



THE VASHON LOOP

Vol. 8, #18

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 1, 2011

Shape Up Vashon is Coming!



Kick Off celebration at the Saturday Farmers Market September 17

Would you like to improve your health?

Be stronger?

Stop smoking?

Lose weight?

Walk farther?

Sleep better?

Overcome mental blocks to exercising?

Decrease the risk or impact of serious chronic diseases such as diabetes, cancer or heart disease?

Shape Up Vashon, or SUV for short, is a new Vashon initiative for people of all ages designed to create a fun and supportive community to improve health and well-being.

When you join SUV, you set your own goals and then we help you achieve

them with incentives, prizes, health tips, classes and connections to Vashon's many ongoing fitness and health activities.

For \$10/ year, or a scholarship if you can't afford the fee, we will support each other to build a healthier community. SUV keeps track of your progress and combines your success with others to measure Vashon's improvement. How many pounds can Vashon lose in a year? How many calories can we burn? How many Presidential Awards can we win for increasing cardiovascular fitness?

Do you have a Silver Sneakers Card?

If you're one of the 700 people on Vashon who have Medicare Advantage with Group Health, Humana or another

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Rationale: Vashon Center for the Arts

Part II

By Steve Amos



Space limitations in the current VAA building make it necessary to temporarily expand the gallery into the adjacent performance space for large gallery events. This can make the stage and performance space unavailable for classes and programs for up to a week or longer.

Note: This article is a continuation of an article published in the previous issue.

Some potentially negative issues we looked at were:

1. Cost. The new arts center is estimated to cost \$16.5 million, with ongoing operational and maintenance costs above that. That's expensive. Is it too expensive? We dunno. How much SHOULD a state-of-the-art arts center with full-on theater, gallery, and all the electrical and electronic and

mechanical trimmings and trappings and administrative space cost? Do we want to do something in half measures and end up with something that STILL falls short of being a serviceable art center?

How exactly do you justify passing judgment on the appropriate cost of something as a community member when we, as community members, are essentially getting this arts center for free? VAA is a private, nonprofit arts

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Vashon Retailers Found Selling Tobacco to Kids

Underage teens made purchases at three of four stores inspected

Recent tobacco retailer inspections on Vashon Island found three out of four retailers selling tobacco to underage teens. This is a startling reversal from inspections between 2005 and 2009 when there were no sales to minors. Overall, King County's high retailer compliance rate has dropped over the past two years from 96% in 2009 to 89% in 2011.

The three establishments cited are:

Vashon Market - 17639 100th SW

Vashon Mart (Chevron) - 17803 Vashon Hwy SW

Mom's Grocery & Deli - 19124 Vashon Hwy SW

The fourth retailer, Harbor Mercantile, at 103rd & SW 240th, did not sell tobacco to underage teens.

In Washington State, selling tobacco to a minor is prohibited by law and results in a fine for retailers of \$100 for the first offense and are educated about selling tobacco responsibly. The fine for a clerk is \$50. Repeat offenders are fined up to \$1,500 and may have their license to sell tobacco products suspended. Retailers refusing to sell tobacco to minors are congratulated in person and given an information packet.

"We've made progress over the past ten years in reducing the impact of

By Public Health, Seattle & King County tobacco addiction in our community, but we need to keep this good work going," said Dr. David Fleming, Director of Public Health - Seattle & King County. "As funding for proven tobacco prevention programs is eliminated statewide, the tobacco industry continues to find new ways to market products that appeal to kids."

The tobacco industry has responded to tougher federal regulations around the marketing and advertising of cigarettes with new tobacco products that are attractive to youth, such as dissolvable tobacco that closely resembles gum, candy and breath strips, and cigars, cigarillos and snus (teabag-like pouches of tobacco) in flavors such as peach, chocolate, strawberry and grape.

Sales of tobacco to teens are a high concern because most adult tobacco addictions start in youth; 90% of current smokers became addicted before they were 19 years old. Overall, about a third of all kids who become regular smokers before adulthood will eventually die from smoking. Tobacco use is the leading cause of death in King County, leading to 1,990 deaths per year and \$343 million in

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Road to Resilience

By Terry Sullivan, Transition Vashon

Recap and Connections

In some discussions I've had recently, it has become apparent that it is time to restate the reasons I started writing this column in the first place. We humans have put ourselves and much of the world in grave danger by refusing to live according to the rules that billions of years of evolution have established. We counter our problems with solutions based on our own version of reality. I, and many others, see that the source of our problems is our version of reality itself. So, as we speed toward the precipice, the only thing we can think to do is to step on the gas pedal!

The Transition Town concept, developed by Rob Hopkins in 2004, was an outgrowth of a permaculture project applied to other aspects of human culture in the community of Kinsale, Ireland. It was meant to address the dual problems of global peak oil production and climate change, and the necessity to become far more efficient and resilient in meeting our needs. Addressing these problems,

it was thought, required change at the most basic cultural, institutional, and personal levels. How do you solve a problem if the tools you need to work with have yet to be invented? The solutions have to be based on practicality rather than theory because there is no theory. In struggling with the problem, it became apparent that each locality needed to approach their own plan from the ground up, utilizing the unique resources inherent in each community. In this way, a movement developed that prescribed certain ways to approach solutions but carefully avoided preconceived answers. Since we really don't know where we are going, we need to cast our net widely to allow the greatest possibility that the best solutions will be discovered. In the years since, we have come to realize that there are many other aspects of our culture that are simultaneously leading us to oblivion: maintenance of military hegemony, need for a continually

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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.

Ballroom Dancing Fall 2011

Beginner Classes start on Sep. 15th: every Thursday from 7-8:30pm + two (2) private lessons! Tuition only \$100 per person! Explore Swing, Rumba, Waltz, and Fox Trot at the Havurah on Westside Hwy - all ages welcome! Intermediate Program for the Fall needs instructor approval - Call March Twisdale @473-1643 with questions!

Come learn in a fun, friendly, easy setting & prove to yourself that YES YOU CAN learn how to dance! You may also send questions to: Vashondance@live.com

Vashon Social Dance Group

VASHON SOCIAL DANCE GROUP & Vashon Parks District hosting a FREE Social partner dance and lesson 6:30 - 9:30 pm. Ober Park Performance Hall 17130 Vashon Highway SW

Saturday, September 3, 2011 All levels of dancers invited to join us.

6:30 - 7:30 Country two-step lesson and Wild Wild West Barn Dance review.

7:30 - 9:30 Dance to an eclectic selection of music to swing, waltz, one and two-step, wiggle, night club, foxtrot, salsa, zydeco to, with dancers of all levels. No partner needed, lots of friendly dance partners and encouragement available. Bring a smile and comfortable shoes . Questions? Contact Candy (206) 920-7596 or visit www.vashonparkdistrict.org Thanks to Parks District for the use of the p5

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. If interested, please make a reservation by calling Julea at 567-6142.”

Free On Line Classifieds
www.VashonLoop.com

The Vashon Loop

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Thanks!

Sustainable Tourism on Vashon (STOV) wishes to thank the following for their generosity and help in producing the Park to Park nonprofit cycling event held July 31: Major contributors, Puget Sound Energy and Sawbones Worldwide; Vashon Heritage Museum, King County Parks and Recreation, Vashon Island Roasterie and Minglement, Institute for Environmental Research and Education, The Little House, Essentials 4, Vashon Park District, Vashon Ham Radio Operators (Dick Danielson, Sharon Danielson, John Galus, Rick Wallace, Sean Mallone, Maggie Sudduth, Steve Paull, Bob Smueles); and The Vashon Loop. We also thank Laurie Eastwood, Jessica and Amanda Ohmert, Sam Shugart, Scott Healy, Glynis Delargy, Kathy Chistions, and Michael DeBlasi.

With gratitude,
-Kathleen Fitch

Community Drumming

Friday, Sept. 9, 7 PM
Vashon Intuitive Arts

Join Vashon Drum Circle to drum and sing with Buffalo Heart, our big community drum, on Friday, September 9, 7 PM at Vashon Intuitive Arts. All ages are welcome. Free event; donations gratefully accepted.

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 regularly every 2nd Friday. In October, instead of our regular meeting, Buffalo Heart will travel to Olympia for a 4-day vigil sponsored by Turtle Women Rising, Oct. 7-10. Plan to attend, find Buffalo Heart and join the drumbeat for peace and earth healing!

Bangasser Pays for Loop

Tom Bangasser has entered into an agreement that will make him the publisher and owner of the Vashon Loop and several websites developed and maintained by Steven Allen. More details will be disclosed on the Loops Website www.vashonloop.com and in the next printed edition of the Loop

Compost the Loop

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

Basic Bridge Class Day & Time Change

The Basic Bridge Class will now be offered every Wednesday from 9:30 to 11:00 at the Vashon Senior Center on Bank Road.

No registration needed – just come, learn, and practice! The Advanced Bridge Bidding class will continue to be offered from 1:00 to 3:00 on Wednesday afternoons. All bridge players are welcome to attend.

Fruit Club Presentation

Vashon Island Fruit Club is hosting a presentation by Jenny Glass, a Plant Pathologist at the WSU Puyallup Research Center.

It will be held Tuesday Sept. 13th at the Land Trust Building. If you have specific plant disease questions, please bring specimens for review at 6:15 p.m. Jenny will speak from 7-8 p.m. All are welcome.

Vashon Democratic Club Annual Picnic

Date: Saturday, September 10, 2011
Time: 5:30pm to 8:30pm

Location: Vashon Winery [yes! there will be wine!]

Theme: Island grown potluck and pies! Bring your favorite dish and/or pie to share. We’ll have music, representatives speaking and community. Everyone left of center is welcome – especially encouraging the far left!

Questions? Contact Kyle at 206-227-3391

“Pig-Out” for the Food Bank!

First annual “Pig-out” for the Food Bank. September 17th at Vashon Eagles. Proceeds to benefit Vashon Food Bank.

Tickets available at the Eagles from your friendly bartenders. Cost is \$12.00 in advance and \$15.00 at the door.

Starting at 4:00 There will be a no host Tiki bar, then Dinnerat 5:00- roasted pig with all the tropical trimmings. Live and silent auctions at 6:00 followed by live music for your dancing pleasure at 7:00. Events will include a hula contest, best Hawaiian costume and anyone bringing a non-perishable food item will get a free raffle ticket for a lovely prize! This event is open to the public (do not have to be a Eagle member to attend)

For information call 463-5477

Make a date with Vashon!
www.VashonCalendar.org

**Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org**

All Island Recycle is Back

After last year’s success we are responding to requests to do this again!

On Saturday Sept 10th you can recycle almost anything-no light bulbs or tubes and no small plastic kid’s toys. It is OK to recycle the kitchen sink, the old horse trailer, the broken stove and the useless monitor, or ten of them!

We will be working with Friendly Earth to unload Vashon and Maury! From 10am to 3 pm at the old NAPA store on 100th Ave. Sept 10th trucks from Friendly Earth will be available for you to load your stuff in. Friendly Earth is a national nonprofit organization serving the Seattle, Washington area dedicated to making our planet a cleaner and safer place by offering free recycling

services. We are committed to keeping unsafe items out of our landfills and environment by recycling a large variety of electronics (e-Waste) and appliances.

We will have a business preloading on Wednesday Sept 7th from 9am until 12 pm.

We will gratefully accept cash donations to help support the dental van at Chautauqua for their students on the free and reduced lunch programs. A donation is not required to recycle. For more information contact Lee Ockinga at 463-9328.

Lee Ockinga Seeds4Success
Michael Fitzpatrick NW Ferret Recue
Hilary Emmer Dental Van Supporter
Tag Gornell GreenTech

Upcoming Chamber Meeting

Everyone is invited to attend the Vashon Island Chamber of Commerce General Membership Meeting
Thursday, September 15, 2011
8:00 AM – 10:00 AM

Penny Farcy Training Center
SW Bank Road across from Vashon Fire Station

Guest Speakers are:

Joe Ulatoski, VashonBePrepared

Rick Wallace, VashonBePrepared

Chief Lipe, Vashon Island Fire & Rescue

This is an important meeting for all Vashon business owners! What if disaster strikes? Is your business prepared to handle what your employees, customers, and neighbors may need. We are starting ½ hour early to allow time for comments and questions. This meeting is hosted by VashonBePrepared and VIFR.

Meetings

Water District 19’s next regular board meeting to be held on Tuesday, September 13th, 2011 at 4:30 pm at the district office, 17630 100th Ave SW.

Vashon Island Fire & Rescue will hold it’s next regular meeting, Tuesday, 9/13/11, 6:30 p.m. at 10020 SW Bank Rd, Vashon, EOC room

Meal Coordinator Needed

Meal coordinator needed three to four evenings per week starting October to coordinate community dinner program. 8 to 10 hours per week. Social service background helpful.

\$12.00 per hour. Must be dependable. Send cover letter and resume to: Meal coordinator, POB 237 Vashon, WA 98070.



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

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Next Loop comes out September 15

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Deadline for the next
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Preaching to the Choir

By Karen Pruett

September 5, 2011, Amanda Knox and Raffaele Sollecito’s appeal trial for the murder conviction of Meredith Kercher reconvenes after summer break and we expect to see the prosecution’s rebuttal continue. At the end of July we left off with the prosecution foot-dragging for an entire day asking inane questions to the independent experts who had reviewed key pieces of the DNA evidence from the Trial of First Instance in 2009. To the disappointment of Amanda and Raffaele’s family and friends, the maneuvering left the judges unable to rule on an end to the appeal, so they ordered a continuance leaving the kids in prison for yet another summer.

The prosecution was also caught trying to submit a falsified document on the last day of court in July, the Negative Control Test. This is a common test done to assure that equipment is not contaminated with biological material in-between evidentiary runs. Dr. Patrizia Stefanoni, who collected and processed the original DNA evidence, testified in both the trial of first instance and the appeal that this test was NOT done, yet the prosecution tried to pull a fast one using a poor quality photo copy. They tried a number of tricks in July and we fully expect to see more in September. Islanders hope that Judges Claudio Patrillo Hellmann and Massimo Zanetti will continue to exemplify professionalism and not yield

to any misbehavior on the part of the prosecution, as demonstrated by the judges in the trial of first instance.

The prosecution’s behavior is transparent; they need more time to perfect their next implausible scheme be it trying to discredit the court’s experts or the creation of ‘new’ evidence or some equally smarmy act of sedition.

In contrast the defense has been professional and patient. At the beginning of the appeal, last fall, the defense was pleased when the judges ordered the independent review and again when they demanded that Dr. Stefanoni release her original DNA evidentiary report to the court appointed experts, Professor’s Carla Vecchiotti and Stefano Conti of the University of Rome. Access to a review and the report has long been denied to the defense, a breach of Italian law. In July the expert’s conclusions were released and there was a sigh of relief as they agreed with the defense on every point.

The DNA collection and processing was a shoddy mess and the report highlighted more than 50 departures from international protocol.

The fickle press is slowly beginning to focus on the truth of this case, that two innocent college students were framed for the murder of a third, while the real killer is swept under the rug and his 30-year sentence

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VFW Esay Contest

The Veterans of Foreign Wars (VFW) will be providing students in grades from 3rd Grade through High School an opportunity to participate in VFW Sponsored Youth Essay Contests that provide recognition and cash awards from the VFW Post, VFW District, State of Washington and National levels. The Washington State sponsored Youth Essay Programs include 3rd through 5th Grades; the National Patriot’s Pen Programs includes 6th through 8th Grades and the National Voice of Democracy includes 9th through 12th Grades. Last year, the Vashon VFW Post 2826 awarded \$2300 to twenty seven 1st, 2nd and 3rd place winners and two hundred and two students received beautiful certificates.

The National Programs entry forms and complete contest rules can be obtained by entering, www.vfw.org on the internet and

clicking “VFW Scholarships”. Click “Patriots Pen or Voice of Democracy” and then click “Learn more about the program you selected” and then click “Access entry form and complete contest rules.” This provides all the data that you need to enter the programs.

The Washington State Programs entry forms and complete contest rules can be obtained by entering, www.vfw.org on the internet and clicking “Veterans of Foreign Wars of the United States Department of Washington” and click on “PROGRAMS”, then click “State Youth Essay Entry Form” and print and then click “State Youth Essay Rules” and print. This provides all the data that you need to enter the program. If you have questions, please call Olde John Croan at 463-2952 or send an email to oldejwc@comcast.net or talk to your teacher.

Community Cinema

Community Cinema Vashon is pleased to announce the 2011-2012 Season film schedule. Mark your calendars for every 3rd Sunday at Ober Park Performance Room from 3:00-5:00 pm. Community Cinema Vashon presents films from PBS’s award-winning Independent Lens series through a partnership with ITVS (Independent Television Service). All screenings are free and followed by an moderated discussion. This is a wonderful opportunity for you to join others to view and discuss top quality documentary films about timely social issues. These are community building events where valuable connections are being made, ideas generated, and action taken. We hope that you will review the film material as presented on Vashon Movie News - vashonmovies.blogspot.com/ and invite your friends to join you.

There are two films being shown in September from the bold new five-part PBS mini-series - Women War & Peace. This is the most comprehensive global media initiative ever mounted on the roles of women in peace and conflict. PRESEASON OPENING SPECIAL EVENT at Vashon Library - Tuesday - Sept 13th - 5:30-8:00. Pray the Devil Back To Hell is the astonishing story of the Liberian women who took on the warlords and regime of dictator Charles Taylor in the midst of a brutal civil war, and won a once unimaginable peace for their shattered country in 2003. Following this 72 min. film

there will be a few minutes for informal discussion. At 7:00 pm there will be a brief presentation by Patrick Baroch, ITVS National Community Cinema Coordinator about the upcoming season. He will also tell about the Women and Girls Lead Initiative and give information about ITVS (Independent Television Service) film kits for educators. We are honored to have this opportunity for you to meet and talk with Patrick.

At this time we will extend an invitation to community organizations for co-sponsorship of future films.

SEASON OPENER -September 18th - Sunday - Ober Park - 3-5pm. we will present the preview screening of Peace Unveiled. When the U.S. troop surge was announced in late 2009, women in Afghanistan knew that the ground was being laid for peace talks with the Taliban. Peace Unveiled follows three women in Afghanistan who are risking their lives to make sure that women have a seat at the negotiating table. Rev. Dr. Kathryn A. Morse, pastor of Vashon United Methodist Church, will moderate the after film discussion.

Community Cinema Vashon is hosted by We All Belong - FREE film & discussion - a project of Welcome Vashon. You will find colorful fliers around Vashon and announcements in local calendars. For more information on Community Cinema NW visit CCNW.TV or contact Jane Berg - jane.e.berg@gmail.com - 206-567-4532.

South Sound Pink Salmon Derby winners



Some of the winners and participants in the Interfaith Council to Prevent Homelessness first Salmon Derby held Saturday August 27th showing off their fish. Shown, left to right: Dan Houston, Richard McIntosh Sr., Richard McIntosh Jr., Dave Kuhns, Hawkins Ehret, Gene Kuhns Jr., Gene (Geno) Kuhns III. The first and second place winners, Richard McIntosh Sr. and Richard McIntosh Jr., donated their winnings back to the IFCH to help with their mission of assisting Islanders to find and keep housing. The IFCH will continue this derby every year and are hoping to become part of a larger, regional series of such derby’s that offer large prizes and attract participants from all over the Puget Sound. The event was organized by Gene Kuhns and Dan Houston.

Driving While Entitled

To the Editor,

Regarding statements made in the article “Consider Consideration” by Karen Pruett, it should be noted that there is a difference between what Ms. Pruett claims to be the law and what the actual laws are regarding bicycles and riders and their rights to be on state roads. While she references RCW 46.61, she either didn’t read the whole thing, or perhaps rewrote it in her mind so that it fit her driving style, which appears to involve a large bubble encompassing her space- a much larger but nevertheless mortally threatened bubble than those surrounding other human beings transiting the planet without the aid of an automobile. In my reading of RCW 46.61.755 there appears to be no vaguery in the law’s intent, as she claims. It states that: “Every person riding a bicycle upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to a driver of a vehicle by this chapter.” There are exceptions and you can read them if you like, but none involve riding a skinny tired road bike into the gravel so that she, or any other autocentron, can get to the latte stand 30 seconds faster, and then dash on with unabated haste to make the boat that she was made late for by all those cars waiting at the latte stand as she made her way to shop off Island at Costco. I am allowed a few assumptions for effect, as Ms. Pruett seems to rely solely on them.

The “logic” employed in Ms. Pruett’s overlong article serves also to call into question her defense of what may or may not be a wrongful murder conviction. As I recall my high school drivers ed class, passing a slower car on a hill on a corner was never a good idea, so I have never understood why car drivers feel that it is an okay idea when approaching a cyclist from behind in that situation. Whether it is a car or a bike or a horseback rider, it is the responsibility of the overtaking vehicle to take the safest option, which is slow down and wait until passing is safe. It is certainly not the cyclist’s mandate to search for a speedy roadway exit strategy so that the bubble of self-importance might pass unencumbered. Pedestrians in

crosswalks have been granted the right of way, as have cyclists both on the roadway and in crosswalks- running them down because you would rather not see them there is an aggressive act, possibly murder, but then again, murder has become a relative term that depends on how some people feel it should be defined- just look at what we are doing in Iraq and Afghanistan. It seems that in Ms. Pruett’s world, errant cyclists and pedestrians along with errant roommates all will just get what they deserve and really have no one to blame except themselves for their demise.

There is something that has just been passed and signed by the governor in this state called the Vulnerable User Bill- SB-5326, which finds any driver that “causes the death, great bodily harm or substantial bodily harm to a pedestrian, bicyclist, motorcyclist or wheelchair user” is guilty of negligence in the second degree and subject to a fine of \$1000-\$5000 and a 90-day driver’s license suspension. This of course does not come anywhere near compensating for the loss of a life or a debilitating injury suffered at the hands of someone choosing to “stay in my lane” regardless of the rules or common sense surrounding the situation.

In my trying to understand the car/ bike conundrum I’ve read numbers of articles over the past few years in the category of “biker down”. The one that always returns to mind actually describes an accident in Italy. It involved a businessman on his way somewhere in a car that happened to be traveling well over the listed speed limit in a small town. The driver struck and killed an aspiring young bike racer out on a training ride. A few months later the family received a notification in the mail from the driver’s attorney. Expecting some compensation for their loss, they opened the letter to find that they were being sued for the cost of the damage that their son had done to the speeder’s car. The case was thrown out of court- which might at least offer some degree of comfort to Ms. Pruett to know that justice, on some level, can be found in the Italian legal system, although I don’t believe the driver was fined for anything other than speeding.

Peter Ray

Retailers Selling Tobacco to Kids

Continued from Page 1

medical care costs, lost productivity and other expenses.

Retailer compliance checks are conducted throughout the year by Public Health and the Washington State Liquor Control Board, as well as the U.S. Food and Drug Administration (FDA) due to new federal laws around tobacco and cigarettes. Anyone who witnesses a merchant or other adults providing tobacco to a minor is encouraged to

call Public Health’s Tobacco Prevention Program at 206-296-7613 to file a confidential complaint.

For more information about tobacco prevention, please visit Public Health - Seattle & King County’s web site at www.kingcounty.gov/health/tobacco

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

Island Life

Shikata ga nai

by Peter Ray

At the Island Poetry Fest this past May, poet Larry Matsuda read from his book, A Cold Wind From Idaho. In it he wrote of his experiences growing up at Minidoka, the Idaho War Relocation Center where 120,000 Japanese Americans were interned during World War II. He prefaced one of his readings with an explanation of the term “shikata ga nai”, which he translated as “it cannot be helped”. As one of the basic tenets of the Japanese philosophy of life, Matsuda showed how shikata ga nai helped many in the camps to get through their stay.

In googling around as to how this phrase is spelled I found one site that defined shikata ga nai, beyond it cannot be helped, as either “a fatalistic unwillingness to make changes, or an enlightened acceptance of life”. It also mentioned the French term “c’est la vie” as being similar in concept to shikata ga nai. As Matsuda framed it, the idea that it cannot be helped seemed weightier and intense than the more casual French version, which to me seems more akin to the great American colloquialism: whatever.

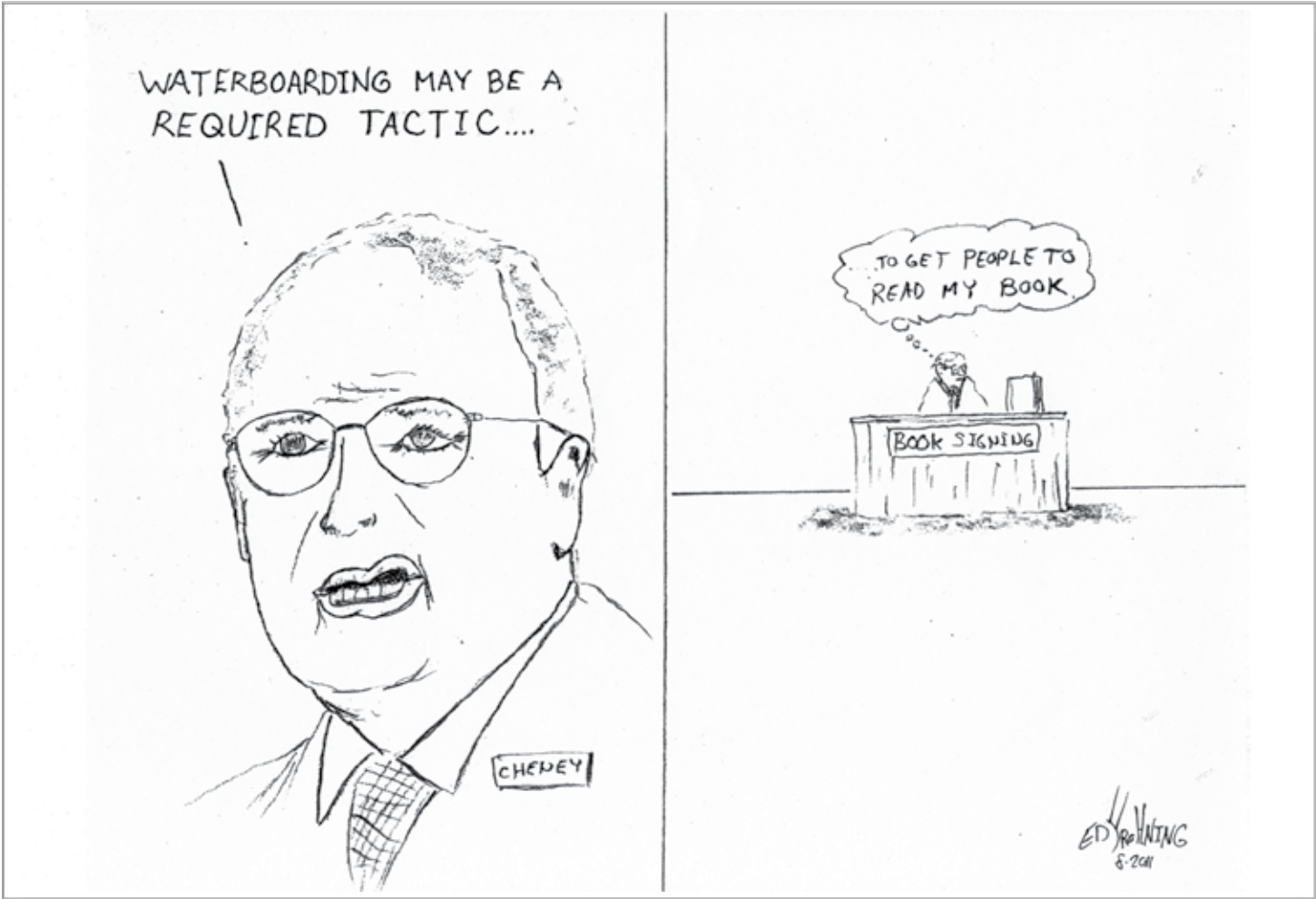
Regardless of whatever end of that spectrum one lands on, it seems that plodding along with what some might call a blind acceptance of what goes on around



you is something that allows most humans to get through their day. It is, of course, easier to pull up your socks, set your jaw and march straight forward to whatever fate awaits you than it is to step out of line, refuse the Kool-aid and suffer the consequences of ridicule or worse for your questioning actions.

We see evidence of this daily. The recent “debt crisis” has been explained by some as no real crisis at all, or at least not one that should have happened, given that raising the debt ceiling has not been an issue in the past until the Republicans decided to make it one. It could have been helped. If one listens with interest to the story told by director Charles Ferguson and his Oscar winning documentary, Inside Job, one finds that it was the banks and their back room dealings and not the masses of irresponsible home buyers that crashed the economy a few years back- it could have been helped if someone who was supposed to be in charge of parting the fog in the smoke-filled rooms had been doing their jobs, but instead they chose the whatever option.

One could go on, but I need to get to the point here, that being that if one chooses to point out that there is Trouble in River City, so to speak, there is a very good chance that one will be labeled a troublemaker, or in the worst case- a conspiracy theorist. With the rapid approach of that now iconic date, September 11th, the volume has been cranked up on the shikata ga nai machine surrounding the events of that day and beyond, and anyone who does not nod and “remember” and walk on will be shunned



and vilified by those from the media church of unwillingness to make changes. Whatever.

On Sunday, September 11th from 4-6pm at Café Luna, we will be screening the latest film, 9/11: Explosive Evidence-the Experts Speak Out, from Richard Gage, the founder and driving force behind the group Architects and Engineers for 9/11 Truth. With over 1500 professionals signing on, Gage has moved forward to promote his professional belief that the structural integrity of the twin towers and more importantly, that of WTC7 was such that the accepted story about collapse from fires was largely fudged and untested by the National Institute of Standards and Technology (NIST). The collapse of Building 7 remains the greatest mystery in the saga of the events of that day. Largely unknown and unremembered, the collapse of Building 7 occurred at 5:21pm, hours after the Twin Towers came down. Building 7 had only been slightly damaged from falling tower debris as it was located over a half a block away, and only small fires were in evidence in the evacuated building throughout the day. It collapsed in its own footprint in what Gage and many others claim could only have happened through a controlled demolition.

I know what I believe in regard to the events of 9/11 after a long hard look at the range of tales and evidence surrounding it. I know there are nutbags associated with many parts of “the movement” and I recently complained to the moderators on the local 9/11 visibility list about all the HAARP, Chemtrail, NAU crap (look it up if you want but I wouldn’t waste my time if I were you) that kept cropping up, and a policy of 9/11 info only was soon adopted- small victory. I have backed off a lot in my campaigning for 9/11 truth as of late, as I don’t really know what it will ultimately accomplish, or if anything close to the truth will be allowed to surface on a scale large enough to tip the scales on the prevailing 9/11 story and zeitgeist. I do know that I don’t believe in shikata ga nai, c’est la vie or whatever, which is why I continue to show these films at Lunavision. This will be the first film in the Fall series, and we will go back to two a month in October. All Lunavision screenings are free and open to anyone. I am not claiming that these films are gospel, which is why we encourage discussion afterward. All you have to do is show up with an open mind. Albert Einstein is credited with this saying on the AE911Truth site: “Condemnation without investigation is the highest form of ignorance.” Come and see what you think.

We’ve Got a Lot of Kids

How We Spent Our Summer Vacation

by Kevin Pottinger

Our family recently took a camping trip for our summer vacation. Circumstances make camping an attractive option for us, as it is for many families: low cost, low hygiene requirements, and all outdoors, those fields of the Lord, in which to play.

My wife Maria had actually never been camping before, which left no one else in our family to be a know-it-all about camping except me.

Maria’s ancestry is mostly farm-girl German; my side of the family tree is all dour Scotsmen with huge drooping moustaches or equally dour-looking clean-shaven Swedish Finns, with decades of brutally hard work etched in their faces.

Consequently, our idea of a good time usually includes labor of some sort. The Pottinger family motto, “Virtus in Ardua”, could be translated as “Better living through drudgery”.

So we don’t take many vacations, but when we do, we tackle them with gritty determination, as if splitting a half a cord of wood before breakfast.

I had planned a week of easy car-camping in a few different campgrounds in North-Central Washington. Even in late June, our wet side of the state is still often gloomy and damp, while in late June the dry side, east of the mountains, hasn’t yet turned into a parched, hellish inferno.

It turns out that Maria loves camping. Her only requirement was that she be comfortable at night; there would be no sleeping on the dirt in some ratty sleeping bag. We packed an impossibly thick, queen-sized foam pad for Maria and consort, and lesser, thinner pads for the children. Even rolled up tightly, the queen-sized demi-mattress took almost all of the room in our new Craigslist camping car-topper.

Yet every bit of overstuffed-ness was worthwhile. My Illinois farm girl was comfortable under the stars, amid the bugs and raccoons and the slithery things that slink after the sun falls behind the mountains and all the campfires fade to ash and embers.

For a respite from camping, I’d booked a room in a cabin resort with actual beds and running water for one night. Plus, just in case things didn’t work out with camping and the bugs and slithering slinky things, we

could abandon our tent and extend our stay at the resort.

At the resort we were enthralled by the soft beds, the smell of onions frying in the restaurant, the hot showers and bars of fragrant soap. Over cups of coffee we planned a delicious day of biking, hiking, fishing. After a few days in the dirt, the nice, soft beds were swell. A couple kids shared a clean, airy futon. We washed all the campfire smoke out of our hair. We gorged on nachos and ribs and mac-and-cheese in the restaurant.

After falling into dreamy sleep in the sweet-smelling feather bed, I was jolted awake with shouts from the other room, lights blazing, our oldest girl screaming, and the tortured groans of our youngest son retching and heaving, and Maria desperately trying to get a wastebasket under his blowhole before it blew all over everything, which it did anyway, and our youngest girl, irrevocably disgusted, joining in the retching, a tag-team sympathy-barf. All the kids were crying, and I could have sworn a fire alarm of some sort was ringing outside in the hall.

We put the two older kids in the bedroom and shut the door, blinders against the awful sounds and smells, and cleaned up the mess as best we could, using stacks of the resort’s clean, white bath towels.

According to our custom, I stayed up with our afflicted child, who retched every twenty minutes until dawn, when he finally fell fully asleep until late afternoon.

We called the front desk guiltily, and described the scene vaguely, and presently a wary-looking high-school girl arrived to trade the load of towels we’d wrapped tightly in a garbage bag for a pile of fresh, clean ones.

We weren’t going to let a little, OK a lot of vomit spoil our fine vacation. We left the resort by the back way and wandered the desert. We camped in a mosquito-infested campground in the foothills for a couple days, where we discovered several of our kids were carrying head lice.

Plague, pestilence.; the next moment the skies might have split, raining frogs.

I imagined the head lice and the mosquitoes, both hoping to suck our blood while we weren’t looking, squaring off in a rumble for turf, which in this case were expanses of our warm, tender flesh. When you’re a Jet, you’re a Jet all the way.

And our youngest son was still barfing, but only at night, after we were all soundly asleep, in the tent. Maria was adept at unzipping the bug screen with a single hand while thrusting his retching head through the opening, like some foul Jack-in-the-box.

We weren’t going to let head lice, clouds of mosquitoes that partially blocked the sun, lack of sleep or barfing children spoil our fine vacation. And as we eased our bug-spattered minivan into our driveway, it was indeed good to be home.

Vashon Center for the Arts

Continued from Page 1

center with the accent on PRIVATE. The vast majority of the funds for the new arts center are coming from private donations from private individuals, and we at the Loop are more inclined to simply be grateful rather than arrogantly pass judgment on how other people spend THEIR money, especially when those expenditures are expressly for the benefit of the larger community.

So far, \$1.1 million and \$75,000 are the only amounts destined for expenditure on the project that can be described as “public” funding. VAA has secured two grants for these amounts, respectively, from Building for the Arts, a Department of Commerce program MANDATING expenditures for exactly this sort of thing, and from 4Culture, a King County “cultural services” agency that gives grants to local arts initiatives. 4Culture gets its funding from lodging taxes, largely paid by visitors to the area rather than local residents, and Building for the Arts gets its funding from the sale of state bonds and is a program mandated by RCW 43.63A.750 created in 1991. In short, these funds were already earmarked for these kinds of projects, were very difficult to acquire, didn’t come out of our local pockets, would have gone to other communities for similar projects had we not won them, and serve to suggest what is apparently a very excellent job being done by Molly Reed and her staffers to not only enhance the arts locally, but also to create local jobs and opportunities for us locals. Molly Reed and VAA faced stiff and intense competition for these grant monies, and their success is a tribute to their skill and expertise.

We spent some time with Angela Luechtefeld, the Deputy Director, Finance Manager and Director of Artists in Schools for VAA and keeper of the budgetary and finance information for the arts center project. In covering the financials of the project we were struck with how carefully thought-out the finances for the project were going well into the future. The crew at VAA is as concerned with making sure that the new arts center functions over the long term as they are with creating the facility in the first place, a thoughtful attitude and farsighted approach often missing in similar small-community arts projects elsewhere.

In short, it’s difficult to see the downside for the community even if the project does cost \$16.5 million.

2. Charges borne by organizations that would use the facility. There can be no doubt that local organizations will have to pay to use the facility, much as they do to use VAA facilities today. So this is not something new. For the time being, as Molly Reed said, “The specific charges of any one group has not been determined and will be negotiated based on specific situations, but user fees will remain affordable so, in turn, ticket prices can remain affordable. Because there will be more seats in a very nice theater, ticket revenue will increase. The operating capital reserve will fill the gap. For planning purposes, we have made assumptions regarding revenue and expense that are very similar to what we charge today so we could estimate our operating budget into the future. While policies have not yet been established, Kay White’s goal is that our on-Island groups will be able to afford to use the new facility and we will do that.” (Note: Kay White is the major private contributor to the project.) Essentially, much of the operating capital being set aside by Molly Reed at al. is expressly for the purpose of keeping ticket prices reasonable for local patrons and providing improved facilities to arts organizations at estimated costs fairly close to what they enjoy today. And as today, organizations that don’t feel they can afford the VAA venue always have the option of using the other, though less desirable, facilities as they do today. VAA, with the support of private donors like Kay White, is working to keep the impact to local arts organizations as low as possible.

3. Redundancy with other facilities already present or planned. As mentioned elsewhere in the same article, there is no real redundancy with existing facilities because no “similar” facility exists on Vashon today nor

is anything similar in the offing. Some have observed that the planned 275 seat facility being built by the high school renders the new arts center redundant and unnecessary. This would certainly not be the opinion of Susan Hanson, practically or philosophically. As mentioned elsewhere in this same article, Ms. Hanson is hoping the new arts center will increase the probability that the high school will be permitted to use their own facilities for their own purposes rather than constantly battling the community. Additionally, Ms. Hanson stressed that the new facility was an auditorium and not an actual theater. Said Ms. Hanson, “It’s going to be an improvement on what we have now. It’s going to be an auditorium. It’s not going to be a real theater. ... In a real theater you have as much space on each side and behind the stage as you have on the stage. We will have a nice auditorium with good sight lines and better acoustics than we have now and a better sound system but it’s not a professional theater. We can’t afford that. But it will be a good place for drama classes, performances, school band concerts, speakers for our parent meetings, and for all of those kinds of things for which a school uses an auditorium it will be wonderful. There will be some community use because everything won’t fit in the arts center that VAA is building.”

Also, it should be noted that in approximately 2014 the existing high school theater will be demolished as part of the tear down of the A and B buildings at the high school. The current theater at the high school supports approximately 270 audience members, and the new auditorium is slated for 275 seats, and so capacity is about the same. In terms of number of venues, there is no redundancy as far as the high school project is concerned because it’s a replacement project as opposed to an addition project.

4. Size. The theater portion of the new arts center is only 300 seats, not particularly out of keeping with other small, local venues in other communities similar to Vashon. In terms of size, the seating is only slightly more than the current high school theater or the planned high school auditorium, so that gives you a notion of the scale of the theater. “About 300 seats” has been approximately what has been needed for Island productions for some time and an appreciation of this has helped drive the selection of that size. Based on experience, this tends to suggest that the theater size is not a too big or too small. Additionally, with the added kinds of events that the new theater will be able to support, it may turn out that there is more demand for seating in the future than there has been in the past. Certainly there is no reason to predict a massive drop-off in general seating demand.

Given the fact that the arts center not only contains the new theater but green room and class space, a small meeting room, administrative offices and so on, it’s abundantly clear that the new facility is neither opulent nor excessive. Given the collection of facilities it’s going to house, it’s actually fairly modest.

5. Lack of construction coordination with other facilities. There’s been a lot of talk suggesting that VAA should have done more to coordinate their construction activities with that of the nearby Vashon High School so that various facility and structural elements could be shared to reduce costs and increase resource efficiency. While this is all very politically correct and might have been doable in an ideologically ideal world, VAA does not have the option to do this. Virtually all of the funding that they have received to date, public and private, has specific and very stringent requirements and limitations about how and upon what it may be spent. VAA is legally obliged to accomplish its construction objectives in very particular ways and simply does not have the latitude to mix funds and facilities with whomever they wish, as ideologically attractive as it might be.

On balance, we at the Loop find the arguments in favor of the Vashon Allied Arts new Vashon Center for the Arts far outweigh the arguments against.

Everyone Welcome at Celebration on September 10

By Fran Fravashi

We all want to feel welcome and to think of ourselves as being welcoming. But how do we do it? Welcome Vashon is putting that question front and center. “Welcome Vashon is about how to build a community that responds to the urgent desire in all of us to feel like we belong”, says Bruce Anderson, organization and community development consultant for Community Activators.

Welcome Vashon offers itself as a creative hub for projects to make Vashon a welcoming place for everyone. Dan Kaufman, leadership coach, consultant, and Welcome Vashon co-founder, sees it as “a gathering of energy from people who are moved to do good work in their community around welcoming--a container that provides structure so people can tap into their passions and energies.”

Welcome Vashon kicked off in February. Anderson and author and consultant Jim Diers led activities to generate ideas for projects designed to create the kind of community islanders want to see. Anyone with an idea for a project was welcome to share it and take responsibility for getting it started. Twenty projects materialized, including Breakfast at Sally’s, Life Dollars, Shape Up Vashon, Amigos en Vashon, and Hire Vashon.

“We’ve been surprised by the momentum,” says Anderson. “We guessed that fifty people would show up at our first gathering, but 165 people showed up. Welcoming is important to our community.”

Janie Starr, community activist, writer, and Welcome Vashon co-founder, appreciates the group’s tagline, We All Belong. “We spent a long time coming up with We All Belong and creating a process that gives people a voice. I feel that the first event really fulfilled that vision. There were people there I’d never seen before, people from different race and ethnic backgrounds, great age diversity, differently abled people, socioeconomic

differences. That, to me, is what We All Belong is about. People are bringing their gifts and their talents and their passions and having the space to speak and have people join them.”

How can you belong? Opportunities abound on Welcome Vashon’s web site, www.welcomevashon.org, a place for us to post project ideas, gather supporters, and advertise events and activities.

Another way is to take time to celebrate. “I don’t think people do that enough”, says Starr, “celebration that inspires more visioning, more projects, more action, and keeps looping around. I see the celebration as supportive, giving opportunity for new ideas to work.”

The Welcome Vashon Celebration on September 10 is a chance to celebrate, connect, and create together. We will honor what we’ve done, give voice to new ideas, and design a mural to express our goal of making Vashon a welcoming place for all. Starr emphasizes that this celebration is a calling to each one of us. “We need all this diversity. We need people who don’t feel like they belong, and people that do. We need people to bring all their gifts to creating this mural and demonstrating that we do indeed all belong.”

Welcome Vashon Celebration
Saturday, September 10, 9am-noon
Open Space for Arts & Community
18870 103rd Ave SW

A complimentary breakfast will be served, and free childcare will be provided. For more information: Dan Kaufman at dan@integralpotential.com. Welcome Vashon web site at www.welcomevashon.org.

Vashon Park District Names New Director

Vashon Park District Commissioners announced August 26that they have hired Jan Milligan to fill the position of Executive Director to be vacated by retiring Wendy Braicks at year-end. Milligan will start working with Braicks at the Park District October 17. Braicks will leave the post in November.

Milligan, 57, directed Camp Sealth on Vashon Island from 1993 to 2008, when she resigned to supervise construction of her new home on Vashon. She holds a forestry and wildland recreation management degree from Washington State University and directed two different camps in California, as well as the Washington Trails Association and Volunteers for Outdoor Washington.

In accepting her appointment, Milligan said, “I greatly look forward

to building upon the incredible growth and development that the District has undergone in its 25 years to make our parks and programs world-class. I promise to work collaboratively with the community to solve problems large and small and to enhance the programming and opportunities that the District offers.

I am honored to be following Wendy Braicks who has led the District’s successful development from nearly the beginning. She will be a valued coach in my first few weeks, as will the Commissioners, staff, volunteers and partners to help me get my arms around the many facets of our parks and programs.

My door will always be open and I will listen carefully to your input. Please contact me after October 17 when I begin my role.”




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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19)

If you don't feel like getting dragged into all kinds of emotional dramas this month, I suggest you proceed slowly and carefully. Make sure you know who has what agenda -- and closer to the point, make sure you know your agenda. One potential trap for you is falling prey to your own insecurity, then over-reading into something you don't understand, which turns out to be based on your own confusion and misunderstanding. It would benefit you greatly to look at your life, and the world around you, through the widest possible lens. Try to see the whole picture, so that you're less inclined to take things personally when they're not directed at you. You will have one occasion after the next to realize that what's happening in your environment is not all about you -- which will come as a great relief.

Taurus (April 19-May 20)

This is a time to stretch, to open up new territory in your life, and most of all to widen your circle of friends. You are changing; it's time to surround yourself with people who reflect the ways in which you're growing. Whatever your social role has been in the past (group coordinator, token shy person, the reasonable one) you're likely to be taking on a new position among the people who are closest to you. To many you will seem like you're becoming a revolutionary by refusing to put up with the same ridiculous social rules you might have thought were wonderful just a year ago. Don't make excuses for why you want to take more liberty. Remember, anyone you think deserves to be impressed is unlikely to be worth the effort.

Gemini (May 20-June 21)

You know it's time to make some changes at home, but in truth there is no rush. Make sure you understand what you want to rearrange and why, and carefully consider your options for doing so. You may discover somewhat larger goals than redecorating; you seem to be reaching a psychological limit of some kind. But over the next month, you will be able to see your situation a number of different ways. What seems so dire today may seem a lot less important a month from now, but by then you will have clarified what it is you want to accomplish. Let the impulse phase pass; pay attention to what you keep telling yourself you want to change.

Cancer (June 21-July 22)

Mars enters your sign the first week of the month, which will provide plenty of energy for you to pursue your goals. But I have a few words of temperance and caution, one of which is to make a special effort to get along with women. By that I mean, stand your ground but avoid unnecessary conflicts. Generally you will see people go to one extreme or the other -- for example, push people around for the sake of it (not a good idea this month) or back down when they really need to stand their ground. Part of growing involves making sure that you hold open the space to be yourself with the people around you -- no matter how powerful they make themselves out to be, or how influential you may perceive them as being.

Leo (July 22-Aug. 23)

What seems to be a financial issue is likely to be nothing of the kind. It may start there, but once you get past the illusion that money is the actual matter, or that money sets a limit of some kind, you're likely to discover that you have many more options and a lot more freedom than you previously thought. Life really is a matter of deciding what is important to you and

then being determined to make it happen. Reciting the mantra of a bad economy or bad job market does not create opportunity, it merely blinds you to it. If you find yourself giving yourself negative messages (which are often excuses for not daring to make an effort), there's always time to stop, think and decide what you really want.

Virgo (Aug. 23-Sep. 22)

How can you be sure if a loved one is telling you the truth? Or similarly, how can you be certain that someone you're interested in is worth the effort? The answer is that it usually takes some time, making conscious observations and then checking your perceptions. Most of the time when we go wrong with someone else, we ignored information that would have served us well. We learn things about people over time, and we don't use it -- and this counts for both the ways in which people reveal themselves to be deceptive, or alternately, loving and supportive. In the immortal words of my old therapist Joe, the thing to do is use what you know. Don't pretend; don't ignore; track your thinking and test whether you were noticing the obvious, and whether you're putting it to work.

Libra (Sep. 22-Oct. 23)

This is a beautifully ambitious moment for you, but timing is everything. You might not be able to act on your plans immediately, for a number of reasons (unusual delays, everyone is out of town, the so-and-so business doesn't do anything in August, etc.). That said, you will want to be ready when the time comes to take action, so no matter how sleepy or disorganized 'the world' seems to be this month, make sure you're getting your ideas in order, and using your time to understand your most authentic goals. That said, you may find yourself encountering unusual opportunities over the next few weeks, and I suggest you be open to them. But please don't sign anything or make any big promises until Mercury stations direct on Aug. 26, preferably holding off till a few days later. Till then, count everything as a bold experiment.

Scorpio (Oct. 23-Nov. 22)

This is going to be an interesting month -- promise. Your life will be full of intrigue, surprises and challenges, but I suggest you practice a little healthy detachment. It's possible to have experiences without getting caught up in them; it's possible to meet and experience people without getting overly involved. Be cautious of any form of negativity that creates attachment. This is one of the most alluring, dangerous emotional traps going. If you find yourself in an emotional environment that's not healthy, make a decision and move on. The more you do that, the easier it will be to open up to the flow of positive energy. Intensity, by itself, is not a 'good' thing, but it can be an addictive one. Love is gentler, easier and more nourishing. Keep deciding which you really want, and you're likely to have more of it.

Sagittarius (Nov. 22-Dec. 22)

You don't need to set your professional goals aside -- you just need to know what they are, which will tell you where you actually stand. You're doing a lot better than you think: you've made more progress than you think, and attained more visibility than you've noticed -- if such is meaningful to you. There is an aspect of your design scheme that needs to be reviewed, the basis for which is making sure you're not trying to live up to your parents' expectations, or compensate for their perceived failures. Let them free, and set yourself free. They have

Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation aggravates all chronic conditions including weight problems, hypertension, arthritis, and diabetes. Come learn why some foods quiet inflammation while others increase it. Following the anti-inflammatory diet provides significant benefits, including a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.



Only one **Vashon series** will be offered this fall. It begins right after Labor Day, a Tuesday series starting September 7 at 7 P.M. And, for the first time, the class will include both a plan book and cookbook. Classes also offered in Burien, West Seattle, Seattle, and Live Online. A more detailed schedule and **online registration is available at <http://TQIDiet.com>**. **Advance registration is required.**



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no place in the life that you're living now. What you may discover is some of your most annoying hang-ups are not actually yours, and when you discover that, you're never far from letting them go entirely. You just need to want to.

Capricorn (Dec. 22-Jan. 20)

You may feel like you've met your match -- but I suggest leaving fantasies of combat, confrontation or even competition out of your diet. There are two main influences driving you now -- one is somewhat aggressive (which may feel like someone is being aggressive with you) and the other is about mellowing out. You've been wound a little tightly lately, and you can afford to relax. I don't just mean relax and take a day off; I mean relax your mind, and your approach to existence. Any time you feel yourself trying to plan out your whole life, or get control over every situation, remember, you have alternatives. They're not substitutes -- they are better possibilities than pretending to have power that you don't have. The opposite to control is exploring your options. You have many.

Aquarius (Jan. 20-Feb. 19)

Take a breath; the pressure you've been under for the past few years is over. Part of what you were addressing were the constant demands of circumstance. Now, you have the option to focus your energy inwardly. In fact it's more than an option -- it's a basic necessity of growth, because from this point on, your growth will

develop from the inside out. This method doesn't work for everyone, I know. Most people need to be bullied by their external environment, by people close to them or by encountering worldly limits in order to have the courage to make changes. This is not a luxury you need; in fact it's not a luxury at all. The more you cultivate and develop inwardly, which includes facing your fears, the more the world will hold out for you.

Pisces (Feb. 19-March 20)

This is a creative, experimental time for you -- and that includes exploring your erotic nature. But how do you explore in a way that's responsible? How do you address guilt, fear and other forms of negativity? The answer is yes. You are able to respond (that's what responsible means) and it's possible to call negativity what it is. Ask yourself: what emotion do you elect to lead the way? I nominate curiosity, with creativity as campaign manager. Let your curiosity guide you. It's okay to want to know who someone is, how something feels, or to discover how you'll grow or change as a result of having a certain experience. It's okay to have that experience rather than just think about it. You're under no obligation to be a prisoner of fear, and you have plenty of passion to share.

Read Eric Francis daily at
www.PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Spidertember by Mary Tuel



It is September again, and the spiders are in full bloom. We see them and their webs everywhere.

I will not say that I am not afraid of spiders. Just the other day I picked up a plastic cup in the sink and a spider came galloping around the corner headed for my fingers. I yelped and gave my hand a short sharp shake, and the cup flew clear across the kitchen. The spider flew only halfway across the kitchen, and could be forgiven for thinking this encounter ruined its day.

Many a spider has confronted me in the bathtub, and in my early years I tried to wash the offending arachnid down the drain. If I succeeded, I spent the entire shower watching the drain and fearing that the spider would re-emerge, a wet and angry spider. Sometimes, oh my sweet Lord in heaven, it did.

Somewhere along the line I learned the glass and paper method of spider and insect removal. For those of you who don't know, this involves taking a glass (or jar) and trapping the spider or insect inside by placing the glass over it. Then, gently, you slide a piece of paper between the glass and

the surface you hold it against, allowing the creature to step up on the paper as you seal off the opening. Holding paper securely to the glass, you walk outside, and let the spider walk out, or, in the case of flying and stinging insects, remove the paper and run, because, man, some of those wasps can get madder than a hornet.

I hate it most when spiders sneak up on me. One fine sunny day forty years ago I got into my '58 Chevy to drive somewhere. I reached to pull down the sun visor, and a small brown spider plummeted down and hung there, bobbing on its slender thread between the steering wheel and me. The horror of that moment is with me still, and I shudder at the memory. It was the surprise of the spider falling so suddenly in front of my face that sent me whooping and writhing, trying to back right through the driver's seat.

When I was about ten years old I was walking a trail through the brush in our

goat pasture one day. I walked along, lost in some kid reverie, when, SPROING! I ran into something that stopped me in my tracks and bounced me backwards. My eyes focused on what it was: a spider web across the path, with a spider at the center of the web. That spider looked to me to be about the size of the '58 Chevy I would later own, and I shrieked, turned tail, and ran as fast as I could out of there.

That happened to me one more time, in adulthood, here on the island. I was living in a place that did not have an indoor bathroom and one morning I was sleepily making my way up the trail to the facilities when once again, SPROING! This time I stood back and looked at the web and rather than terror I felt amazement that a spider web could actually stop the forward motion of my adult body. Strong, those webs.

Soon the weather will cool and the spiders will be much less evident. For now we shall consider it no surprise to walk out the door in the morning and into a web. They're everywhere.

Vashon Library Programs : September 2011

Children & Families
Toddler Story Time
Tuesdays, 10:40am, September 13, 20, 27
Ages 21 months to 3 years with adult.
Enjoy a 20-minute program of stories and songs just right for toddlers.

Preschool Story Time
Tuesdays, 11:30am, September 13, 20, 27
Ages 3 to 5 with adult. Join us for 30 minutes of stories, songs and fun!

Adults and Teens
Friends of Vashon Library Meeting
Saturday, September 10, 10am
Join the "Friendliest" club in town!
The Friends of Vashon Library raise funds to support library programs for all ages through sales of books, T-shirts and book bags. Meetings are fun and refreshments are served.

Latcho Drom:
a Film about the Romani
Sunday, September 11, 1pm
Watch Latcho Drom, "a remarkable musical travelogue of the Gypsies or Roma people," and join in a discussion with Morgan Ahern, a founding member of Lolo Dicklo (Romani Against Racism).
Generously funded by the Friends of Vashon Library.

Microsoft Word Level 2
Monday, September 12, 10am
Learn how to select and format text, set margins, align paragraphs and use the cut and paste function.
Prerequisite: Basic understanding of Word and experience creating and saving documents.

Microsoft Excel Level 2
Monday, September 12, 12:30pm
Learn how to set up absolute cell references to copy formulas correctly.
Prerequisite: Basic understanding of Excel and experience creating and saving spreadsheets.

Study Zone : free tutoring
September 2011-May 2012
Mondays, 3-5pm, Tuesdays, 3-6pm, Wednesdays, 3-5pm, Thursdays, 3-5pm
Volunteer tutors provide free homework help during Study Zone hours. Students can find help in all subject areas, including Math, Science and MSP/HSPE and SAT test preparation. Schedule runs concurrently with in-school days.

Free ESL Classes
Tuesdays, September 20, 27, 6-7:30pm
Learn how to speak, read and write in English. Join us for free weekly lessons taught by an ESL Instructor. Beginning to intermediate level.

The Money Maze: Finding Money For College & The Scholarship Market: How to Find
Saturday, September 24, 2pm
College can be expensive...but don't let this stop you from following your dreams! Come to one, or both, of these back-to-back workshops that will give the ins and outs of college finances. Get the benefit of College Planning Network's 22 years of experience, by learning about the tools to find and apply for need and merit-based college financial aid and scholarships. The first workshop provides a complete review of how to identify and apply for all types of grants, scholarships, work study and student loans. The second workshop covers how to apply for private scholarships, and how to use the new web site, theWashboard.org.

Media, Meaning and You
Sunday, September 25, 2pm
Presented by Vashon Island resident, Melissa Curtin, Media Consultant.
Learn how to deconstruct messages from different media sources such as TV commercials and clips, and magazine and newspaper ads. Share your concerns and learn how to ask the right questions of media.
Generously funded by the Friends of Vashon Library.

Shape Up Vashon

Continued from Page 1

insurance company, you may qualify for two free fitness classes each week at the Vashon Athletic Club. You get a free orientation to the exercise equipment and use of equipment at the Athletic Club without having to pay for a membership. Your insurance pays for you. Shape Up Vashon will work with the Athletic Club to help you measure your progress.

Like to walk?

The leaders of the Island's biggest walking group will help you form your own walking group with your friends and co-workers. It's an easy way for you to let the rest of your group know when you're going to be walking and have others join you. You choose when and where and for how long you want to walk, any time, any place and invite walking buddies.

Can you pledge to do a physical activity for half an hour a day, five days a week, for six out of eight weeks? Then you can earn a Presidential Award! This free program is sponsored by the President's Council for Fitness, Sports and Nutrition started by President Eisenhower in 1956, expanded by President Kennedy, and supported by our presidents ever since. Help Vashon be the community with the most awards!

If you already exercise five days a week or more, you can take the next step to win a Presidential Champion award.

SUV will get you started and help you keep up the good work with incentives and chances to win prizes. We offer free monthly classes including healthy affordable recipes and exercises you can do without equipment for strengthening,

balance, and cardiovascular fitness. If your goal is to lose weight, we have monthly confidential weigh ins for you and prizes for the biggest losers!

You receive monthly E-newsletters with tips for keeping active and feeling good even when it becomes dark and rainy. You will be able to help decide which topics you would like to learn more about.

When you join SUV, you will help create a community around health on Vashon. Restaurants and bakeries will have SUV specials and grocery stores will feature specials on healthy foods. We are supported by Welcome Vashon, Learn 2 Earn, The Hardware Store, the Vashon schools, Vashon College and many other local businesses and organizations.

We are also collaborating with other Island health and wellness initiatives including the Health Council that is researching issues of healthcare access and medical insurance coverage, as well as the Vashon part of the Seattle Happiness Project defining potential Island needs for better quality of life.

Started by a group of Vashon residents interested in developing a community that supports health and well being, SUV is an initiative sponsored by Foundation for Care Management, a Vashon 501(c)(3) nonprofit dedicated to medical education and health.

Join in person at our Kick Off celebration, September 17 at the Saturday Farm Market, at the Oct 6 Community Dinner at McMurray Middle School or on line after September 17th.

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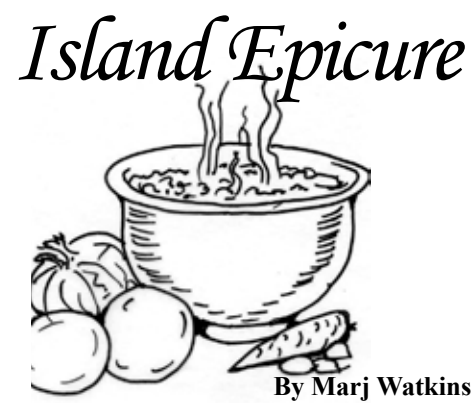
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By Marj Watkins

Lotus ‘s Absolutely No-Gluten Chocolate Cake

Lotus is a woman who really cooks from scratch. To make her favorite totally-gluten-free chocolate cake she begins in her garden. Making it starts about a year before she puts the in the oven. First, she has to prepare her garden soil. In September, she plants the seeds for her garbanzo beans. They winter over, she says, and come up in the spring. “What have garbanzos got to do with baking chocolate cake?” you wonder. A lot. Come summer she harvest beans from her prolific garbanzo vines, shells them and dries them in her solar-powered food dryer. When dry, she grinds the beans into flour.

At the Vashon Preservation event on August 19th, she described the process and gave me a printout of her recipe, with permission to publish it.

- LOTUS’S CHOCOLATE CAKE
- Preheat oven to 350 degrees
- 1 12 cups cooked garbanzo beans (chick peas)
- 4 eggs or 1 cup egg substitute
- ¼ to ½ cup sugar
- 1 ¼ cups shredded or chopped cabbage, carrots, or kale.
- 4 Tablespoons powdered chocolate
- 1 ½ cups semisweet dark chocolate chips
- 4 Tablespoons powdered chocolate
- Melt chocolate chips in the microwave for 2 minutes, or in a double boiler. Put all ingredients into a food processor or strong blender and process until smooth. Pour batter into a nonstick 9-inch cake pan. Bake 45 minutes. After the cake cools, sprinkle with powdered sugar if desired.

Lotus says she has used white beans & pintos for her chocolate cake, too. Not into baking cakes? Don’t blame you. I’m writing this on the hottest week of this summer. This is chips and dips weather. With tahini, lemon juice, and garlic, you can make your own hummus in a blender or food processor, and get more of it for your money.

- HUMMUS
- Makes about 3 cups
- Store in refrigerator
- 1 15ounce can garbanzos or 1 ½ cups home-cooked garbanzos
- 1 teaspoon salt, or to taste
- 2 cloves garlic, peeled and finely minced or crushed
- ¾ cup tahini
- 1/3 to ½ cup lemon juice, bottled kind okay
- Drain the garbanzos, reserving the liquid. Puree in food processor or blender.
- With back of a teaspoon, crush the garlic with the sale if minced. The sharp

little salt grains cut into the garlic bits for more successful mashing.

Add the tahini and lemon juice. Give the ingredients a whirl in your blender or food processor. Blend in a little reserved liquid from the garbanzos to get the right thick, creamy consistency. Adjust the juice and salt and blend in a dash of cayenne red pepper. Taste. Add a wee bit more cayenne if you’d like it hotter.

To vary the flavor and color, you can a little tomato paste in part of your hummus. Or cut back on the garlic.

Nutrition tip: Eat beans for your bones’ sakes. Garbanzo and pinto beans, especially, are excellent sources of calcium that is more readily metabolized than the calcium in milk because only beans also yield magnesium, 79 milligrams (mg) per cupful. Milk has no magnesium, so what little milk calcium your body can use depends on your getting enough magnesium from other sources. Make it chocolate milk and you get 33 mg. of magnesium, enough to balance 1/3 of an 8-ounce glass of milk.

Garbanzos, a.k.a. chick peas, when cooked yield 80 to 150 milligrams of calcium and 79 mg. of magnesium per cupful. When accompanied with magnesium and Vitamin D, calcium replaces the old worn-out calcium our bones continually discard and strengthens the bones. Despite what milk advertisers boast, milk does not produce strong bones. Magnesium is the mineral that does that. Unless you combine it with something rich in magnesium at the same meal, that calcium either goes to waste or lodges in your joints or eventually forms painful calcium spurs.

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The Magic of Plants

By Kathy Abascal

Plants are much more than a collection of medicinal chemicals that we can turn to when we are sick and out of balance. Plants created the environment that allowed us to come into existence. They transform energy from the sun into matter that we cannot exist without. They breathe out oxygen that we inhale and cannot exist without. Truth is that plants can live without us but we cannot live without them.

Unfortunately, we often forget their importance for our physical, mental, and emotional well being. Modern man treats them, and the exquisite micro environments they create, as expendable. We rip out alders for a bit more lawn to mow without a second thought about what we are actually doing. We replace our “weed trees” with whatever suits us more at that moment. On the mainland, I have seen neighborhood produce stands be replaced with drugstores. Our grocery stores sell more sugar and chemicals than produce. And most people are now leery of plants in general. Sure, we buy roses, lilies and carnations grown in far away countries using massive amounts of toxic chemicals but seldom pick wild flowers. We buy pills and drugs (usually patented copy cats of plant chemicals) but worry that a cup of herbal tea may harm us.

In the process, we have lost most of our connection to the spiritual, energetic part of plants. There was a time when the world was quiet. People had time to watch plants and the heavens. And most of our herbal knowledge is at its core based on conversations that people once had with plants. Although ethnobotanists proclaim that herbal knowledge was pieced together by trial-and-error, most indigenous healers swear that they learned the qualities of plants by talking with them. Interestingly, we now know that plants do communicate, at least with each other. As a human hacks down another tree, the tree releases chemicals that tell nearby plants that they are in danger and need to amp up their immune responses. If we were not so inundated with input from TV, music, noise, cars, books, and such we might also sense the messages they float through the air.

I seldom talk about the energetic, spiritual side of herbalism. Instead, I usually talk about medicinal plants in modern, medical terminology. My teacher did the same thing. Both of us have a deep relationship with plants that goes beyond using “this plant for that problem” but believe that this awareness needs to develop spontaneously in the herbalist and the patient. It needs to be experienced. However, as we watch plants shift energy in the people we help, we are aware of our spiritual connection with plants. And it is an awesome connection.



I remember standing with in a group in the Amazon rainforest where the local healer was showing us a Sangre de Drago tree. He looked around for someone to try its sap on. My legs were covered with itchy chigger bites and I needed help but at the same time did not want people looking at my ugly bites so I was hiding at the back. The healer whacked the tree with his machete, collected its blood-red sap, and picked me out of the crowd. The sap instantly stopped the itching. So, how did he know that sap from this but not other trees stopped itching? How did he know that I had itchy bites? And why does that tree make a sap that soothes insect bites?

I have a friend who is a phenomenal herbalist who specializes in treating cancer. He talks and breathes science. In fact, he is so deep into modern medicine that I often find it difficult to understand what he is talking about. Yet, he also uses flower essences in his practice. Flower essences are purely energetic remedies based on the intuitive knowledge of a man named Edward Bach. They are made by placing carefully picked flowers in a crystal bowl filled with spring water. The bowl is then left in the sun near the parent plant for a few hours to transfer the plant energy to the water. Flower essences are used in the belief that disease is merely an expression of an inner disharmony, an inner need for healing that plants can satisfy. At this level of thinking, a disease is a lesson and an opportunity for spiritual growth; more of a blessing than a curse. For my friend, this highly non-scientific approach is as important in cancer treatment as concepts like apoptosis or angiogenesis.

I think all herbal remedies contain a similar healing energy. But, as mentioned, I do not much care to talk about the spiritual aspect of my work with plants. I do, however, strongly urge you to allow at least some weedy plants to grow on your property. Then, gather some lemon balm leaves, some pineapple weed, or one of the other friendly herbs that will show up and enjoy the magic of a cup of herbal tea now and again.

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Positively Speaking

Fourth From Your Longest and Strongest

By Deborah H. Anderson

It’s the annual Bacchanal for me. Like someone driven in some fantastic gorge, we seek each other out with an air of excitement.

“You ready?” we say to each other. This year we found ourselves in the stairwell on the landing outside the men’s room. We thought it was going to be the quietest place.

And then it begins. The annual Bridge Playing Marathon at Camp Burton Family Camp. “Cut for deal”.

This year the joke was that we had all become so old we could never remember who had dealt. We remedied the situation by talking to ourselves.

“Look at (Marge, Paul, Debby, or Earle) dealing. Aren’t they doing a nice job of dealing? Wow! (The name of the dealer) really dealt a nice hand.”

The bidding begins. Since Paul and I only play once and year and I’ve played bridge for more years than Paul, usually there’s a fair amount of table talk to help him through the first few hands. Well, and the fact that his mother is sitting at his right (my partner. Men against women dontchaknow, or vice versa).

It’s the conventions that trip him and me up the most. Blackwood has changed so much and I confuse it all the time with a real short club and what do you do about twenty-two points and wanting to open at the two level but then nowadays that’s a short bid.

This year I learned something and I taught something. Now let’s see if I can remember without having cards in my hands. It’s something about if I’m cross roughing and I should trump with the hand that has the fewest cards in it. I think that’s it. If the board has the most trump then trump in my hand or the other way around if the board has the fewest.

And I taught Marge that the value of the suits is in alphabetical order: Clubs, Diamonds, Hearts, and Spades. No trump doesn’t factor into that. Just remember it’s the highest.

One convention tripped me up three times; second hand low. I kept breaking that rule and by the third loss realized that for whatever reason it pays to attend to that one.

The other strategy I found infallible is when you have not been able to tell your partner what you have. You lead ‘fourth from your longest and strongest’.

I’m a late bloomer. Gosh, that’s not exactly accurate. I’m a late realizer. All my skills and gifts bloomed early on in life, but I didn’t realize what the world was like and so I feared playing a strong hand. All I knew was I didn’t get it. Five years ago I figured it all out and now I’m playing an open hand with incredible strength. But for years, all I could play



to the world was fourth from my longest and strongest.

In a Pentecostal prayer meeting a couple years back somebody spoke a prophecy over me that I was going to suddenly do things that people didn’t consider me capable of doing. They actually really nailed it on the head. They said it was going to be like I was on a jet ski and everyone on the shore was saying, “Wow! Look at her go!! We didn’t know she could do that!!!”

My fear of the unknown in other people and my inability to figure out who the good guys were and who the bad guys were kept me from presenting strongly and finishing with incredible follow through.

I finally was able to figure everything out because I found out there’s another convention that is spoken a lot but is not true like the rules of Bridge.

It is said, “Time heals all wounds”. I have found that actually isn’t true. Time doesn’t heal anything. Wounds stay wounds and hurts stay hurts and they don’t change. What time DOES do is present other opportunities to respond to wounds and hurts and more importantly injustices in positive, life giving ways. And THAT is what makes it better.

People move around, circumstances shift, deaths and loss of power occur, deeper character traits are revealed in unorthodox ways for good or ill. Things change. And then we get to respond PAST our hurts and wounded ness and injustices. It’s such a wonderful opportunity to play on, play through, and do over.

Maybe you’re stuck right now. Maybe somebody is keeping a lid on the head of your life, whatever. Keep playing. Play fourth from your longest and strongest. Indicate to the world what you have in your hand. It may mean nothing to them but it will encourage you and keep you focused and on track for the time when you can let the world see that even though it isn’t trump, you do hold the Ace, King Queen and Jack of another suit.

Oh... and remember to cherish the sunshine and roll with the change of seasons. There are only four of them and every year they rotate in a very orderly fashion. It gives you plenty of time to figure out your strategy for the hand you’ve been dealt.

Love,
Deborah



The Climb For Clean Water

By Tony Bianchi



Tony Bianchi, Jeff Dorey and Joe Brotherton stand on top of Mnt. Rainer

On Friday August 19, 9 climbers set off to summit Mt Rainier. They have been training and fundraising for 6 months to a year for the Climb for Clean Water. The Climb is a Rotary project spearheaded by Sam Collins, past president of the Vashon Island Rotary and former Executive Director of Vashon Youth and Family Services. The fundraiser raised about \$25,000 for clean water for 13 Guatemalan villages where the Vashon Island Rotary has been working to improve public health. Here is the description of the climb to the top by Tony Bianchi, 26, who grew up on Vashon and now lives in Seattle. He is the son of Linda and Dick Bianchi, long term Vashon Islanders.

After 6 months of training and 3 days of hiking we finally made it to the summit of Mt. Rainier! The Climb for Clean Water was a success.

It was a relatively warm evening of around 45 degrees when we climbed into the high altitude camp bunkhouse at Camp Muir (10,000’). There were 18 hikers and 6 guides sleeping in the small 15’ x 15’ cabin with three levels of bunks. With earplugs in I was able to drown out the snores and successfully get around four hours of sleep. The guides woke us at 11:20pm giving us one hour to eat breakfast and ready our packs for a 12:15am departure. Luckily I was put on the first rope group which included our lead guide, Jason, and my buddies Jeff and Joey. The night was very calm and the temperature just above freezing. With 25 pound packs and headlamps we started out across the Cowlitz Glacier and then up Cathedral Gap. Our first rest came after 1 hour and 20 min of hiking at “The Flats” where many other climbers had pitched tents and were sleeping. From this point the guides pointed out a small mountain called Little Tahoma and the “metropolis of Yakima” in the distance. This is also unfortunately where two of my fellow hikers had to turn back due to altitude sickness. We were sad to see them go but proud that they had reached a remarkable 11,200!

The second leg took us up and over Disappointment Cleaver which divides the Ingraham and Emmons glaciers. I personally felt this was the most difficult part of the journey as we were forced to climb with our spiked boots up steep terrain full of large rocks and lose gravel. At one point during this leg I felt very light headed and was nervous about having to turn back. But after using the special high altitude pressure breathing technique (take a deep breath and then try to blow out a candle about arms width away) I was able to recover and

continue. Our second break occurred after another hour and 10 minutes at the top of “The Cleaver.” This was unfortunately where we lost a third member of our group to altitude sickness and wished him farewell.

The third leg of our climb took us further north to the Emmons Glacier where we switched back and forth several times and gained another 1000’ in just over an hour. You can image this as the never ending up and up part of the route. With headlamps still on and drinking plenty of water we made our third and final rest stop at High Break (just over 13,000’) where we could barely see daylight appearing over the Cascade mountain range.

Tired yet anxious we then started up the final leg of the climb. This part consisted of the final 1,000’ of elevation gain with only a few switchbacks. In other words, we were going straight uphill. At this point every step was its own small journey. This journey consisted of looking straight down at your feet, using whatever energy you had left to take another step and then stopping to pressure breath. All the while I could hear Jason up front telling us to keep moving and to keep breathing. Little did we know that he had a plan to get us to the top before 6:00 am. At exactly 5:55 am we reached the summit of Mt. Rainier just in time to take a picture of the rising sun. There was plenty of cheering and high fiving amongst the three of us as we took a few minutes to catch our breath. We then patiently waited for two of our fellow climbers who were ten minutes behind and then headed for the peak. Little did I know that to summit Mt. Rainier you only need to make it to the large bowl on top. However, those who are interested can continue for another 15 minutes to the top of the bowl called Columbia Crest which is the peak of Mt. Rainier. Joey, Jeff and I decided to take advantage of this final challenge and snapped a picture at the very top of the hill.

8 hours later, after rendezvousing with our other team members at Camp Muir, we descended upon the Paradise parking lot where I was welcomed by my parents. To my pleasant surprise they greeted my buddies and me with a 6 pack of cold Rainier Beer! We drank the liquid gold with smiles on our faces and were more than happy to be done with the journey.

I am thankful for all the support I received for this Climb for Clean Water Project and to Rotary for giving me such a wonderful adventure.

Tony

Want to read more of Deborah? You can find her at three separate blogs:

- www.onewiththerootbeer.blogspot.com -offers practical advice and simple observations for parents from pregnancy through adolescence.
 - www.mealsandmoments.blogspot.com -offers real encouragement in a virtual world.
 - www.socialcontemplative.blogspot.com -encourages faith based leadership for those in the church world.
- or you can email her at dha@lgcmin.com

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Preaching to the Choir

Continued from Page 4

halved. Why are the Perugians so lenient toward the obvious killer and so oblivious to the innocence of Amanda and Raffaele? And why do people believe their crazy theories?

The Perugians have proved they don’t care to find out who the real Amanda is, or her family, so their speculations are foolish.

Anyone who knows the Knox and Mellas families will tell you that they are honest and hardworking, that they don’t deserve the cruelty dished on them by strangers. We were saddened that the media treated Curt and Edda’s divorce as if it were a diamond the size of a soccer ball, while ignoring the fact that Meredith’s parents were also divorced. Imagine how difficult must it have been for them to suddenly be thrust in the spotlight together, yet they maintained their dignity, despite the cruel things that were being said about their oldest daughter and themselves. They had to be in shock and you know they were mad as hell; after all, Amanda has essentially been kidnapped. Yet all anyone has ever seen is solidarity, concern and love from Curt and Edda and their spouses; they make a great team.

Amanda is a very lucky girl to have four loving parents at her back and in the great scheme of things, imho, it was meant to be this way.

Their circumstances have not robbed them of a sense of humor and you find yourself euphoric while among them; it is very easy to understand how Amanda has remained serene and centered throughout her ordeal. I’m glad she is coming home to these people; they will help her ease into her New Normal. As a distant Island ‘cousin,’ I knew of them only through my family and didn’t know what to expect when I met them for the first time. I came away with an acute sense of their compassion for the Kercher and Sollecito families and how interconnected we are through Vashon and West Seattle; connections we would have never known if Amanda had not been kidnapped.

So it’s with certainty that I say the Knox and Mellas families are some of the nicest people I have ever met. Whatever behind-the-scenes-family-drama they have, I Just Don’t Care, I think they are entitled to it in light of present circumstances and every time I see them I come away with admiration. This entire family deserves the utmost respect for handling this crisis in such a manner, they are the epitome of teamwork and anyone would be lucky to have them for a support system. The only ‘issues’ I have ever seen within their family structure are just like thousands of other folks I know, and love, here in the Puget Sound.

You know, The Cool People. I invite you to look at Amanda through THIS lens, her family and friends. Not the prosecution’s POV, which has been crammed down our collective throats for nearly four years.

The Amanda that Seattle and Vashon know. The Amanda who is so boringly, normal that the international media took their blood money home because they couldn’t find anyone to pay for dirt on her. The Amanda that is so mundane that there exists only a couple of online examples of her alcohol use, how many 20-somethings can say that? The Amanda that so many Islanders love. Story after story of how ‘she played with my kids’ or ‘babysat my kids’ or ‘helped me.’ Stories of Amanda and her family’s athletic, musical and artistic accomplishments, she and her Dad have wings on their feet you know. She worked several jobs to earn money to study abroad, the smart kid with vision and drive, but still found time to pose for a friend’s photography project. Stories of her compassion for all living things, buying a cup of coffee for a stranger in distress. Waiting for her murdered friend’s family so they didn’t have to be alone. She is the National Honor Society and University of Washington Dean’s List scholar that everyone is proud to know.

The Perugians made too much out of “quirky.” As if visitors to a foreign land have never been thought of as quirky by the locals. Amanda is a child of the Pacific Northwest and “Admired” is how her friends know her.

Her real friends, not strangers with an agenda looking to make a buck.

Strangers have also insulted our home; they have alluded that Arbor Heights is nothing more than a gravel pit, that Amanda lives in the slums. Obviously they have never been here or they would have noticed the spectacular view of Vashon and the East Passage from nearly every street and thousands of homes in the neat as a pin neighborhood with a happy and vibrant community. They have never wandered Vashon’s tree lined roads or played at KVI Beach.

Never a discouraging word, that is one of the amazing things I have seen in four years of intense scrutiny focused on this family. Friends of the Knox and Mellas families are bearing witness to an undeniable fact; these people exemplify normal people who had normal lives and are now being forced to cope with extraordinary circumstances. They are kind people who have always been concerned for the Kerchers; Edda has reached out through the media many times to Merdith’s grieving family, only to be met with silence. So they wait politely for the day when the Kerchers are ready to speak to them.

Islanders are also standing with our friends; you have donated cash and airline miles to the AmandaDefenseFund.org and joined the national effort to alert the White House and State Department about our concerns for Public Minister Mignini’s aggressive behavior toward Americans and the safety of Americans abroad. Thank you for each and every prayer, but please, don’t stop yet. And you have kept the updates going, I didn’t start out to write a column about Amanda’s case, I only meant to write a couple of articles outlining what had happened to her. I was heartbroken that her own community was just as misinformed as the rest of the planet, but you wanted more and who am I to refuse my friends?

What was missing was the Defense POV and I found myself surrounded by the people who could help me clearly spell out the technical parts. It was my early research that disintegrated any lingering doubts I had about her involvement, but I didn’t understand the other relationships because the Perugians had intentionally muddled the waters. In conversations with her online advocacy groups, Friends of Amanda and Injustice in Perugia, my questions were answered and I noted that the caliber of the people who came to the aid of the Knox, Mellas and Sollecito families was another reflection of their character.

The resumes of the folks involved blanket the fields of law enforcement, the judiciary and the sciences with networks that include Congress and NASA. The vast majority are volunteers from the Puget Sound (a lot) and all around the planet. All willing to help regular people like me. It’s been a privilege to have access to these people and I found them to be honest, kind and very willing to explain Low Copy Number to the laywoman who only knew about Haplogroups.

Impressive don’t you think? All these exceptionally smart professionals speaking out for a girl who some say is the murderous, sexually perverted femme fatal mastermind of an act of Satanism?

In 2007, before she left, Amanda was nothing less that a nice, smart kid preparing for a year abroad, something that thousands of Puget Sound kids have done and are doing right now. I’ve known hundreds of Island kids who went abroad and Amanda is just like many of them and I have to say that Curt and Edda remind me of the parents of such kids.

Raffaele is the same way, a nice guy that any parent would be glad their daughter brought home. Especially in light of the fact that this young man, a virtual stranger to Amanda, stayed by her side until her mother could arrive. Unfortunately the Perugians had other plans. His family is in court with Amanda’s, six angry parents standing together for their innocent children. And despite this sad situation, I am struck by how much alike Raffaele, Meredith and Amanda



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Announcement

To all my patients, friends, and colleagues:

I will be retiring from medical practice on November 30th, 2011.

I am happy to announce that Vashon Plaza Medical Clinic will continue after this date to operate under the new ownership and direction of Dr. Gail Fulton. Dr. Fulton is a long-time resident of Vashon Island. She is a graduate of the University of Washington Medical School, completed her University residency in Family Practice in Tacoma, and is Board Certified in Family Practice. Elizabeth Hopper, ARNP, and Katie Konrad, ARNP will continue their practice as before.

It has been my pleasure and honor to have served the Island community for thirty-six years. I would like to extend my sincere thanks for the trust placed in me.

C. G. Weispfenning, MD
Vashon Plaza Medical Clinic

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are, nice kids from good families whose lives were forever altered by Rudy Guede and a few Perugians.

What I saw happening, and continuing to happen, is a cadre of writers who have some odd need to smear Amanda and her family. All I can take away from the rehashing of the Perugian POV or the armchair psychologist’s analysis is that they’re just plain mean. It’s obvious that they are not ‘investigative journalists.’ When the world catches up, they will know what we have always known, these are decent people and good parents, and when Amanda comes home the public’s Imaginary Amanda will evaporate and be replaced by the Real Amanda, someone Puget Sounders have known all along. If this weren’t so tragic I’d laugh, the Perugians thought they had a devil, instead they persecuted an angel and in doing so, they have harmed three innocent families with their ridiculous dramatics.

Poetic justice. That is what I want for Meredith, Amanda and Raffaele. Poetic Justice.



**John Schubert and the Straydogs
Bluegrass on the deck
Saturday September 10, 7 pm**

**Phasing into Fall Hours
Open Wednesday and Thursday at 5:00 pm (dinner)
Open Friday and Saturday at noon (lunch and dinner)
Open Sunday at 8:00 am (breakfast, lunch and dinner)
Close at 10:00 all nights**

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

**The Beginning Is Near
for Church of Great Rain’s Season Premiere**



David Godsey’s Reverend Davis character reaches out and touches Church House Band’s Greg Parrott . Photo by Jeff Dunncliff

Church of Great Rain’s fourth year will begin with a season premiere on September 18 at Open Space for Arts and Community. Vashon Island’s own music, comedy and variety show features the twisted news and irreverent views of the Holy Roller Radio Players and Church House Band. There will be special guest artists and an inspiring yet wacky, sermon by Church of Great Rain’s preacher, performed impromptu by Artistic Director David Godsey. The Holy Roller Radio Players are David Godsey, Janet McAlpin, Lyn McManus, Cindy Hoyt, Jim Farrell, Jeanne Dougherty, Karen du Four des Champs, Assistant Director Mik Kuhlman, Head writer Jeff Hoyt and Sound Effects Wizard Jon Whalen. The Princess of Placards is Karen Biondo who prompts the audience to join in the fun. The Church House Band includes Music Director Adrienne Mildon on keyboards, Producer Greg Parrott on guitar, Doug Ringer

on bass and Fletcher Andrews on drums with appearances by Mike Nichols and legendary Vashon music icon John Browne. In the spirit of community collaboration, many creative Islanders provide writing, video, sound, photography, lighting, marketing, web media and guest services. Audience members contribute their own humor by writing down ideas on the topic de jour to be read during the shout out portion of the performance. Shows are scheduled for a September 18 Season Premiere, October 30 Halloween Spooktacular, December 11 Holiday Show, February 12 Valentines Show, April 1 April Foolishness and a May 20 Season Finale. All performances are at Open Space for Arts and Community. Fupps® Beer, wine, soft drinks and snacks will be available during the show. Ticketing, videos and more at churchofgreatrain.com.



**By Orca Annie Stateler,
VHP Coordinator**

When 30-ish Transient killer whales cruised into East Passage on August 26, Vashon Hydrophone Project (VHP) associate Mark Sears learned of their presence the old-fashioned way: he spied them from his house near Lincoln Park. Mark was the only researcher available to deploy by boat. The killer whales made long soundings, staying submerged for six minutes or longer. He followed the cohesive group of orcas south – black blades in crisp alignment – and then, just north of Three Tree Point, the swirling and twirling commenced. Mark described it as a “departure ceremony” of sorts. The great fragmentation was underway. The Transients initially split into two groups, one of approximately 15 whales with a few males and another of about 10-12 females and juveniles. The second group continued south in East Passage, into Dalco Pass, and eventually through the Narrows and deep into the south Sound, where they split into smaller groups. They are still roaming the waterways in search of seals, providing they can detect any seals above the vessel harassment. See “6 transient Orcas visit, attract illegal attention” in the August 30 Tacoma News Tribune. Mark snapped photos of a group with males, which likely means he obtained IDs on Transients from California. Confirmed IDs of California Transients in Vashon-Maury

waters would be a thrilling first for the VHP. Mark had family business to attend to, so we could not look at his photos in time for this Loop. Internet hyperbole aside, the number of Transients in East Passage on the 26th was impressive but not unprecedented. Since 2006, several large groups of Transients, ranging in size from 12 to nearly 30 orcas, have graced Island waters. What is truly remarkable is that mammal-hunting killer whales from California and Alaska – orcas we have not seen here before -- are visiting Puget Sound with greater frequency than previously. Transient killer whales are a Washington State listed endangered species. New laws require boaters to stay 200 yards away from orcas. With dozens of vessels out for pinks on the 26th, even boats not actively pursuing the Transients had an unavoidable impact on the orcas. Researchers have observed Resident orcas making longer soundings to evade boats. The Transients might be doing the same, though we could better determine this if we had a low-boat state for comparison. We have had several sleepless nights at Chez VHP, hoping to catch Transients exiting the Narrows through Colvos Pass. Humpies (pinks) are breaching and bats are echolocating, but so far, we have not seen or heard Transients here. Geeky geography note: dear readers, look at a map of Puget Sound, from the top of Admiralty Inlet down to Olympia. Vashon-Maury Island is in the central Sound, so-called Puget Sound proper, close to Seattle. The south Sound is the labyrinth of inlets and bays between the Tacoma Narrows and Olympia. I will have Mark’s Transient photos for the next Loop. See Odin’s “Killer Whale Matriarchs” carving at the Vashon Allied Arts 2011 Art Auction. Odin is a commissioned artist for this year’s auction. Come see the piece at the auction preview on Friday, September 2, 6-9 PM at the Blue Heron. Continued on Page 15

Road to Resilience

Continued from Page 1

expanding economy, consumer culture, income disparity, breakdown of our democracy, deficient education, the list goes on.

We on Vashon formed a study group a couple years ago and are now an official Transition Town, which means that a number of us are committed to encouraging our community to do the following: understand the urgency in which we need to act; to come together to create a vision of what we would like our future to be, given the changes that we judge will be shaping it; and to put together an action plan to get us there. We come to this task on the shoulders of many groups on Vashon that have been and will continue to be working on important aspects of this. We sponsored a series of films last winter to put our predicament in perspective and to suggest possible solutions. We have a lending library of great books, including the Transition Town Handbook and many others that will allow you to study all the facets of our current predicament. We will have information about using the library on our website. For now, contact me about taking books out. Hopefully, this column has helped some of you to see the scope and nature of our situation. Upcoming events for the fall to be announced.

You can read more at this site: www.transitionnetwork.org. From there you can follow links all over the world, including the US and our own site here on Vashon.

As you study this problem, you begin to realize that it has significant psychological, emotional, and spiritual aspects as well. When you realize that

we need to grow in all of these aspects at the same time, both personally and communally, you begin to understand the nature of the task. In that spirit, here are a few other sites that may help you mull it over:

www.howtosavetheworld.ca/ This blog includes a substantial list of other sites. Good for freewheeling investigation of all the facets.

www.dark-mountain.net/blog/ This site offers literary insights into our current plight.

www.thearchdruidreport.blogspot.com/ John Michael Greer is an erudite student of human culture and will give you a lot to think about.

www.wiserearth.org/article/f9c7fbd7851e53acc231e8ea1c27f266 An article that I just discovered by M Earth in this paper in 2008. Thank you M Earth for putting that out there before our present group was tuned in!

www.dailygood.org/view.php?sid=56 This article includes a number of websites that show you how to share with your neighbors. The website has much more worth reading.

www.vashonyardshare.grouply.com/ If you are looking for garden space or have space to offer, here is our own Vashon website.

www.transitionvashon.grouply.com/ Finally, our Transition Vashon website. Please join!

Be sure to join Welcome Vashon to celebrate 20 new projects, connect with others working on other projects, or suggest new projects, September 10, 9 -12 noon, at the O Space. Complementary breakfast and free child care. You can't beat that!

Comments or questions?
terry@vashonloop.com

Vashon Chamber Music Series tickets available now

By Janice Randall

The 2011-2012 Vashon Chamber Music Series will feature a thoughtfully selected group of exemplary musicians by Artistic Directors Rowena Hammill and Douglas Davis. The Concert Series, now in its third year, begins Oct. 7, with the Beethoven Archduke Trio and Dvořák Piano Quartet No. 2 in E flat minor, featuring violinist Stephen Bryant, violist Sue Jane Bryant, pianist Allan Dameron, Rowena Hammill, cello and Douglas Davis, cello.

The diverse repertoires featured in each of these five concerts share the timeless beauty that defines chamber music for listeners young to old. This heartfelt sentiment is aptly stated by an avid fan,



"There aren't enough superlatives in the English (or any other) language to describe your performances...and how we felt as we experienced them. It was chamber music at its very best played with love and respect. Thank you so much for bringing it to us."

Series tickets and individual tickets available now by calling Vashon Allied Arts, 463.5131.

Arts & Humanities Series grows

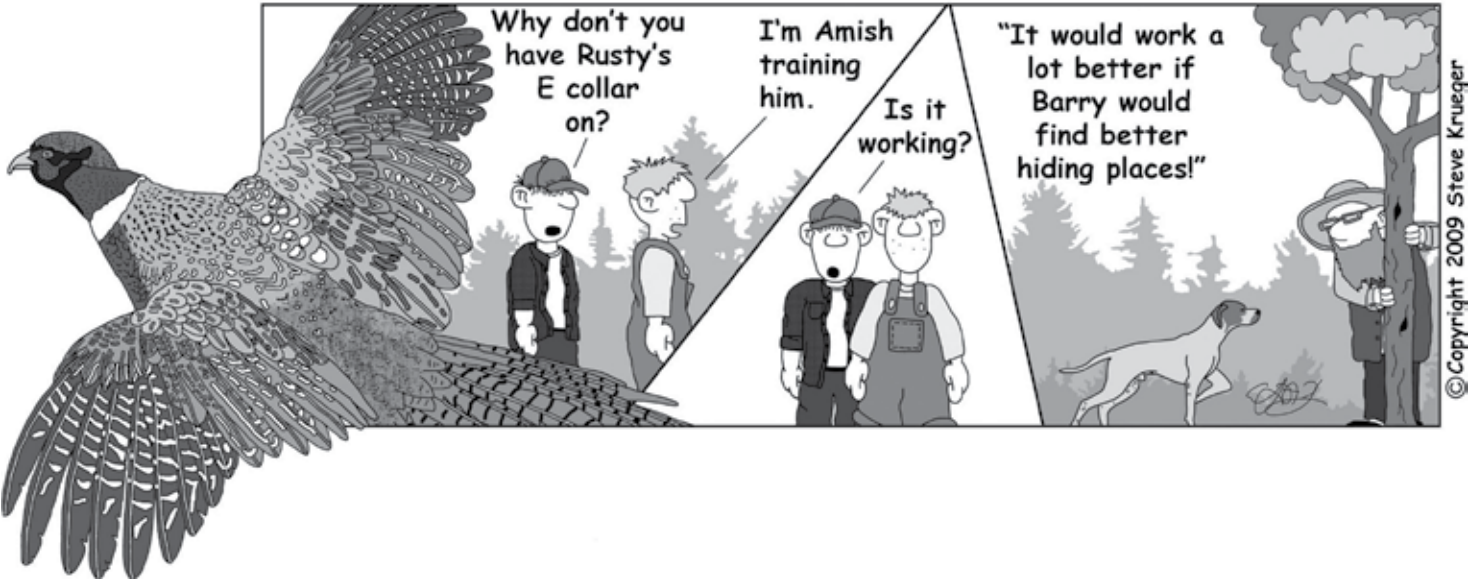
Tickets are available now for Vashon Allied Arts' 2011-2012 Arts & Humanities Series, a five-event, 7 p.m., Sunday evening series, held at Blue Heron Art Center. Designed to spark the imagination and enhance understanding and appreciation of our cultural landscape, the first of five events will take place November 13, with Portland filmmaker Joanna Priestley.

Priestley has directed, produced and animated films about human rights, prisons and aging, inventive expressions of her deeply held beliefs. Hailed as "the queen of independent animation," Priestley will offer an overview on the field of animation as an art form. She will share some of her work and the creative and technical processes involved in making her imaginative and superbly crafted films. She has had retrospective exhibits at the Museum of Modern Art (New York), Center for Contemporary Art (Warsaw, Poland), REDCAT (Los Angeles) and others. She is a member of the Academy of Motion Picture Arts and Sciences.

In addition, a new Tuesday morning mini series, Art History Talks, with celebrated speaker and Art Historian Rebecca Albani, will begin at 11:30 a.m., Tuesday, Oct. 11, about Impressionist Women; October 25, she will speak to Kindred Spirits: Three Artistic Marriages; and November 8: Watercolor Weathervanes: The WPA's Index of American Design. Don't delay! Call VAA today for your Series tickets; 463.5131.

Next Edition of The Loop Comes out Thursday, September 15

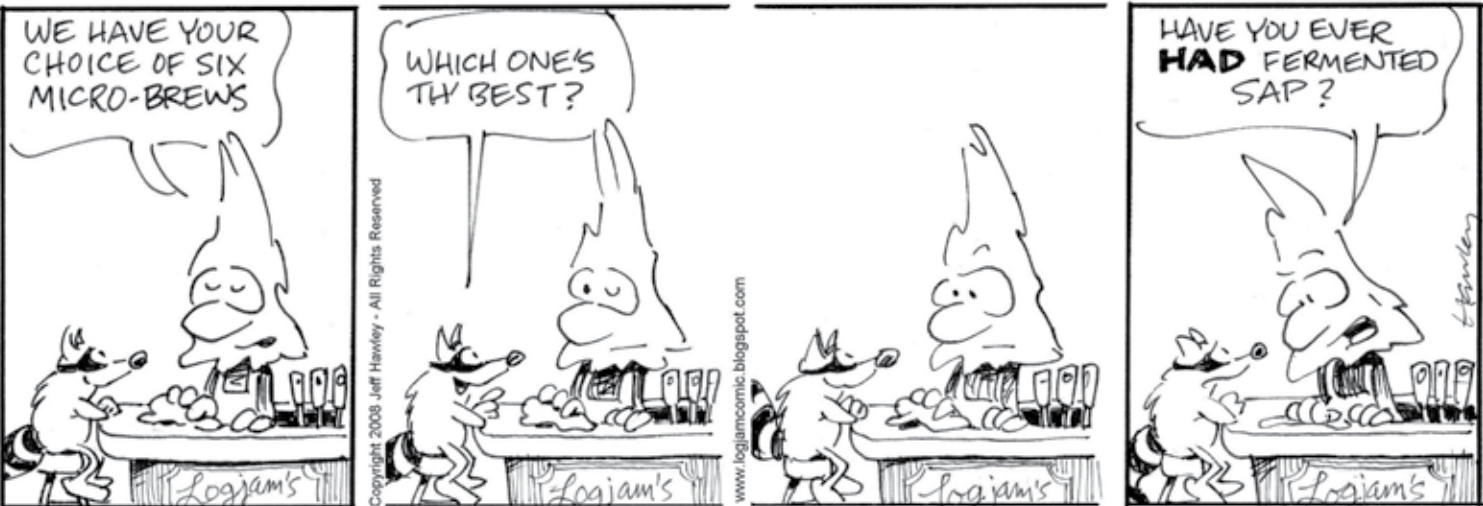
Deadline for the next edition of *The Loop* is Friday, September 9



DISCUSSION OVERHEARD AT THE 2011 STRAWBERRY FESTIVAL WRAP-UP MEETING...



LOGJAM



Weekend Entertainment September 2-4

The Feildhands

The Fieldhands is a mix of Vashon Island talent playing mostly original music. Jon Whalen on lead vocals and guitar, sharing the singer/songwriting duties with Dorsey Davis on bass. Simon Martin, who also plays with Vince Martinez and the Great Blue Yonder in and around Seattle, holds down the rhythm sections. They are accompanied by lead-guitarist Richard Lipke, of Subconscious Population fame. Their original music in the Americana and power-pop styles ranges from folk-rock and blues to countrified ballads.

The Fieldhands are playing a benefit for the DoVE Project, the new Vashon anti-domestic violence program. The DoVE Project, a program of Vashon Youth and Family Services, is committed to assisting DV survivors in utilizing existing resources. Through the DoVE



Project a survivor can gain access to a support-group, get help with legal procedures and speak to an advocate.

Glen, Glen & The Glens will open the show.

There is a \$5 suggested donation for this show, which will all go to the DoVe Project.

This is an all-ages show 'til 11pm, then 21+ after that.

Friday, September 2, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Spotlights at Sporty's



Join The Spotlights Danny Cadman, Lauren Sinner, Scotty Johnson for a great night of classic rock & roll songs.

At the Sporty's,
17611 Vashon Hwy SW
Friday September 2
Starts at 8pm

Blackbird Pie - Acoustic Folk Rock

Blackbird Pie was officially formed in the summer of 2007 by brothers David and Daniel Haakenson. The music reflects the small town life of growing up in the Snoqualmie Valley in Western Washington. Featuring blended vocal harmonies, the band attempts to create pop songs with catchy hooks that people can relate to.



Saturday, September 3, 7pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Clinton Fearon & the Boogie Brown Band



If you know reggae music, you know Clinton "Basie" Fearon. For over 18 years Fearon was singer and bass player with the internationally renowned group The Gladiators.

Fearon's first two releases with the group were (singles) "Freedom Train" and "Rockaman Soul" on Lloyd Daley's Matador label, both of which reached the

Top 10 on the Jamaican charts. Jamaica's top producer, Coxsone Dodd of Studio One, produced "The Gladiators" a full length album featuring Fearon as songwriter and vocalist on several songs including Step Right Back. In 1974 The Gladiators went to Joe Gibbs' studio to record "Proverbial Reggae"; Fearon wrote many of the songs on this album and the producer Prince Tony Robinson insisted that Fearon sing the lead vocals including "Can You Imagine How I Feel," "Stop Before You Go," and "Marvel Not."

In addition to his demanding recording schedule with The Gladiators, Fearon was also a house musician for Lee "Scratch" Perry's Black Ark Studio. Fearon recorded on many of Perry's best known songs, including "Roast Fish and Cornbread," which features one of Fearon's most famous bass lines.

\$10 Cover

Saturday, September 3, 9:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Get In The Loop
Send us your Art, Music or Show information
and get included in The Vashon Loop.
Editor@vashonloop.com

Artist Reception for Painter Allison Crain Trundle

Vashon artist Allison Trundle will be showing her paintings at Cafe Luna for the month of September. Her painting are described as full of light and wonder with a musical quality depicted on the canvas. The artist relates that the images often come from walking in the woods on Maury Island or from watching hummingbirds hover over fushia plants in her yard. Allison depends on the study of light manifested on canvas to steer her in the right direction. "I love the solace of painting and the exuberance when an image comes through the paint from something muddled to something tangible and often illuminating."



Friday, September 2, 6pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

The Loop has a New Website
New Look
On Line Classifieds
Weekly Updates
www.VashonLoop.com



The Vashon Island Chorale begins Fall Season

Peforms Free Concert on 9/11

The Vashon Island Chorale begins its fall session on Tuesday, Sept. 6, culminating in concerts on Dec. 3 and 4. The major work to be presented is Dona Nobis Pacem by Ralph Vaughan Williams. Also featured will be works from Abraham Kaplan's Eight Days of Chanukah, Franz Biebl's Ave Maria, and traditional carols by Sir David Willcocks. Rehearsals take place on Tuesday nights from 7:15-9:15 at the VHS band room. Auditions are not required. To find out if space is available in the Chorale, call Jo Ann Bardeen at 567-5841. www.vashonislandchorale.org

Under the direction of Gary Cannon, The Chorale will present a free community concert to commemorate the tenth anniversary of 9/11. More than 75 singers, plus a full orchestra and professional soloists Jennifer Krikawa, Julia West, Jim Brown and Jonathan Silvia will perform the Mozart Requiem in the VHS gymnasium



MOZART
REQUIEM
9.11.11

building on Sunday, Sept. 11 at 3PM. As part of the national "Rolling Requiem", along with choirs all over America, the Chorale will honor lives lost ten years ago. Free will offerings at the concert will be donated to the Vashon Schools Foundation with the feeling that "education makes our world a safer place". For additional information, see www.vashonislandchorale.org.

Call to all Visual and Performing Artists

By Janice Randall

Vashon Allied Arts invites Vashon Island and Northwest artists to submit art in any medium for Blue Heron Gallery 2012 monthly gallery exhibitions. VAA exhibits comprise two to three artists or group shows with occasional solo exhibits in a wide range of mediums and subject matter. Group exhibits with guest curators are welcome.

For submission details and prospectus please send self addressed stamped envelope to Blue Heron Art Center, PO Box 576, Vashon, WA 98070, go to VashonAlliedArts.org, call 206.463.5131 or email JaniceM@VashonAlliedArts.org. Submission Deadline: October 15, 2011.

Performing artists who live on Vashon are invited to apply for Vashon Allied Arts' New Works Series 2012, and join a long tradition of innovative New Works performances. VAA New Works Series was

established in 1989, as a creative vehicle for Island resident artists to present new work.

VAA's New Works Series provides the Blue Heron venue for artists from all disciplines-music, dance, literary and theatre to premiere new work and/or new collaborations between January and November, 2012. Application forms are available now at Blue Heron Art Center or at VashonAlliedArts.org. Deadline is 5 pm, Saturday, October 1, 2011.

An inter-disciplinary panel of Island performing artists will meet in to review and select recipients. New Works Series performances have spawned many memorable performances in a variety of performance disciplines. Join the ranks of New Works Series alumni! Please contact JaniceR@VashonAlliedArts.org

You can also visit our website for more information www.vashonalliedarts.org

Comedy Extravaganza at the Red Bike

Bite size
COMEDY TREATS
Featuring Fresh Meat:
Tab Tabscott
Eric Perlman
Cindy Hoyt
Aaron Calhoun

And Old Chew Toys:
Jim Farrell
PerLars Blomgren
Stefan Wolczko
Darryl Caldwell
Steffon Moody
and Harris Levinson

Cohosted by Too Cute Doggies

Friday, September 9, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



Fender Shine & TV Dinner



Fender Shine has been fermenting for years. The members have been eyeing each other as potential band mates, while continuing to play with other Island musical configurations, such as Island Fusion, Shy Sundays, BeSides and Goldaline.

At long last, these diverse musical ingredients got tossed together to create a tasty musical fizz bang! We bring you Fender Shine, a fine blend of great tunes, both original and obscurely covered rock and roll, with a twist of lime. Fender Shine is Rick Vanselow (guitar), Eric Frith (guitar), Steve Meyer (bass) and Kim Thal (violin).

Joining Fender Shine on this bill is TV Dinner, a crowd favorite at the Red Bike.

If everyone at the table could please

Friday, September 16, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

join hands...TV Dinner would like to give thanks for jazz, blues, rock and soul music from movies and television. From Doris Day to Dunder Mifflin. From the Professor to Mary Ann. TV Dinner shares this platter of tasty jams, complete with a side dish of roots and reggae.

This band brings plenty to the table with Dianne Krouse on sax and clarinet, Pat Reardon on guitars, Steve Meyer on stand-up bass, Andre Sapp on electric mandolin and Fletcher Andrews on drums. Try TV Dinner just once and you're sure to have a yabba dabba doo time, a dabba doo time, you'll have a gay old time.

All Ages 'till 11pm, 21* after that. Free Cover

One More Mile

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.

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

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



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 Louisiana, 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. 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.

All ages 'til 11pm 21+ after that.

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Frame of Mind



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Preview Party Celebrates VAA Art Auction

By Janice Randall

VAA pays homage to Hollywood for this year's art auction when over 130 pieces of art star in the 6 to 9 p.m., Friday, Sept. 2, free blockbuster preview party. Nosh on marvelous morsels in a Taste of Vashon, rub elbows with famous Island artists and view all the art in the Island's biggest annual gallery opening.

VAA is pleased to announce Art Auction 2011 Commissioned Artists: Gretchen Hancock, Art Hansen, Odin Lonning, Gus Schairer, Nancy Sipple and Elaine Summers.

Art Auction, slated for 5:30 p.m., Sept. 23 and 24, will feature a Some Like it Hot buffet on Friday night directed by Tom French, of the Experience Food Project, Vashon High School Culinary Arts Program. Saturday night The Hardware Store Restaurant will cater A Dinner to Remember, inspired by Hollywood's Golden Age. The evening will also include a selection of fine wines from Premier Northwest Wineries and pink champagne.

Steffon and Arlette Moody will head up entertainment both evenings and rumor has it, guests may meet up with Marilyn Monroe, Lucille Ball or Clark Gable.

VAA Art Auction is the premier Island fundraising event and money raised directly impacts arts programming VAA provides Island residents and the income producing opportunities it provides Island artists. This event raises money to provide scholarships, artist commissions, instructor fees and operational support for the education and development of artists of all ages.

Auction is generously sponsored this year by John L. Scott, Sellen, Puget Sound Energy, LMN, Sparling, Vashon Thriftway and Trigg Insurance.

For more info and Auction tickets, please call 463-5131 or go to VashonAlliedArts.org. Friday night tickets also available at www.Brownpapertickets.com.




Troubadour, mosaic guitar by Elaine Summers/Killer Whale Matriarchs, red cedar carving and acrylic by Odin Lonning. Both are VAA Art Auction 2011 Commissioned Artists and their pieces will be auctioned off Saturday, Sept. 24.

The Dorsal Spin

Continued from Page 12

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and contiguous Central Puget Sound waters, initiated more than 30



"Killer Whale Matriarchs" carving, © Odin Lonning, 2011.

years ago by researcher Mark Sears. Call the VHP about seal pups as well as dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

To everyone who called in sighting reports to the VHP on the 26th, you rock! You are more helpful to us than you know. Keep up the good work.



It's Back to School Time!

Forever 21 Clothing 10% Off

Island Made GRF Clothing 40% Off

Kids' Character Boots 40% Off

Closeout on Kids' Carhartts

Come Get your Basics:
T-Shirts
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www.countrystoreandgarden.com

The Country Store & Gardens
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Its New and Free

Visit Our New Website
www.VashonLoop.com

Starts Sept. 2
Cowboys and Ailens



Coming Soon



Vashon Theatre
17723 Vashon Hwy
206-463-3232

For show times and info check
www.vashontheater.com
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www.raabandsons.com



Here on Vashon, Democracy is Alive & Kickin'...



Come join us at our annual picnic!

All left-of-centers [Green Party, you too!] are invited to the Vashon Democratic Club Picnic. Bring your favorite main dish or salad or dessert. Enjoy delicious Vashon Winery wines, visit with your community and get to meet some of your elected officials.

- Rain or shine! -

Saturday, September 10
5:30pm to 8:30pm
Vashon Winery
10317 SW 156th Street
Questions: 206-227-3391





Open 7 days a week 6am till 2am

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Where the locals go!



Espresso
Latte and Wisdom
To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw

Vashon's Yellow Pages on line.
Find it on
www.VashonPages.com

Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
www.VashonPages.com

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org