:45am.

Carnival Pre-Sale Tickets

Carnival Pre-Sale Tickets are now available at Vashon Market and Vashon Bookshop
Cost is \$25.00
Good July 15-16-17
Exchange the ticket for a Wrist Band at carnival
Coupons Good On:
Friday 5 pm – 10 pm
Saturday 12 pm – 5 pm or 5 pm – 10 pm, Sunday 12 pm – 5 pm
One session per ticket – May be exchanged for second session for an additional \$10.

Annual Holly Daze Bazaar

The Seattle Childrens’ Hospital, Vashon Guild would like to thank the community, local businesses and vendors for their participation and contributions over the last several years for our holiday fundraiser -- THE HOLLY DAZE BAZAAR, held at Vashon High School Commons every November.
Unfortunately, due to changes in parks and school regulations and increasing insurance costs, the Vashon Guild can no longer sponser this event. We hope this notice in July will allow our loyal vendors time to find other venues to sell their crafts.
If any local group would like to carry on this last local holiday bazaar, please contact event registrar, Betty Beymer at 463-2683 or President, Val Seath at 567-1600.

July Butterfly Count

July Butterfly Count-Saturday, July 9, 10am, meet at Park’n’Ride by Country Store
For the 15th annual count we will try to find over 100 butterflies, and at least 5 or 6 species. We will also count dragonflies. No experience necessary. Garden watchers also needed. For more information contact Rayna Holtz: 206-718-5770 until July 30, then 206-463-3153.

Who Lives Under the Dock?

Saturday, August 6, noon-2pm, Tramp Harbor Dock
Karlista Rickerson and her dive buddies will scout the waters around the dock and send up buckets of specimens. Vashon Beach Naturalists topside will gently place them in seawater swimming pools and tell about them. Co-sponsored by Vashon Audubon, Vashon Beach Naturalists, Vashon Park District, & Vashon College. More info: Rayna Holtz, 463-3153.

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July 7, ‘11

Vashon Healthcare Survey

The Vashon Healthcare Committee was created to serve all Islanders as a voice for healthcare issues in the community. We will strive to create a strong collaboration between all Island healthcare providers, enable better accessibility and funding of needed healthcare services for Islanders without insurance or in need of financial support, and ensure that Islanders receive timely and accurate information on changes to healthcare services and accessibility on the Island. To assess the needs of Islanders we have created a survey. Your information is important to us. It will help shape the direction of this committee.
Please fill out this survey on-line at www.surveymonkey.com/s/V3KHQG2 by July 20th. This survey takes less than 5 minutes.



“Open my eyes, that I may see wonderful things in Your Torah”
Psalm 119.18
torahinmyheart.com

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

Starts July 15



Harry Potter and the Deathly Hallows: Part 2



Through July 14

Vashon Theatre
17723 Vashon Hwy
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For show times and info check
www.vashontheater.com
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PANDORA'S BOX

Summer is here, right?
Kids are out of school, the dogs are getting their summer shaves,
Cheryl has also had to get her summer shave on.

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July 15, 9pm
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July 16, 9pm
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July 22, 9pm
Cordaviva

The Loop has a New Website New Look On Line Classifieds Weekly Updates



www.VashonLoop.com

Advertise in the Loop!
It's a great time to get back in the Loop.
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Next Loop comes out July 21

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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Malawi

October 15 – 27, 2011

By Maridee BonaDea



A bogolan banner is presented by the Mayor of Koutial to Maridee Bonadea, on her last trip to Malawi in 2010.

I just spent 2008 – 2010 in Mali, West Africa with the Peace Corps. Coming home I still have a strong spirit to keep on helping. Inspired by my volunteer experience with Habitat in Madagascar and Costa Rica I am excited to lead this trip to build in Malawi. So please come join me, Maridee Bonadea and Habitat for Humanity in exploring Malawi upfront and personal. We will all share in this service opportunity to help Habitat Malawi by building with a local family. What fun it will be to spend your vacation by making a difference in the world. No construction or building skills necessary.

About Malawi
Malawi, surrounded by Tanzania, Lake Malawi (Lake Nyasa), Mozambique and Zambia. Malawi is a country of gorgeous scenery and extremely friendly and welcoming people. The Great Rift Valley runs north to south, surrounded by mountain ranges and high plateaus. Malawi ranks among the world’s least developed countries. The economy is predominately agricultural, with about 85 percent of the population engaged in smallholder farming.

About Habitat for Humanity in Malawi
Habitat for Humanity Malawi started in the capital city of Lilongwe in 1986. HFH Malawi is constructing houses of burnt clay bricks, cement floors and tile roofs. Over 5,000 houses have been built.

Types of construction for volunteers:
Typical work for Global Village team members may include: mixing mortar and concrete; carrying construction materials; fixing chicken wires; digging foundations; making bricks; carrying water; and more.

Standard itinerary

- Day 1 (Saturday): Depart from the United States.
- Day 2 (Sunday): Arrive in Malawi; dinner and overnight.
- Day 3 (Monday): Breakfast at the hotel; welcome and orientation with local staff; lunch at hotel; work in the afternoon; dinner and overnight.
- Day 4-7 (Tuesday-Friday): Typical build day: breakfast served before traveling to work site; work from 8 a.m.-4 p.m. with lunch on site; free time in the evenings for local cultural activities; dinner; team activities.
- Day 8 (Saturday): Optional half-day build; Lunch and free time for cultural activities.
- Day 9 (Sunday): Visit a local church and other cultural activities.
- Days 10-11 (Monday, Tuesday): Typical work day.
- Day 12 (Wednesday): Work a half-day; lunch on site; house dedication and farewell ceremony in the afternoon.
- Day 13 (Thursday): Depart for home.

There will be other opportunities for cultural activities in the evenings, during free time and during days off.

Accommodations

Teams traveling to Malawi stay in either guesthouses or small hotels, depending on the location. Breakfast and dinner are usually provided at lodging, and lunch is typically provided on site.

Trip cost

\$1820 (For more details about what is included in this cost, visit www.habitat.org/cd/gv/trip_desc
For more information about this GV trip to Malawi, contact Maridee via e-mail at maridee_bonadea@yahoo.com.

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Bring your kids too; they are our community's art patrons of the future!
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Can't attend? We'll also have a booth at Strawberry Festival.

Read more about Vashon Center for the Arts at VashonAlliedArts.org.






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Island Life The Gas Belts

by Peter Ray

When those ominous words came up on the screen- the truth is out there- during an episode of that gone but not forgotten show, the X-Files, they could have been understood in a number of ways. From the spatial differences implied by off world alien encounters to the paranormal weirdness of the various metaphysical battles waged by the intrepid Skully and Mulder, the truth as defined by X-File parameters was definitely a fringe dweller no matter how one looked at it.

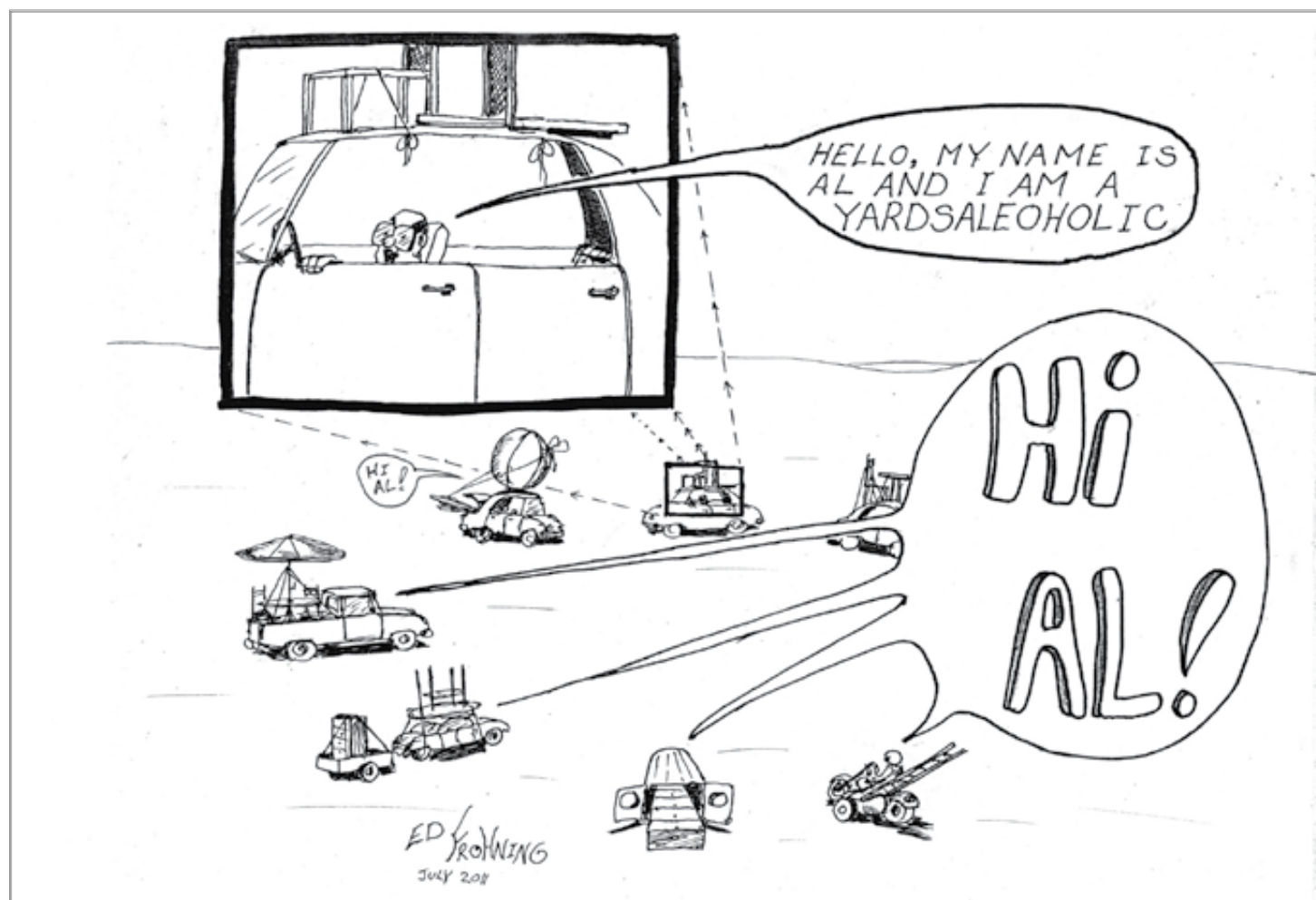
There is a kind of quirky romanticism to sasquatch hunts and UFO sightings that allows these tales to entertain and amuse. The problem is that, unlike TV fiction or cinematic hyperbole, when it comes down to getting the so-called goods, the real-life, actual video evidence comes off as amateurish and fake, which in many cases it probably is, although grabbing a camera to shoot what may be a once in a lifetime event does not always allow for the highest of production values. It was the lack of production values that first struck me when I sat down to watch the documentary Gasland. What I soon came to realize was that, in this case it was the story that was of paramount importance and its telling transcended any need for cinematic excellence.

It is another story that I'm concerned about at the moment, and I am dragging me feet and everything else in getting it told. As with many stories, the deeper one digs into it, the finds and the questions one discovers along the way require all that much more digging. To step away from the cryptic, what I have been looking into is the story behind the murals in the Vashon Theatre, and have been reading the books that Islander and artist Jack Tabor based them on. For a number of reasons they are taking on a greater significance than I had first thought, although that could all be self-serving speculation on my part.

The paintings on the wall on either side of the movie screen are based on Mr. Tabor's interpretations of the writings of one James Churchward, a British soldier who was shown some tablets while he was stationed in India. He was instructed in their basic meaning by an Indian priest, and this lead to the writing of six books in the 1920's and 1930's, which attempted to explain what they were all about. The tablets basically told the tale of an Atlantis story of the Pacific- specifically they speak of the lost continent of Mu, which disappeared beneath the waves some fourteen thousand years ago, taking with it cultural and technological advances as well as a population of some 64 million people. The reason Mr. Churchward gives for this cataclysm is the unleashing of powers contained in vast gas belts that encircle the globe in subterranean caves.

Mu was supposedly the real cradle of civilization which all our now known early civilizations emerged from. There is evidence all around the Pacific rim of like imagery and iconography, as well as similarities in religion and mythology throughout the ring of fire. There is a giant rock structure that some call an ancient temple submerged in fifty to a hundred feet of water. One of the repeating images throughout the Pacific is that of the Easter Island head that appears on the mural to the right of the stage. Tabor titled this side of the mural, "Spectres of Ramaha", with the head and it's closed eyes representing the fact that Mu is dead.

What I find more interesting



and curious is the mural on the left, which Tabor titled "The Tree of Life". This is a significant icon in the imagery of Mu, and represents Churchward's belief through interpretation that the Garden of Eden actually existed on the lost continent of Mu, rather than in other more traditional cradles of civilization. What I find a bit odd in all of this, besides the obvious, is that Terrance Malick is now out with his latest film, the Tree of Life, which is apparently about middle-aged disillusionment and a search for deeper meaning, all of which at least one person I know can directly relate to. Add to that the increase in seismic activity around the Pacific rim, an increase in the poking and probing of the gas belts in these United States and around the world, and that darn Mayan calendar that ends next year. It's all very strange- I'll let you know what I find out.

Vashon-Maury Island

Continued from Page 1

owned by a recognizable family name, and two of their sons lost their lives in World War II. A name that you would probably associate with Christmas trees ties to a man shamefully sent off to an internment camp but who, even in the face of the insult, turned around and joined the 442nd Regimental Combat Team, "the most highly decorated unit in American history" and fought in Italy and France.

Almost every page in the book reads this way, every photo and every sentence connecting the Vashon of today to the Vashon of yesterday, yesteryear, and back through the centuries and millennia.

There were some elements of the book I found to be disappointing at first look. As it turns out, Vashon-Maury has a stunningly complex and deep history, and the book races you through it at breakneck speed. You no sooner bump up against some fascinating aspect than you are whisked away from it with the very next sentence. Countless topics and references shriek out for further detail but there is none. Additionally, I found the writing style sometimes distressing. A single paragraph would often contain ten entirely different topics more suitable to a bulleted list than a flowing paragraph.

I often found it quite difficult to discern satisfactory detail in many of the photographs. All the photographs are black-and-white, even if they were taken last year, giving one a disturbing sense that events you participated in only last year have suddenly become ancient history. No attempt has been made at photo restoration at all and many of the photographs could well benefit from modern techniques; I prefer to preserve the contents of historic photographs rather than to preserve how the photograph itself has been physically compromised.

As it turns out, criticizing the book over these issues would be completely inappropriate. There are exceedingly rigid formatting and content requirements from the publisher for the Images of America series. Each and every book in the series must be EXACTLY 128 pages, no more and no less. All books in the series SHALL contain 180-240 vintage photos specifically, they must be black-and-white, and there shall NOT be any restoration performed. Essentially, the authors had to perform their magic within arbitrary constraints which would have driven me entirely insane. The fact that the authors

have operated within these limitations while at the same time producing a little miracle of a book constitutes a rather stunning accomplishment.

Potential readers of Vashon-Maury Island should, in my opinion, look at the book as a sort of photo-enhanced expanded index of Vashon-Maury history, a universal standard starting point to lay the initial foundational understanding of our local history and to plot sojourns of greater depth. The book is a literal treasure map that alerts you not only that there is treasure to be had, but it also yields clear pointers as to where you might go digging. The author's sources are well documented and the Vashon-Maury Island Heritage Association is close at hand. Personally, my copy of Vashon-Maury Island has sticky notes all over it already.

Locally, the book will definitely be available on publication day at Books By The Way.

Eagle Eye Proofreading and Editing

Nancy Morgan

onvash@hotmail.com



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Equal Parts Pedal & Metal: 2011 Vashon Cycling Event, “Park to Park”

Sustainable Tourism on Vashon’s “Exercising Our Better Selves” takes shape in a lively two-course cycling tour that winds from park to park on July 31.

On Vashon, summer brings the promise of fresh air, quaint farm stands and long, winding country roads perfect for bicycling. Long-utilized as a favorite meeting place of regional cycling clubs, Sustainable Tourism on Vashon invites cyclists of all abilities and ages to Vashon for its July 31, 2011 event, Park to Park. This cycling event offers two suggested rides (a choice of 33.7 miles if meeting near the North End ferry dock, or 24.3 miles, meeting at Paradise Ridge Park). Cycling clubs, families and individual cyclists are welcome on these self-paced courses.

The event begins at 8 a.m. and ends at 2 p.m. with routes that course through both Vashon and Maury Islands. Cruise through stunning rural scenery and spectacular water views while enjoying the island’s incredible parks. A light lunch is offered to participants at the finish at Paradise Ridge Park.

Choose your course registration and start location:

- 1.North End by ferry dock (Vashon – Fauntleroy ferry run)
33.7 miles (does not include bike route back to ferry-8.6 miles)
- 2.Paradise Ridge Park
24.3 miles (center of Vashon Island)

Register before July 27 and pay advance admission: \$20 adults, \$12 for children ages 12 and under. Beginning July 27, late registration is \$25 and \$15, respectively. Register online by credit card at www.parktopark.org, or on island with retailers by cash or check at Essentials 4, 17504 Vashon Hwy. SW; The Little House, 17636 100th Avenue SW; or The Vashon Island Coffee Roasterie, 19529 Vashon Hwy SW. The tour packet for bicyclists will be available at the registration sites. For ferry information, click here. Note: King County Metro bus service does not run on the day of the event.

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Aries (March 20-April 19)
You’ve learned a little about human relations this week, and how to gently guide outcomes to your benefit. Now is the time to remember what you’ve learned. Maintain your best political posture. Small gestures, decisions or interactions can lead to results with much more significant consequences than you imagined. Without walking on eggshells, be conscious who you’re relating to, what they believe, and what influence they might have. Don’t underestimate, particularly of the ability for people who seem to have little influence to do damage. On the other hand, what you learn from very nearly anyone, what ideas float your way, or who in your environment might know someone who can influence a situation positively. The key thing is to not assume; know what you need to know, and know what you don’t know, particularly as regards to your environment and people in your environment.

Taurus (April 19-May 20)
You can open the flow of your psychic or emotional energy to anything you want. Whatever happens, or whatever you choose, there is an intensity factor involved, and you appear to be in a situation that is influencing you to change profoundly. But despite how things may appear, the direction of that change is optional. You are making decisions ongoing, and anything that seems inevitable is worth questioning. This is not about ‘having an out’ as much as being conscious about what you want, where that might come from, and how you must adapt if you’re going to be in a position to receive it. Your own emotional density level will profoundly influence the situation and how you experience it. By density level, I mean are you in a tight and contracted state, or are you expanded, aware and open to progress?

Gemini (May 20-June 21)
You have time to correct an exaggeration or over-reaction that occurred earlier in the week, though without seeming like you’re acting in a lurch. Check back over the past few days and see if you’re not still under the influence of some event, questionable information or social interaction that pushed things out of proportion. Adjust your perspective; set some limits on your own responses and make sure you check the validity of every fact involved. With some conscious boundary setting you will be able to guide the situation back into both a realistic scale as well as take advantage of some mutual benefit you may not have seen at first. By mutual I mean something that everyone benefits from. Be vigilant against exaggerations, gossip or repeating anything at all that you have not personally verified. Don’t count on others to demonstrate maturity and restraint -- that’s clearly your role.

Cancer (June 21-July 22)
Last week’s eclipse of the Sun in your birth sign is not only still reverberating with change and emotion; it has barely begun to reveal its secrets. The qualities of eclipses include pattern setting, changing continuity, and a sense that what feel like karmic developments are afoot. I suggest you keep using all of these to your advantage now. The Sun is still illuminating your sign, the Moon is waxing toward full phase and there is strong energy coming from the other water signs: all of these things bode well for your ability to gently direct the flow of your life. As I have suggested before, refer back to your long-term vision, and make sure that the small choices you make are in alignment with your actual goals, desires and needs. You’re standing in a moment when it’s

possible to influence your life for many years to come. Make sure it’s the influence that you want.

Leo (July 22-Aug. 23)
You’re in a position to represent the views of someone close to you, or those of a group of people you care about. In essence, you’re the spokesperson. That’s a funny word because it evokes the image of bicycle spokes that come together in a hub, with that hub connecting everything to everything else. Make sure you stay in contact with people who seem to be on the periphery of the situation, as well as those close to the center. One little catch is, you may not actually feel like you know enough or are confident enough to be in this position. However, your ability to doubt yourself, such as to even ask that question, validates that you have the sense of responsibility that is necessary to support others in a way that is clear and effective. What you’re representing is the worth of something, and part of how you’re doing that is because you have a sense of your own worth. Yet you also have something that is a special gift of Leo: you understand we’re all in this together.

Virgo (Aug. 23-Sep. 22)
There’s a hidden factor involved in your life, and you’re going to have to deduce its presence using clues. One of the clues will be that you encounter a limit or an authority figure, but when you test the boundary, you find out that it’s something designed or intended to help you rather than block you. This should suggest that you mind your perceptions of what is helpful and what is not; of who is cooperative and who is not. Your first impression may not be correct, and experience will have to be your guide. That said, we all have our prejudices, and I suggest you beware of any you carry that are based on some missing information (most are). Therefore, the best thing you can do is inform yourself. You’re currently in a position where you can make unusual advances on a professional agenda, but only if you’re fully aware of what that agenda is. Therefore, know yourself.

Libra (Sep. 22-Oct. 23)
Now is a moment to take leadership, though not the bossy kind. I’m talking about the kind wherein you become the facilitator of cooperation, based on what you know the goals to be. Don’t be squeamish about this -- you are fully in tune with the people around you on an intuitive or emotional level; you may understand the overall direction of things better than the people supposedly in leadership. Therefore, trust what you perceive, and use your skill to guide the flow of events in a positive direction. You have much more influence than you may recognize right now; by that I mean, you may be working as an admin assistant or secretary, seemingly lacking ‘real’ authority, but there is something about your position within the social structure that allows you to guide things in a subtle but authentic way. If you happen to be in a certified leadership role, remember that people respond to their emotions before they respond with their minds.

Scorpio (Oct. 23-Nov. 22)
People influence one another in ways you would never expect. That theme of influence is starting to show up in most of the signs this week, and for you it shows up most strongly among those you’re attracted to, and those who are attracted to you. This quality of mutual attraction has the potential to be rather potent, and the sense of mutual reactivity might be stronger than you’re expecting. If you feel a lot of energy,

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you might want to slow down the movie a little, and take your time making decisions that you cannot reverse. I’m not saying don’t make those decisions, I’m suggesting that this is a time to consult with both your impulses and your rational mind. Regarding any questions of investments, spread out your risks and make sure you understand you know what you’re getting into. Remember, there are at least two sides to every story, and to every person.

Sagittarius (Nov. 22-Dec. 22)
This is no ordinary time in your life. I feel like I need to keep reminding you of that, because the world is so strange right now, and there’s hardly ever been a moment when you felt your experience on the planet was typical of anything. That said, even by your standards, your potential is hyper-charged at the moment. The way to take advantage of this is to keep grounding your vision into some form of tangible reality. If you have an idea, make a sketch. If you meet a person, follow up and establish the contact. If you get an offer, think it over and respond promptly, and decisively. Don’t be afraid to move on from what does not work -- your ability (and willingness) to do so will influence the way that events, resources and people flow in your direction. One last point: the oldest and most modern concept associated with Sagittarius is global. Think large; reach further. Your life is a quest.

Capricorn (Dec. 22-Jan. 20)
You’ve become so accustomed to living under constant pressure that you may not remember any other way of life. The pressure to change can get on your nerves, and it can affect your nervous system. I suggest you notice the extent to which the stresses that have been on your life, potentially going back a decade, have eased up. You have matured, and you’ve proven to yourself that you’re able to handle any situation that comes your way. At a certain point you must make a conscious choice to trust that capacity rather than investing any fear at all in the notion that you’re not up to the challenges of life. Not only have certain tension-causing pressures begun to wane long ago, there are supportive influences in your life that you may not have noticed, and if you have, that you may not trust. That is your choice, of course, but you can

only take advantage of what you have faith in, and you will tend to love who and what you nurture.

Aquarius (Jan. 20-Feb. 19)
You’re used to applying yourself to most problems mentally; the concept of intuition defies rationality. But I don’t suggest you make any special effort to foster your intuition, even though your solar chart strongly favors this. Subtle flows of information generally come toward you rather than you going toward them. Seek and ye shall find works with some things; with others, it’s more like be open and ye shall receive. Therefore, focus on your openness. Listen with the part of your mind that is not so prone to questioning, even while you’re busy asking and inquiring. The thing about intuition is that despite what the other methods of evaluation say, it’s the one that usually turns out to be correct. By usually I mean nearly all the time, enough to ask yourself what good reason does at all. Think of it this way -- intuition is inherent knowledge. Reason helps you put that knowledge to use.

Pisces (Feb. 19-March 20)
The door you always thought was closed is now open, and you can use it if you remember to. That’s the key -- remembering, and among the things on your memory list would be the benefit of a sense of ease in whatever you do. Connecting with ease is a conscious choice. It’s not about luck; it’s not about privilege. Most of the time, you make a decision. Now, this implies that you have choices open to you, which is my basic concept of freedom. If you feel perplexed or uncertain, ask yourself what your choices are. If you have at least two options, consider yourself fortunate, and make a decision based on what will work out best for you (or for everyone, depending on your values). If you go through this process, you’re likely to find your life is a lot simpler than if you do not. Though it may be difficult to grasp, the most important decision to make consciously is the one about who you are.

Read Eric Francis daily at
www.PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

The Morning So Far

by Mary Tuel

Today went well right up until I dropped the cell phone into the toilet. The phone was in my pocket, as it often is. I went into the bathroom. You don't need to know why. I was in the bathroom, minding my own business. A text message came in. I read it, answered it, and set the phone down on the vanity top. A few minutes later, I picked up my phone and turned to go out the door. The phone flew out of my hand and landed with an unmistakable wet "plop." I whirled around, reached into the toilet, and pulled the phone out. Okay, spare me the "eews" of disgust. A toilet may be a toilet, but this one had nothing in it but cold clear water. Now, I know that water is bad for cell phones. I also know that putting a cell phone in the oven on a low temperature to dry out only works if you remember to take the phone out of the oven before the phone is crispy. So I quickly took a towel to my phone, drying it as well as I could, then I pulled out a hair dryer and blew it dry for a few minutes. Then I realized I'd better check the insides. I opened the back cover, and sure enough, there was water in there. Took the battery out, dried battery and phone with towel and blow dryer. Then I thought I'd better check under the sim card. I pulled that

out, and it was wet, too. My hope for the phone's survival was ebbing but I still had to do my best to reclaim it. I dried the sim card, blow dried its slot, and then, well, then I made a mistake. I tried to blow dry the sim card as it was resting in my hand. Sim cards are light. They are wispy little pieces of cardboard with microchip technology on one side. When I turned the blow dryer on mine, it dried for a second, and then it twirled into the air, spun around, and plummeted to the bathroom floor, where it disappeared. It was magic. I watched it fall, I thought I saw where it landed, but it wasn't there, or anywhere. By this time I felt like I was channeling Lucy Ricardo, and was ready to throw my head back, open my mouth, and bawl, "Aaaaaaaaah!" But I didn't. Instead I set down the blow dryer, went and got a flashlight, and did an inch by inch inspection of the bathroom floor. I found the sim card back under the bottom edge of the vanity cabinet, in the shadow. I dried it off with a towel again, and moved the whole operation to the kitchen table, where my phone is now resting, in pieces, high and oh I do hope dry. After a while, I'll put it back together and see if it works anymore. I'll be happy if it does, and sad if it doesn't. Meanwhile, I can go back to whatever it was I had planned to do today. What was that? Oh, yeah. I was going to write a column. Brief update: I have had surgery. It was not as serious a surgery as I was expecting, because a second round of tests found less serious cells and the surgeon decided to take a more conservative approach. The surgery went well, thanks, and the pathology reports afterward were about what I expected. I will be given drugs to discourage cells that could turn on me, and I have to be checked out every six months from now on. As my father's aged Uncle Asa said when we had to pull over to the side of Highway 101 so he could pee on the way home from a Giants game, "Getting old is hell." And yet, we continue to prefer it to the alternative

Italian Law

Continued from Page 1

But on the stand Guede stuck to the prosecution's story. Then PM Mignini read a letter supposedly written by Guede in the spring of 2010 referring to "a horrible homicide of a splendid young girl, Meredith Kercher, by Amanda Knox and Raffaele Sollecito." Defense lawyers said they did not know of the existence of the letter before it was read in court and Judge Hellmann chided Guede for not reading his own letter, questioning his knowledge of 'big words.' Amanda was shocked and anguished; she tried to address the court but was denied her voice until after Guede left. She said, "The only time that Rudy Guede, Raffaele Sollecito and I were in one room together was in a courtroom. He knows what the truth is. I don't know what happened that night." Raffaele also spoke out, proclaiming their innocence, "Our lives have been destroyed based only on suppositions." In hindsight we can see the twisting and breaking of the Italian Constitution, the Italian Code of Criminal Procedure, the American Foreign Affairs Manual and the Vienna Convention. Citizens of both Italy and the US are guilty of taking the Perugian theories at face value and some still cling to the belief that the kids were involved. Nothing could be further from the truth. The illegal 'softening up' process began before the interrogations. The kids were called into the police station at all hours of the day and night, depriving them of sleep, a key factor in the procedure. When the Illegal Interrogation took place, four days after the murder, they were mentally and physically exhausted. The kids were followed and observed, thus becoming "suspects." Then Amanda's request to talk to her embassy was smoothly denied, "You don't need them dear, we just want to ask questions." The Italians were required to contact the consulate "Without Delay," a key phrase in the Vienna Convention; instead the American Embassy was contacted after the Illegal Interrogation. Both countries have signed the Vienna Convention. Eating pizza and buying undies became scandalous, perfectly normal behavior was 'rearranged' to create the Italian version of Amanda: Foxy Knoxy, a despicable murderess who could hypnotize weak men with a swivel of her hips. A jealous woman, capable of insane rages. Raffaele was reduced to lapdog. Rudy was swept under the rug. Meredith was martyred. The real Amanda was a scared kid trying to be brave until her Mom arrived. The real Raffaele was trying to protect her. The real Rudy is a murderer. The real Meredith deserves true justice. The misuse of the word 'interview' (to deflect suspicions away from the interrogative behavior) and of the word 'speculation' (to entice the kids into 'imagining' scenarios) is illicit. Under the guise of 'interview' Mignini was able to skate past the need for lawyers and an accredited interpreter for Amanda. And when he presented 'speculation' as fact it deceived and confused the public. Clearly spelled out in international law is the difference between an interview and an interrogation. Steve Moore, FBI (ret), tells how Amanda and Raffaele's 'interviews' fit the precise definition of 'interrogations' and how both students were abused. <http://gmancasefile.blogspot.com/2011/06/interrogation-that-never-was.html>. In 2009 the Italian Supreme Court threw out both Illegal Interrogations, because they were not

recorded, but PM Mignini managed to sneak them into testimony during the Trial of First Instance. The crime scene investigation. OMG. The entire crime scene was cross-contaminated by the end of the first day. Dr. Patrizia Stefanoni, head of DNA collection and processing, testified in court that she "only changed gloves if they were especially bloody." Several Youtube videos show the police in hazmat suits, no way to change footies, walking in and out of Meredith's bedroom, tracking her blood all over the apartment. Evidence was piled up, kicked around or moved indiscriminately. Millions watching said, "Wait a minute, the Perugians screwed up!" Before the arrests the Perugians began leaking details and early reports show the set-up for the Sex Fueled Orgy Gone Wrong. After the arrests the stories became a rendition of the Reefer Madness trailer on Youtube and the laws that protect an accused from having their reputation smeared were violated. On June 29, 2011 the Conclusions of the Independent Review of the knife and bra clasp were released to the press. It's already apparent that the Roman experts, Prof. Carla Vecchiotti and Prof. Stefano Conti, found the manner in which the evidence was collected and processed, by Dr. Stefanoni, shocking and were astounded it had been admitted as evidence. Judge Hellmann will be ruling on the report in late July. CONCLUSIONS: "Having examined the record and conducted such technical investigations as shall be necessary, the Expert Panel shall ascertain: 1. Whether it is possible, by means of a new technical analysis, to identify the DNA present on items 165b (bra clasp) and 36 (knife), and to determine the reliability of any such identification. - The tests that we conducted to determine the presence of blood on item 36 (knife) and item 165B (bra clasps) yielded a negative result. The cytomorphological tests on the items did not reveal the presence of cellular material. Some samples of item 36 (knife), in particular sample "H", present granules with a circular/hexagonal characteristic morphology with a central radial structure. A more detailed microscopic study, together with the consultation of data in the literature, allowed us to ascertain that the structures in question are attributable to granules of starch, thus matter of a vegetable nature. - The quantification of the extracts obtained from the samples obtained from item 36 (knife) and item 165B (bra clasps), conducted via Real Time PCR, did not reveal the presence of DNA. - In view of the absence of DNA in the extracts that we obtained, with the agreement of the consultants for the parties, we did not proceed to the subsequent amplification step. 2. "If it is not possible to carry out a new technical analysis, shall evaluate, on the basis of the record, the degree of reliability of the genetic analysis performed by the Scientific Police on the aforementioned items, including with respect to possible contamination." Having examined the record and the relevant documents, we are able to report the following conclusions regarding the laboratory analyses performed on Item 36 (knife) and Item 165B (bra clasps): ITEM 36 (KNIFE) Relative to the genetic analysis performed on trace A (handle of the knife), we agree with the conclusion reached by the Technical Consultant

Continued on Page 9

Joanna Gardiner

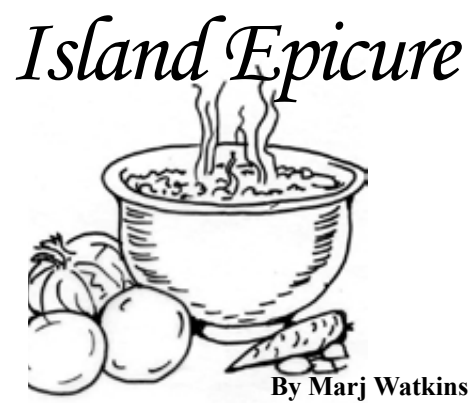
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By Marj Watkins

Healthy Snackables:
Gluten Free Cookies

Italian kids are tested at age six for sensitivity to gluten, and 12% of them are reported to test as positive. I wonder if the percentage is any different in the USA, and right here on Vashon Island. Wheat is the worst offender. Most of my descendants, like me, are much healthier avoiding wheat and avoiding or minimizing consumption of other foods with gluten in them. Diabetics and those allergic or sensitive to sugar cane need to avoid or minimize sugar consumption, too.

The cookies below are not super-sweet, just sweet enough to be recognized as cookies, not biscuits. Coconut sugar is lower on the glycemic index than cane sugar, therefore raises blood sugar less. Besides coconut sugar is lower on the glycemic index than cane sugar.

The little bit of barley flour in my Oatmeal Cookies contains only a smidgen of gluten, and to avoid gluten altogether you can replace it in the recipe with sorghum flour. Both Thriftway and the Minglement have all the flours mentioned in this recipe. These cookies make handy, healthy snackables and survival food. Kids of any age love them. Make some the next cool day.

Very low gluten, lactose free

OATMEAL COOKIES
Makes 3 1/2 dozen
1 cube butter
½ to 1 cup coconut sugar or brown Splenda®

2 eggs beaten with
1/4 cup water
1 cup sorghum flour
½ cup teff flour
½ cup barley flour
½ teaspoon salt
½ teaspoon baking soda
½ cup chopped walnuts
½ cup raisins
2 cups rolled oats

In a large mixing bowl, melt the butter. It melts faster if you cut it in 8 to 10 slices.

Stir in the sugar. Stir in the eggs and the vanilla. Sift and stir in ½ of the dry ingredients in. Stir in the raisins and walnuts. Sift and stir in the remaining dry ingredients Stir in the rolled oats.

Preheat oven to 375 degrees.

While the oven heats, line two baking sheets and a pie pan with aluminum foil. Using two spoons, drop roughly round cookie dough balls onto the foil about 1 inch apart. You can roll the dough spoonfuls between your hands to make nice, regular rounded cookies if that is your will. When time is short, though, it’s okay to make cookies no two of which are exactly the same shape.

Bake 15 minutes. Stick a toothpick into the tallest cookies. If it comes out clean, all the cookies are done. Remove the cookie sheet from the oven and let the cookies sit a minute to get used to the cooler temperature. Then slide them from the foil onto racks to cool.

You will have no baking sheets to wash, and these cookies leave the foil clean. Smooth it, fold it, and stick it behind your cookie jar to recycle into a base for your next batch of oatmeal cookies.

For more wholegrain, gluten free recipes see my little book Bake Gluten Free. It’s available at the Minglement and at the Country Store. Minglement displays it with the gluten free flours on the upper level.

All my profits on Bake Gluten Free go to help support the Vashon Food Bank.

Bon appetite, and good health to you all.

Amanda Knox

Continued from Page 8

regarding the attribution of the genetic profile obtained from these samples to Amanda Marie Knox.

Relative to trace B (blade of the knife) we find that the technical analyses performed are not reliable for the following reasons:

1. There does not exist evidence which scientifically confirms that trace B (blade of knife) is the product of blood.

2. The electrophoretic profiles exhibited reveal that the sample indicated by the letter B (blade of knife) was a Low Copy Number (LCN) sample, and, as such, all of the precautions indicated by the international scientific community should have been applied.

3. Taking into account that none of the recommendations of the international scientific community relative to the treatment of Low Copy Number (LCN) samples were followed, we do not accept the conclusions regarding the certain attribution of the profile found on trace B (blade of knife) to the victim Meredith Susanna Cara Kercher, since the genetic profile, as obtained, appears unreliable insofar as it is not supported by scientifically validated analysis;

4. International protocols of inspection, collection, and sampling were not followed;

5. It cannot be ruled out that the result obtained from sample B (blade of knife) derives from contamination in some phase of the collection and/or handling and/or analyses performed.

ITEM 165B (BRA CLASP)

Relative to Item 165B (bra clasp), we find that the technical analysis is not reliable for the following reasons:

1. There does not exist evidence which scientifically confirms the presence of supposed flaking cells on the item;

2. There was an erroneous interpretation of the electrophoretic profile of the autosomic STRs;

3. There was an erroneous interpretation of the electrophoretic profile relative to the Y chromosome;

4. The international protocols for inspection, collection, and sampling of the item were not followed;

5. It cannot be ruled out that the results obtained derive from environmental contamination and/or contamination in some phase of the collection and/or handling of the item.”

During the Perugian twisting and bending spree, the American Embassy in Rome broke nearly every bylaw in 7 FAM 400—The Arrest of Citizens Abroad by not protesting. <http://www.state.gov/m/a/dir/regs/fam/07fam/index.htm>. They should have lodged many protests by now. They must have been too busy to help Amanda, just as they were too busy to help another American, Douglas Preston. He was working on a book and when PM Mignini interrogated him, threatened him with prison and then chased him out of Italy. And too busy when Amanda’s mother contacted the embassy scant hours after her arrest.

Digging Wells in Darfur: The 100 Wells Campaign

By Mike Ivaska

In America it is easy to take the necessities of life for granted. We have water, food, and clothing in abundance – or at least most of us do. The average American today lives better than most kings have in history. True, the economic crisis is certainly a game changer, but living within walking distance of a grocery store with ten different kinds of bottled water on the shelf (not including the flavored ones!) is a unique privilege. We have food and drink galore. We struggle to lose weight while the rest of the planet struggles to find the next meal. Gratitude for what we have, and a desire to help others who are less fortunate, is the only attitude that seems appropriate.

Americans also have the unique privilege of having most of our wars “over there” somewhere. My own faith community, Vashon Island Community Church, has two men who grew up among us serving in Afghanistan in the armed forces. One of our youth group graduates is joining the Marines this fall. If he faces combat it will likely be “over there” somewhere.

In recent years, one place that has not known either of these privileges is Sudan, Africa. Genocide and religious persecution has amassed untold numbers of casualties. Orphanages and refugee villages are still packed with the surviving victims of the violence. In these villages and communities clean water is often a scarcity. Many have tried and failed to dig successful wells in the Darfur region. One group that has had truly miraculous success is the Persecution Project Foundation, an organization that was started during the genocide to provide care and safety to the victims of religious violence in the region. Having begun successfully building wells in the region, the organization started the 100 Wells Campaign. Their slogan: “100 Wells. 100,000 People.”

The youth group at Vashon Island Community Church, under the leadership of my wife Nichole Ivaska and youth group mom Kendra Malczyk, wants to get the people of Vashon involved in helping to build a well in Darfur through the 100 Wells Campaign. Allow me to quote the 100 Wells Campaign brochure:

“The Need: Approximately 80% of sickness in Africa is related to bad water. In Darfur, Sudan, the need for safe, clean water is critical. For the 2.5 million refugees forced to flee the genocide in recent years, it’s a question of survival. Before community development can

begin, there must be access to this basic necessity.

“The Impact: Water is life. Clinics, schools, churches and all other institutions rely on the availability of clean water. Persecution Project Foundation has taken on the challenge of providing safe, clean drinking water to genocide survivors in Darfur. During the last several years, we’ve seen the impact that water brings. Every freshwater well is helping transform settlements of sick and dying Darfuris into communities that once again have life, hope and vision for themselves and their children’s future. The gift of one well can provide 500-1,000 people, as well as their animals, with clean water for the rest of their lives.

“Individual: Your \$35 donation will provide one person in Darfur with clean water for his or her lifetime!

“Community: Build a well. You can make a tremendous difference in Darfur simply by accepting the challenge to raise \$15,000 to fund an entire well.”

Because of the tremendous difficulty of building wells the Darfur region, thanks to the distances and dangers involved, building a well in this region is much more expensive than in other regions of Africa.

The youth and their leaders at VICC believe that we as an island can raise the funds to build a well there. We want you to get involved. 100% of the funds raised by the VICC Youth will go to the 100 Wells Campaign. (The youth ministry itself is supported by the tithes and offerings of the worshiping community at VICC). The VICC Youth are going to kick off the fundraising at the Strawberry Festival at Vashon Island Community Church’s “Free Water” booth. Every year we hand out free bottled water to festival goers. We’re doing it again this year, but will also be giving out information on the 100 Wells Campaign, accepting donations towards the cause, and selling hand made candles. Keep your eyes and ears peeled for our other upcoming fundraising events throughout the next year, too!

The Persecution Project and the 100 Wells Campaign can be further investigated at persecutionproject.org, 100wellscampaign.com, or through any organization that evaluates and rates non-profit organizations.

See you at the Festival!!!!

Mike Ivaska is associate pastor at Vashon Island Community Church, www.vicc4life.com.

Edda, too, was left without any support, “We can send you a list of lawyers and report the incident.” The consulate is REQUIRED BY LAW to do much more than that.

Italian officials interrogating Americans must be so commonplace that consulate staffers take no notice. No Protests. No Shouting. No Nothing.

The Seattle advocacy group, Friends of Amanda, sent a letter to President Obama in May outlining the abuses of the US Embassy in Rome. We ask all concerned citizens to write or email the White House and lodge a complaint about the utter failure of our consulate to protect US Citizen Amanda Knox from a known antagonist, PM Giuliano Mignini.

The White House, 1600 Pennsylvania Avenue NW, Washington DC 20500, <http://www.whitehouse.gov/contact>.

On July 8, 2011, there is a

fun, yet poignant, benefit for AmandaDefenseFund.org planned at The Showbox at the Market, tickets start at \$15. <http://www.brownpapertickets.com/event/180335>. Three local rock bands, Brian DiJulio and the Love Jacks, Zero Gravity Circus, and The G Program are headlining the event and we plan to celebrate Amanda’s birthday at midnight. July 9, 2011 is her fourth birthday in prison. Listen to a song written for Amanda by Brian DiJulio and the Love Jacks at <http://www.reverbnation.com/briandijulioandthelovejacks>.

Please keep Amanda, Raffaele and their families in your prayers as we await Judge Hellmann’s ruling at the end of July. If the court rules fairly we hope the kids will be out of prison by fall, but as we say:

It ain’t over until Amanda’s plane touches down at SeaTac.

Positively Speaking

The State of My Union

By Deborah H. Anderson

Well here it is...my birthday month. I breathed air for the first time at dawn on 28 July 1951. You do the math. I’m hopin’ I’m halfway through and not two thirds done. Against all odds I have made it to sixty. Sole Deo Gloria. That means ‘all glory to God’. Bach put it at the end of all his compositions.

Repeatedly beaten, raped and tortured by the time I was eight, I never drowned my sorrow in drugs or alcohol or slept around. Sole Deo Gloria.

Permanently crippled at nine, I’m still walking upright and not in the wheelchair predicted for me by forty. Limping sometimes, but upright. Each time I have had a health issue there has been this wonderful miraculous cure. Sole Deo Gloria.

When I finally ‘ran away’ from my family it was to a job in Cambridge, England taking care of four children in a blended family who had just suffered the death of a parent. I got to learn in the British education system and see the Continent. Sole Deo Gloria.

I only applied to one college and got in. A top rated women’s college at the height of the women’s movement. Sole Deo Gloria. (and yea Mills College for Women!)

I’ve given birth to two children when I was told at the age of twelve I would never carry to term because of my physical disabilities. I delivered my first child two hours after I arrived at the hospital and my second delivery went from 3cm to birth in 45 minutes. Sole Deo Gloria.

I asked for and received for adoption two older special needs children and after twelve years of pouring every good thing I could find into them in the world and from myself, they are living lives vastly different than the ones they were destined for when the agency placed them and have lived to hear the words, “Thank you for all you did”. Sole Deo Gloria. I joyfully love them unconditionally and delight in watching them aspire to lives of texture and substance. Sole Deo Gloria. And they made me a grandmother! Sole Deo Gloria.

Through naivite’ and ignorance and a really obsessive Pollyanna complex I have repeatedly placed myself in harms



way with very angry, hurtful, self centered people. In every situation I have been delivered to safety and learned to be wiser, increasing in compassion and humor. Sole Deo Gloria. I have learned the power of forgiveness. Sole Deo Gloria. I have never sought revenge. Sole Deo Gloria.

My whole life I have gotten to sing, play, and hear great music. Sole Deo Gloria. I’ve known the joy of dancing many times. Sole Deo Gloria.

I broke a gender barrier found I had the courage to withstand the fire and got to preach the Good News that God loves us more than we could think, or ask, or even imagine. Sole Deo Gloria

I like myself. I enjoy my gifts and talents. I know the best is yet to come. Sole Deo Gloria. I know I’m blessed and live to bless others everyday with encouragement and hope. Each day I learn to receive more of God’s blessing. Sole Deo Gloria.

To God be the glory. I know that Grace abounds, mercy is ours for the asking and the peace that passes understanding brings Life!

The whole year will be a victory celebration for what God has done in my life. I’m going to finish everything I’ve started, do better at the things I beat myself up for not doing

(like exercise and eating more colorful fruits and vegetables and water) and cram more in for the sheer joy of it between moments of deep reflection. The rest of my life is a dessert buffet and I’m going to taste everything on the trolley!

My fortieth birthday was spent at Camp Burton where I was co directing yet another junior high camp. I had a t-shirt made that said “CHOOSE LIFE”. I am happy to report at my sixtieth, I can say I did...yes indeed I did!

Love,
Deborah



Want to read more of Deborah ? You can find her at three separate blogs:
www.onewiththerootbeer.blogspot.com Simple Parenting in Challenging Times is a blog for parents offering practical advice and observations on a raising children from pregnancy through the teens.

www.mealsandmoments.blogspot.com Real Encouragement in a Virtual World is a blog for personal growth recreating those conversations that helped us grow around the dinner table. Musings and observations encouraging each person to push the envelope on how they can grow in healthy ways emotionally and socially.

www.socialcontemplative.blogspot.com Under the Rock:Encouraging Faith Based Leadership is a blog for pastors and lay leaders eager to have more salt than shaker in their ministries offering spiritual development as opposed to the perpetuation of arbitrary or traditional church culture.

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Next Loop comes out July 21

Strawberry Festival
Beer Garden
Rock’n All Weekend Long

Be sure to stop by the beer garden where we will have plenty of frothy brews from the likes of Pyramid, Deschutes, Ninkasi and more. With live music all festival long and a complimentary order of chips and salsa for every cover fee paid, you may not want to leave! Plus, La Playa Mexican Restaurant will be on hand serving chicken, pork and carne asada tacos.

You definitely won’t want to miss our “Christmas in July” celebration Friday night as we tap two kegs of Pyramid’s limited release Snow-Cap winter ale and enjoy the sounds of Troy Kindred and Loose Change. As if that wasn’t enough, Bill Brown and the KingBees will be sure to deliver the goods on Saturday night. Don’t forget your dancing shoes! Then come say goodbye to Festival 2011 Sunday afternoon with the closing performance by The Doily Brothers. Check our website www.vashonchamber.com for times and music schedule. If you want to know where the fun will be, we have three words for you: FESTIVAL BEER GARDEN

Ober Park Stage

Saturday, July 16
Portage Fill Big Band
1pm - 1:45pm

Phil Royal
1:50pm - 2:25pm

The Riptide Ramblers
2:30pm - 3:15pm

Daryl and Renee Redeker
3:20pm - 3:55pm

Riverbend
4pm - 4:45pm

Kevin Joyce
4:50pm - 5:25pm

Sarab
5:30pm - 6:15pm

Julia Hanowell, Kiki Means & Madeleine Wolczko
6:20pm - 6:55pm

The Diggers
7pm - 8pm

Sunday, July 17
Shark Biscuit
11:30am - 12:15pm

Mary Win
12:20pm - 12:55pm

Jon Whalen & The Fieldhands
1pm - 1:45pm

Bob Krinsky
1:50pm - 2:25pm

TV Dinner
2:30pm - 3:15pm

Kelsey Alina
3:20pm - 3:55pm

CarGo Jam
4pm - 4:45pm

Allison Shirk
4:50pm - 5:25pm

Loose Change
5:30pm - 6:30pm

Beer Garden Stage

Friday, July 15
Loose Change
7pm - 11pm

Saturday, July 16
Poultry In Motion
1pm - 2pm

Waterlogged
2:30pm - 3:30pm

Party Fowl
4pm - 5pm

Marilyn Kay & Company
5:30pm - 6:30pm

Bill Brown & The Kingbees
7pm - 11pm

Sunday, July 17
Rumor Has It
1pm - 2pm

Rocky Island Bluegrass
2:30pm - 3:30pm

Pat Reardon
4pm - 5pm

The Doily Brothers
5:30pm - 6:30pm



The Doily Brothers

Street Dance

Saturday, July 16
Portage Fill
7pm - 9pm

Weird Load
9pm - 11:45pm



Sarab,



Allison Shirk, photo © John Sage/ FinchHaven

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New location, Vashon Village Courtyard will set the stage for an exceptional wine experience. Local wineries and small distributors specializing in hand crafted small batch wines will offer more than 40 different wines to sample with huge discounts on bottle and case purchases! We will even store your purchases until the following week so you can enjoy the Festival AND stock your cellar! You won't want to miss this once a year opportunity to enjoy these limited allocated bottles at such great savings.

Enjoy the smooth jazz of the Wilkins/Meyer/Person Trio & The 204th Street Jazz Trio, while you stroll the courtyard sampling wines an enjoying brilliant food pairings presented by Three Olive Catering



SATURDAY, JULY 16TH - 3 PM TO 7 PM
\$25 per person – includes
10 tickets to sample wine &
1 food pairing plate

THIS IS THE TIME TO STOCK THE WINE CELLAR!



The 204th Street Jazz Trio
Saturday, July 16, 3pm to 4:30pm

Richard Person, Steve Meyer and Tom Wilkins Jazz Trio
Saturday, July 16, 5pm to 7pm



Blast at the Green

Saturday, July 16

- Kiki Means**
1pm - 1:45pm
- Julia Hanowell**
1:50pm - 2:25pm
- Nikko Jensen**
2:30pm - 3:15pm
- Drew Ward**
3:20pm - 3:55pm
- Madeleine Wolczko**
4pm - 4:45pm
- Pure E'Pheckt**
4:50pm - 5:25pm



Kiki Means

Sunday, July 17

- Maya McTighe**
11:30am - 12:15pm
- Strawberry Marmalade**
12:20pm - 12:55pm
- Sage Everett**
1pm - 1:45pm
- Open Mic**
1:50pm - 2:25pm



Party Fowl, Above

The Riptide Ramblers, Below



Pandora's Stage

Saturday, July 16

- Kat Eggleston**
1:30pm - 2:15pm
- Marilyn Kay & Company**
2:30pm - 3:15pm
- Carter Castle**
3:30pm - 4:15pm
- The Magpies**
4:30pm - 5:15pm
- The Siren**
5:30pm - 6:15pm

Sunday, July 17

- Geordie's Byre**
11:30am - 12:15pm
- Rocky Island Bluegrass**
12:30pm - 1:15pm
- Middlemarch**
1:30pm - 2:15pm
- Jam on My Muffin**
2:20pm - 3:15pm
- Fender Shine**
3:30pm - 4:15pm
- Judd Creek Gospel Band**
4:30pm - 5:15pm

Concert Stage

Saturday, July 16

- Regional Faction**
1pm - 1:45pm
- Redline**
2:15pm - 3pm
- Murgatroyd**
3:30pm - 4:15pm
- Four Horsemen**
4:45pm - 5:30pm
- Vigilante Justice**
6pm - 6:45pm
- Posse Impossible**
7:15pm - 8pm

Sunday, July 17

- Skagit Valley Mafia**
1pm - 145pm
- Castbound**
2:15pm - 3pm
- Party Fowl**
3:30pm - 4:15pm
- Pure E'pheckt**
4:45pm - 5:30pm
- The Dirt Birds**
6pm - 6:45pm



Rumor Has It



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

LeRoy Bell & His Only Friends perform at Ober Park

Northwest singer/songwriter LeRoy Bell and His Only Friends will heat up the Ober Park stage this July. Their sold out VAA show earlier this year received rave audience reviews.

For their summer gig, the trio will pick up the pace and pump up the volume for the outdoor venue. Joined by bass player and vocalist Terry Morgan along with Davis Martin on drums and percussion, they will perform a lively concert comprised of both original music from Bell's five CD's and covers.

Bell's vocals have been called a unique combination of Seal, Richie Havens and Art Garfunkel. Whether it's

blues, rock, soul or all of the above, Bell has garnered loyal fans and critics.

Bell's songs have been recorded by The Spinners, The O'Jays, The Temptations, Rita Marley and Elton John. He performed with B.B. King, Etta James, Al Green, Taj Mahal, Los Lobos and many others.

They recently played Portland's Rose Festival. "We're always adding something new to our song list. When it's outdoors it's more of a party," added Bell. Summer Concerts in the Park are cosponsored by Vashon Park District and Vashon Allied Arts.



By Janice Randall

J.R. Crawford
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Ed Swan



Next Edition of *The Loop* Comes out Thursday, July 21
Deadline for the next edition of *The Loop* is **Friday, July 15**

Road to Resilience

Continued from Page 1

We are cruising down the middle of the river on our wonderful high-energy lifestyle with more miraculous and wonderful things to be had all the time. Meanwhile, the supposed dangers ahead are not only unseen, they have never before been seen by any human being. We do know that the temperature of the Earth has risen one degree in the last hundred years, and, with the output of greenhouse gasses growing every year, it will take considerably less time to reach 2 degrees. We know from the past that we can maintain some semblance of the world we now have if we can keep the rise within 2 degrees. The problem is that we have yet to experience the extent of climate change due to the concentration of gasses that we already have. If we immediately returned to our production levels of 1990, as is recommended, we would still have more warming in the years ahead. Perhaps it is no longer possible to keep the change within 2 degrees. The gasses do not dissipate readily; the past has shown that it takes about 1000 years for those gasses to get reabsorbed by the Earth after cessation of output. The consensus is that if we want to keep the temperature rise within 3 degrees in 2050, we need to start decreasing our output of gasses by

2015, very little time for such a radical change.

Will we really give up a high carbon lifestyle that will likely lead to our ruin? Will we have the courage to abandon our growth economy and invent a new steady state economy that pursues happiness and wellbeing rather than wealth and excess? Will we radically reduce our energy usage so we can generate all we need from renewables? Will we start to work with the web of life instead of trying to master it? This is where you write or call your representatives to tell them that the situation is not business as usual and you will support extensive life-changing measures to lower our carbon footprint. Let's try to shake this lethargy before it's too late.

Folks, this is the most serious challenge our species has ever faced. Many other species have faced similar challenges, and most of them are extinct. The difference between us and them could be our mind, which allows us to plan ahead. Do we have the courage and wisdom to use it?

Think about riding your bike to festival!

Comments please.
terry@vashonloop.com

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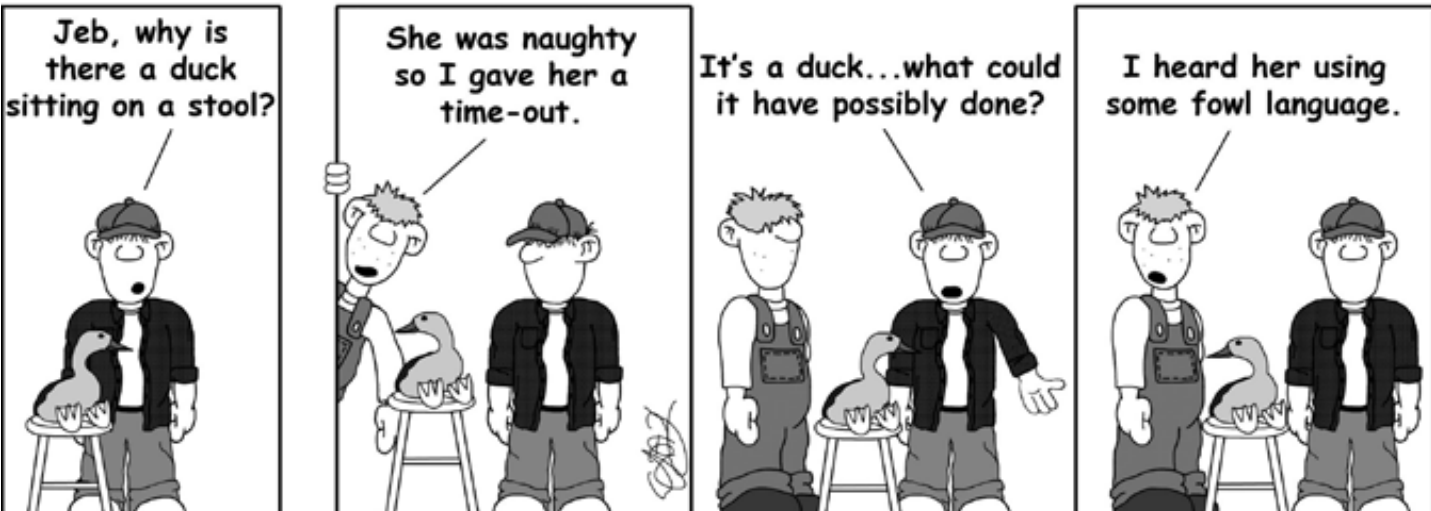
Lopy Laffs

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

After a particular bad argument between Morris and Sadie, Morris, still fuming, retreated to his den. After a few minutes, Sadie appeared, and asked, "Morris, have you seen my broom?"
Morris replied, "No, why? Are you going somewhere?"

A little girl asked her mother for a dollar to give to an old lady in the park. Her mother was touched by the child's kindness, and gave her the required sum.
"There you are, my dear," said the mother. "But, tell me, isn't the lady able to work any more?"
"Oh yes," came the reply. "She sells candy."

Moose Lake



Jeb, why is there a duck sitting on a stool?

She was naughty so I gave her a time-out.

It's a duck...what could it have possibly done?

I heard her using some fowl language.

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AT THE STRAWBERRY FESTIVAL, MOTHER GORP CONSOLES THE MAURY ISLAND SPACE ALIENS ON THEIR FAILED FOOD BOOTH...



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THE HECK WITH THE LEMONADE!! MY MOTHER SAID TO THROW OUT THE LEMONS AND GO BUY SOME CHOCOLATE!

...BUT AS MY MOTHER USED TO SAY, "WHEN LIFE GIVES YOU LEMONS..."

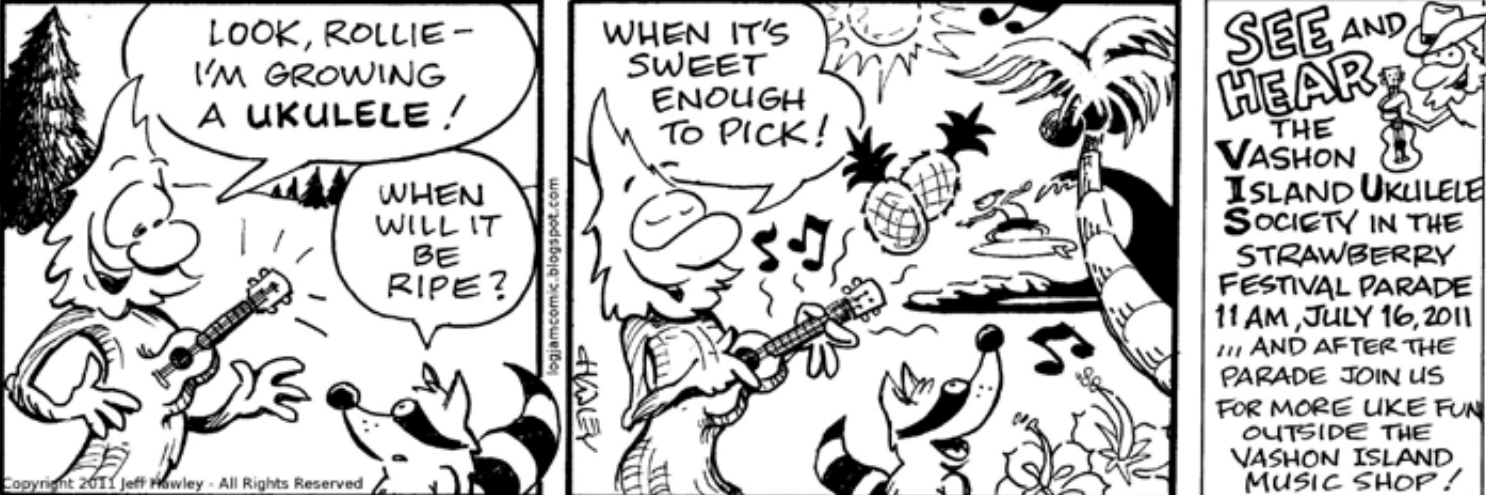
MAURY ISLAND SPACE ALIENS

ORIGINAL TRANS-FAT FRENCH-FRIES

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LOGJAM





LOOK, ROLLIE - I'M GROWING A UKULELE!

WHEN WILL IT BE RIPE?

WHEN IT'S SWEET ENOUGH TO PICK!

SEE AND HEAR THE VASHON ISLAND UKULELE SOCIETY IN THE STRAWBERRY FESTIVAL PARADE 11 AM, JULY 16, 2011 !!! AND AFTER THE PARADE JOIN US FOR MORE LIKE FUN OUTSIDE THE VASHON ISLAND MUSIC SHOP!

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Weekend Entertainment July 9-10
Blue Monster



Members: Ken Jacobsen-guitar,James Harrington-bass,Jason Lollar-organ/keys,Nigel Brown-Drums,Donovan Curry-Percussion

Blue Monster is five piece instrumental funk band that has been playing venues and festivals in the northwest since 2005,originally started as a trio on Vashon island experimenting musically and collaborating along the way with many talented and local musicians.

Blue Monster is known for their live performances which combine heavy

funk grooves laced with psychedelic improvisation.The rhythm section lays down heavy driving beats interlocking with intricate pulsing bass lines,while the hammond b-3 floats overhead with a dizzying array of subsonic sounds. all along the guitar skanking super funky rhythms with mind melting solos that take you on an audio journey to another dimension.

Blue Monster is guaranteed to make you shake your money-maker and free your mind. All-Ages 'til 11pm, 21+ after that.

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

Salsa Dancing with Instruction
offered at Cafe Luna



The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous Salsa experience necessary. No charge. Hosted by Assia Hamani.

Saturday, May 14, 7pm, At Cafe Luna,
9924 SW Bank RD
www.cafelunavashon.com

<<Rewind<<

Remember the days of watching The Breakfast Club and playing Atari? Rewind takes you back to those days, if only for the evening...

Rewind is a high-energy '80s cover band specializing in the hits you can dance to, and the classics you can't help but sing along with... Rewind plays many of the popular live music hot spots, such as Nectar Lounge, High Dive and El Corazon to headlining the main stage at The Bite of Seattle.

The six band members of Rewind bring more than just music - it's an 80s concert event. Rewind keeps the audience engaged and entertained with their energy and charisma, making them one of the premier cover bands of the Northwest.

Go back to the 80's with Rewind - find song lists, videos, nostalgia and more at www.rewindseattle.com

This is the hottest night of the year



on Vashon...and the Red Bicycle is proud to present this amazing dance band... because it's what everyone has been telling us they want for Festival...a band they can get out on the dance floor and dance to. This will be THE place to be on Festival Saturday, don't miss it!!

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July 7, '11

Sedentary Sousa Band plays Ober Park

By Janice Randall



Islanders of all ages can hear Ballard's Sedentary Sousa Band pay musical homage to some of John Philip Sousa's most famous marches, including Stars and Stripes Forever (National March of the U.S.A), The Washington Post March and Semper Fidelis (the official Marine Corps march) and more 7 p.m., Thursday, July 7, at Ober Park.

Band leader Liz Dreisbach says they play the music straight, but the whole experience is also a lot of fun. Sedentary Sousa is a feel-good, energetic hit of Americana. The group proudly wears band jackets of many colors, lovingly collected from around the U.S.

Free, Summer Concerts in the Park Series is sponsored by Vashon Park District and Vashon Allied Arts. Coming up July 21, hear LeRoy Bell and His Only Friends when they bring their rock and roll party to the Park.

One More Mile Strawberry Festival Friday



One More Mile is a band that came together over the passion of playing real blues and making the blues real!

Guitarists Jason Lollar and Tommy Bean both have been playing since they could walk, and ever since Tommy saw Lollar performing with a band he had put together called Shakey Jake, he knew he would get together with him one day. Both men come from a long line of bands playing rock, rhythm and blues and straight blues, and their years of performing excellence can be heard on such numbers as Black Cat Bone or Reconsider Baby.

Now add to this mix the incredible Lonesome Mike Nichols on Harmonica, and you really have something. Lonesome Mike has perfected his licks over the many years of performing with such names as Elvin Bishop, Norton Buffalo and Commander Cody. Locally he performed with The Great Divide in the 70's and 80's. Lonesome Mike brings an intensity to the harp that is rarely seen or heard, so much so that he will often have to spend a couple days recovering after he gives it his all in his performing.

Friday, July 15, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

These talented front men are backed by the most amazing rhythm section any band could ask for! These two child prodigies are David "The Kid" Salonen on Bass and Sammy "Milhouse" Veatch on drums. Both young men have been playing together since birth, forming one of the tightest beats available. The Kid comes from a family of cajun musicians out of Lousiana, and his grandfather brought cajun to the pacific northwest back in the 70's. Veatch's father has been performing and managing bands and groups since they moved here in the 80's. Often times having to sneak these two kids into performing venues like so many of their predecessor's, they are some of the most powerful musicians for such a young age, and One More Mile is lucky to have them!

All told, this is one hot band and their live performances get everyone up and shakin' it, or diggin the groove from the comfort of their seats.

Come check these guys out at the Red Bicycle, it's going to be a real treat to see them play on Festival Friday!

Presbyterian Church Hosts Festival Art Show

Claire Green, Island artist will have a solo show at Vashon Presbyterian Church during Strawberry Festival. Hours will be 9am-5pm Saturday and 11am-5pm on Sunday.

Claire is a graduate of Vashon High School and is presently attending Cornish College of the arts. She will begin her sophomore year in September. Claire works in a variety of media including

printmaking, acrylic, oil, watercolor and ceramics and has had her work displayed at the Frye Museum, The Blue Heron Gallery, Bank of America (Vashon), Books by the Way, Vashon Book Shop, Valise Art Gallery and the Puget Sound Educational Service District Art Exhibit. Her plans include earning a Bachelors Degree in Fine Arts and she hopes to one day own her own art gallery.

Americana Music Festival on the Sound

By Janice Randall



Vashon Allied Arts’ summer music festival brings it home with Americana music at Camp Burton’s outdoor amphitheater 5 to 8 p.m., Saturday, Aug. 6. Stomp your feet and sing along when Stacey Earle and Mark Stuart, Rachel Harrington and the Do Right Boys and Vashon’s own Magpies take the stage. For more info go to VashonAlliedArts.org.

Delicious homegrown treats will be available, catered by Vashon’s own Three Olive, and all ages are encouraged to bring a few beach chairs and blankets for an evening of Americana Music on the Sound! No alcohol please.

Tickets are \$10 (21 and under), \$13 VAA members, seniors, \$16 general and are available now at Blue Heron, Heron’s Nest, Books by the Way and brownpapertickets.com.

Shark Biscuit



Emerging like the phoenix from the flames of the New World Shambolics, SHARK BISCUIT is your Vashon Island Surf Band! Shark Biscuit plays surf and rock instrumentals from the golden age of the 1950’s and 60’s, plus a few surprises! This all-Vashon ensemble is five strong, and parlays reverb-soaked guitar stylings, tribal drumming and rumbling bass lines with a powerful horn section and a rockin’ keyboard. Their music is highly danceable and brings smiles to all ages. The classic Shark Biscuit sound evokes tonal memories of Dick Dale, the Belairs, the Chantays, the Ventures and Herb Alpert & TJB.

Live at the Red Bicycle Bistro & Sushi this Saturday night at 8:30pm, this is an all-ages free cover show until 11pm, then 21+ after that.

Saturday, July 23, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Cordaviva



Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, afrobeat, funk, and various latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

Cordaviva has performed at such notable Seattle venues as The Triple Door (lounge and mainstage), Nectar Lounge, The Tractor Tavern, and ACT Theatre. Cordaviva’s influences stem from musical legends such as Nigeria’s Fela Kuti, Guinea’s Bembeya Jazz, and Congo’s Franco & TP OK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

“You’ll be in for a real treat when you see Cordaviva... blending Soukous, Afrobeat, and Reggae gives [them] an unexpected edge in the local World music scene and completely sets them apart...[they do] a fantastic job of combining sax, trumpet, percussion, guitars, keys and vocals all while giving each instrument their own spotlight.” -Lindsey Scully, SSG Music

Friday, July 22, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



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to come see and comment on
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VAA and Island artists
have been planning.

PLEASE JOIN US FOR THREE PREVIEW OPEN HOUSES
FRIDAY, JULY 8, 6 TO 8 PM (VAA MEMBERS ONLY)

OPEN TO EVERYONE:
SATURDAY, JULY 9, 1 TO 4 PM
AND
TUESDAY, JULY 12, 5 TO 8 PM
AT THE BLUE HERON

See proposed building designs for Vashon Center
for the Arts, ask questions and share your thoughts.
Talk with representatives from LMN Architects,
project manager Kirk Robinson and
members of VAA Board and Staff.

Bring your kids too; they are our community's
art patrons of the future!
Refreshments provided.

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Read more about Vashon Center for the Arts at
VashonAlliedArts.org.

Vashon Allied Arts

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