



THE VASHON LOOP

Vol. 6, #19

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 18, 2009

Waitressing To Give!

Vashon Community Care Food Service Project

by Christine Beck

Were you a waiter in your college days? A waitress in high school? Ever want to work in food service but don't have any experience? Feel the urge to meaningfully volunteer but are just not sure where or how? Then the Vashon Community Care Center Food Service Project is the place for you!

Started in April 2009, by two "mature" former waitresses who wanted to volunteer and make a difference at VCCC, they looked at their own life skills, dragged out waitressing from their bag of tricks, tied on aprons, and started waitressing at the dinner hour in Aspiri Gardens, the assisted living



VCCC volunteer Cynthia Phillips and resident Harry Bebow, photo by Christine Beck.

dining room at Vashon Community Care. The goal was to provide a quality dinner experience for residents through skilled and gracious service. And the result, the evolving Food Service Project, can be tallied in volunteer hours that pass swiftly and are loaded with smiles, friendly conversation and warm gratitude from residents and staff alike.

In June the project expanded and volunteers Rick Edwards, Ronnee Huggins, Bunny Kallsen and Cynthia Phillips joined Heidi Richards and Christine Beck providing volunteer waitresses and waiters in the dining room 3 to 4 nights a week. But that's not enough! In covering the dinner shifts with volunteers, the most important impact is that the skilled staff is released from waitressing and allowed to return to tasks for which they are trained and urgently needed. The project

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Jasper and Wil Forrester of GreenMan farm at the Vashon Farmer's Market, photo courtesy GreenMan Farm.

Farms Celebrate Harvest

by Jasper Forrester

The 11th Annual King County Harvest Celebration Farm Tour will take place on Saturday, September 26. Here on Vashon Island, five farms invite you to come and get a taste of farm life! It's a day of fun and agricultural learning for children and adults alike.

GreenMan Farm will be back on the Farm Tour again this year. This farm thrives as a model for biointensive abundance on a truly micro-scale by demonstrating the bounty that can be enjoyed on a

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Heat Pump: A Love Story

by Mary Bruno

This is part of an ongoing series from WISEnergy that will showcase the different ways in which Islanders are conserving energy.

Deena Eber really likes her heat pump.

For more than a decade, the retired executive recruiter used electric baseboard heat (sparingly) and a wood stove to warm her 1,350-square-foot home in Burton. She'd run the baseboard system for an hour or so each morning, which was the time it took her to stoke the stove.

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Deena Eber with her heat pump, photo by

Let's Talk!

Join in on the Community Council Town Hall Meeting Monday, September 21, 2009 at 7:30 p.m.

by Christine Beck

The September meeting of the Vashon Maury Island Community Council (VMICC), set in a Town Hall style, is all about Vashon, its residents and their interests and issues. Islanders are invited to bring their own visions and concerns for Vashon to the VMICC Town Hall on Monday, September 21, 2009 at 7:30 pm at Courthouse Square. This open forum is designed to encourage all residents to identify the Island issues that concern them most.

What's your hot button for Vashon? Ferry fares and follies? King County's mis-named Dockton Seawall project along Tramp Harbor from Ellisport to Portage? Promotion of tourism on the Island? SeaTac noise? Issues you may never have considered might have a huge future impact to your Island life. Come prepared to identify those issues that interest you, learn of other simmering concerns, and then help the Council prioritize and create the future framework for open, community-wide discussions on the issues. Become engaged and help the VMICC focus its directions.

Each resident attending a general Council meeting is a voting member of the Council and the VMICC is **your** voice to King County. The goal of VMICC is to present a forum for public dialogue in a fair, impartial and respectful manner. For that dialogue to happen, we need you to be there!

At the September Town Hall, VMICC will also introduce the Outreach Committee's new Ombudsperson position reachable at vmiccoutreach@yahoo.com. Generally speaking, Ombudspersons are resources who support effective communication, cooperation, equity, and civility. Unlike the Island-wide issues to be raised during the Town Hall meeting, the VMICC Ombudsperson's focus is to help the resident deal with single issues

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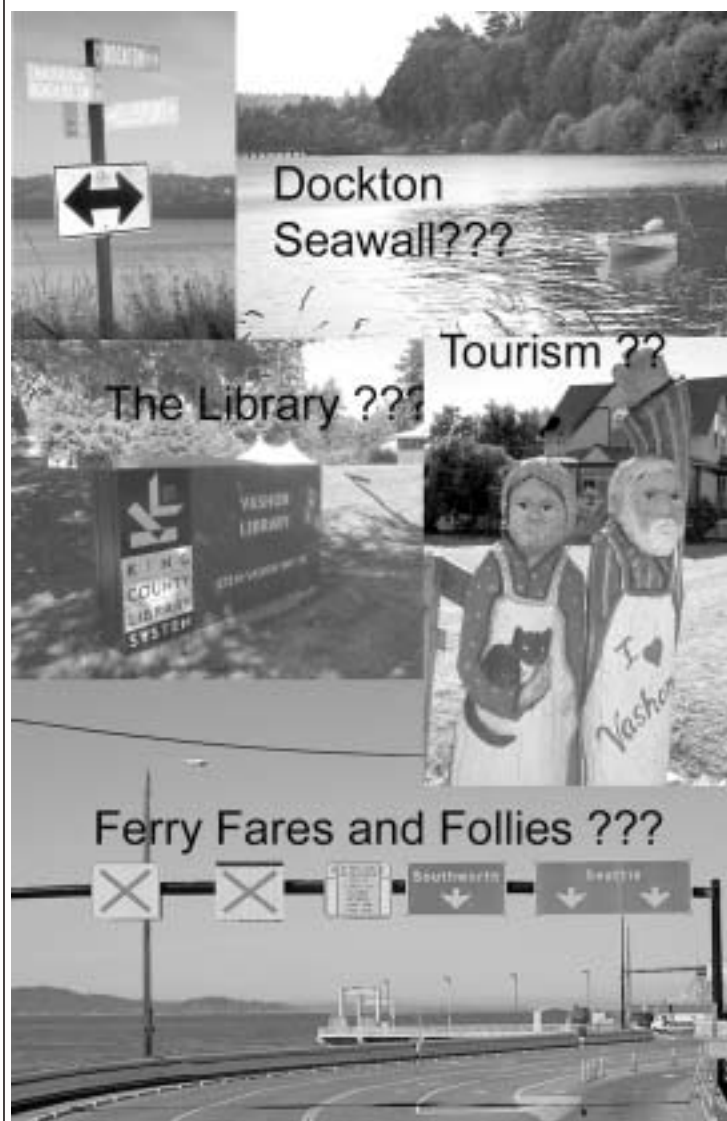


Photo montage by Christine Beck.

Get in *The Loop*

Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Concern for the Hungry

LoAnne Forschmiedt, Vashon's Unofficial Mayor, announces that Vashon will participate in the statewide Mayors' Day of Concern for the Hungry, September 26th. Volunteers are needed at Thriftway and Vashon Market to receive donations of food items to be given to the Vashon Food Bank. Volunteer for one (or more) hours between 9 a.m. and 5 p.m. Saturday, September 26th. Contact LoAnne at 463-2208 if you would like to help.

Women in Transition

A support group for women in transition with jobs, housing, health, relationship, or family dynamics will be starting on Tuesday Sept. 15th, from 7-8:30 pm on Vashon. The cost is \$15 per week. Please call Deb at 206 686-4325 at Stages of Healing to reserve space and find location.

VCCC Hosts Caregivers

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

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

The Vashon Loop

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Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

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Don't miss an issue. Really.

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

UMO · YOGA · BENEFIT
Island Yoga hosts a yoga benefit class for UMO Ensemble!

September 20th @ Open Space
18870 103rd Avenue SW
10AM-1PM

3 hours of stretch, flow & fun with Kathryn Payne & Lynelle Sjöberg & Loud Yoga!

Raffle! Refreshments!
\$20 suggested donation
Bring a mat! Outside if weather permits.

Open Space for Arts & Community
UMO ENSEMBLE
Island Yoga

Vashon Library October Programs

Art in the National Parks
Saturday, October 3, 2pm
Instructor, Molly Hashimoto
Ages 8 to Adult

Painting outdoors requires the ability to make quick observations. Learn how to sketch outdoors and keep watercolor journals, using simple tools like water soluble pens, pencils and paint kits. No experience necessary; all materials will be provided. Molly Hashimoto is an illustrator and an instructor at the Yellowstone Institute. Registration is required; call 463-2069. Sponsored by Friends of the Vashon Library.

Great Books Discussion Group
Monday, October 5, 7-8:30pm

Great Books Club will resume meeting on the first Monday of the month. The book being followed this year is *Great Conversations, Book 3*. The first reading is "The Pardoner's Tale" by Geoffrey Chaucer. Fortunately the language of the poem has been updated to present-day English, so you don't have to worry about tackling Old English. Visitors are welcome. Our only requirement to participate is that you have read the material under discussion.

Couples Redefining Retirement
With author Beverly Battaglia.

Saturday, October 10, 2pm
Couples spend their whole lives saving for retirement but often forget to plan what to do when they finally retire. Join us as Beverly Battaglia, PhD., talks about her new book *Changing Lanes: Couples Redefining Retirement*. With a highly useful map that guides couples contemplating, actively pursuing, or living retirement, Dr. Battaglia explores the issues facing Boomers and elder adults in retirement such as making stronger marital and familial relationships, facing health issues, financial changes and late-in-life

decisions. Meet this Vashon author who will be signing copies of her book.

Opera Preview: La Traviata, by Giuseppe Verdi

Sunday, October 11, 2-3:30pm
Lecturer, Norm Hollingshead

"La Traviata" is Verdi's most frequently performed opera, and contains some of his most famous music. The realistic story of Violetta, a famous Parisian courtesan who sacrifices a chance at true love to help her beloved. Verdi's glorious melodies deepen the drama and bring Violetta to life as one of opera's most tragic heroines. Norm Hollingshead illustrates his commentary with musical excerpts from his own collection of recordings, many quite rare. Sponsored by Friends of Vashon Library.

Why Can't You Behave? Ideas for Handling Misbehavior

Monday, October 19, 6:30pm-8:30pm

Presented by Kathy Slattengren, M.Ed., Priceless Parenting, LLC

Learn ways to set effective limits, deal with adult-child control issues and use positive techniques for dealing with issues like tantrums, tattling, begging at the store and bedtime. Provides 2 hours STARS credit in Child Guidance. For adults only. Registration begins Monday, October 5- please register online at www.kcls.org or call the library at 206-463-2069.

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Help Foster Children

Residing in King Co. are approximately 1500 foster children. These kids have many needs that often go unmet. Want to be a guardian angel for a child? Read on and email me, Jo Ann Herbert, at deergrazingbymoonlite@yahoo.com. I am gathering a group of concerned community members to represent Vashon at the October luncheon of The Mockingbird Society. I am also giving a small fundraiser in my home Sunday September 27th. Please call for an invitation.

Since its inception in 2001, The Mockingbird Society has been dedicated to improving the current and future lives of the children and youth who rely on the Washington State foster care system. The Mockingbird Society's mission is to build a world-class foster care system through collaboration, innovation, and advocacy. The Mockingbird Society is committed to reforming the foster care system through public policy advocacy and the development of an innovative foster care service delivery model. It is a national leader in engaging, empowering, and employing youth and alumni of the foster care system

On October 6, 2009, The Mockingbird Society will hold its 3rd Annual Benefit Luncheon, at The Sheraton, Seattle. The goal is to raise \$252,000 to enable The MBS to effectively address the many challenges faced by children, adolescents, and families in foster care. This is a wonderful opportunity for guests to learn about The Mockingbird Society's programs, why community support is essential, as well as a time to connect with other concerned citizens who are working to make a difference in our community. For more information, please contact Alicia LeVeze at Alicia@mockingbirdsociety.org or at 206.838.6631.



H HOME TEAM R E A L T Y

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Call us if you are interested in seeing any of these properties, or any others that are listed for sale.
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This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!

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Acreage on Burton Peninsula

Location and Land! This comfortable house sits on almost two level acres on the Burton Peninsula, one of Vashon's most desirable neighborhoods. The property consists of two tax lots and borders Vashon Park District owned lands and trail system. Sunshine and fruit trees, lots of room for gardening and playing. Inside, the cozy living spaces look out over the private acreage, and a full unfinished daylight basement with a bath provides great opportunity for additional living space. **MLS# 29096848**

Incredibly Priced at \$330,000.

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Incredible View



Offered at \$279,000

Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

Call us and ask about **MLS#29035811**

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28112 135th Ave SW

This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. **\$279,000**



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Positively Speaking

The Good Brother

by Deborah H Anderson



Knowing I was working on this column in my heart, I turned to the soprano section of the Chorale behind me while we waited for something to happen in our final rehearsal before the Christmas concert.

"Hey..." (explaining what I was doing) "and so I was curious. I think the best husband is closest to being a friend. I think what every woman wants is a good brother. Am I right?" Heads nodded in agreement with those who had heard me. Small conversations started around the topic.

That thought circulated now as I heard from across the room the man, who when asked if he had anyone special in his life right now, uttered, "Nah, I reel 'em in and I cast 'em out."

I have three men I consider brothers. They don't know that. Or at least they won't until I send them a copy of this article. One is a black musician. The other is a white Christian Writer. The third is a white writer too, although he defines himself as a wicken if anything.

How does one earn the status of brother in my book? Many ways...

First of all they see into me pointing out positive parts of myself I can't see in myself. All three of them have nudged me in directions I only felt intuitively, and believed myself to be wrong in those perceptions.

And they feel fully entitled to tell me what I ought to be doing.

With one of the brothers, I have kind of an on going kinda sorta relationship. With one of them, it was a one time encounter at length and then I see him now and again and affirm the fruit of that conversation.

I wonder sometimes what it would have been like to have grown up with these three guys in my corner. Ohmygosh, I think I would have floated to the moon in a balloon chair. Anything would have been possible.

There is a lie presented as a truth out in the world that women want a man to sweep her off her feet and do for her.

The truth is, a woman wants a good brother. We can live a lifetime without husbands if we have good brothers. We will choose men who will be friends first as husbands if we have good brothers.

What does it take to be a good brother? All three are good listeners. That isn't to say they don't have that guy thing going on where there's another transcript running at the same time, but they are mostly listening.

All three are doing good jobs at what they do. They use their gifts and talents to the max. They steward their resources well.

They think I'm tops and let me know. They encourage me in new ways of adventure. They assume I will accomplish what I set out to do. They expect it of me.

They offer critiques with care. There's no slice and dice demeanor in their souls.

We boomer women remember a time during the Women's Movement when there was a t-shirt that said, "A woman without a man is like a fish without a bicycle"...well, only if she's had good brothers.

You men out there. You have a chance today to be a good brother to some woman today. Did you take the job seriously? It's important ya know.

Any guy can tell some woman she's pretty. But it takes a real man to offer support and encouragement. Did you do the things you need to do today to build that in yourself?

If you have a blood sister, call her. Tell her you want to take one more chance to let her know she's a great person and has gifts and skills to share with the world.

When I know I've done a good job as a mom is when my son, who is nine years older than my daughter, is affirming her and encouraging her. When they share a laugh over mutual interests or start out on a day together sharing ideas and opinions.

Men marry women like their mothers. Women marry men like their brothers.

I've always worried if I married again, I'd marry the same mistake. Not anymore. To my brothers I say...blessings and cheer. And now you know!

Love
Deborah



Predators?

T here at Wolftown, can you please notify me if you have any unusual livestock disappearances? This if for predator check. Thanks. 206-463-9113.

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Farms Celebrate Harvest

Continued from page 1

small piece of land with minimal outside inputs. We work with (not against) Nature to manage soil health and fertility. We rely on compost, mulches, and friendly animal helpers to create rich, healthy soils and the best food that sunshine, soil and rain can grow!

The farmstead is nearly 100 years old; this is our 13th year growing in this idyllic setting, where we lovingly tend our double-dug beds, greenhouse, orchard, flock of chickens, and our sweet Jersey cow, Hazel.

All of the farms participating on this year's Farm Tour will be featuring special activities and entertainment. Here at GreenMan farm, we have planned a full day which will include:

**** Self-guided tour of the farm,** showcasing the farm's innovative green projects, such as rainwater harvesting, weed-free veggie growing, and nutrient recycling through composting (AKA "Turning Turds Into Tomatoes");

**** Enjoy the farm fresh cooking demo.** Chef Kyrin Heiter has been a chef here in the Northwest for 18 years, cooking in some of the finest restaurants in Seattle and on Vashon. He believes firmly that farm fresh food should be cooked simply, allowing its true character to shine;

**** Learn about traditional farm skills** such as cider pressing, food

preservation, butter and yogurt making;

**** Talk with King County Master Recycler/Composters** and learn about natural yard care, composting food and yard waste at home, and tips on recycling;

**** Visit with Tilth Producers of Washington,** the premier organic farming and sustainable agriculture organization of Washington State. Tilth Producers fosters and promotes ecologically sound, sustainable agriculture in the interest of environmental preservation, human health and social equity;

**** And of course, you can always visit the farm stand** for seasonal veggies, fruit, eggs, and farm-fresh treats.

In addition to GreenMan Farm, four other island farms will be welcoming visitors during the Farm Tour. From north to south, the participating farms are:

GreenMan Farm - 8800 SW Dilworth Road
(www.greenmanfarm.com)

Blue Dog Farm - 10323 SW 156th Street

K-Jo Farm - 20602 111th Avenue (www.kjofarm.com)

Stop Sign Farm - 14016 SW 240th Street

Langley Fine Gardens - 10012 SW 268th Street (http://stov.us/at/langleyFarms.html)

Go on this year's Farm Tour and see for yourself where farmers grow our local foods, raise farm animals, and steward rural and agricultural

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Planet Transient

By Orca Annie Stateler, VHP Coordinator

Dear readers, keep your binoculars and cameras handy. Since August 31, five Transient killer whales have been roaming lower Puget Sound in search of seals. The VHP observed them on August 31, September 6, and September 8 - 9. Between their Vashon forays, they are venturing deep into the south Sound. We await their return to Island waters.

These orcas have catchy Transient names, such as female T36A, her youngster T36A1, and the T137's. Besides a female with a small calf, the group includes an older juvenile, a sub-adult (sprouter) male, and another member. With a nick in the trailing edge of the dorsal fin, T137 is more recognizable than the others are.

patterns and direction changes are wildly erratic. They skunked us a few times.

Much of the energetic behavior our VHP spotters describe is associated with catching seals. In an effort to subdue and drown prey, Transients display dramatic surface activity: lunges, breaches, cartwheels, pec slaps, tail slaps. The Fickle Five spy hop often, as well.

Contact Orca Annie at Vashonorcas@aol.com, and send whale photos that capture distinguishing features of saddle patches or dorsal fins. Watch for scores of seals congregating near shore!

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

Eat at the...



This Transient visited in February 2006, with a group that toyed for several hours with a harbor seal off the north end of Vashon. Photo © 2006, Mark Sears.

Transient social structure is fluid; unrelated Transients regularly travel and hunt together in a "group." Researchers typically reserve the word "pod" for Resident orcas.

As of Loop deadline, Mark Sears and I lack decent ID photos of these killer whales in Vashon-Maury waters. Thus far, we have not detected their clicks or vocalizations on the hydrophone. In the last five years, Transient encounters have increased here and we want to have a reliable record of the groups that visit the Island.

Please support the work of the Vashon Hydrophone Project (VHP): **REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.** We are deeply grateful to everyone who calls in sightings and describes behavior. Your timely reports help the VHP immensely in tracking the circuitous movements of the "Fickle Five," our nickname for these Transients because their travel

LA PLAYA

A Family Mexican Restaurant

Miguel and Ofelia have a new baby girl! Melissa was born February 25, and weighed a healthy 8 lbs 4 oz.

Now that Miguel is a dad, he thinks kids should eat for free at La Playa.

So here's the deal:

KIDS EAT FREE EVERY DAY AFTER 5:00 PM!

Of course, there are rules...

Buy two regular menu items and up to three kids get dinner on the house Kids 10 and under only

Must be accompanied by a parent

Kids order from the children's menu

Not valid with any other offer

Spanish/English Karaoke Saturdays 9:00 pm - 1:00 am

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10825 Vashon Hwy SW (206) 567-0020

Let's Talk!

Continued from page 1

that are of interest and concern primarily to that resident and to put the resident in touch with the correct local, county and/or state agency. The Ombudsperson is there when the question "Who you gonna call?" comes up on problems like neighbor disputes, dumping, property lines, tree cutting and the like. The VMICC Ombudsperson will make every effort to find the agency that can help the resident.

Mark your calendars, program your cell phone alarms, put a reminder on your computer, and just don't miss this Town Hall meeting. The Island and VMICC need you to show up, speak up and work with your neighbors on the issues that matter to all of us as Islanders.

If you cannot attend but want to have a voice in the discussion, send us an email at john@staczek.net or leave a voice message at 463 1959. We'll get your voice to the Town Hall Meeting.

This Town Hall is a great opportunity to meet other Islanders, become part of the process in determining the future direction of Vashon in many areas and—not of least importance—enjoy the tasty spread that VMICC puts on for every general meeting. For more information about VMICC, its mission and the standing committees, go to <http://www.vmicc.org>.

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 25.**





Planet Waves



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

For more astrology, horoscopes and information on private consultations please visit www.priyakale.com/blog. Please email priya@priyakale.com with comments and feedback on the horoscopes.

Aries (March 20-April 19) This week you move past a barrier and a milestone in this quest of manifesting your dreams and soul's purpose. On a deeper level you know this is a confrontation of some of your most lucid fantasies and fears. The way past your fears is not through idle romantic fantasies but solid agreements. You are no stranger to determination and I suggest you embody the strength you feel you somehow lack. As you renegotiate your sexual, creative, personal and professional relationships over the coming weeks, create balanced communication with clear understanding of roles. If there is to be healing, there first needs to be an honest appraisal of the passion, dedication and level of commitment within a situation. Do you dare acknowledge your heart's desire? What would you do to meet it?

Taurus (April 19-May 20) Your level of breakthrough this week depends on your ability to see beyond the illusion to something divinely inspiring. A situation close to your heart seems to be ready to move forward to its next stage of manifestation. But ultimately this means devoting your heart to something that inspires your faith. You are aware of wounds you've carried too long that have no place in your future, if you want more of the peaceful existence you say you do. This is about you feeling safe enough to be yourself, express yourself and indeed love yourself. You may wonder if you have what it takes. But truthfully this is a revelation of who you are at your core. You may wonder if you deserve something this divine. But this is no fantasy, just an awakening, embodying and revealing of your natural transcendence.

Gemini (May 20-June 21) You are retracing core aspects of your being, asking you to come down to earth for a moment. You may have thought you'd seen the last of a difficult situation and it may seem you are heading right for it again. When it comes to negotiations your imagination is key, this is not about spinning romantic fantasies. You are moving toward a future where you can work on building the kind of relationships that stabilize you with greater emotional and financial security. What's the use of playing in the rain, if you are constantly looking over your shoulder to check if your house is still standing, or that the sky is going to fall on your head? Get your foundations right so you can experience more of the carefree passion you long to express.

Cancer (June 21-July 22) You're close to reaching an understanding or commitment with a partner over the next few days, setting the stage for healthier communication in the future. But first there may be a few realizations to come to within yourself. This will mean first being honest about where your models of communication come from. Look especially at your relationship with your father or an authority figure that in the past has had you feeling like you have little or no say within a situation, causing you to react or respond in a certain way. How you feel about yourself ultimately defines the wealth and love you attract into your life. Dig deep to find your integrity while opening your mind to the wider possibilities for the future. Embody your truth and speak it fearlessly.

Leo (July 22-Aug. 23) You are reaching a breakthrough point in a deeply intimate, personal or financial situation that has been pushing you to find your core integrity and self-worth. Above all else now, be honest but don't be too hard on yourself. It's not about being 'good enough;' it's following through on what you say. You may fear

the forces of chaos, but all that exists came out of this very nothingness. The people in your life are there to mirror the depths of your heart. Some of this may be painful, some may be just golden, but none of this defines you. A situation is asking for you to dive deep. Relationships are like swimming -- no amount of reading will teach you what you can experience only by diving in. You will not drown, rather you can become the anchor in the eye of a storm. If you surrender, it's likely to be a more wet, wild and magical experience than anything you "fear."

Virgo (Aug. 23-Sep. 22) You've been battling a delicate situation for what may have seemed like an eternity. The recent Full Moon in your opposite sign, Pisces, may have brought you an inkling of what's to come, but truthfully you've known for a while. This week things reach a breakthrough point. Try not to be too self-critical at this point. Rather, become the force of change by embodying it. As long as you are grounded in what truly matters and who you are, you can make choices accordingly. Deep in your soul, there is a fire throbbing with divine love, asking you to pour your heart into that which heals you. It may be scary to open up and risk being rejected. You can have your heart's desire, if you dare acknowledge it to yourself first. There is nothing to fear here but fear itself.

Libra (Sep. 22-Oct. 23) This week brings you a solid glimpse deep in the heart of desire. What is it that you desire now? What is it in your world that needs healing? Your heart has had its share of lessons to learn. Look at what you are creating in your world and ask yourself if this is a projection of the truth. Create out of love, boldness, fearlessness and passion. It is always easier to escape into an illusion for fear of rejection, but hurt pride never solved anything. Be honest with yourself now as you ask these difficult questions. You cannot see it but you are on your road to true freedom, the kind that comes as a solid knowing in your psyche. You will have to get past your own subconscious fear of change to recognize that this is what you have wanted all along. Allow yourself to soar on the wings of imagination as you realign, redefine and embody your soul's purpose.

Scorpio (Oct. 23-Nov. 22) There may have been a deeper truth that has come flying out recently. Whether or not you feel 'ready,' you have no choice now but to resolve your darker suspicions, that keep you from experiencing reality. You reach a point of breakthrough within a situation that has demanded more than you may have felt you had to give. But this has opened your eyes to just how valued your gift to the world is. You may have doubts about the future of a partnership, but I suggest you dive deep into your soul to discover the undeniable truth. There may be painful realizations to confront and wounds to heal. But these have to do with the past, rather than the present and boundless future you can feel exploding in your heart and being.

Sagittarius (Nov. 22-Dec. 22) It may feel like you are being asked to surrender all known securities in favor of something or someone that may have been a tough client to please. You don't need to get into anyone's good graces as much as embody your own strength and integrity. You've been digging deep to find your self-worth and confronting darker fears about success. Now comes a transformation point in an important partnership. There are a few creative ideas floating that you could capitalize on, allowing both parties more freedom. You will not lose anything, nor are you banging your head against a wall. You've always played by the rules and soon you

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will reap the rewards of your faith. This is about you reclaiming respect and your rightful seat of authority in this world. No matter what you fear, you sit in the lap of a greater divine force endless in its depth.

Capricorn (Dec. 22-Jan. 20) On the surface, to the world you may seem self-assured, but there's a deeper question you've been digging for an answer to. Who are you? What are the things you like about yourself and what do you feel is ready for a change? You've been gaining perspective and now comes a moment of truth. You've been working hard to expand your mind to the greater possibilities available. To get what you desire, you have to admit it to yourself first. If you have doubts regarding a financial and intimate partnership ask yourself why? Focus your deepest values even if there is some painful truth to confront there. This is not about your selfish gain, nor is it about praise, fame or life's transient pleasures. But about something that fills you with hope, pride and joy, worthy of your devotion. Dare to speak your truth -- the world is listening.

Aquarius (Jan. 20-Feb. 19) You've been battling with a difficult situation for what may have seemed like an eternity. You had to dive layer beneath layer within yourself to discover depth you didn't know you had. Now comes a final confrontation within a situation, which can free you to pursue without worry the desires in your soul. It will require

inspiration on your part and the ability to see through to the heart of a matter. You've always been the one pushing through boundaries to get people to open up to a greater truth. This is not about shock value, but rather your deepest soul values. What you have to give is infinite in its depth and wisdom, a partnership is solidifying now. If you can focus on what you are trying to build rather than what you fear you may lack you can ease the pressure here. This is about you having faith in yourself and what you choose to dedicate yourself to.

Pisces (Feb. 19-March 20) It may have been a battle to gain your sense of self and freedom within a situation. But this has led you on an unexpected journey of discovering depth within you, you didn't know you had. You have the opportunity now to create and imprint your life with the soulful vision you have long been dreaming. This will take dedication and bucket loads of inspiration, but when have you shied away from the impossible? Consider this an opportunity to work your magic. Allow a situation to open up its arms to you and breathe life into that which you create daily with love and passion. Pour yourself into creating a life lived fearlessly with love, passion and bright colors for the future. You are starting a new phase, asking you to let go of the past and walk boldly into the future. Trust your integrity and dedication will carry you through the stormiest seas.

Island Epicure



Nutty Oatmeal: Feasting Cheap with Proteins Aplenty

by Marj Watkins

Protein is probably the most expensive of the necessary nutrients for a healthy body, smart brain, and happy disposition. The USDA says women need 46 grams of protein a day and men need 56 grams. Pregnant and lactating women need 65 and 63 grams respectively. Children 1 to 14 need 16 to 28 grams, the amount depending more on age and weight than gender.

Okay, how do we get the most protein for our money? You may be surprised to learn that tofu is the most expensive protein source at 6.9 cents for each protein gram. An egg costs on average 5.7 cents for each of its 6 grams of protein. That makes it a little less costly for a higher quality of protein.

Beans, as you may already have noticed, are quite a lot cheaper, and a good source of iron, magnesium, chromium and B and E vitamins. Soybeans at 3.1 cents per protein gram beat all other legumes for nutrition, but many people are allergic to soy products, or prefer not to eat them because of their estrogenic effect. Eating large amounts of soy products in early childhood is blamed for earlier and earlier onset of puberty in little girls and feminine attributes in boys.

Black beans cost 2.9 cents per protein gram, and a usual ½ cup portion gives you 7 grams, making them a little cheaper than eggs.

For downright inexpensive, though, nothing beats chicken at 1.8 cents per protein gram. A mere 3-ounce portion of chicken breast meat provides 20.4 protein grams, almost a third of a woman's RDA even if she's pregnant. Three ounces of turkey meat cost only 1.5 cents for each protein gram and you get 19.5 grams in 3.2 ounces.

These cost figures come from a chart a woman named Betsy Towner published in the September issue of the AARP Bulletin. I don't know where Betsy shops, but it's probably not on Vashon Island, so you may need to mentally add a wee fraction of a cent to each of them. As for me, I will still eat black bean chili, four-bean bake, pasta faggioli, or a lentil curry a few times each week, partly because we like these dishes and partly because there's lots more to healthy eating than eggs, chicken, or turkey. Salmon, for instance, and tuna, are prime sources of valuable omega-3 fats, iodine. Salmon, according to Betsy T., costs 5.8 cents per protein gram, and we eat salmon almost as often

as beans. When fresh wild salmon isn't available, there's canned red salmon for salmon loaf or salmon patties.

Two tablespoonfuls of pumpkin seeds yield 92 mg, almost one-third of the RDA for magnesium, and 7 protein grams, plus E and B Vitamins and healthy amounts of potassium, iron, and zinc.

Pumpkins seeds lend color, crunch, and nutrition to any salad, vegetable or fruit. Or toss a handful into your pancake or muffin batter.

Peanut butter, the creamy kind, costs around 1.8 cents per protein gram. Two tablespoons yield 7.8 protein grams, plus 26 milligrams of magnesium.

Try this quick, tasty, high protein breakfast dish recommended by my daughter, Suzanna Leigh. I like it with yogurt and honey, and sliced fresh fruit or diced peaches or nectarines, or with a small handful of raisins or blueberries.

NUTTY OATMEAL

Per Portion:

¼ cup oat bran
or ½ cup rolled oats
1 cup water
Dash salt.
1 Tablespoon peanut butter or almond butter
Milk or yogurt

In a small saucepan, bring the water and salt to boiling. Stir in the oats and the nut butter. Cook about 5 minutes over medium heat, stirring occasionally lest the cereal stick to the pan's bottom. Transfer to a bowl and top with whole milk or whole milk yogurt, and fruit of your choice.

Proteins: Oats, 5 grams, peanut nut butter 3.9 grams, yogurt 8 grams. Total: 17.9 grams. All that and 10 percent of your RDA of niacin, the "happiness vitamin" from the peanut butter.

Almond butter yields 2.5 grams of protein per tablespoonful plus a little calcium and magnesium.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 25.**

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

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains. New series: Thursdays beginning September 10. One series at 9:30-11:00 AM, one at 7:00-8:30 PM. The class runs for 5 consecutive weeks. Advance registration at the Roasterie/Minglement and prepayment (\$75) is required. There is also an online class beginning Sunday September 6 at 2:00 PM (\$90). For more information, contact Kathy Abascal at anemopsis@yahoo.com.

Heat Pump: A Love Story

Continued from page 1

But when a friend worried aloud about the health effects of all that wood smoke, Eber began to think about heating alternatives. After all, she knew she wouldn't be able to stack and lug logs forever.

She launched her investigation into alternative heating systems in 2006. She had three goals in mind, said Eber: "to make sure I didn't increase my footprint, to save money and to have a good, efficient heat source."

She rejected propane. "If I was going to waste money on propane I may as well waste it on electric baseboard."

She rejected natural gas. "I didn't like that [she sniffs the air] 'do you smell something?'" explained Eber, who had grown up with natural gas heat in earthquake-prone Los Angeles.

She would have considered solar. Her home's southwestern exposure makes it a candidate for a solar array. But there were no solar installers on Vashon at the time.

Eber was running out of options when she happened to overhear a fellow Islander extolling the virtues of his new heat pump system and its local installer, Kris Pedrin, owner of Vashon's Healthier Air and Heating. After some research, Eber phoned Pedrin, who installed her heat pump system in the winter of 2007.

Heat pumps have become popular on Vashon. Pedrin's company has installed dozens of systems. These days, he's putting them in at a rate of one or two each week.

Heat pumps work on the same general principle as refrigerators or air conditioners. They don't generate heat like a furnace or a woodstove. They simply use electricity and a liquid refrigerant (a form of Freon) to transfer heat from one place to another. (Note: The Montreal Protocols, an international climate treaty, banned the use of Freon 22 by the year 2020. Healthier Air and Heating installs systems

Continued on page 8

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Health Care Reform: Now Is a Good Time

By Mary Litchfield Tuel

President Obama is trying to pass health care reform. To many of us, this seems like a no-brainer. Why doesn't America take care of its people at least as well as Australia, Austria, Belgium, Canada, Cuba, Denmark, Finland, France, Germany, Japan, The Netherlands, New Zealand, Norway, Seychelles, South Africa, Spain, Sweden, Taiwan, and The United Kingdom?

People in this country are suffering medically, financially, and emotionally, because we do not as a nation take care of our own. I have heard people screaming about socialism because national health care is being proposed. I beg to differ.

Socialism, like Christianity, is an ideal to which many have aspired but few have put into practice. I believe that people are not afraid of socialism. They don't have the first idea what socialism is. They are afraid of totalitarianism. Totalitarianism is an idea that has been put into practice many times, frequently by people who have claimed to be socialists, and we have seen that we do not like it.

Threatening people with socialism is an old bleat, and for some reason, to some people, still an effective one. People toss the word "socialism" around like PETA members throw red paint.

Speaking of red, when did Republicans become red? To an older person like me, who remembers when being accused of being red was a vile slander that could ruin a person's business and life, this whole "red is conservative" thing is confusing. However, I do feel a certain perverse joy in thinking of someone as one of them Republican pinkos.

But I digress.

I have heard people saying that if this socialized medicine scheme goes through we will not be able to choose our own doctors. This is an empty threat to me - we had to stop going to our doctor because my husband got health insurance at work and our doctor did not have a contract with that company. The doctor I go to now is a great doctor and the nurse practitioners in his office are great, and it is more than great to have health insurance, but it would have been nice to keep seeing the doctor with whom we had a history and whom we trusted.

If we were rich we could. We could buy health insurance from some one who contracted with our doctor, or we could pay medical expenses out of pocket. There are always options for the rich.

Are you rich? If the answer is "yes," then, hey, no worries. For the rest of us - worries.

I wish President Obama well with health care reform. It's a long time coming. As a country we are heartless bastards about our poor, our hungry, our widows and orphans, our handicapped, our elderly, our veterans, our children. We pay great lip service to ideals of respecting and caring for the weak, the heroic, the young, and the indigent, but in fact we allow people to languish in poverty, to starve, go homeless, and die without giving them a thought.

See, it's like taking care of your teeth. Say you go through life expecting your teeth to pull themselves up by their bootstraps and take care of themselves. You never brush, you never floss, you never go to the dentist. If you're lucky, your teeth survive. It is more likely that your teeth will go bad. You'll end up with a sick, stinky mouth and a few dingy, ugly teeth that can no longer do for you what teeth are supposed to do. The health of your entire body will suffer.

That's what I'm saying here. The country that does not take care of its own is not a healthy country, and has cultural bad breath.

Support health care reform. It's a no-brainer. Even if you don't care about yourself, you might have children or grand children you care about. Do it for them.

And now I feel an urge to brush my teeth.

Eat at the...



Continued from page 7

that use Freon 410, which does not contribute to global warming.)

During colder months, heat pumps extract the heat from outside air and move it inside. In summertime, they remove heat from inside the house and deposit it outdoors. The net effect is to keep indoor temperatures within a fairly narrow comfort zone of the homeowner's choosing. Deena Eber's comfort zone ranges from 64 degrees at night to 68 degrees in the daytime.

Eber's heat pump squats behind a low fence outside her garage. The pump is about the size of a fat washing machine and looks like one of those central air conditioning units. An underground electrical line connects the heat pump to a furnace in the crawlspace of her house. The furnace is there to provide supplemental heat, if necessary.

Heat pumps are at their best when outdoor temperatures are in the mid 40's. That's why heat pump systems are so ideal for this area

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Heat Pump: A Love Story

where mean winter temperatures tend to hover in that sweet spot. Heat pumps are less efficient when outdoor temperatures slip into the low 30's. On those sub freezing days, the furnace in Eber's crawlspace kicks in to help maintain her 64-68-degree range.

The installation of Eber's heat pump system lasted a little longer (about a week), and cost a little more, because Eber's home lacked the necessary ductwork. Her total came to about \$11,000, but Eber is sanguine about the cost. "The truth is I would have lost that money in the stock market anyway," she said. "At least this was a good investment." Her heat pump's life expectancy is at least 20 years.

Had the proper ductwork been in place, Eber's system would have cost less than \$8,000. But as heating specialist Kris Pedrin points out, most homes require some kind of ductwork upgrade - better seals, additional openings, etc. - before they can be converted to a heat pump system.

"There are many inefficient duct systems out there," said Pedrin.

Deena Eber has nothing but praise for her new heat pump. The air in her house is much cleaner, owing to the pump's high-grade filter. The heat is distributed more evenly and consistently throughout the house, day and night. During this summer's heat wave, she experienced the joys of her new system's air conditioning feature.

Before her heat pump days, Eber's highest monthly electric bill was \$89. That did not include the cost of wood, her primary heat source. The \$89 covered the cost to power all her lights and appliances, plus the electric baseboard heat for an hour every morning. ("It's too horrifying," said Eber, to contemplate the bill had she run the baseboard heat all day.)

Since switching to the heat pump system, Eber's highest monthly electric bill was \$126. "That's only \$37 more," she crowed, "and there's no wood, no stacking, no anything. It's effortless."

An Accidental Tourist

I have used the term before. Sitting in camp on the morning of a Thursday or Friday before Saturday's burn, while trying to part the foggy curtains hung by an accumulation of un-purged alcoholic residue, and breathing through dust encrusted nose boogers the size of your fingernail (or is that my fingernail?) and living with a certain degree of crankiness and exhaustion brought on by too much heat and not enough sleep, I have been known to utter the word-Tourist. The pronouncement comes with a muttered element of disdain, as opposed to, say, that certain, racist and bigoted cry of a South Carolina congressman, or the echoing legions of ranting "Americans" on the Washington Mall recently, who seem to have somehow missed the point of the past eight years of dictatorial rule. No, my slight verbal jab at the passing person on the bike with

by Peter Ray

a can of quick start, the engine roared to life. A new battery didn't help. Dead in the parking lot at Southcenter, we spent the first night of vacation watching the drunks and speedy compact street racers zoom around the shopper-ridden nighttime mall streets, waiting for help to arrive in the morning.

After our first (of what were to become many) visit to a nearby chain coffee shop, Layne Stocker showed up on a mission beyond the call, and after some wrangling and part buying, the engine was purring and we were on the way. It was somewhere just north of Vancouver, however, where "going out with a bang" took on another meaning. There were a couple of backfires out of nowhere and then nothing. As we sat along I-5 for about three plus hours, the pit in my stomach turned into a dark hole. I stared at the traffic zooming by-the shake and rattle of passing semi-truck air displacement added insult to insult. There was a point while watching cars loaded for Burning Man go by (they are easy to spot-lots of bikes, pvc pipe, strange objects of unusual origin and more indeterminate usage-when it seemed that, rather than the cars passing us by, we were in the van and going backwards- moving farther away from our destination. It is all a matter of perspective, and mine was more than skewed in bad ways at that time.

While the story goes on and down from there, I'm weary from the over telling of it. We did get to witness some steroids being peddled in front of the chain gym near the garage where we spent the next three days. We were also stopped in a chain general store named after a guy named Freddie, and questioned by someone who had seen us earlier that day in another chain coffee shop-they were wondering if we were broken down. We were obviously not locals, but apparently being a tourist in Vancouver is not a recognizable option.

While Wendy took off earlier in a rental van partly provided by the auto shop because of the extended period of repair and because she had a fire performance she HAD to get to by Wednesday night, I waited another day to bring the van along. The

only major impediment I met along the way-besides being out of gas at midnight Wednesday in Lakeview, Oregon with no open gas stations in sight-was a pair of cows standing rather defiantly somewhere in the open rangeland of Northern California Thursday morning at about 6:30. I yelled at them to get out of the way once I'd stopped and they reluctantly complied.

Driving into Black Rock City later that Thursday morning was



Captain Drift, photo by Peter Ray.

clean tires and pristine chain and no perceivable playa dust layer on shoes, pants or shirt is not intended with malice. Calling someone a tourist at Burning Man is a label of measure-by coming in this late in the week, you have not suffered the rigors of desert heat, the blinding wind-whipped brownouts, the late night carousing that the rest of us have subjected ourselves to. You have not proven yourself worthy of the burn. And now, this year, I look down at my clean shoes, at my dark black bike tires, at my hair that usually by this time of Burn Week is a tangle of dreaded knots- I have become a tourist myself, but I really hadn't meant it to be that way-really.

We were, after all, packed by Friday night- a previously unheard of feat. By doing so, we avoided getting things soaked in the rain later that night, and once we had the food safely stashed Saturday morning, we fired the van up on the first try and headed to the dock before noon, all the time avoiding the concern that this was maybe too good to be true. The engine started once again after the wait in line and we cruised onto the ferry. For some reason though, this earliest ever departure for the Nevada desert wasn't to be. Upon twisting the key on the other side, all we got was the whir of the starter- no catch, no fire. They pushed us off the boat with the bull, and an hour later, inspired by



Bovine Barrier, photo by Peter Ray.

accompanied by a mix of feelings-elation at having made it, but with a bit of embarrassment-since I was now in tourist territory, timing-wise. Once camp was set up I had to run around and explain to people where we'd been. I had hoped to be delivering the mail once again, but

iteration of Captain Drift went by. We flagged him down and gave him my latest version of his virtuoso ocarina performance of Snowflake-what he calls the national anthem of Black Rock City. Somewhere and time after that we were pedaling along and saw printed on the back of a t-shirt the words "World Police"-to which we intoned, "hey-Team America". This delighted the guy wearing it, and he turned around and talked to us about his role as head puppeteer on that film-Team America-World Police. You never know where a comment will take you out there.

So that's all there is this time, at least all I care to relate right now. As always-there's always next year.

having gotten there so late in the week, we wanted to get around and see stuff rather than work. And seeing stuff mostly meant seeing people that we otherwise would have visited with over the whole week, rather than jamming re-union conversations into a few short hours.

And so it is that most of the pictures on my memory card are of people, and a few cows. While we were visiting a couple of former campmates, the latest costumed



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We've Got a Lot of Kids Talks Health Care OK, Everyone in the Pool

by Kevin Pottinger

Most of my adult life I've been working in healthcare, for healthcare companies, or health insurance companies.

There are millions of people that work in the health insurance industry in the United States. And there are many more millions of people working for healthcare companies in the U.S. One of the largest segments of the US economy, the number of workers in healthcare dwarfs the American auto industry, or the software industry, or aerospace. Estimates put the number between twelve and fifteen million people employed in the healthcare industry in the United States.

One part of the healthcare debate that is missing, is the really large numbers of people working in the industry of helping people get better, or helping them pay for it.

And health insurers, who are often berated as the cause of the problems in medicine in the US today, do help people pay for care.

In the US, there are two ways you can go: a) with no health insurance; and if you get sick enough, it can (and usually does) cost more money than you have to make you well. Or, b) you can somehow obtain insurance, which spreads the expenses of very sick people out over hundreds or thousands of essentially well people, making coverage more affordable for the really sick people in the insurance pool, and offering some peace of mind to the well people, that if you get really sick you have money available to pay for your care.

The exact rate that a few people in a large group of otherwise well people will get really sick is predicted by smart people in underwriting departments at health insurance companies, so that everyone in the pool has money to pay for their healthcare, at competitive, affordable rates. The larger the pool, the more accurate the predictions are.

The only way that an insurance pool has enough to pay for the care of really, really sick people is if people who know they're already really, really sick and without coverage are precluded from buying into the pool. That's the notorious "pre-existing conditions" exclusion found in a lot of insurance plans. And the more essentially well people there are in a pool, the lower the rates are. That's how health insurance works.

The majority of people of working age have health coverage through their employer, while most

people age sixty-five or older have Medicare, a federally-insured program administered by many insurance companies. The third type of coverage generally available is Medicaid: a need-based, state-funded program of last resort, usually covering those without any other insurance.

What most people aren't aware of is that today, a majority of employer plans are employer-based self-funded plans. The insurance company merely processes the claims for the employer for a monthly fee per employee of say, ten bucks. The employer pays all the claims themselves. Most likely, your employer uses a self-funded arrangement to pay for your healthcare. Most likely, your employer truly is your insurance company.

One huge advantage of that, is that the jurisdiction of the self-funded plans is federal, not state-level. So, all the populist rhetoric about covering this-or-that in the great state of Washington is in fact, useless. The employer can choose exactly what will be covered, and at what rate. And as healthcare costs are constantly rising, most employers look to their self-funded plans to trim the costs of providing healthcare to their employees.

Some employers would rather have the insurance companies take the heat for the employer's perhaps stingy policies in terms of healthcare for their workers. The HR people might be seen at the back of the angry mob yelling at the insurance representatives, shaking their fists unconvincingly, while it was their decisions that sparked the protest.

US businesses find it more difficult to compete in the global economy because the cost of their employee's healthcare is added onto every product they make. State governments can no longer afford to fund Medicaid programs in their states, and have sought relief from the federal government to fund their programs. Medicare takes a larger and larger portion of the federal budget every year.

If you lose your job, there is a federal law that you must be able to self-pay your coverage through your employer. The rates are astronomical, often between one and two thousand dollars per month. This is the true amount your employer has been paying to fund your healthcare coverage. Paying these premiums while shouldering the other burdens of unemployment would break most budgets.

In the US, if you have health insurance, your health care is rationed. In addition to exclusions in plan documents (for example, denying coverage for rolfing/massage), utilization review nurses at most health insurers constantly review patient care behind the scenes with doctors and hospitals, looking to limit access to the most expensive or least-effective therapies. And no healthcare coverage at all is the most meager form of healthcare rationing.

Continued on page 11



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May America Someday Measure Up?

Todd Pottinger, besides being the brother of Loop We've Got a Lot of Kids columnist Kevin Pottinger was an on-air TV news reporter in the Puget Sound area for about fifteen years. Recently he has been producing video features, and has produced a major motion picture, *Big City Dick*, about local legend Richard Peterson. He and his wife Tracy currently make their home in London.

Amidst the braying and appalling abandonment of reason by my fellow Americans, some folks are making a great deal of sense on this whole health care thing. Dr. Andrew Weil, who, in addition to expertly cultivating a strong contender for Best Beard In The Universe, has offered cogent, well-documented, and unassailable commentaries from a physician's perspective on the need for drastic reform and universal health care. I strongly encourage you, beg you, to read his columns, no matter where you stand on this issue. Weil knows that basic, universal, prevention-focused care is the most effective way to keep a population healthy. It's also the least expensive. It is also not what exists in America.

I have to ask why, in the noise and fear I hear from those who oppose change, there are no real personal stories that illustrate the need not to change? From Palin (who I worked with briefly in Alaska, when she was a high-haired, low-intellect sports intern who wanted to be "On TV," who did successfully change her hair one day to run for Assistant President...), I did hear about the mythical "grandma" whose plug will be pulled (absurdly false), and a sickening use of her own child-as-fodder by invoking her Down Syndrome son in a fakey Dungeons & Dragons scenario of plug pulling. Reality is not her vapid, fear-based scenario but real stories of the real unemployed and uninsured fathers and mothers and families left homeless, bankrupt, or dead by the failures of our current system. The clear choice we have is this: accept the current human reality of a fundamentally failed system and the real need for fundamental change, or buy Fruit Loops in big bags at COSTCO. Which will, as a promotional offer, include a loaded 44 magnum.

I have a personal story. One day, playing basketball in a church parking lot on Mercer Island, the sound of a chicken bone snapping left me on the pavement, my left Achilles tendon had gone. No insurance, my friend drove me to Harborview. The surgery resident, a handsome young George Clooney look-alike who admitted he'd been a surgery resident for exactly three days, put my leg in a cast. I had a choice. I could get a bill for about 15-grand and get the surgery, or... I could fly back to England, where because of my marriage to an Englishwoman, I could be treated for... free. Well. At the Charing Cross hospital in London, one of the nation's highest-ranked surgery

by Todd Pottinger

teaching hospitals, the surgeon, (a ginger-haired Scot who looked unlike any celebrity, a generic doc in white coat) told me, we can do the surgery, or not. Statistically, the outcomes are roughly the same. The choice was mine. I opted for no surgery, went down two floors to get a new cast on my leg at this clinic that was just for casts. The décor was nothing special, no aquarium, no silicone-enhanced greeting in reception. I waited five minutes. The curious staff gathered around to see the oddity that George Clooney had put on my leg. They were pointing and stifling laughs and asking what the... what is THAT? George Clooney had put the cast on completely wrong. It was in tatters, AND, he'd made one in the exact opposite direction to promote healing, my ankle was set at a 90-degree angle. They put on a new cast, and my healing began, properly. No one ever asked me about my ability to pay. I never received a bill, ever. I went through months of physiotherapy in England and four more casts. Cost? I lived and worked in England prior to my Achilles break - what I paid for national insurance in England was about a third of what I paid in America for private insurance.

Today, I'm healthy; I run 5-6 miles, no problem. Today, I live in England again, where no one goes bankrupt as a result of health care treatment, ever. England, where everyone, regardless of ability to pay, has access to health care that keeps its population healthier than in America. No one here in England lives in fear of an interaction with a health care system that will leave them destitute if they cannot afford it, are out of work, or between jobs. That makes a huge impact on a society. I see it and have personally experienced it. There is a relaxation about health care in the English psyche we have yet to see in America. Everyone pays. Everyone benefits. We're all in this together. England's system is not perfect, but it's a model to help America finally conceive of its own.

I believe the true measure of a society is in its ability to help those less fortunate. May America someday measure up?

OK, Everyone in the Pool

Continued from page 10

My opinion is that the largest possible health insurance pool of people is the best pool. I think that really sick people can be taken care of more cost-effectively, by a large pool consisting of every taxpayer and their dependents. I think really sick people without coverage should have had access to healthcare before they got really, really sick, so that preventable illnesses could have been treated in early stages. And I think that healthcare should be available to all.

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Waitressing To Give!

Continued from page 1

is now seeking additional volunteers so that seven nights a week are covered in the Aspiri Garden dining room.

The requirements are minimal—a desire to serve, the ability to laugh and chat, and a small amount of time weekly. The average time commitment is two (2) hours per shift from 4:30 to 6:30 pm. Floor training for waitressing is provided by the current volunteers. VCCC requires a state-mandated training of all volunteers. This is a 2 hour session at VCCC which is both informative and fun. Teens, young adults or anyone who has never worked in food service but would like break into that industry are encouraged to volunteer and receive training from former "professional" waitresses!

Another important benefit of the project and all volunteer hours at VCC is that they count towards the volunteer hours the facility submits to the state for funding purposes. For double giving to the community, volunteers can also elect to contribute the credit for their hours to the Community Wellness Project which provides reduced health services to those in need.

And the most amazing aspect of the project (or what we now call "Waitressing Because We Want To"), is the immediate and tangible sense of having given service to others along with huge amounts of fun and camaraderie that are shared

by the volunteers and the residents—and the tips roll in as "thank you's!"

For more information, contact Naomi Goldick, (social worker at VCC) Volunteer Coordinator, at 206/567-4421 and Naomi.Goldick@providence.org or Christine Beck at 206/660-4635 and cdbeck@yahoo.com.

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Farms Celebrate Harvest

Continued from page 4

land on Vashon Island. Brochures for the Farm Tour can be found at the Farmers Market, or Island farm stands. Or to find out more, go to <http://www.king.wsu.edu/foodandfarms/HarvestCelebration.html>

The Harvest Celebration Farm Tour is presented by WSU King County Extension, in partnership with King Conservation District and King County, and with the support of generous sponsors.



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Loopy Laffs

Just before I was deployed to Iraq, I sat my eight-year-old son down and broke the news to him. "I'm going to be away for a long time," I told him. "I'm going to Iraq." "Why?" he asked. "Don't you know there's a war going on over there?"

Love is cuddling on a sofa, Marriage is deciding on a sofa.

Marriages are made in heaven but so are thunder and lightning.

Marriage is when a man and woman become as one; the trouble starts when they try to decide which one.

The mother of a problem child was advised by a psychiatrist: "You are far too upset and worried about your son. I suggest you take tranquilizers regularly."

On her next visit the psychiatrist asked, "Have the tranquilizers calmed you down?" "Yes" the mother answered.

"And how is your son now?" he asked.

"Who cares?" she replied.

Working as a pediatric nurse, I had the difficult assignment of giving immunization shots to children. One day I entered the examining room to give four-year-old Lizzie her needle. "No, no, no!" she screamed.

"Lizzie," scolded her mother, "that's not polite behavior." With that, the girl yelled even louder, "No, thank you! No, thank you!"

I just got a GPS for my car, and my first trip with it was to a drugstore. Since the manual said not to leave it in the car unattended, I brought it with me into the store.

While there, the GPS came alive, and a voice stated, "Lost satellite contact."

I wasn't embarrassed until a woman turned to me and said, "Your ankle bracelet monitor is talking to you."

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My ex-wife was deaf. She left me for a deaf friend. To be honest, I should've seen the signs.

Sometimes getting into hot water is the best way to come clean.

Can't come in to work excuse of the week: I can't come in to work today because I'll be stalking my previous boss, who fired me for not showing up for work. OK?

As the plane was flying low over some hills near Athens, a lady asked the stewardess: "What's that stuff on those hills?"

"Just snow," replied the stewardess.

"That's what I thought," said the lady, "but this fellow in front of me said it was Greece."

Moose Lake

Look, I know I was a little forward before, so let me make it up to you with a dance. Can I smell your hair?

You're a creepy old man and you remind me of my dad. Please leave me alone!

That's right baby, shake that thing!

What do you mean my pants are too high? I always wear them like this!



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OFFSHORE



Vashon Island Peoples



LOGJAM



The winner of the LOGJAM Writing Contest is... **HYUN JI HWONG!**
Hyun Ji wrote the winning dialog for today's strip, and is a student in Luke Martin's English class in Seoul, South Korea.
Hyun Ji will receive a signed copy of this strip. Congratulations, Hyun Ji!
Thank you to all who entered this contest. Keep reading LOGJAM and stay tuned for future contests!



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logjamcomic.blogspot.com

Loop Arts

VAA Announces New Arts and Humanities Series

by Janice Randall

Vashon Allied Arts is pleased to present our first Arts and Humanities Series. These five informative evenings will spark the imagination and enhance our understanding and appreciation of the cultural landscape.



Speakers will enlighten us on topics unique to the Pacific Northwest; take us into the world of fine art books, share insights of a conductor who learned from some of the century's great musical geniuses and more.

The series will be held at 7 p.m., Sunday evenings, October 11, 2009 – February 21, 2010. VAA offers discounted tickets for the entire series until October 1, after which tickets will be available for individual events. To purchase tickets, please call 463-5131, or go to brownpapertickets.com. For more information, check VashonAlliedArts.org.

October 11, 2009, British author Jonathan Raban will speak to Writing the Northwest. He has lived in Seattle for 19 years and is the recipient of the National Book Critics Circle Award, the Heinemann Award of the Royal Society of Literature and the PEN/West Creative Nonfiction Award. He contributes to the New York Review of Books, the London Review of Books and the Guardian. Raban will be interviewed by Vashon writer Mike Feinstein as to the challenges of writing about the

Pacific Northwest from the perspective of an "outsider."

Tacoma Art Museum's dynamic director, Stephanie Stebich, will discuss Treasures in our Midst, November 15. A distinguished art historian, her extensive experience in the museum field includes positions with the Cleveland Museum of Art, the Minneapolis Institute of the Arts, the Brooklyn Museum and the Guggenheim Museum. She will share observations on the specialties of and "treasures" in the region's rich museum collections. She will also give us an insider's preview of forthcoming exhibitions.

Islanders, Suzanne Moore and Donald Glaister present The Art of the Book—

Divergent Perspectives, January 17, 2010. Book artist Suzanne Moore fuses her lettering, painting and design skills to explore the interplay of words and images in her books. Nationally known for her lettering workshops, she is one of three American artists chosen to illuminate The St. John's Bible, a decade-long project based in Wales.



Art Auction Preview in the Blue Heron Gallery, Photo by Janice Randall.

Fall Classes at Blue Heron

Registration is now open for arts classes and several begin next week. Registration and scholarship forms are available on line at VashonAlliedArts.org or at the Blue Heron Art Center, 463.5131.

Blue Heron Dance for all ages begins Monday, September 14. In addition to Ballet, Modern and fusion, new teacher, Dari Haffie will teach World funk for teens. The Blue Heron Dance Nutcracker will be performed at VHS Dec. 4, 5, 6. Also beginning Sept. 14, is Musical Theater for grades 1-9, with Marita Ericksen. The December performance, Ebenezer A Rock Musical includes



Dance, musical theatre, pottery and more are happening at Blue Heron Art Center. Sign up now! Photo by Janice Randall.

a variety of music, speaking parts and choreography. For more information on classes, view complete schedule at VashonAlliedArts.org or pick up a free copy of September Island Arts.

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Sept. 19

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It's About Art

by Janice Randall

How long has it been since you've attended the VAA Art Auction? If you have to stop and think about it, then it's been too long. For the past seven years or so, you can't help but notice the huge white tent rising up every September, adjacent to the Blue Heron building. After all the years of schlepping

would continue to be one of the Island's biggest and most anticipated events of the year today in 2009? And few would have imagined then the amazing quality, diversity and sheer quantity of work contributed year after year by our Island's prolific art professionals. I for one am grateful and stand in humble awe of the beautiful simplicity this event was founded upon. Like VAA itself, it all started with an idea, committed artists, a handful of organizers and whole lot of dedicated volunteers to keep the ball rolling...and rolling.

When you stroll into the Blue Heron (please do anytime) and see the artfully arranged walls and sculpture stands, with hardly a bare inch of wall space spared, it's a breathtaking sight. The care and thought that goes into each and every piece, the personal stories, the hours upon hours of meticulous practice, trial and error, energy, expertise and sheer determination required to be an artist and make the world a worthwhile place may be seen in one old building right here on Vashon. Extraordinary!

Come experience this year's VAA Art Auction. The date is Friday and Saturday, Sept. 25-26. It's Art and All that Jazz, but most importantly...it's ALL about the Arts. For more information and reservations, silver raffle tickets and more, please go to VashonAlliedArts.org, call 463.5131 or better yet stop by for a visit, say hello and check out the room with a view! You may also see all the art online at artandallthatjazz.com. See you at Art Auction!

precious works of art from the Heron to the VFW building, the tent has become a decent, creative alternative. All the art may be beautifully exhibited until the moment an art runner carefully and lovingly lifts it from its designated spot and fosters it gently to the tent-turned-festive-banquet-hall for enthusiastic bids toward art's new home.

For more than 30 years Vashon Allied Arts has hosted the annual Art Auction. Many Islanders still remember the early days (I've heard stories!) and chuckle about how much things have changed. Yet so much has stayed the same; because at the core of every Art Auction it's truly all about the art.

There would be no Art Auction without the creative souls who have chosen to inhabit this rock we call home. Who would have guessed back in the 1970's that Art Auction

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Students Show Photos

Seven students in Ray Pfortner and Christine Becks Vashon Allied Arts (VAA) photography class for teens will be showing at Books by the Way for the entire month of September - the first time all but one of the students has shown their work. They range in age from 8th-12th grade. The students are: Amayah Roye, Claire Green, Colin Milovsoroff, Colin Supplee, Deena Hernandez, Juliana Goth and Taylor Wells.



Pollinator@Claire Green

The workshop ran from August 25-27 with one day in Pt Defiance at the Gardens and Zoo; one day in and around Burton including Quartermaster Inn, Harbor Mercantile, Siliverwood and Quartermaster Yachtclub; one day at Engels and Waterworks. The emphasis was on shooting and critiquing. We urged them to try new techniques, to experiment - and they did.

In all the 7 students took over 2000 photographs. The final 14 in the show, 2 from each student, were juried in by Christine and me. When Jenny, the owner of Books by the Way, first heard about the

workshop, she contacted us to invite us to show there. We said: "The teens in the 2009 summer workshop were among the most talented with whom we have had the honor to work in our 3 years of offering the program. They were serious, enthused, and very talented. The results in the current show are the proof!"

This fall we scheduled two VAA classes:

(1) PHOTOGRAPHY FOR TEENS ONLY! We will meet on four Sunday afternoons: Oct 4 & 18 and Nov 1 & 15, from 1-3pm. Three of the four meetings will be shooting in the field at Vashon sites chosen as a group. Selected results will be posted online for group critiquing using Flickr.com. Grades 7-12 only. \$75

(2) FOCUS ON COMPOSITION We will meet four Monday evenings: Oct 12 & 26 and Nov 9 and Dec 7, 7-9:30pm. The workshop concentrates on developing the eye of the photographer. Each student will shoot a series of assignments and then share selected results in class and online. Open to all ages. \$100.

Anyone interested in finding out more about my two fall workshops can email me at pfortner@centurytel.net. To register, contact Vashon Allied Arts at VashonAlliedArts.org or 206-463-5131.



Pt. DefianceZoo@Taylor WELLS

Deadwood Revives the Red Bike

The Red Bicycle will host the award winning Deadwood Revival on Friday, September, September 18, starting at 9:30pm This foot-stompin' hillbilly jam-grass band with Kim Trenerry, Jason Mogi, Ches Ferguson, and Julie Campbell have an undeniable musical connection as they dish up banjo pickin', harmony singin', spirit liftin' new roots music. The group

was just honored to have received one of ten nominations from thousands of submissions for ALBUM of THE YEAR (Roots Category) from Just Plain Folks for their second cd, This Old World. Their new third CD, Deadwood Revival SAT 730, is an all live recording from several Washington venues.

by Carol Pope



Deadwood Revival, courtesy photo.

by Ray Pfortner

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Café Luna Hosts Middle Marches' Celtic Music

by Eric Horsting

The band "Middle Marches," featuring well-known Islanders Kat Eggleston, Wally Bell and John Dally, will perform Celtic music at 7:30 p.m. Saturday, Sept. 26, at Café Luna.

The concert will be a combination of music and song, sprinkled with many stories, that tell of the conflict between the families that lived on both sides of the Anglo Scottish Border.



Kat Eggleston and Wally Bell of Middle Marches, courtesy photo.

The name "Middle Marches" refers to the way that the border between England and Scotland was governed, according to Bell, who was born and raised in the borderlands.

Both sides of the border were divided into "Marches," East, Middle and West, each under a "March Warden."

The Middle Marches on both sides of the border were the most active in raiding and were home to some of the most notorious border families.

It will also highlight, said Bell, how music moved to the colonies (including America) as families emigrated and took their music and culture with them. The group will be playing a combination of many instruments, including Northumbrian small pipes, Border small pipes, guitar, cittern, hammer dulcimer, accordion and whistle.

Eggleston, born and raised on Vashon, plays dulcimer and guitar and sings beautifully. The Chicago Tribune said, "Kat Eggleston not only has the soul of a poet but the voice of an angel, not to mention that the lady can play a mean guitar."

Bagpiper John Dally will play the Border and Northumbrian pipes, which he has done since he was a boy of 14 years.

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Cheryl's Pick of the Week:

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