A Master Plan by Any Other Name: November 14, November 13 and Tuesday, Sheffield Business Park on Monday, initiated two years ago, will be at the continuation of a planning process The meetings, which are a facility needs for the next 20 years. school district's building and other upcoming retreat focusing on the inviting the public to attend its investments the community has need to be doing to protect the residents.

Vashon-Maury Chamber Orchestra. The program will feature Christopher Sibbers, French Horn, will be performing Mozart’s Concerto No. 3 for Horn and Orchestra, K. V. 447. Sibbers is a senior at Vashon High School, where he plays in the Vashon High School Band. He also serves as Co-Principal Horn with the Tacoma Youth Symphony. He has studied for several years with Dr. David Kappy of the UW.

By Mary Kay Rauma

The Vashon School Board is “Our goal at the end of this program will be to assist teaching and improve student learning,” explains Board

Continued on page 18

Continued on page 6

Continued on page 10

A Master Plan by Any Other Name:

Public Invited to School Facility Planning Meetings

The Vashon School Board is inviting the public to attend its upcoming retreat focusing on the school district’s building and other facility needs for the next 20 years. The meetings, which are a continuation of a planning process initiated two years ago, will be at the Sheffield Business Park on Monday, November 13 and Tuesday, November 14, from 6:30 to 8:30 p.m. “Our goal at the end of this process is to identify the things we need to be doing to protect the investments the community has made in our schools and to find out where we need to update facilities to assist teaching and improve student learning,” explains Board

Continued on page 8

‘Tis (Almost) the Season

Rotary Spruces up Santa’s Cottage for the Holidays

Santa and Mrs. Claus, aka George Eustice and Joyce Olson, want to thank the Vashon Rotary Club elves for sprucing up their Vashon cottage. The elves power washed the building and applied a new coat of paint. Thanks also to LS Cedar for replacement materials, and Island Lumber for the paint and supplies; to Donner’s Tree Service and Ed Palmer for trimming up the tree, and also to US Bank for continuing to allow us uptown space for the cottage.


Continued on page 10

Greenprint Resource Map Up for Final Review

...and why you should care


King County staffs will present the latest version of the Greenprint Resource Map with resource delineation. Clint Loper, of King County, says that the hope for this workshop is to get more people interested in the project; to learn of any areas that may have been missed; and to find out which area

Continued on page 10

Zen Teacher to Speak on Beloved Poet Ryokan

Eido Frances Carney Roshi, Abbott of the Olympia Zen Center, will present her talk The Moon and the Earth are One on the evening of Saturday, November 18, at Havurat Ee Shalom at 7:00 p.m. Her subject, the Japanese Zen monk and poet Ryokan, lived from 1758 to 1831, and remains a much-loved figure in Japan and in the ever-expanding Buddhist world community. After his formal training in zen, he embarked on a long pilgrimage, eventually drifting back to his native place. He supported himself by begging, sharing his food with birds and beasts, and spent his time doing Zen meditation, gazing at the moon, playing games with the local children and geisha, visiting friends, drinking rice wine with farmers, dancing at festivals, and composing poems brushed in exquisite calligraphy.

Continued on page 2

Campfire Visits VCCC

Members of the Vashon Camp Fire groups, representing 1st grade and 3rd/4th grade, visited the Vashon Community Care Center right before Halloween hit the Island. The kids visited the residents, sang spooky songs, and gave out some homemade crafts.

Photo by Lauri Hennessee

Eidosan

Vol. 3, # 23 TO INFORM AND AMUSE - TO PROVOKE THINKING AND ACTIVISM November 8, 2006

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Inside front cover photos: Memorie Henson, Mary Kay Rauma, and Dave Brown. Front cover photo: Fred Smeltzer.

Not exactly what I was expecting, but the movie was good

Swan on swans

Orcas, pinnipeds, eau de seal

Page 6
Page 7
Page 10

Image 1

Image 2

Image 3
Now Forming: The Vashon Island Fruit Preservation Club!
Mission Statement: To connect interested islanders in order to facilitate an increased consumption/sharing of Island Grown Fruit!
Islanders are becoming more aware of the abundant resources our Island already offers us. Still, much of our fresh fruit goes to waste. There is a lack of communication between those who have more than they can use and those who are willing and able to put that good fruit to use! We hope to change this situation.
If you are interested in learning how to preserve fruit (canning, fruit leather, dried fruit, hard cider, fruit juice vinegar, freezing, etc.) if you have more preserved fruit than you can use, if you have more raw fruit than you can use OR if you wish it were easier to buy locally grown fruit products…this club is for you!

‘Politics’ Benefits Food Preservation

Mason Bee Workshop
Saturday, November 11, Vashon Island Fruit Club is holding a workshop on mason bees from 1 to 3 p.m. at the Windermere Realty Conference Room (17233 Vashon Hwy SW). Mason bees, hard-working pollinators, can aid your fruit production, even during rainy weather when other bees lay low. The workshop will be chaired by Dr. Elizabeth Vogt. Dr. Margriet Dogterom, an authority on mason bees from Beedle Products in Canada, will discuss ways to increase mason bee population. Harry Kriskner, another member, will share his layman’s experience housing and nurturing local mason bees. The workshop is open to members of the Vashon Island Fruit Club or nonmembers who would like to join at the workshop. For further information, please contact Maryrose Asher at 567-0593.

2007 VIPP Calendar Now Available!
The Vashon Island Pet Protectors 2007 Pet Calendar is now available for $15 at the following locations: The Vashon Bookshop, Fair Isle Animal Clinic, Pandora’s Box, The Burton Store & Books by the Way. The 2007 VIPP Calendar is sponsored by: Susan Carrette-Windermere Realtor, Dee Weedien, Reliable Wines, The Old Fuller Store (Maccina Bakes & Francisco’s Barbershop), Pandora’s Box & Arnold & Associates Real Estate.

Adopt-A-Cat Days
Vashon Island Pet Protectors will host an Adopt-A-Cat Day Saturday, November 11, from 2 to 2 p.m. and Sunday, November 12, from 12:30 to 3 p.m. at Pandora’s Box. Please stop by or call VIPP 206-399-1085.

Featured Adoptable Cat
Jasper is a 14-year-old spayed Himalayan mix female. She is a sweet older girl who needs a warm loving home. VIPP#1121FIA# 2892. For more information on this or any of our other cats (or if you have a lost or found animal), please e-mail us at cats@vipp.org or call (206) 389-1085.

Get in The Loop

Now Marking your calendar for:

New Years Eve
December 31st
9:00 pm
Vashon
5 portsmen’s C lub

Holly Daze Bazaar Has Room for Vendors
Tables are still available for vendors and craftpeople at the annual Soroptimist Holly Daze Bazaar, which will be held from 10 a.m. to 4 p.m. on Saturday, November 18, at the Vashon High School. To contact a contact register Stephanie Redfield at 463-3940 to reserve your space. For the second year in a row the event will be held at the high school, which has plenty of space and plenty of parking. Food, including lunch, will be available.

Holly Daze Bazaar
Saturday, November 18th
10 a.m. to 4 p.m.
Vashon High School Commons
Baked Goods, Soup, C hill, H ot D ogs, and Baked Potatoes

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Marie: Alan, thanks for coming out on this rainy day to talk about fuzzy, slimy,icky stuff that grows in dark, moist places. What exactly IS this thing we call mold? It’s definitely unattractive, but is it dangerous, and how do we get rid of it?

Alan: Let’s take those one at a time. Molds are part of the fungi kingdom, which also includes mushrooms, yeast, and mildews. Mold can be a good thing. In nature, mold plays a key role in the decomposition of plant debris. And without mold we wouldn’t have cheese and penicillin. But problems arise when mold starts digesting organic materials in our homes.

Troy: You mean like plywood?

Alan: Yes, and other materials. Molds can grow any place where there is organic material (like cellulose) and moisture. There are molds that grow on ceiling tiles, wallpaper, paints, carpet, sheet rock, and insulation.

Marie: Yuk. I know molds spread when they are disturbed and their spores float through the air. It seems like it would be as difficult to control mold spores as it is to control pollen. Is it just out there, isn’t it?

Alan: Exactly. You can control the indoor environment somewhat with regular vacuuming and air filtration with a HEPA filter, but your best line of defense is to control the moisture in your house. Without moisture, mold simply can’t grow.

Troy: How do we do that?

Alan: Keep the humidity in your home between 40% and 60%. Use a dehumidifier, use your exhaust vents and fans in the kitchen and bathroom for at least 20 minutes after running a bath or boiling a pot of water for spaghetti. Move large pieces of furniture away from exterior walls a few inches so that air can circulate. Fix your plumbing leaks! Basically, control the moisture inside your house.

Marie: If you do have mold, how can you safely get rid of it? I’ve always used chlorine bleach.

Troy: Bleach is actually not the best product for remediation. The very best way to be sure the mold is cleaned up completely and safely is to have the job done by a professional. But if it’s a relatively small area (under 10 square feet), and if you do not have health problems or allergies, you can probably clean it yourself. We recommend borax rather than bleach. It’s safer, and a more effective biocide. And be sure to wear protective gloves, goggles, and a mask.

Troy: But what if you are dealing with the dreaded toxic black mold? Then it would not be safe to clean even a small area yourself, would it?

Alan: “Toxic black mold” refers to Stachybotrys chartarum. It is just one of several molds commonly found indoors. Others include Cladosporium, Penicillium, Aspergillus, and Alternaria. The mold itself is not toxic, but its spores can cause health problems for people with respiratory problems or compromised immune systems. However, there has been a lot of hysteria in the media about this mold, and some high-profile lawsuits. There are very few reports that toxicogenic molds found inside homes can cause unique or rare health conditions such as pulmonary hemorrhage or memory loss. We recommend that people take a common-sense approach to dealing with mold, but we do not believe that one needs to take any different precautions with Stachybotrys chartarum than with other molds.

Marie: Thank you, Alan. Before I forget, let me tell people that we have some free mold testing kits available. compliments of Nowicki Environmental, that people can have if they are curious about what type of mold they are raising under the sink. It’s just like a CSI crime lab kit, complete with “bio-tape” and a chain of custody record. To get one, call us at (206) 463-LIST (5478) or email marie@kwvashon.com. For links to Nowicki’s website and other reliable sources of information on mold, visit www.kwvashon.com and click on “Interesting stuff.” To reach Nowicki Environmental directly, call 253.927.5233.

If you need real estate services, please give us a call at (206) 463-LIST. We would love to work for you!
That's What Civil Disobedience Is All About, Charlie Brown

By Steve Amos

I subscribe to a personal life philosophy which I have dubbed "The Four Pillars of Political Participation." In order from least to most important, they are:

1. Talk the Talk. When a political subject comes up upon which you have an opinion, participate in the discussion.
2. Vote the Vote. When election time comes around, make sure you actually go to the polls for your choice.
3. Donate. Give what money you can to the candidates and causes in which you believe.
4. Walk the Walk. In your daily, every day life, make sure you behave in a way which is consistent with what you say you believe in.

Notice that I said "The Four Pillars of Political Participation" and not "The Four Pillars of Political Activism." This is for two reasons.

Firstly, The Four Pillars are not really intended for people who would typically think of themselves as activists. They're sort of like, oh, brushing your teeth. Just something you should probably do as an average, plain old American going through the course of your daily life. They're not mandatory, of course. It's a free country, and you aren't legally required to brush your political teeth. But you should be aware that if you neglect to do it for any length of time, they're going to fall out of your head and they won't be there when you want them.

Or when you have to bite somebody. If you get my drift.

Secondly, and this is strictly a personal thing, the word "activist" has become imbued, in my mind, with a negative connotation. Now, if you happen to be one of those people who think of yourself as an activist, don't go and get your panties all in a bunch. I'm not criticizing you. Probably.

I am definitely for free speech. If I could find a way to make little fireworks come shooting out of the words "for free speech" as they lie there on the newspaper page, I would do it. I am so for free speech.

But nowadays I think item regarding "activists" exercising their free speech privileges, they're usually walking en masse down important streets in downtown Seattle with their bicycles or, as at WTO conventions, heaving bricks through other people's windows.

Many "activists" make me so angry with their callous and thoughtless behavior that my anger towards them overflows into anger against their cause. They behave like the jerks that even if the cause they are marching for is entitled "Crusade to Halt the Machine Gunning of Puppies", I would probably vote against it if given the opportunity.

I have personally come to believe that the majority of "activists" are really nothing more than juvenile delinquents engaging in destructive and antisocial behavior for the ignorant self-gratification of it and are hiding behind First Amendment privilege simply to avoid prosecution.

For those of you that have a real itch to be civilly disobedient about something, here are some simple pointers:

1. Your act of civil disobedience should be related in some meaningful way to the thing you are protesting. If you want to say something about freeing Tibet, don't throw a brick through somebody's window. The rest of us just won't be able to make the connection. If you can't make a good solid connection between your act and your objection, please limit yourself to carrying signs and candlelight vigils. And not in traffic, please.

2. It's considered traditional that the only people who get lumped up, inconvenienced, suffer property damage or incur monetary costs during the course of any act of civil disobedience should be those actually participating in the civil disobedience. Inflicting any of these things on innocent bystanders in an attempt to get your point across is considered bad form. Really really bad form. Boot-to-the-head bad form. Check out Wikipedia, "Theories and techniques of civil disobedience" for more detail.

Lastly, I would like to congratulate Vashon Island residents. As protesters, we seem to be a pretty well-behaved bunch. Whether this is because we are just naturally classy folks or simply because everybody actually knows everybody else and if you make an idiot out of yourself in public we're all gonna know, who's to say? Whatever the reason, we all seem to limit ourselves to staying on the sidewalk and festooning our cars with bumper stickers like some sort of automobile political party. As well we should.

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Henna Healing Body Art at the Tea Shop!

Kara Jones will be doing henna body art at the Tea Shop on Friday, November 17, from 3 p.m. to 6 p.m. Sign up sheets are at the Tea Shop counter. Just pick your fifteen minute spot and sign up. The cost is $15/person per 15 minute session, and Kara can easily henna a hand or foot with design of medium complexity in 15 minutes!! For more detailed designs or for more than one hand or foot, you can sign up for several sessions in a row. Come get decorated with Kara of Henna Healing.com! If you are the first 3 p.m. appointment, please come a few minutes early so you have time to look at designs before henna session!
Truth Does Not Come Cafeteria-Style

By Mike Ivaska

A few months ago, I was working my job at Thriftway when a customer came through my line who really made me think about how we decide what is or is not true.

The conversation had to do with the price of a product. I do not remember how things started, but it came to whether a particular price was right or not. He didn’t like it and jokingly offered his own. I told him that was not the right price and he said something to the effect of, “It is if you want it to be.”

Continuing the joke, I replied to him, “I don’t think that’s how reality really works.” “That’s how it works at church,” was his response.

This got me thinking. In our culture, we are so overwhelmed with competing worldviews and beliefs, that we approach everything boils down to a choice. After all, our whole lives are filled with choices - from what foods to eat and what clothes to wear to what kind of time or effort is required in studying or fasting or attending retreats, you are simply doing it for you. If you want to be spiritual and perhaps get some stretching in... then try yoga!

When I discuss Christianity with someone who does not believe, I am nearly always faced with what simply becomes a battle of wills. “Well, that’s what you want to believe,” they always wind up saying, in one form or another, by the end of the conversation. The idea that God has spoken never even comes into the conversation. The idea of a God who sends sinners to hell repulses them. The idea that there is only one way to God sounds exclusive and proud. The whole Christian thing just does not sound like something they want to be true.

“How can you believe that?” I am often asked. “Why would you want a God like that?” The underlying assumption is always that I believe what I want to believe, that I have chosen a list of ideas for myself that I have decided are “true.” If I believe God judges sinful people, I am therefore self-righteous and judgmental. If I believe homosexuality is a sin, I must hate homosexuals. If I believe drunkenness is a sin, I must not want people to have any fun in life. If I believe personal faith and commitment to Jesus Christ are the necessary evidences that a person truly knows God, I must be arrogant and hate people of other faiths and creeds. If I want to see people around me become Christians, I must want everyone to conform to “my way of thinking.” The idea that God has spoken to mankind, and that God has spoken to mankind, and offered us forgiveness and salvation, I must want everyone to conform to “my way of thinking.”

As a believer in Jesus Christ, the question, “Is this true?” is of great importance to me. If the message of the Bible is not true, I am an incredible fool to put so much stock in it. If God has not spoken through the words and message of the Bible, I am living a lie. Not only am I living a lie, but I am living a lie that demands great commitment. The Christianity of the Bible is not just the Christianity of free mercy and grace, but it is a freedom that costs dearly. Generally speaking, a person in our culture chooses a religion or spiritual devotion based on the idea of what they can get out of it. Inner peace, self-control, a sense of community - all of these constitute a person’s choosing a faith. Eastern faiths, all the rage nowadays, are particularly popular because they offer so much and, while some of them do demand much discipline, demand no ultimate commitment (at least not in our recreational American versions). No matter what kind of time or effort is required in studying or fasting or attending retreats, you are simply doing it for you. If you want to be spiritual and perhaps get some stretching in... then try yoga!

As hard as it is to understand, Christians do not believe “whatever they want.” Christians have given up their right to choose what is right and wrong, good or bad, true or untrue. The fundamental principle behind spirituality in our culture, that of choosing a faith based on “what works best for me,” is the first thing that Christianity takes away. “He who seeks to save his life will lose it,” Jesus says, “but he who loses his life for my sake and for the gospel will find true life.” As a disciple of Jesus Christ, I am convinced that Christianity is true because God has proved himself to me, but only as I follow Him. Jesus said, “If you continue in my word, you are truly my disciples, and you will know the truth and the truth will set you free” (John 8:31-32). That is why I follow Jesus. He has proved himself to me, but only as I followed.

All of this comes down to our own cultural fear of commitment and of not being “free.” We don’t want to be tied down. We don’t want to be accountable. We don’t want to lose anything. All we want is choice, pleasure, beauty, and if possible absolutely no pain. We fear authority and are obsessed with the idea that equal value between humans means we are all equally right about everything.

For Christians, our source of truth is the Bible, or at least it is supposed to be. If I believe God has spoken, then there are things in the Bible I would probably not teach to others or believe myself. The problem is this: For Truth to honestly be Truth, it cannot be up for grabs. I do not get to pick and choose what parts I like. If something is true, it has to be that way regardless of my attitude towards it. I can only come into a right relationship with something that is true if I yield to It. I cannot make Truth yield to me and still be able to call it Truth.

Mike Ivaska has lived on the Island since 1988 and considers it home. He graduated Vashon High School in 1998. He currently serves as the youth pastor at Vashon Island Community Church (VICC).
We've all experienced days when we got up in the morning same as usual, and by the time we went back to bed our lives were changed forever. It could be something that happens to everyone – September 11 comes to mind – or it could be personal: the end of a relationship you thought was permanent; the death of someone you can't live without; an accident.

My cousin Nancy was visiting last week. Because we have known each other since we were infants (her mother, whom everyone called Chick, and my father, John, were siblings), we have a lot in common. If you're talking with someone who has known you literally all your life, you find that you each remember slightly different things. We were going to watch a movie one afternoon last week, and in browsing over my video tapes I said, "How about Tom Jones?"

"Oh, yeah," she said, "That's a good one. You and I saw that together." "We did?" I said. "Yes," she said, "We liked it so much that at the end we said we'd like to see it again, so we stayed at the theater and watched it again. Remember? That was the night your father's truck broke."

Bong.

That bong is the sound of me remembering the day my life changed. I had completely forgotten that we went to see Tom Jones that night, but I have remembered for 40 years what happened on the way home.

I was home from college to celebrate my 18th birthday, and Nancy and I did watch Tom Jones. My dad got a new truck, which he named the pickup and pulled it home. When we got back to the ranch, my mother quickly escorted Nancy and me down the hallway to my room. She turned to Nancy and said, "Chick did the same thing back in the thirties! John was changing the oil on a truck and left it in the driveway with the oil pan off. Chick had a boyfriend and she wanted to give him a ride home, and she took the truck and drove it without any oil in it."

I guess she didn't get too far, either.

A few days later my parents told me that they would no longer support me in college, and I needed to come home and get a job. I did come home, but I didn't stay long. I moved into a one-bedroom apartment in Alameda with my cousin Nancy, and got a job as a file clerk with a large insurance company located in the Financial District in San Francisco.

My dad got a new truck, which he later sold to my brother, after he and my mother sold the home ranch. Nancy and I did watch Tom Jones last week. It's still a good movie. My car worked fine afterwards. Whew.

That was the wrong thing to think. That red light was the oil light. For the rest of my life I have known that when the oil light comes on, you stop the car and turn it off, but that night I had been eighteen for only a few hours and what I knew about cars would not fill a fraction of a crankcase. Pity.

We made it about a mile before the engine ground (literally) to a halt. I couldn't get the truck to go another inch. I tried, but it was finished. We got out and walked across the street to knock on the door of a house and ask the nice man who answered if we could use his. When we described what had happened, he said something like, "Uh-oh." Or maybe he said, "That engine is toast." I don't remember the words, but I remember the meaning.

My parents were home, and I told them that the pickup had broken down. In the fullness of time, my father showed up in the family car; he attached a tow chain to the front of the pickup and pulled it home. When we got back to the ranch, my mother quickly escorted Nancy and me down the hallway to my room.

The facilities planning process will be facilitated by Island resident Judith Clegg of Clegg & Associates, a Seattle-based strategic planning firm. The first step in the process will be for the board to agree on criteria for evaluating and prioritizing potential projects to identify those that are critical and those that would be improvements but not affordable within the near term.

"At the most basic level, we have to ask ourselves whether a particular project will improve student learning," said Board Vice-Chair Bob Hennessey. "If we find the learning environment is lacking and come up with a cost-effective solution then I think this community will support that fix." Several Board members have already recognized the poor quality of most of the classrooms at Vashon High School and the need for offices for the district administration as critical facility needs that should be addressed in the short term. The district offices had to be closed and the staff relocated to rented space in 2005 because the 1930s-era building was found to be uninhabitable for health reasons. The Board will also evaluate potential capital needs at McMurray and Chautauqua.

In addition to looking at school buildings, the board will be considering the needs for athletic facilities including ball fields and the high school gym. A key decision will be whether to install artificial "field turf" at the high school stadium. Unlike natural grass, there is virtually no limit to how intensively artificial turf can be used and it does not require irrigation, reducing demand for Water District 19 water.

Over the next several months the school district will be soliciting community input on the following: the inadequacy of the Vashon High School Theater including stage areas and work spaces; broader community use of school district facilities; long-term plans for the old Burton Elementary and Vashon Elementary sites; and, how to engage far-reaching community involvement in the planning process.

Over 1,600 students are enrolled in the Vashon Island School District. The District employs 114 teachers, 63 uncertified staff, and seven administrative staff.

You never want to give a man a present when he’s feeling good. You want to do it when he’s down. – Lyndon Baines Johnson
**Don’t Forget the Birds**

**Swans**

By Ed Swan

One Friday at the end of this October, I received a call from Ellen Call, who, with a neighbor, was looking at some swans off Peter Point on C o l v o s  P a s s a g e towards the north end of the island. That call was almost a whole spate of swan sightings, almost one a day for several days. I was able to drive up to Fern Cove and see Ellen’s swans out in mid-channel and determine that they were probably Tundra Swans. Kathryn True, living inland on the north end of the Island, emailed to say she heard a flock of Tundra Swans fly over that same night and two more groups the next day. By the following Monday, Dan Willise emailed to say he saw six swans, likely Trumpeters, over central Vashon and Don Norman noted five or six over Maury Island. These sightings add up to more than all of the sightings over the last decade put together for Vashon-Maury Swans, Snow Geese and Greater White-fronted Geese all start migrating through the Puget Sound area in mid-Fall, making it likely that swans come by Vashon at this rate every year. This year, we just happened to have good observers outside to look and listen in the short intervals of time when the birds could be spotted.

The two swan species in Washington, Trumpeter and Tundra, prove rather hard to tell apart. They’re both big white birds with black bills. Trumpeter Swans grow to be slightly larger, but not to the extent that they are easily differentiated. On close examination, the Trumpeter’s bill is longer and straighter than the Tundra’s and angles up to the eye. The edge of the Tundra’s bill closest to the eye is more straight up and down, just a bit longer reaching the eye. Part closest to the eye has a small yellow patch lacking in the Trumpeter.

The two calls, the Tundra’s sort of whooping and the Trumpeter’s more like an old car horn, provide a good way to tell them apart. The best way to learn them is to listen to a tape to compare because written descriptions of bird calls rarely describe adequately.

Tundra Swan numbers total higher in the state than Trumpeters, reflecting the historical balance between them. Both birds faced severe hunting pressure to the point where Trumpeter Swans faced extinction and the Tundra became rare to uncommon in the state. At one point the world population of Trumpeter Swans amounted to 73 birds. Tundra Swans apparently wintered along the Columbia in the thousands to tens of thousands and more sparingly on Puget Sound. Early explorers and surveys report Trumpeter Swans but took no specimens to prove their sightings. Without modern optics, it’s not apparent that they approached close enough to accurately tell the difference between these birds. No firm records exist for Trumpeters until the 20th Century and they remained very rare until into the 1960’s. With hunting regulations, both species rebounded to the point where hundreds to thousands may be found in winter in Skagit and Whatcom Counties and in small numbers elsewhere.

Other birds of note lately include more returning waterfowl such as Common Goldeneye seen in the last week of October by Bob Hawkins at Dockton, Barrow’s Goldeneye found by Gilbert and Jean Findlay by the mouth of Judd Creek in Quincy.

When turkeys mate, they think of swans. -- Johnny Carson

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**Across**


**Down**


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**Solution on Page 17**

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**Quartermaster Harbor, Harlequin Ducks observed by Mike Feinstein along Luana Beach Road near Pt. Robinson (with some also showing up in Trump Harbor just before Halloween), migrating Snow Geese over Ellipsport noted by John and Ellie Friars October 28, the first Red-breasted Mergansers of the season identified by Sue Trevaithan and Alan Huggins at Ellipsport October 29 and a flock of Greater White-fronted Geese discovered by myself, Sue Trevaithan and Alan Huggins on October 29 overhead at Dockton. The end of the shorebird migration is drawing out with many flocks of S a n d e r l i n g moving along the beach on the n o r t h w e s t corner of the island at Dan Willise’s place, one of which included a rare for Vashon Dunlin. A small flock of B l a c k Turnstones continues at Fern Cove. Peregrines showed up at both ends of the island with an extremely dark juvenile seen by myself on October 28 at the north end dock and a light-colored adult landing on the Tablequah Dock observed by Gary Shugart. If you have an interesting sighting to report or a question about local birds, call me at (206) 463-7976 or email at edswan@centurytel.net.

Finally, a great Audubon program is coming up on Thursday, November 16. Pete Murray and Mary Johnson will be sharing their stunning photos and an informative talk on wildlife from their recent expedition to the Falkland Islands, South Georgia and the Antarctic Peninsula. The program begins at 7:00 p.m. at the Land Trust building.
By Rachel Bard

If Harry Potter were a girl, would those books sell so many millions of copies?

Doubtful. Girls wizards aren’t much in demand. Of course Harry’s sidekick Hermione has wizardry qualities, but it’s the guy who gets top billing. What we need is a lively, magic-wielding heroine to whom preteen girls will relate. Here she is in a book that will be welcomed as well by readers of any gender or age who like a good yarn full of magic, nonsense and a troop of fantastic characters.

And where the girls get to the top will vary. Wait until you see Shelby zooming high above the earth on her magic umbrella (And lest you suspect that Vinson is copycatting J. K. Rowling and the broomstick, this book was published a year before the first Harry Potter).

Shelby, eleven, lives in Wayward Bay, but suddenly appears during Shelby’s darkest hour and lies awake half obediently descends. She takes the wonderful but scary. The minute she finds that if she hangs onto the handle the umbrella will lift her up she knows what she’s thinking, and to speak because the umbrella changes color to show its response.

The Umbrella Queen is planning it delivers a mysterious parchment during Shelby’s darkest hour and bumbershoot suddenly appears all things! The enchanted umbrella flies off to Wayward Bay Brook and laughs at Shelby’s whining, story-telling. “Where is that place called ‘Country’?”

At their next stop, Quirkola, an ancient ruined city, the equally ancient Magical Popover Queen, Remus), the Meager Beaver, the Tortoise, helps them navigate the Sea of Words. Here the words, swimming about like fish, not only define where they are but mean what they take the meaning. When Shelby bumps into “invisible,” she disappears, but manages to find and grab “expose.” Their swim is a nice lesson on watching your language.

Onward, onward, through the Endless Swamp, Finder’s Keep, Tunrip Top Lodge and the terrible Vine Tree Forest. They’re befriended by the Grand Woman (who never tells a straight story), the Ancient Wolf (possibly the one who nurtured Romulus and Remus), the Miserous little Skillfully-Willfully-Full of dozens of other quirky characters. Through it all Shelby never shrinks from a challenge or considers giving up. What a good kid.

When they finally reach the Optical Magical Popover Queen, she’s sitting around listening to country music, in a turquoised and lavender jogging outfit. The Queen decides Shelby is just the kind of successor she’d hoped for: full of “lively and dedication, a girl of courage.”

In short, parents, what a role model for your daughter. Except for one trait—she yells a lot. But otherwise, she’s a terrific inspiration for anyone who needs empowering.

And ends well. Shelby abandons her umbrella flies off to Wayward Bay to regain her mother.

But a few more questions remain. Was Amber exonerated? Have people stopped calling her a witch? And most important, will Shelby keep the Queen’s Umbrella and carry on as the new Optical Magical Popover Queen?

Valita Vinson, we know you’re here on Vashon. This book begs for a sequel. Get to it.

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The Queen’s Umbrella


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**Great Decisions: Pandemics and National Security**

“Pandemics and National Security” is the hot topic for the last in the Great Decisions series at the library at 2 p.m. on Monday, November 13.

Anthrax, cholera, influenza and AIDS are potential pandemic diseases. Epidemiologists say we’re overdue for a deadly global pandemic of historic dimensions. Even if avian influenza isn’t the Big One, flu is hardly the only disease to fear in an era of terrorism. The discussion will be facilitated by Karen Gwilym, R.N., and is free. The program starts with a background video prepared by the Foreign Policy Association. A background reference book prepared by the FPA is available at the library reference desk. Vashon-Maury Senior Center and KCLS are cosponsors of the free series, which is open to all ages.

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**2007 Labor of Love Auction Gathering Donations Now**

Everyone has something to give: An extra pile of dry wood; how to design a Web page; an amazing craft sale; an amazing design a Web page; an amazing cooking class; a place called Country; they come from common mortals. “They come from the place called Country and they play music every day. Awful whining, story-telling.WHERE IS THAT PLACE CALLED “COUNTRY?”

At their next stop, Quirkola, an ancient ruined city, the equally ancient Magical Popover Queen, Remus), the Meager Beaver, the Tortoise, helps them navigate the Sea of Words. Here the words, swimming about like fish, not only define where they are but mean what they take the meaning. When Shelby bumps into “invisible,” she disappears, but manages to find and grab “expose.” Their swim is a nice lesson on watching your language.

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**VASHON HIGH SCHOOL COMMONS**

Craft sales, vendors, raffles and baked goods, soup, chili, hot dogs, and baked potatoes

All Day

**Soroptimist International of Vashon-Maury’s 17th Annual Bazaar**

**HOLLY DAZE BAZAAR**

Saturday, November 18th, 10 am - 4 pm

**VASHON HIGH SCHOOL COMMONS**

Craft sales, vendors, raffles and baked goods, soup, chili, hot dogs, and baked potatoes

All Day

**Senior Center Chinatown Discovery Tour**

Vi Mar is a Chinese-American Seattle native who is active in the Chinatown International District and served as director of “Chinatown Discovery” for 20 years. He invites Vashon seniors to go on an intimate, lively guided tour that is true to the daily cultural life of the Asian community, and it includes a sit-down sum lunch, on Wednesday, November 15.

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Valita Vinson, we know you’re here on Vashon. This book begs for a sequel. Get to it.
By Alice Orr

They sat on the floor at Penn Station in a circular formation, like an encampment. I rushed past, fresh from presenting a workshop in New Jersey and distracted, but the image registered anyway. Five of them, two parents, three children, with the father in the outermost position turned at an angle to keep a sweeping, watchful eye on the family unit. They were large, round and close to the ground. I could imagine, a bit more that seemed like a windfall to the impoverished family she left behind. No wonder her eyes were still wary.

Which reminds me of another old family photo, my paternal grandfather, tall and straight with a bowed pipe hanging from the corner of his mouth and his arms tucked across his chest. I can imagine his eyes sweeping the room, watchful, alert, on guard. He came to this country to escape the dictates of his father’s world and call the shots in his own life. Legend has it that, when he needed money to move his ailing child to the country, he earned it by breaking horses in the backyard. I cling to that story as a threat, one of those we have to fit in and make a new life.

So I won’t have to think about how she earned it by breaking horses in the backyard to provide for his children. I love to think of those possibilities and hopes extended to families on the run from wars, persecution and poverty across the world.

Yet, the same Times article says, “Every year, in early autumn, the President sets the exact number of refugees that will be admitted to the United States in the following twelve months.” This year the proposed number is 70,000, the same as in 2006. The article continues: “For the countless refugees worldwide clamoring for entry to America, this number is crucial. But it does not even hint at the deep joy felt by the individual who, after long trial and tribulation, has finally found a haven.” I wish our Golden Door could swing wide enough to let more than 70,000 slip through. If the number had been that small in my grandparents’ time, would they have made it in? Would I be here now? Would you?

Alice Orr will present her workshop “Get Published Now: How to Give Your Story and Yourself” written all over them. That watchful father may use the determination I saw in his face for his version of breaking horses in the backyard to provide for his children. I love to think of those possibilities and hopes extended to families on the run from wars, persecution and poverty across the world.

When she spoke of England often, but never went back there. They were not country to another without being in danger.” Eight such places throughout the U.S., “where refugees stay overnight before beginning the next leg of their journey to safety.”

I immediately flash on the eyes, two pairs this time, the young girl crouched on the beige tile floor and my maternal grandmother in a picture from her own teenage years. Grandma’s eyes were blue-gray in real life, but the old photo made them look dark, staring at me with the same questioning gaze I’d seen in the railway station. “What comes next? Where will they take me from here?” She’d been gone from her British home for years by then, shipped off at age nine with a family she barely knew for the price of passage plus what they could imagine, a bit more. She never got back there. The young girl is a windfall to the impoverished family she left behind.

The Squeegees Are Coming to Vashon!
A musical experience for the entire family
The Squeegees are coming to Vashon to play their wonderful children’s music at Café Luna on Sunday, November 12, at 4 p.m. The Squeegees are a fun-filled, bubbly acoustic duo who provide irresistibly playful musical adventures for the entire family.

While you would think that this deliciously experience would come in a candy coated wrapper, their songs emphasize earth friendly themes, positive messages, and good clean fun!

Samantha Tobey and Roman Bloom are the kids-at-heart behind this grass-roots musical journey. All music is appropriate for infants, toddlers and the parents who love them.

Be sure to catch the SqueeGees at Café Luna on November 12 at 4 p.m. This is their only performance in the Northwest! If you would like more information about the SqueeGees’ performance or this event please visit: www.meetthesqueegees.com; or, http://www.cafelunavashon.com

5 Healthy Reasons to eat at Zoomies
1. No transfats in our soy oil - (what we deep fry in.)
2. Our burgers have no hormones, preservatives or additives and are low in fat.
3. We have Yummy Vegi and Black Bean Vegi High Protein Burgers.
4. Salad and chicken sandwiches with grilled (full muscle) chicken breasts.
5. 4% Fat soft Ice Cream - just above Whole Milk
Prior to the 3rd, the orcas' only visit to Island waters was October 18. The VHP has received many Dall's porpoise reports. Some large groups of frisky porpoises are zipping around Colvos Pass. On October 28, as I observed several energetic porpoises through binoculars, I saw one flip his her little tailstock in a proper cartwheel - the first time I have ever seen this behavior in a porpoise.

Until we heard orcas, a spirited conversation between two California sea lions was the most interesting sound we had heard on the hydrophone this season. Again, I was surprised to see the hydrophone pick up their barking at the surface, roughly 60 feet above and thousands of yards away. We stood on the porch to listen for them. When we did our best sea lion barks and they responded.  One sea lion was by the Kitsap shore across from the VHP site. Another sea lion was a quarter mile south, probably near the large "pinniped platform" - it was the north end of Vashon. I estimate we started hearing calls when the orcas were in East Passage outside of Elliott Bay, approximately 8 -10 miles away.

Mark spotted a few orcas off Lincoln Park while he prepared to go out, but I was monitoring the hydrophone, so I did not get a chance to see the whales before they turned north again at 10:30 a.m. near Dolphin Point. Truculent weather precluded Mark and NOAA Fisheries researchers from getting ID photos.

We are deeply grateful for timely, accurate reports from Lesley, Richard, Jan, Melanie, Jeanette, and the woman who left a message about seeing orcas from the ferry. You made a huge difference and saved Mark from a battering in rough seas.

More information:

Three Holiday Farmers’ Markets
This year the Vashon Farmers Market is hosting three holiday markets. All markets are on Saturdays, 10:00 – 2:00 at the Village Green. Contestants will start tasting at 11:00 a.m. Sales on specially selected merchandise. For further information, contact Tom Doug, 463-2634, Yvonne Kuperberg, 567-4005, or Clint Loper, (206) 296-8378.

Start Your Ovens! Pumpkin Pie Contest!
Calling all pumpkin pie aficionados and bakers!

Do you make a pumpkin pie that family and friends look forward to eating each year? One that people think is the best part of Thanksgiving? Or a delicious pumpkin pie recipe that you’re looking for? If so, we invite you to participate in the first ever Farmers Market Pumpkin Pie Contest!

Judges will start tasting at 11:00 a.m. Saturday, November 18 during the special pre-Thanksgiving Farmers Market held at the Village Green. Contestants should bring their pie (and recipe) to the market site on Saturday, November 18. The winning recipe will be published if OK with the owner. Questions should be directed to Karen Kinney, Market Manager at 206-265-3788.
Vashon as Eden:
Flame to Burn Water
By Tom Herring

Getting heat from a flame is different than getting heat from the sun. A flame is toxic, concentrated, and can be turned on and off at will. The sun is benign (if we don’t get any closer than ninety million miles to its nuclear inferno) and it marches across the heavens to its own drum. These differences are far reaching in their effect on housing styles.

Outwardly, the flame house has the classic shuttered charm of yore, whereas the sun house has a throw-no-stones vulnerability. Inside, the flame house has a floor plan, whereas the sun house has a heat plan.

An intriguing comparison, but just an opener for the “can of worms” in that flame. One of these, latent heat, will now get some very bad press. Setting aside fuels like coal, peat, and pellets, we burn hydrocarbons, or water carbons. The name reflects the unfortunate fact that the flue gas contains water. No accident that the element hydrogen and “hydro,” the universal prefix meaning water, share a common root.

There is a lot of water in flue gas. For each pound of hydrocarbon fuel burned there will be over two (2) pounds of water in it. There is so much water in flue gas one wonders how it is that a gas dryer is able to take on a payload of water from wet socks. But wetness is not itself the problem – the problem is the energy stolen from the flame by that water. Nearly 20% of the heat you paid cold cash for goes off as steam out the stack as water vapor. Really. Put that 2 and 1/4 pounds of water in a pot and cook it until it boils away and then check your electric meter. Dang!

Here’s the energy equation: A pound of hydrocarbon fuel burned completely will yield 10,900 Btu. Some of this heat is used to boil the 2 and 1/4 pounds of water, 2200 Btu, while only the remaining 8700 Btu does any good. You can work out the exact numbers with no noticeable improvement of the bad press.

The lost heat is called “latent heat of vaporization.” By this analysis a furnace that does not reaim the latent heat is limited to 80% efficiency. In practice, efficiencies had not exceeded 60% until around 1980 when forced drafts enabled superior heat exchangers and achievement of the theoretical 80%. Condensing furnaces exceed 90% efficiency. One may identify a condensing furnace by the absence of a chimney. The cooled flue gas exits through a 2” plastic pipe, and the condensate drips from a 3/8” plastic tube.

Anecdotes: In 1985 Washington Natural Gas installed for us their best gas furnace, forced draft, 83%. Our son bought a home in Ballard remodeled around 2000. Shortly after moving in he called me up to say there was water on the basement floor. The 3/8” tube had fallen out of its pot.

Like every other American, I’ve sung this song a lot, undoubtedly hundreds of times over the course of fifty-some years, so it seems like I should have “got it” before now. But this time, the oddness of the last two lines reached out and grabbed me like never before. “Oh say, does that start spangled banner yet wave?” Wow! It never occurred to me before, but Francis Scott Key is obviously not asking this of his contemporaries...after all, he just spent the last dozen lines describing how glorious it was to see it still waving proudly. The inescapable conclusion is that the question is addressed to posterity, which means, at least right now, me...and you.

And no sooner had that realization washed over me before the second wave hit: “…o’er the land of the free and the home of the brave.” It always seemed before, to the extent I might have thought about it, that Key is asking if the flag is still flying. But that’s true, it’s a pretty trivial question, and maybe, given the stars that have been added over the years, not even strictly answerable in the affirmative. What struck me this time was that the point of the question is NOT the flag bit, but the land/ home bit. Not “is this particular arrangement of colored pieces of cloth still in use”, but the much more profound (and difficult) question “is the country this flag symbolizes still free, its citizens still brave?”

So when Key nags at us with this question at every ball game we attend, how do we answer today? Obviously we still have brave people willing to put their lives on the line to “defend freedom.” As the bumper sticker says, “Home of the free because of the brave.” But narrowing the scope of the Anthem’s question to focus simply on the dedication of the military really misses the point. Key is asking about ALL of us, and there the answer is much more problematic. If we were truly brave, wouldn’t we insist on safeguarding our rights under the Constitution over protecting our physical safety and property? And if we were truly free, wouldn’t we require our government to listen to us rather than corporate and industry lobbyists? When we suspend habeas corpus, when alternate opinions are routinely eliminated from public debate and decisions, when our phone calls can be tapped or our library records examined, in short, when we voluntarily allow our liberties to be cut back, all coerced by an appeal to our fears and anxieties, how can we claim to be either free or brave, at least to the extent Key and all of our forebears expect of us?

Here’s an idea: before heading into the voting booth on November 7, sing the National Anthem with all the gusto you can muster, answer the question it poses with a resounding “YES”, and then vote for the people and propositions that represent true freedom and real bravery!
Why I Choose Not to Get a Flu Shot
By Kathy Abascal

Flu season is approaching and many of us are being urged to get a flu shot. The information on the value of flu shots is all over the board and reaching an informed decision is not always easy. My family and I, including my mother who just turned 85 last week, do not get flu shots. Marlene’s Marketplace asked me to write an article explaining my choice for their newsletter, and as the topic is of great interest to many, I thought I should share this information with you.

My decision is in part based on the lack of proof that the flu shot is effective. People remain vulnerable to the flu because it constantly changes its profile to prevent our immune system from recognizing it. Just last week, scientists reported that a new, mutated form of bird flu is now circulating in China, which may make all of the stockpiled chicken vaccine ineffective. The vaccine manufacturers use a computer model to create a strain of influenza that they hope will match the coming year’s flu strain. However, often the match between the vaccine strain and the circulating strain is poor, and the data used to prove the benefits of the flu shot depend on “a well-coordinated season.”

And the data for even well matched strains is poor. I was startled to find that most studies show that the flu shot had little effect on the incidence of influenza, especially in the elderly. That is, both the vaccinated and unvaccinated were equally likely to get the flu. These studies did claim, however, that vaccinated elderly suffered less pneumonia, hospitalization, and death during the flu season. This makes the flu shot look like a good thing. But then another scientist decided to look deeper: He looked at whether the vaccinated elderly were healthier than the unvaccinated group by comparing how they fared in the non-flu season. He found that the unvaccinated elderly were more likely to suffer from pneumonia, hospitalization, and death during the off-season as well. That is, the evident effect seen in the studies had nothing to do with the flu shot protecting them from influenza. Instead, the underlying health and mobility of the elderly affected both whether they were likely to get a flu shot and whether they were likely to die. Ultimately, this study showed that the benefits of the flu shot are probably illusory. There are other studies showing the benefits of flu shots for healthy adults is modest at best.

The other aspect of flu shots that troubles me is the vaccine itself. The flu virus is injected into a fertilized chicken egg, then killed in a process that involves treading the eggs, which are usually preserved with thimerosal (mercury). Sometimes aluminum is added to make the vaccine more effective. In the end, the flu shot is dangerous for some people who are allergic to eggs, and some physicians believe that people may develop egg allergies by having egg protein injected into their bodies.

Formaldehyde is a suspected carcinogen. Mercury, even in very small doses, has adverse effects on our immune system. Studies show that mercury shifts the balance in our immune system to a state that is less able to deal with bacterial and viral invaders. Aluminum has long been associated with a role in the development of Alzheimer’s disease. Although this is unclear, there is consensus that aluminum is not good for us.

Moreover, the flu shot can cause Guillain-Barre syndrome in which the body attacks the nervous system causing pain, muscle weakness or paralysis for which there is no cure. Granted, the syndrome is rare but I buy lottery tickets despite the odds figuring that someone has to win, why not me? The flip side is that someone will get Guillain-Barre, why not me? In addition, the flu shot causes pain, fever, headaches and other malaise in many who get the shots. In the end, for me, the presence of toxins, allergens, and potential side effects outweigh the possible benefit the flu shot might have. Instead, I try to prepare for flu season by balancing and strengthening my immune system. I use adaptogenic herbs, echinacea, boneset (Eupatorium perfoliatum), garlic, mushrooms, and nourishing food for this. Of course, I wash my hands frequently during flu season and if I am feeling tired and out of sorts, I immediately begin taking an immune booster like elderberry (Sambucus nigra) and echinacea (Echinacea spp.) or my favorite, boneset (Eupatorium perfoliatum). In the rare case where I do get the flu, I have many effective remedies to ensure that I only suffer a mild case. In fact, as you may know I have written a book that covers those remedies in detail.

This coming Friday, November 10 at 7 p.m., I will be giving a talk on influenza at the Vashon Bookshop. I hope we will have a lively discussion about the likelihood of a coming flu pandemic, flu shots, and flu treatments generally. I very much hope that you will join me and help make the evening exciting and useful.

Kathy Abascal speaks at the Vashon Bookshop this Friday, November 10, 7 p.m., on Influenza: Pandemic, Flu Shots, and Flu Treatments.

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Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book Clinical Botanical Medicine. You can email her at anemopsis@yahoo.com if you have questions about herbs. If you have questions about herbs, call her to schedule a private consultation (463-9211) or stop by The Rooters to purchase her tinctures.

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Kathy Abascal’s New Book Now Available!
Happy Birthday Scorpio! This is the year to learn the art of keeping clear with others. You will see the power of truth, and you will also be some interesting boundary challenges in any question involving both a relationship partner and one of your kids. Just remember, you may be too shocked if it turns out to be the very last movement of a question. This is in part because you’re always making your power to work for you rather than against you. If you remember that any idea in original form will differ somewhat from the idea in polished form, you’ll feel much more sure of yourself, and others will feel more confident as well. Leo (July 22-Aug. 22) is innovation’s key, and it need not be a fancy one. The thing about keys is when the right one fits the lock, nobody really cares what it looks like, it worked. It may be a small key that does the trick, and you may have to turn it gently, and if it doesn’t work, there may be a back window open that you can crawl through. You can, however, trust that the way is open, that ideas will flow, and that you will have the resources you need to ensure your wellbeing. Be mindful, however, that your notion of wellbeing is always a journey.

Virgo (Aug. 23-Sept. 22): The missing piece may be showing up today, but don’t be too broken if it turns out to be the recognition that you did not quite understand where someone was coming from. In any event, you reset for yet another discovery of where a partner stands, and I know there have been a few of those lately. Think carefully, however, before figuring out how useful the information is. You now have a chance to go with their process instead of against it. It’s not like you have to cave in to someone’s viewpoint, but rather, put that viewpoint to work for you. To put it bluntly, know to whom you’re selling.

Libra (Sept. 23-Oct. 22): Life is better when people are direct with us — that is, if you’re a bold person. A certain individual’s blunt and perhaps insensitive honesty may be off-putting for the first three minutes, but I suggest you get over it; it’s a little quicker than that. Instead, pluck up some confidence and make sure the discussion continues, particularly if this person is in a position of authority in your life. Over the next few days, you may decide you’re also taking a journey. If you learn as a result, this is all part of a plan to make your life easier, and it will work wonders in time.

Sagittarius (Nov. 22-Dec. 22): There are many developments to come, and how many people’s lives will improve will be dependent on whether you’re trying to assess the purpose of anything, particularly a professional situation. Then between now and Nov. 29, keep repeating it, particularly if you’re feeling confused.

Gemini (May 21-June 20): Keep your resources moving, including various forms of assistance and support. Pay attention to who needs what, who has what to offer, what you need and what you have to offer — then arrange a distribution network. This is not only good karma, it will actually make your life, and those of your friends, a good bit easier. Better still, the astrology of the moment is about establishing patterns. This is just the kind of pattern we all need, and you happen to be in a rare position to do something about it.

Cancer (June 21-July 22): Once you know what you want and what you value, you can take leadership, and that is the theme of today and the next few days. True enough, you’re not in a position of perfect harmony with your environment, but you’re doing a lot better than you have been any time recently. This in part because you’re an easy-going factor to work for you rather than against you. If you remember that any idea in original form will differ somewhat from the idea in polished form, you’ll feel much more sure of yourself, and others will feel more confident as well.

Taurus (April 20-May 20): Security, why don’t you confront that one on your mind would appear to be growing. Perhaps you are taking a journey. If you’re not in the position of perfect harmony with your environment, you will have a chance to go with their process instead of against it. It’s not like you have to cave in to someone’s viewpoint, but rather, put that viewpoint to work for you. To put it bluntly, know to whom you’re selling.

Capricorn (Dec. 21-Jan. 19): Welcome an opportunity to spend time at home with someone you care about. I would not be surprised at all if “out” is the last place you feel like being at the moment, but you’re also fully aware of people and your desire for contact with them. Part of why you may feel like being a little more retreatting than usual involves an aspect between Pluto and your ruling planet, Saturn. There is a deep, rare change occurring in your life, which will soon manifest clearly. It’s not wrangling and dramatic, but if spoonerizing and somewhat urgent — so conserve your energy.

Aries (Mar. 21-Apr. 19): As you’ve discovered, there’s a difference between thinking you’re running your life, and actually doing so. You’re keenly aware at this point of all the ways you aren’t the person you were a year ago. You are no longer part of the human race, whose members have a distinct tendency to give power to others. There is a temptation, which is the notion that it’s somehow an easier way to live.

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Pisces (Feb. 19-Mar. 20): Finances are now the focus. Take the weekend and think through some of the more challenging questions you’ve been facing and you will undoubtedly come up with answers by Monday morning. Don’t push or squeeze for the information, just work through the questions until you make a little progress, then make a little more. Stop asking. The timing on taking action is, by the way, a good few weeks out, so there’s no rush — you have plenty of time to plot, scheme and refine your plays. Speaking of plays, this is less about work and more about fun.

Editor’s Note: Our apologies to Eric Francis and to readers, for the omission of Planet Waves in the last issue. I lost it. The column was here, somewhere in my computer, I just couldn’t find it in time for publication. Don’t panic. We will have the horoscopes. This is the only time something has been left out that someone wrote to ask what was
Apple Cranberry Pie

Uses a 9.5-inch glass pie baking dish.

8 minutes. Remove from oven. Reduce heat to 350 degrees.

Apple Cranberry Pie
Preheat oven to 450 degrees.

Nutrition Notes: One slice supplies 4.6 grams of fiber, 11.5 grams protein, 13.3 mg. magnesium, 89 mg. potassium, 90 selenium, 3.76 zinc 24.6 mg. sodium, 126 calories made with Splenda® or 280 calories made with sugar.

Barley flour is the lowest on the glycemic index of all the flours. Apples supply fiber and alpha lipic acid, good against diabetes (diabetics make pie with Splenda® or Sugar Twin® used in same amounts as sugar).

Filling:
6 cups peeled, sliced apples (4 large or 6 medium size)
1 Tablespoon lemon juice
2 Tablespoons barley or rice flour
1/2 brown sugar or brown Splenda® or Sugar Twin®
1 & 1/2 teaspoons cinnamon
Scant 1/4 teaspoon ground cloves
Scant 1/4 teaspoon ground nutmeg
1/2 teaspoon salt
1/2 cup raw cranberries

Peel, core and slice apples into a large bowl. Toss with lemon juice. In a small bowl, combine flour and spices. Toss flour mixture with apples.

Assembly:
Reserve 1/3 of the dough. Pat the rest into a 9.5-inch glass pie pan for the bottom crust. Hold the pan up to the light to see where thick and thin dough needs to be evened in thickness. When as evenly thin as you can make it, form this bottom shell 8 minutes. Remove from oven. Reduce heat to 350 degrees.

Form the reserved dough into a thick disk. On a sheet of plastic wrap, pat it to a thin disk about 7 inches across. Chill (plastic and all) on plate in freezer 5 minutes. Cut into 8 wedges. Transfer apple slices to pie shell. Tuck cranberries into spaces between apple slices and around the edges. You’ll be surprised at how many you find room for.

Flip pastry wedges onto filling. Peel off plastic wrap. Bake 50 minutes, or until apples are tender (stick a fork in between wedges to test) and crust is lightly browned. Cool on rack.

Serve with vanilla yogurt, whipped cream, or French vanilla ice cream.

Yum!

Crust:
1 cup flour
1/3 cup sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt

Combine ingredients. Press into a 9.5-inch glass pie pan for the bottom crust.

Cran-Apple Crisp
4 large tart apples
2 teaspoons pumpkin pie spice, or:
1 teaspoon cinnamon
1/4 teaspoon cloves
1 cup rolled oats
1/2 cup flour or Splenda®
1 teaspoon cinnamon
1 teaspoon ginger powder
1/4 cup soft butter

Place apples, cinnamon and nutmeg in 9-inch square glass or ceramic baking dish. Combine oats, flour, cinnamon and ginger. Work in butter. Should make crumbly mixture. Stir over apple combo. Bake in preheated oven at 400 degrees until top is nicely browned and apples tender. If top browns too soon, cover with loose sheet of foil. Serve warm or cold, with cream if desired.

Dear Madame Toujours,
I am a forty-year old woman who desperately needs your help. I am a packrat. Not literally, of course. I mean to say that I have a tendency to collect things, and I can’t bring myself to get rid of them. It’s beginning to be a problem. I had to move my daughter Tambi’s bed into the dining-room because I needed her bedroom for storage. My husband Chad has always complained that he can never find anything when he wants it. Of course, I always know exactly where everything is and can find it for him in less than a minute. Last week, though, he finally lost his patience. I’m always warning him to be careful when he opens the door to the garden shed, but he forgot. He ended up with a concussion and a hairline fracture of the clavicle.

In the hospital, Chad gave me an ultimatum — him or my stuff. He can’t be being good for the surviving of the species. He ended up with a concussion and a hairline fracture of the clavicle.

You are merely having the difficulty with collecting them in the first place.

Unfortunately, in the modern times, it is being too easy to be hunting and gathering, so the very good providers are collecting so many of the useful items that they are falling on the husbands and the children and crushing them which is not being good for the sustaining of the species.

First of all, go to M. Chad in the hospital and say to him, “For shame to be opening the doors for the private storage places. You are the terribe husband.”

After all, you are the superior hunter and gatherer — he should be having the big providers. This was being the very desirable trait that was keeping everybody alive for the winter.

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Next put all of the useful items into the storage boxes, label them, and store them where they are not falling on the family members. Now you are having the fun of sorting through the collected treasures and can spend many happy hours fondling and admiring your cleverness.

By Chance, M. me. Collector, and possibly you are finding that to be throwing away some of the useless and ugly items to make room for the others is almost the same entertainment as collecting them in the first place.
Ladies of the group took one look at where the herbs and tinctures mornings, gathered in the corner and cozy chairs.

staying for a chat with crumb cakes.

heart that beats with the coming newly sold SBC. As we all now new business went into the, then,

wrote two years ago for this column.

together, I thought of an essay I held the neckline and arms sadly showed the strings that once beloved treasures from the bag and repair them.

there would surely know how to unravel.

Seattle Roasterie/Minglement, Saturday morning knitting group at

unraveling.

colorfully outlined objects, had trace the plastic gems scattered on sweaters. two favorites, a pinkish one that I came to call my preschool sweater sets she knits. And everybody but me does the socks.

The preemie blanket is part of an endeavor called The Preemie Project. A charge nurse at Swedish passed out a set of instructions to as many knitters as she knew with the directions for blankets, hats and booties for little ones who get so excited about joining this world they can’t wait nine months. Everyone has, so far, made a little bit of everything except for me. My contribution will be one lone little blanket. We’re hoping for over a thousand pieces. Kathy keeps bringing items the Southworth passenger Ferry people have made and some from Issaquah; the town, passenger Ferry people have made bringing items the Southworth.

Since I had in my possession a half cast on and recreate. It was a pick up stitches and bind off and make more and sell them. But equal

thought perhaps their inspiration done, eventually, nine foot long eye surgeries are second only to the absolutely adorable children sweater sets she knits. And everybody but me does the socks.

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thought perhaps their inspiration done, eventually, nine foot long eye surgeries are second only to the absolutely adorable children sweater sets she knits. And everybody but me does the socks.
Ernest,

You seem to desire a literary association with the late, great Ernest Hemingway. What you don’t share is the ability to be precise, to dice, to not say everything twice, or three times for that matter. Remember the iceberg: We only want to see what we’re meant to see; the top 1/10th. Leave the rest to our imagination. Please!

Doctor Lottle

P.S. Keep it raw, keep it existential, let it thaw in the Boston residential.

Okay Doc,

Direct Orders. Here’s some pictures. Here’s some captions. You fill in between periods.

Ernest

2006 Seahawks 1st Round Draft Pick, Kelly Jennings, chills out between his 4-a-day workout plan. Photo by Alison “Alleycat” Katica

Ichiro grows a ponytail after losing bet with Hargrove. “He thought we would be .500 this year. Silly Ichiro,” Hargrove said. (Ichiro vows to keep the pony tail next year, even if traded to the Yankees.) Photo by Alison “Alleycat” Katica

Scott Hendrix, always the ladies man since college, gives Piper Grace (his and Laura’s new little one!) a lesson on the History of Elliot Bay.

Vashon Sportsmen’s Club

Turkey Shoot

This fall shoot is part of a great American tradition that dates back to before the founding of our country. One of the blessings our country had to offer the world was the turkey. With its delicious meat and large size, it was a perfect example of the bounty of the New World.

Today we continue the tradition of marksmanship competitions to decide who is really worthy of bringing home a nice big turkey for their dinner. So bring your shotgun, and try your hand at a round or two of trap, and see if you get to go home with a plump turkey for dinner.

The date of the Turkey Shoot is Saturday November 18th. Sign-up at 9 a.m. The shoot starts at 10 a.m.

All participants must register by 10 a.m. in order to play. The cost is $5.00, which includes the clay pigeons, but not shells. They will be available for purchase from members at the event.

November 18th

9:00 am

$5.00

Open to the public

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Loopy Laffs

Some people are wise, and some are otherwise.

Sex appeal is 50% what you’ve got and 50% what people think you’ve got.

Golf is a good walk spoiled.

— Mark Twain

In the year 2000, the world’s population was more than six billion people. In 1500, the world population was about 400 million. The biggest cities were the size of today’s towns.

If vegetarians love animals so much, why do they eat all their food?

Everything can be filed under miscellaneous.

Better living through denial.

I doubt, therefore I might be.

Life is short—make fun of it. I don’t repeat gossip, so listen carefully.

Earth is the insane asylum of the universe.

Love is blind but marriage is an eye-opener.

I don’t repeat gossip, so listen carefully.

The books that the world calls immoral are the books that show the world its own shame.

—Oscar Wilde

I almost had a psychic girlfriend... but she left me before we met.

A guy goes to the supermarket and notices a beautiful blonde woman wave at him and say hello. He’s rather taken aback, because he can’t place where he knows her from. So he says, “Do you know me?” To which she replies, “I think you’re the father of one of my kids.” Now his mind travels back to the only time he has ever been unfaithful to his wife and says, “My God, are you the stripper from my bachelor party that I had on the pool table with all my buddies watching, while your partner whipped my butt with wet celery?” She looks into his eyes and calmly says, “No, I’m your son’s math teacher.”

I intend to live forever... so far, so good.

Experience is something you don’t get until just after you need it.

Experience is something you don’t get until just after you need it.

The hardness of the butter is proportional to the softness of the bread.

To steal ideas from one person is plagiarism; to steal from many is research.

The learned are seldom pretty fellows, and in many cases their appearance tends to discourage a love of study in the young. —H. L. Mencken
Blue Heron Youth Theater performs Sleepy Hollow

Don’t expect the Johnny Depp version of Sleepy Hollow from Blue Heron Youth Theater when they perform The Legend of Sleepy Hollow at the Blue Heron at 7:30 p.m., Friday and Saturday, November 17 and 18, and at 2 p.m., Sunday, November 19.

Although everyone knows the scary story about a headless horseman who roams the countryside and terrorizes the tiny hamlet of Sleepy Hollow, Blue Heron Youth Theater’s version dwells more on the eccentric, comic characters who live in the Dutch farming community. Actors, ages 10 to 17, have worked under the direction of Patricia Kelly since mid-September to bring Washington Irving’s classic ghost story to stage. Tickets for the show are available now at Heron’s Nest and Blue Heron Art Center, $7 VAA members, seniors and students/ $10 general admission. Sleepy Hollow is recommended for ages 5 and older due to occasional thundering horses, simulated lightning and creepy music.

When new schoolmaster Ichabod Crane (Jack Summers) is hired by the inhabitants of Sleepy Hollow, they have no idea of the ensuing chaos that will erupt. While Ichabod disciplines the children, he shares his worldly charms with the town’s eligible women and insatiable appetite with anyone who’ll provide him a hot meal. He soon sets his sites on Katrina (Hannah Higginbotham) who comes from a wealthy family. As luck would have it, Ichabod must compete with a rival, Brom Bones (Yusuf Griffin), for Katrina’s attentions. Brom receives support in his endeavors from good friend, Yost (Alex Soriani). Meanwhile, Grata (Whitney Williams) goes after both Ichabod and Bones. Farmer Stuyvesant (Peter Evans) is charged with the impossible task of keeping order in the town.

Kelly says, “The rivalry between Ichabod and Bones, Ichabod’s daily dilemmas and struggles with the school children and his relationship with the townswomen offer plenty of humor that both children and adults can appreciate.”

The headless horseman tale, told by keepers of community lore and the town gossips (Mrs. Van Hudson — Halla McManus; Mrs. Van Tassel — Patti Roberts; Mrs. Trenkler — Maya Bulow Krah; and Widow Van Doom — Erica Walker) are anxious to share everything they know. According to storytellers, the headless horseman is the ghost of a Hessian soldier who lost his head in a fierce battle during the Revolutionary War and will spend all eternity galloping along country byways searching for his lost head.

Emma Hennessey plays a ghostly woman in white and Johanna, the student. Isaiah Mosser Rhome plays the menacing pirate ghost, and Walter, a student. Iris Spring provides fiddle accompaniment for the town dance. Debra Vaughn and Gordon Millar have created a beautiful autumnal set, Marian Eaton is the production coordinator, and Linda Higginbotham is wardrobe mistress. Bring the whole family and come see the mystery of the headless horseman! Special thanks to Vashon Thriftway for supporting VAA Family programming.

Author Joyce Maynard at Books by the Way on November 10

By Cindy O’Hara

Joyce Maynard is no stranger to murder. She comically explored the subject in her popular novel, and subsequent movie, To Die For. Eleven years later, Maynard tackles the subject again in her latest book,
American Hero Quilts Show at Open Space

The Dream is that each of our injured troops returning home from war through Madigan Army Medical Hospital and other military hospitals receive a “hug” of appreciation. These “hugs” are exceptional, patriotic, heirloom quality quilts. Each is unique, created by many loving hands, and is long-arm or hand quilted. The quilts in this show are not for sale but are artworks of the finest quality that are presented to the community for their enjoyment and to bring about an awareness of other Island groups. Stop by and see these compassionate works of art. Please leave all politics at the door. For more of the story see www.americanheroquilts.com.

Tom Gross-Shader at Two Wall Gallery Through November

By Ben Meeker

Tom Gross-Shader paints tortured, confined and bound forms with open, light and exultant color. He paints heroic everyday objects that represent everyday activity with joyful, loving clarity. These themes and emotions are painted and drawn with hard, definite, confident lines and colors that refer to color more than some synthetic notion of space and light.

Crows are harbingers, clowns, community activists, public speakers, industrialists and resourceful omnivores. Tom’s crows provide a metaphorical function as they flap around the (now iconic) bottomless crevice on a snow covered mountain is a portrait of a mountain-climber/athlete.

The third sort of painting is a painting with its entry or exit ramp contained by a secure perimeter. His horse lancer and bull twisted together into a vertical column can be seen as a quagmire metaphor, a reliquary-like enclosure until they begin to become a lyrical abstraction of black and white with a geometric flight path.

Many of Tom Gross-Shader’s paintings are biographical in content and form. His dinner table with askew chairs and toys scattered beneath, is a portrait of his family. His studio easel with rags, stored overflow, a toy truck, paint and paintings is a picture of the painter father. A bottomless crevice on a snow covered mountain is a portrait of a mountain-climber/athlete.

The scene of a murder of his crows swirl around in behind his picture window. And a birdwatcher, with his binoculars, begins to become a lyrical abstraction and form. His dinner table with askew chairs and toys scattered beneath, is a portrait of his family.

How’s Counting? http://icasualties.org/oif/

What’s Happening at the Vashon Bookshop

By Devon Atkins

Jeanne Robinson’s photography, “Appreciations of Things Distant and Close,” can be seen at Vashon Bookshop during the months of November and December, featuring the people and culture of India, as well as an admiration for what is closer to home.

Vashon Film Makers Atkins and Franks Are on IndieFlix

Vashon college students/film makers Alex Atkins and Andrew Franks are excited to announce that their short film, What Time It Is, is now available on IndieFlix. This is a short film that was made for The University of Washington’s 24 Hour Film Contest. The directors were given a prop, a line of dialogue and a 5 minute time limit. They had 24 hours to write, film, and edit the film.

A plot précis: “Hudson is conducting an experiment he doesn’t know about. A young man wakes up alone in a football field. He must follow the few clues he has been given to understand how he ended up there in the first place.”

To purchase What Time It Is on DVD, follow this link: http://www.indieflix.com/FilmDetail.aspx?tid=5130

The Christian ideal has not been tried and found wanting; it has been found difficult and left untried. – H.L. Mencken

My mother loved children - she would have given anything if I’d been one. – Groucho Marx
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Build Your Dream Home

DEC 1ST 06 - MARCH 07
2 BED/ 1 3/4 BATH SINGLE-STORY partly furnished HOME IN BURTON. Large living /dining area and open plan Kitchen with Propane range. Wood stove and electric heat keeps this 1200sq ft home cozy in winter. Refurbished recently with floors, windows and doors. very clean and bright. Washer/dryer/ cable/ phone/ Trees/Gardens and plenty of parking. Asking $925 per month plus Utilities for 2-5 months please.

Owner has Studio on property where he may stay once in a while after feb 07. Contact Marc at 463 2648 or email habeyondo@yahoo.com

SHORT TERM RENTAL

HIRED THE VASION LOOP, p. 20
November 8, 06

HOUSESITTING

Plants, garden and pet care
Excellent references
Marie Schlick  567-4030

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