



THE VASHON LOOP

Vol. 10, #22

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October 24, 2013

Vashon Empty Bowls for Community Meals



The Community Meal Program, sponsored by the Vashon Social Services Network, is pleased to announce there will be an opportunity to dine on a simple meal of soup and bread on Friday evening, November 8 at the Presbyterian Church. Island artists, under the enthusiastic coordination of local potter Liz Lewis, have contributed handcrafted bowls for the event. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the bowls empty of food around the world.

Vashon Empty Bowls for Community Meals is a fundraiser for the continuation of hot dinners served seven days per week to any and all needing cooked food on the

island. Started in October, 2011, the meals have drawn on the resources of more than 700 volunteers to serve an average of 25 guests per day.

There will be 3 hourly seatings for the event starting at 5:00. Bowls and soups will be distributed between all three seatings. Tickets for each seating are being sold at Vashon Bookstore, Amiad and Associates Real Estate, Granny's Attic and Vashon-Maury Senior Center and at the door if not sold out. Tickets, priced at \$20, include a handmade bowl and a supper of local soup, bread, and cookies. Children 5 years old and younger are free. There will be live music.

Community Gathering Welcomes Back Salmon to Vashon-Maury Creeks



Mallory and Gavin Keenan, watching salmon last year at Judd Creek. Photo by Kelly Keenan

By Kathryn True

The Vashon Nature Center will host a community celebration to welcome salmon back to island creeks on Sunday, November 10th from 2-3 pm. All are welcome to join us alongside Judd Creek at 204th and 111th Streets for a joyful circle of drumming, song, and poetry to offer gratitude for the salmon's long journey.

We have much to be grateful for! Salmon watchers have already spotted the first Coho salmon in both Shinglemill and Judd Creeks. And this year, the Washington Department of Fish and Wildlife expects larger numbers of Coho salmon returning to Puget Sound—880,000 Coho are forecast to return to area streams, about 150,000 more than last year.

"Last year, my nine-year-old son and I saw 15 Coho salmon swimming up the creek. It was amazing!" says Jen Williams, a Vashon Nature Center salmon watcher. "I look forward to offering my gratitude for these amazing fish making a comeback in Vashon waters."

This is the first year the event will be hosted by the Vashon Nature Center. In the past, community volunteers organized the Welcome Back Salmon Celebration, but it has been on hiatus for the past four years. The resurgence of interest in salmon health on Vashon, as well as Vashon Maury Island Land Trust restoration work on known salmon spawning creeks, give renewed hope for the future health of local salmon populations.

Vashon Nature Center volunteer salmon watchers are critical in this effort by providing valuable information about how local salmon populations are faring through time.

"We have more than 40 trained volunteers—including many high school biology students—watching what they see," says Bianca Perla, director of Vashon Nature Center. "We invite the community to come and celebrate the joy and wonder of salmon with us."

Bring a poem, drum or other instrument, friends or just yourself and join us. We hope the salmon will make a special guest appearance.

The Road to Resilience Taking a Stand

By Terry Sullivan, Transition Vashon

Back in the 50's and 60's, they told us our future would be a time of leisure where machines would do all the work. Here we are in that future where machines are in fact doing quite a lot of the work, and some of those machines are far beyond what we imagined 50 years ago. The fact that things aren't as rosy as the earlier vision prophesied is a classic case of not thinking things through. We thought, naturally, that those machines would be working for us. It didn't occur to us that those machines would be privately owned and we would have to pay for the services of those machines. The real burn turned out to be that those machines took the jobs that we needed to earn the money to pay for the stuff the machines made at our former jobs. We may be smart but our nature is still primitive. Technology is power and power will be grabbed by the ambitious few at the expense of the rest.

We, the rest, are close to losing a war that we only recently began to understand that we were in. War in the past has always been about physically conquering land and enslaving people. Political war of this type still is trifled with on a small scale, but the real war is on the economic front. In the economic war, no bombs or troops need be sacrificed, only gain control of the things people need and set the price they will have to pay

to get them. No slaves needed either; slaves were property that needed to be fed and housed, and kept from running away. Wage slaves need no care and are grateful for the opportunity to work for a pittance of what a slave used to require. Not everyone is snagged in this unhappy fate, but this is the general nature of the world we live in today.

The conquering armies claim to be people, but, in fact, they are not. They are entities that exist only to maximize profit with absolutely no regard for ethical behavior or long-term consequences. It is easy to understand how we didn't recognize them for what they were. They provided all the wondrous goods and services that seemed to be carrying us into that bright high tech future of the Jetsons. Even the people that worked for them could not have seen what they could ultimately become.

You probably have guessed by now that I'm talking about corporations. Their slow metamorphosis, like Jack Nicholson's character in "The Shining," has caught us unawares until just now. They aren't evil per se; they are just moving toward the natural consequences inherent in the rules under which they were originally formed by us.

One of their main strategies is to monopolize the production of more and

Continued on Page 9

Salmon Watcher Profile

By Kathryn True

Islander Kelly Keenan was a 2012 star Vashon-Maury Island salmon watcher—logging 30 hours observing and taking photos and video of the iconic fish. A native Texan, Keenan moved to Vashon six years ago and was drawn to nature, especially the orcas. A longtime photographer, her photos are used by local agencies to help identify individual whales. And so it was a natural extension for her to become interested in salmon, the orcas' main food source.

During their time along upper Judd Creek last year, Keenan and her kids, Mallory, 8, and Gavin, 5, captured stunning photos and video of coho building redds, mating and protecting their territory. Keenan was also uncannily good at finding salmon carcasses.

"I'd be walking by and a fishy smell



would waft by my nose, and sure enough it would lead me to a carcass—I felt like a tracking dog," she says. Keenan was also able to get unusually close to the fish, which never seemed to spook as she

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Ferry Meeting about Triangle Route Proposed changes

In fall 2014, the 124-car Cathlamet will replace the 87-car Klahowya on the Fauntleroy/Vashon/Southworth (triangle) route. We are considering revisions to the triangle schedule to make the best use of the added vehicle capacity. We look forward to sharing information and hearing from our customers at two public open houses. It's an opportunity to talk about triangle schedule considerations, constraints and challenges. Please join us at one of the open houses - noon-3 p.m. Saturday, Oct. 26, at the Ober Park Community Center, 17130 Vashon Hwy. SW on Vashon Island; and 5-7 p.m. Tuesday, Oct. 29, at Harper Church, 10384 SE Sedgwick Road in Port Orchard. www.wsdot.wa.gov/Ferries/Service/ScheduleProposals.htm

My Gun

Well, you can imagine my surprise, with all the media and political hype about how dangerous guns are and how they kill people. Either the media is wrong, and it is the misuse of guns by criminals, or I have one of the laziest shotguns ever made. I must hurry off now and check on my spoons. I hear they are making people fat.

Weigh in on the King County Strategic Plan

Meeting will be on October 30 6:30 - 8:30 pm at Courthouse Square, 19021 Vashon Highway SW

Vashon Island Marijuana Entrepreneurs Alliance

6:00-7:30pm sharp

The Vashon Loop

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The Legacy of the West: Abby Williams Hill and Debra Joy Groesser

Two Women Artists Painting a Century Apart



By Bruce Haulman

The Vashon-Maury Island Heritage Museum is pleased to present the nationally recognized exhibit “The Legacy of the West” which includes the previously unseen, family owned, western paintings of Abby Williams Hill, who lived on Vashon from 1895 to 1906, linked with the work of Debra Joy Groesser, a western woman artist whose paintings have a unique connection to Abby’s work.

“The Legacy of the West” opens First Friday, November 1, 2013 and will be open through Spring 2014 at the Vashon-Maury Island Heritage Museum. Opening concurrently is a solo exhibit of Debra Joy Groesser’s western landscapes paintings at The Hardware Store Gallery which will be on display from November 1 to December 2, 2013. A concurrent opening reception will be held at both galleries from 6 to 8 PM First Friday November 1, 2013.

Abby Williams Hill (1861-1943) was a pioneer western landscape artist. She left a remarkable legacy of individual achievement as a western woman artist and her work gives us a unique insight into the life of a woman and an artist at the turn of the last century. Hill was a progressive liberal, worked for women’s suffrage, worked for a variety of social causes of her time, eschewed fashions involving the ever-present corset, and was an outspoken proponent of women’s rights.

Debra Joy Groesser is a signature member and 2013 President of the American Impressionist Society, a signature member of American Plains Artists, a signature member and board member of Plein Air Artists Colorado and an associate member of Oil Painters of America.

Debra became aware of Abby Williams Hill’s work when she visited the 2009 Vashon-Maury Island Heritage Museum’s exhibit “Long in the Memory” which featured Abby’s Vashon works. The same exhibit brought David Norberg, who is the great-great-nephew of Abby’s daughters Ina and Eulalie, to Vashon and the idea for this exhibit “The Legacy of the West” was born. David had access to a number of Abby’s paintings owned by the family that had never been exhibited, and Debra found a number of uncanny connections with Abby. In conversations with Dr. Bruce Haulman of the Vashon-Maury Island Heritage Museum, David and Debra agreed to curate this unique exhibit that links Abby’s un-exhibited paintings with Debra’s works that echo the legacy of Abby’s work.

The connections between Abby Williams Hill and Debra Joy Groesser, two western women artists who worked a century apart are amazing and uncanny. They are both commercially successful women artists in a field dominated by male artists. Both married prominent community professionals (Abby’s husband was a physician, Debra’s husband is a five term mayor) with social and volunteer commitments in their communities that sometimes cause their art careers to be put on hold. Both Abby and Debra grew up on the Great Plains less than 250 miles apart. Both have connections to England, to Quebec, to Laguna Beach California, and to Vashon Island, Washington. Both have a love of nature and are drawn to the wilderness. Many of their works capture this fascination with the west and the spirit of nature they both found there. They both were very active in supporting early childhood education, as well as other progressive social issues. Although both are predominantly landscape painters, they both painted a number of portraits, and both have worked in a variety of mediums beyond the oils for which they are both best known. As a result of these connections, Debra for the past four years has followed in the footsteps of Abby, and visited and painted many of the same places Abby painted.

When we became aware of these connections between Abby and Debra, and we became aware of David Norberg’s access to the un-exhibited family paintings of Abby Williams Hill, it just seemed natural to assemble this extraordinary pair of exhibits to bring all these elements together. You are invited to attend the Opening Reception on First Friday November 1, from 6 to 8 PM, of “the Legacy of the West” at the Vashon-Maury Island Heritage Museum, and of Debra Joy Groesser’s solo exhibit “Western Landscapes Paintings” at The Hardware Store Gallery.

An additional special event corresponding with this exhibit is a conversation between Abby Williams Hill (enacted by living history performer Karen Haas) and Debra Joy Groesser on Monday November 4 at 7:00 PM at the Vashon-Maury Island Land Trust Building, 10014 Bank Road SW, Vashon Island. This conversation will explore the connections between Abby and Debra, their experiences as women artists working 100 years apart, and their work as western plein air artists.

Annual Chautauqua Harvest Festival

The Vashon PTSA is once again sponsoring the fun harvest fest at Chautauqua Elementary School on Friday October 25th. Free for all ages, bring the family and come enjoy a bounce house donated by True Value, face painting and balloon animals, a cake walk benefitting the Vashon Scholarship Foundation and VHS scholarships, book fair, and John Sage autumn photo booth.



Ever use a cider press? Enjoy line dancing to country music? Then, come on down from 6:00 to 9:00 pm. Free popcorn, a treasure hunt, games and food will all be there.

Need more information? Volunteers are still needed! Contact Jacky Miles at 253-332-9176 or miles02miles@aol.com or Tina Parrish at tinaparrish@comcast.net.

Major Changes Coming to Vashon Indoor SkatePark at BARC

Vashon’s Indoor Skatepark, located at the Burton Adventure Recreation Center, will be implementing several significant changes starting on November 1, 2013.

Indoor Skatepark will no longer be fully supervised by Vashon Park District staff. In an effort to reduce cost and maintain hours of operation, the Indoor Skatepark will begin operating like all the parks on Vashon: unsupervised and open all day.

NEW HOURS: As of November 1, the Indoor Skatepark will be open from 9 AM until Dusk every day of the week. Vashon Park District Staff will unlock the park in the morning, no later than 9 AM, and secure the park at DUSK. Previously, park hours were only Wed thru Sun with limited hours during those days. Just like visiting Ober Park, Dockton Park or Agren Field, the BARC Skatepark will be without a supervised staff member.

FREE TO USE: Park goers wishing to use the Indoor Skatepark will no longer have to pay a daily, monthly or membership FEE to use. Fundraising efforts to improve BARC will be done through special events and annual campaign efforts by the BARC Stewardship Council, a non-profit volunteer organization that was created to help revitalize BARC.

RULES WILL BE POSTED: New signage will be added to the Indoor Skatepark that clearly explains the Rules of Use. As with most public skateparks in the greater Seattle area, users will skate at their own risk. Helmets will be required for youth under 18 years of age. Additional signage will outline the Hours of Use as well as the 24-hour video surveillance camera.

NO STAFF = NO PHONE: The Indoor Skatepark will no longer have a

phone available for users. In the past, the phone was onsite to allow Vashon Park District staff members to make calls and be reached, but as of Nov 1, there will no longer be a phone at the park.

24-HOUR VIDEO SURVEILLANCE CAMERAS: BARC Stewardship Council will be installing several video surveillance cameras in an effort to stream a live video feed of the indoor park activities. The reason for this is two-fold. One, without supervision, BARC Stewardship Council board members felt it was necessary to allow parents and users the option of viewing the video online to observe what is happening in the indoor area at all times. Secondly, video surveillance should curtail vandalism, theft and inappropriate behavior by individuals using the park. To start, online access will be made available on the Vashon Park District website (www.vashonparks.org) by clicking on the BARC Skatepark link. BARC Stewardship Council members are working with Vashon Park District and hope to have the live feed in place by November 1st. As it becomes operational, more information will be communicated to users about accessing the feed online.

Questions? Please contact Elaine Ott, VPD General Manager at 206.463.9602; or Jenni Wilke, BARC Stewardship Council board member, at djwilke@gmail.com.

ABOUT BARC STEWARDSHIP COUNCIL: The BARC Stewardship Council is a non-profit organization formed by Vashon Island residents dedicated to protecting, enhancing, and celebrating all that BARC has to offer. BARC Stewardship Council is an all-volunteer effort with a special focus on supporting youth activities and community stewardship and outreach at BARC.



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Island Life In the Boat

By Peter Ray

“...Every one of them believed he was simply lucky to be rowing in the boat, that he didn't really measure up to the obvious greatness of the other boys, and that he might fail the others at any moment. Every one of them was fiercely determined not to let that happen...”from the Boys in the Boat by Daniel James Brown.

For some reason, with my latest sojourn into the world of competitive rowing, I find myself needing to be immersed in this culture. This is in part due to my lateness in arriving at this desire to be a part of propelling long narrow boats across varying surfaces of water- hopefully mostly in conditions smooth and mirror-like. While I have gazed upon the rowers of slender shells with curiosity and envy for a while, it is only now that I’m doing it that a bit of research into its history and nuances feels more than necessary. In all my years of swimming, the only book about the competitive end of the sport that I’ve ever read was Olympian Don Schollander’s account of his life at the top of the game of elite swimming- Deep Water. The same has been true of cycling. I came close to reading Lance Armstrong’s personal tomes, but given his dramatic fall from cycling and other graces, that task seems far less urgent now.

But on my first day in the boat house I heard tell of a relatively new book about rowing that piqued my interest, and I just finished it the other day. It is where the above quote came from. And it has been the source from which a weird synchronicity has spun forth. This is because it tells a story that goes beyond rowing- of a simpler time and a local group of rowers. It also verges on revealing something zen-like about the sport, while at the same time keeping it more down to earth in terms of basic altruism and egalitarianism, two qualities that seem to have mostly vanished from the world as we know it. This book, the Boys in the Boat, tells of magic and serendipity, without getting all mystical and unicorny. It is about how nine students at the University of Washington left the wheat fields and logging camps and dam building projects of the 1930’s and climbed into an elegant craft made from northwest cedar and went on to shock the world at the 1936 Olympics in Hitler’s Germany. It was George Pocock who built that boat and many others which set a standard around the world. It was also he who said, in reference to the world of rowing: “Harmony, balance, rhythm- there you have it. That’s what life is all about.”

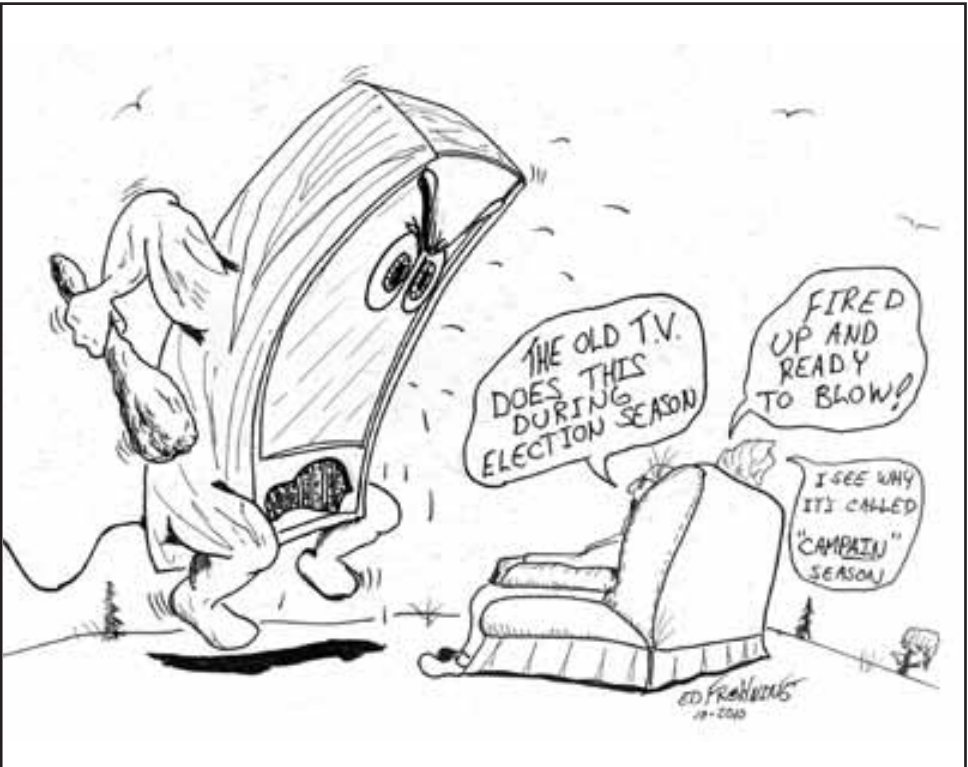
This is not at all why I decided to give rowing a try in my pursuit of somehow clawing my way back into shape. In some ways, however, I have already seen at least one indication that this choice was a wise one. Just this past Monday, having missed the 5:30am call to exercise at the boat house, I decided to go for my 21 mile bike ride, later in the day at a more reasonable hour. I am used to seeing my road speed times go down in these darker, cooler days, so when I was part way up the highway on the climb from Shawnee to the Inspiration Point lookout, I found myself squinting and rubbing my eyes to get a better look at the readout on my bike computer, because what I thought I was reading did not make any sense. Usually, with more clothes and less winter energy, I will settle in at a somewhat pathetic six to seven miles an hour on this particular climb. What my computer was telling me was that I was, at the top of the hill, cruising at 9mph- a speed I didn’t even achieve here this past summer. It seems that the core strength work we are doing for rowing is paying off in other ways and places.

And then there is the synchronicity

thing. While reading this book we paid a visit to Hoover Dam, a trip we recounted here a short while back. While the dam discussed in Mr. Brown’s book is the Grand Coulee dam, the historic film footage of Hoover Dam’s construction which was playing in the corner of a brew pub in Boulder City, gave historic and archival visuals to the book’s vivid descriptions of these depression era works projects. And then there was the article about Henry Wallace, FDR’s controversial vice president, which recently appeared in the New Yorker. And there was the mild panic I felt when walking past Ober Park the other day only to find the sidewalk broken up and gone. The panic part had to do with my concern over where the piece containing a bit of the actual WPA sidewalk that had been there had gone to. As it turns out, it was spared and is stored safely on a pallet somewhere else.

Unfortunately, I wasn’t spared the brow beating and semi-universal disdain that three fifths of the current Vashon Park District (VPD) board has for rules, reason and the general public, when I once again chose to attend last night’s meeting. Things started off badly, as the exercise class that was mysteriously scheduled to overlap what has been the traditional commissioner’s meeting start time and space caused the meeting to be moved back to 7:45 instead of 7pm. And we were forced to wait another forty five minutes beyond that for the commissioners to appear out of closed door “executive” session and bless us with their presence and wisdom. Indeed, we had to wait almost another hour past that, through mostly mundane reporting of VPD this and that, until Mr. Ameling took it upon himself to put on an auspicious display of verbal self-pleasuring by informing himself of what a grand and glorious job they, as commissioners, have done in balancing the budget and pulling the district out of the mess it was in. As I have mentioned before, the only way one is to sanely get through these outbursts is to imagine it as being a comedy of epic proportions. What I then began to see and hear before me was Mistert Hackett, Ameling and Wald in gingham and calico dresses, and their officers clothes underneath, doing a sketch comedy song and dance in a lifeboat as the Titanic went down in the background. As Mr. Ameling continued with his auto-adulation, all about how future generations would marvel at the VES field that this board has left behind, I was thinking of the tons of fertilizer and wasted millions of gallons of water that this field will consume through those years, not to mention the now two million dollar black hole that park employees and park programs disappeared into. I recalled the glow of three diesel powered work lights that illuminated a night sky to my northeast that had once been relatively dark, you know, like the rural, country thing we sort of value around here. And why were these lights running? So five kids could kick a ball around at 7:15 at night on the emerald wonderland that is VES field. And I thought of the lies that made this all possible- namely, that there was a need for this kind of thing, and that there was the required matching funds from the park district to validate a grant and get it all started, to mention only two.

But most of all, I thought of the coming elections, and the recent candidates forum, where there seemed to be four viable alternatives to the one vacancy and the two incumbents running. While I have supported those incumbents in the past, it seems to me that fresh faces that are actually willing to vote against the two remaining powers that have driven the VES debacle are the necessary antidote to the current VPD malady. Check out the candidate forum on the Voice of Vashon website: www.voiceofvashon.org/ And vote.



Vanishing Tribes

By Orca Annie Stateler, VHP Coordinator

Southern Resident orcas – arguably the most studied killer whales in the world – are vanishing before us. Despite recovery efforts by the federal government, our endangered Southern Resident population is in an alarming slump. Only 81 whales remain in J, K, and L Pods -- the lowest number since 2001.

What afflicts our precious Salish Sea orcas, and what can we do to ensure their survival? Join us, Odin and Orca Annie of the Vashon Hydrophone Project (VHP), to explore a course of action. The VHP presents “Kéet Shuká: Killer Whales in Peril,” on Tuesday, November 12 from 6:00 – 8:00 PM, at the Vashon Theatre. Our special guest is renowned local orca researcher and VHP associate Mark Sears.

The program features Mark’s spectacular slides of whales in Puget Sound. We will discuss local research and conservation issues pertaining to Southern Resident orca recovery. Through a distinctive blend of natural history, Native science, culture and art, Kéet Shuká examines the value of traditional ecological knowledge (TEK) in mainstream orca protection.

Mark Sears has not presented to a Vashon audience for five years. Historically, his whale talks fill the room. Do not miss this rare opportunity. General admission is an affordable \$8.00 or \$7.00 for seniors/students – no more than a movie! Advance tickets are available at the Vashon Bookshop, the Vashon Theatre, or by contacting the VHP at 206-463-9041. We are grateful to Island Greentech and the Vashon Theatre for sponsoring this event.

November is Native American Heritage Month. To Coastal Native



peoples, Killer Whales are esteemed relatives, venerated teachers, and fellow First Nations. In many ways, the plight of Pacific Northwest orcas parallels the plight of Indigenous inhabitants of the Americas. A sacred icon is disappearing. We must intensify efforts to preserve Southern Residents for the next seven generations.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Check for updates at Vashonorcass.org and send photos to Orca Annie at Vashonorcass@aol.com

Native Heritage Month Art Show at HUB070

November is Native American Heritage Month. Through November, Tlingit artist Odin Lonning’s award-winning work will be on display at HUB070, in the Spinnaker Building next door to Chase Bank. His show features traditional and contemporary pieces. Odin will be on hand for the First Friday reception on November 1, from 6:00 – 9:00 PM. Stop by for some Indigenous perspective.

To many Coastal Native peoples, Pacific Northwest killer whales count as First Nations. In their honor, Odin will perform a Tlingit invocation for the Salish Sea’s endangered orcas at “Kéet Shuká: Killer Whales in Peril,” on November 12, 6:00 – 8:00 PM at the Vashon Theatre.

Later in the month at the Vashon



“Creation of the Killer Whale” drum, © Odin Lonning, Tlingit

Island Coffee Roasterie -- date still TBD -- Odin, who is also an accomplished heritage specialist, presents “Essentials of Tlingit Culture.” Call 206-463-9041 for more information on Odin’s Native Heritage Month offerings.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Singing at 65

By Mary Tuel

There was a time when singing and my voice were my identity, my reason for being. It mattered a lot that people knew I sang, and sang well. It such an ego pump to hear the applause and feel loved. When I lost that need in my 30s I flailed around for a few years wondering why I should go on singing. The answer, finally, was: you sing because you can sing.

So I sang. Singing for fun is a joy. Singing professionally is hard work, and I never got the business side together. Singing professionally is as much about bookkeeping, photographs, bios, trying to book gigs, arranging tours, and keeping yourself mentally psyched up to handle all the rejection and poverty, as it is about singing.

Making a living is a heavy burden to lay on a talent, assuming you have talent. There are plenty of people who have the business side together and do fine with musical careers with little musical talent. There are a lot of people with talent who never become famous, or rich. You know it's true.

But if you're called to sing with however much talent you do or don't have, what are you going to do? You're going to sing.

I never was as talented as I wanted to be, and no amount of vocal exercises could change that. I wanted to be Joan Sutherland. The position was taken. I had to settle for about two and a half octaves, the middle of which, the speaking range, were pretty good. I had to learn to accept that, the same as I've had to accept a lot of

other hard truths in life. One thing I had going for me was that I sang on key most of the time. Singing that is on key is relaxing for people, although there are times when being not quite on pitch becomes a hook. All I can think of right now is the whistled introduction to "Michael Row the Boat Ashore," in the version recorded by The Highwaymen in 1960. The record was a huge hit, and the off-key whistled introduction was part of the appeal.

The other time that someone singing off key is not objectionable is when it's being done by someone you love dearly. My father sang off-key, for example, and I loved to hear him sing.

From the 90s on I sang mostly in the church choir. When I became ill with mononucleosis and a few other pesky diseases in the fall of 2007, everything stopped for me, even singing in the church choir. I was shocked. I thought I was supposed to sing there every Sunday forever. But the choir went on without me, and so did the church, and so, to the best of my knowledge, did God. Another hard truth.

If I don't sing for a while these days my voice becomes rusty, and I lose my upper notes. Sometimes I sit down at the piano and do vocal exercises to limber up the vocal chords. I would like to apologize to any neighbors who happen to hear that. Limbering up my voice is not a pretty process. I wrote in my journal one day, "I hit a high C this morning, and I don't think the high C will recover."

I definitely do not have the lung capacity I used to have, so long notes aren't as long. It doesn't bother me as much as I thought it would.

I still sing in church sometimes, and someone came up to me recently and said, "You've still got it!" which was nice to hear. I've still got it, but not as much of it. When I thought about it, though, I realized that it's a miracle of some kind that at age 65 I can still sing at all, and that it is meaningful for people to hear.

You see, music is the language that transcends all language, and it's a powerful gift to have, singing, and if you're called to sing, what are you going to do? You're going to sing.

So - I guess I'll keep singing, now and then, here and there, if I'm asked. Sorry about those exercises.

Vashon artists and K-12 teachers connect to enrich student learning

Painters, potters, poets, performers - Vashon's deeply-rooted community of professional artists comprise a very special part of public education for island students. Every year, teachers in Vashon Island School District welcome artists into their classrooms to provide residencies through a nationally-recognized program called Vashon Artists in Schools. In the spring of 2013, VAIS connected 20 Vashon artists with K-12 classrooms teachers. Nearly every grade level and every school subject was enriched through a VAIS residency, including math, physical science, history, foreign language, PE, all forms of visual art, music and theater.

Vashon Artists in Schools is a 25-year-old collaborative program between Vashon Island School District and Vashon Allied Arts. In the fall, teachers select an artist to partner with, and together they plan a 10-40 hour classroom residency project. At Vashon High School, these residencies often take place in visual art or theater classes, but artists also work with teachers to integrate artistic expression in foreign language, English, history and other subjects. Last spring art teacher Terry Swift partnered with photographer Ray Pfortner, potter Liz Lewis and painter Rose Belknap in three separate residency offerings. Spanish 3 students took their learning to a deeper level thanks to a partnership between their teacher, Harris Levinson and musical performer Kevin Joyce. Special education students under the direction of Rachel Axtelle made beautiful mosaic tiles with artist Kristen Reitz-Green. At McMurray Middle School, teachers across the spectrum of subjects including math, ancient history, American history, theater and visual art chose to extend and enrich their students' learning through a VAIS residency. And at Chautauqua Elementary, hundreds of students, while deepening their skills in a variety of artistic processes, saw and experienced physical science concepts, natural history, Vashon birds, colonial and native American history and many other subjects in a whole new innovative way.



Artist Barbara Gustafson partnered with McMurray math teacher Kim Davis in a recent Vashon Artists in Schools residency project for all 7th graders, "Math in a Basket." The world of mathematics - numbers, patterns, logical reasoning, abstraction - collided happily with the world of art for 130 students. Beginning with lessons introducing the Fibonacci Sequence and the Golden Mean, the students explored these concepts in nature as aspects of harmony and proportion. Once grounded in the history and culture of these ideas, the students applied the principles to creating their own baskets, planning their colors and designs and incorporating dimensions of the weaving pattern using the numerical patterns of the Fibonacci Sequence. To accomplish the daunting prospect of building a three-dimensional basket, students got hands-on experience with familiar math concepts such as angles, circumference, parallels, fractions, perimeter, proportionality. They also embraced the creative process of weaving and the visual splendor of their own unique patterned design.

Together, VAIS coordinated 25 artist residencies serving nearly 1,340 students K-12 in the spring of 2013.

This month all VISD teachers have received new VAIS application materials, they are selecting artists to work with for the coming January-June season, and they are preparing their proposals by the deadline, Nov. 8. Funding for residency projects will be awarded in early December. About 95% of the VAIS budget is used to pay artist fees, a cornerstone of VAIS since its inception in 1988. Funding comes from grants, and this year that

includes \$10,000 from National Endowment for the Arts and \$11,800 from Washington State Arts Commission. The Vashon Island community has for many years steadfastly supported the work of VAIS with important contributions from Vashon Partners in Education, Vashon Island School District, Vashon Allied Arts, Vashon PTSA and individuals. VAIS welcomes new artists to apply to the program at any time. Please visit the VAIS webpage and view the video for more information: www.vashonalliedarts.org/artists-in-schools/

Shawl Raffle at Saturday Market

The VIGA Farmer's Market is raffling this triangular Butterfly Shawl to benefit VIGA's Market Buck Match Program. The shawl was knitted by Cathy Fulton in the Ukranian tradition with yarn from Winterbrook Farm's Suri Alpaca herd. It measures a generous 72" x 40". Drop by the VIGA Booth at Saturday Market (10:00-2:00 at the Village Green) to see this lovely, drapery shawl and buy your raffle tickets. Tickets are only \$1.00 each, so you'll probably want to buy several. Tickets are also available at the Vashon Bookshop. The raffle will take place on Saturday, November 2 at the Village Green.



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Orca Annie Stateleer and Mark Sears
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Aries (March 20-April 19)
The recent eclipse in your birth sign reveals that you’re trying to shake off an old emotional influence of some kind, knowing that it’s not serving you. You can let it go, and you seem determined to do just that with every cell in your body. The challenge, though, is the sensation of instability that comes with not being boxed in by this feeling or expectation. This is one of the ways that negative attachments and emotional habits can keep you or anyone trapped – by that little thing they seem to offer. I suggest that you address that directly, and do what you can to stabilize on a new level of understanding. You have that available, as your ruling planet Mars has changed signs to Virgo. This will allow you to ground in your work, in a firm sense of purpose and in a framework of ideas far more stable and useful than the dramas that were keeping you busy.

Taurus (April 19-May 20)
You are being called to address certain details of your erotic or romantic life in a new way, with greater focus and determination. But do you have all the information you need to be working with? Various factors suggest that many details will be emerging over the next few days. You don’t need to go digging, though you do need to pay attention for subtle changes in the story, shifts in where the people involved are coming from, and secrets that have yet to be revealed, including what you may be withholding from others. You are in a situation where honesty is the best policy for all concerned, though you only have control over yourself. You have influence over others, though, and one way you can exert that influence is to not settle for partial information. This is a moment of reckoning, when it’s time to get to the roots of the situation. Remember, there is no such thing as a half-truth.

Gemini (May 20-June 21)
Have you noticed the direct connection between your emotional well-being and your physical stamina? There are emotional factors that may be putting a drain on your overall health; they look like stuck patterns that are hangovers from unresolved transactions with others. Said another way, be on the lookout for situations where promises may have been made but not kept, or where information that should have been forthcoming was withheld. You can address all of that in fairly short order, if you focus on it now. With Mars crossing the sensitive home and security angle of your solar chart, changes in your living situation are in motion, and if that is true, you want to be working with full information from anyone concerned. If you find yourself getting irritable or angry, or feeling worn down, stop and ask a few questions. Knowledge is power, and there’s no substitute for it.

Cancer (June 21-July 22)
Be conscious how you use your power, which includes your visibility. With an eclipse of the Moon in your 10th house, you may be feeling invisible or like you lack influence -- though if so, you’ve got the equation backwards. You have extra influence now, though I suggest you use it in subtle ways. While you may have to do some overt taking charge, your solar chart suggests that in many situations, the best course of action will be to work from behind the scenes. The factor to work with is trust rather than authority; that’s because in truth there is no more authentic authority

than trust. Focus your efforts on those whose intelligence you respect and can depend on. They are most likely to be the people with whom you will feel like you’re on level turf. You’re in a position of authority and responsibility, though I suggest you work from the ground up rather than from the top down.

Leo (July 22-Aug. 23)
The way is open for a dialog in some of the most sensitive situations in your life. Yet the operative word is sensitive. The other operative word is open. The situation calls for little else; if you can maintain that, others are likely to take the initiative and say what they need to say to you. Even if others don’t say anything, if you listen and are receptive you will learn enough, and your awareness will have a positive influence on the situation. Meanwhile you seem to be involved in a delicate balancing act of your own -- your emotional body is telling you one thing and your political or strategic sense is telling you another thing. There is a point of contact, and you’re approaching it gradually. I can give you a clue how it looks or feels. You seem to be facing an inner dilemma, which involves two conflicting points of view. As you do your best to work it out, a third viewpoint will emerge that helps you transcend the conflict that turns out not to have been one.

Virgo (Aug. 23-Sep. 22)
The arrival of Mars in your sign has helped take some pressure off of you, and has demonstrated that your worst fears were both unrealistic and untrue. What matters is what’s both true and connected to reality, and by that I mean what you can verify in documented fact. This will be critical over the next few days as Mars makes an opposition to Neptune, which may lead you to question things for which you have solid evidence and observations that are based on careful analysis. Remember -- just because you may have a momentary doubt does not mean that you’re wrong, no matter how potent your insecurity may be. The best course of action is to keep an open mind for additional information and insight, while keeping your eye on the known data and what it points to. The Grand Canyon was not formed 6,000 years ago, no matter what some people think they believe.

Libra (Sep. 22-Oct. 23)
The recent lunar eclipse in your opposite sign Aries is a reminder that you can only be yourself; you cannot be anyone but yourself. If that is true, it’s also true of the people in your life, including those with whom you are the most intimate. One of the most common modes of ‘preserving’ relationships and ‘making them work’ is that our culture trains us to be someone other than who we are. At the same time there’s relatively little information about how to be oneself, and few situations where it’s appropriate. That all said, it’s ultimately inevitable -- and people put in the same room, the same home, the same company or any other form of the same time and place, will eventually figure that out. Being who you are and acknowledging others for who they are is the foundation of a relationship, even if it seems to threaten it at first.

Scorpio (Oct. 23-Nov. 22)
The more self-accepting you are, the more others will be accepting of you. The only reason this might be seen as a trite or clichéd bit of advice is if someone

has not tried it, or if they struggle to get there. Self-acceptance provides a form of inoculation against anyone’s judgment of you. It also provides a pass for all kinds of inappropriate or hurtful behavior. The way your chart is set up, the theme comes along with an imperative for integrity, which is under focus now. The message is: embrace yourself and patrol your own borders. Monitor your own conduct. Love yourself, share yourself when you feel it’s appropriate and make amends when you’ve acted in a way that is out of integrity. That’s not a pre-condition of self-love -- but forgiveness is. In the end, you will get there; you may as well go there sooner; and eventually you figure out that it’s the place to start.

Sagittarius (Nov. 22-Dec. 22)
You have an extended opportunity to accomplish some great things, though to get there you must focus on the details. If you’re in a leadership role or even in a parental role, you may have to focus on the details of others. In either case you will need to go out of your way to do so gently. The sensation is persistence and setting an example rather than any form of aggressive leadership. You have available to you a depth of emotional access that gives you what I can describe as a heart connection. The same factor also puts you in contact with your sense of injury. It’s a fine line to walk, but for you it’s necessary; you are gradually approaching a crossroads where you will make a firm commitment to the mutual healing of yourself and the people in your life, or perpetuating something from the past that you know really needs to end.

Capricorn (Dec. 22-Jan. 20)
Many efforts have been made to reconcile religion with science. It’s a noble effort, though I think that the only possible point of contact is the honest pursuit of truth, which is not guaranteed by either mode of inquiry. Frequently we see where both have become the same form of dictatorship. What will help you most now is to ask honest questions. Ask them of yourself, ask them of others and ask them of existence. Consider the responses you get to be like food, which must be chewed in order to be digestible. When you get a response, from whatever source, the best thing you can offer back, and offer to yourself, is thoughtful consideration. Make the

choice not to be intimidated by the search for truth, or for understanding. Learn not to be intimidated by thinking you were wrong; bypass that entirely in place of what is real.

Aquarius (Jan. 20-Feb. 19)
Even the principle of accountability can be taken too far -- such as when you’re expected to take responsibility for the actions of others. This is an important boundary though one demarcated by a fine line, perhaps a bit too fine. In my reading of the recent lunar eclipse chart, your accountability centers around knowing what you are and are not responsible for. Perhaps the most challenging thing is being responsible for your own feelings, especially when you’re in the context of a relationship to someone else. One thing I would remind you of is that you’ve covered this territory before, and quite possibly mastered it more than once. You don’t need to go back to a prior level of knowledge or experience, though to do that you must use what you know. So I suggest you spend some time considering what you’ve learned about yourself, in recent years and over the course of your lifetime. Your situation will feel a lot simpler.

Pisces (Feb. 19-March 20)
You need fear no one. Whatever rattles or chills your bones, be it aggression, deception, delusion or chaos inflicted by others -- you are larger than it, and it’s no match for you. In order for this to work, though, you need to remain open, and you need to remain connected to yourself. It’s your true essence that will protect you, not your defenses. Your values are what protect you from being swallowed by the madness of the world, and guide you away from conforming to what others say you should believe or how you should act. It’s your openness to others and your willingness to relate on mutually acceptable terms that gives you your standing among them, rather than any illusion of ‘going it alone’. You can therefore afford to look at everyone and everything with a twinkle in your eye, remembering that your presence in the world is based on strength, openness and love.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

Salmon Watcher Profile

Continued from Page 1
moved in for a close-up. In the middle of the salmon watching season last fall, Keenan learned she was pregnant, and muses that her strong sense of smell and ability to commune with the mother salmon wasn’t an accident. “I was spawning as they were spawning,” she says laughing.
Spending so much time with the coho, Keenan began to research salmon behavior and spent so much time creek-side that she could easily pick out redds (salmon nests), and got to know individual fish and where they would be along the creek. She was surprised by the aggressiveness of both males and the females as they fought to protect their genetic future.
“Twice I saw a female run off another female from a redd site – more aggressively than a male,” she says. “Males slowly got more aggressive; the females immediately tried to bite the other female.” The biggest fight she witnessed involved one male grabbing the other in its jaws and throwing it downstream; she also saw one fish lose an eye in such an encounter.
“It’s important for people on the

island to know about the salmon,” she says. “To know that what they’re washing their cars with, what they’re putting on their garden, what they’re fertilizing their lawn with is all is running off into the streams. What the salmon are ingesting is what we’re ingesting when we eat them. This is a great way for people to see for themselves and get interested, and be more inclined to take care of their environment.”
This fall Keenan is back at Judd Creek, introducing her family’s newest salmon watcher, three-month-old Brody, to the joys and mysteries of the experience. Though they haven’t spotted a salmon yet, she is looking forward to the day they do, and meanwhile reported that she and her family recently found a signal crayfish, another native of local creeks.
“It’s just nice to get out and go for a walk in the beautiful forest, and listen to the sounds of trees and the water,” Keenan says. “I want my kids to experience this because I didn’t grow up with all this nature around me, and I didn’t realized how much I loved it until I moved here.”

Positively Speaking

‘The Other Women’ Pink Teaches Purple Part II

By Deborah H. Anderson



had she made? How do we convince women that owning yourself and being poor is better than laying there for a few hundred bucks? Is it? Does it matter? On the grand scale of things , little is being done for issues of assault on women. And we divide the issues up losing even more power to change.

Anyway...

Having begun work on the column I thought of the women in my life who kept me, a victim of childhood sexual abuse, from being a prostitute: Aunt Ginny, Aunt Nancy, the women missionaries at my church, Marilyn, Bev, Billie, my friends from Mills, my professors, yes, even knitting group. They are the quiet women. They ask no high profile. They are full of love and fun and humour and do not act like the worst in men to get ahead. Yes they serve, but they also lead. They do not worry about getting ahead, they concern themselves with being and doing their best.

I’ve been putting a new price tag on myself and my services. That has been uncomfortable for me. But isn’t being a quiet woman who uses her talents to add to the world worth the same as laying on your back while some stranger grunts and groans? Look at the services women provide and who gets paid the most to do what. It’s telling.

Women are defeating breast cancer because of the solidarity of the quiet women who are victorious in things that matter. They demand and work for a cure.

Hopefully Domestic Violence and human trafficking will find the same solidarity and start to emphasize a search for the cure. Right now the emphasis is on intervention and support. that’s great, obviously.

But...

Teaching women that quiet determined self confidence, self esteem, and self worth drive out cancerous violent cells of using sex and fists as power and sexual pleasure ,teaching them to recognize, resist, report. Teaching men, the pimps, and the 5% of women who are abusers how to handle fear and feeling overwhelmed, learning that little lumps, little incidences matter. Helping them take the early stages seriously. All those need to be sentences we finish together.

Then wearing glittery rhinestones will just be for fun. And no one will have to perch their foot on a light pole to earn a good living. We will eradicate both diseases that threaten women’s lives.

Love,
Deborah



So last column I write about the women who trash, betray or hurt other women. The discussion picks up with the question ‘What about the other women?’ ; the women who help, nurture and lift?

Let us begin with what happened between Krispy Kreme and Jack in the Box.

Down another 8.5 pounds this month I decided to do what every slimmer downer tries to do; sneak in a little mouth happiness comfort food in a way that might not show on the scales; a midweek splurge.

On Aurora Ave in Seattle there is, at one point, a spot where there is both a Krispy Kreme and a Jack in the Box. So, right out there for everyone to know, I did it. I drove through one and got the \$1.89 jumbo jack that literally slides through your body with mayonnaise and an order of onion rings and then like some foody do si do right allemanded through the Krispy Kreme with a glazed cream filled, chocolate glazed cake and a large coffee. We’re talkin’ \$7.00 of bliss. All to be eaten with complete mindfulness.

So as I’m starting my ,’Please God , let me burn this pray in four days before I weigh again’ prayer headed through the construction zone tape at the exit onto the highway, there she is, Miss Trim and Fit of the Month, blond sleek pony tail bobbing college student with perfect make up glaring at me.

I defer and slip in after she crosses in front of me. That’s when I see them. On each back pocket of the incredibly short daisy dukes is a rhinestone longhorn . As I stop at the light and she continues to glare at me, placing her foot in classic seductive pose up against the traffic light pole, I realize she is not a college girl on her way to the sports bar. She is a working girl beginning her shift and the glare was most likely defensive.

“Oh, honey” I wanted to call out. “I don’t judge you. I just want to free all of you who are in a spot where you have to let strange men do whatever they want with their bodies for you to earn.

And in this world money is pretty much everything. So for me to offer encouragement to a woman who is going to make in one night what I make in a week is pretty silly. What I have, self love, some modicum of peace, is not going to seem attractive at first. She can pay her bills. Picturing myself with the conversation starting with her... Well every interventionist in human trafficking knows that one.

I drove home. At three o’clock in the morning I felt like I wanted I to throw up. Of course. Mouth happiness usually equals stomach blech. I thought of Miss College ...Not rhinestones. How many men had she been with so far? How much money

Prima Needs A Home...

I’m a beautiful single height-weight-proportional female dilute calico. I’m mature but definitely NOT old. I had been on my own for a long time before coming to the shelter. I lost trust in humans and just wanted to be left alone, but I’m changing. I’ve found that I like to sit on volunteers’ laps, I like when they stroke me and just recently a volunteer held me and I held her back. I like humans more each day. In fact, for the first time in a long time, I’m eager for my very own family who will love and care for me. If you think you might want to be the one to take me home with you, please contact VIPP and arrange to meet me.



Go To www.vipp.org Click on Adopt

Trick-or-Treat night road closure

The main road through Vashon town will be closed Thursday, October 31st, due to the Trick-or-Treat night in the town of Vashon.

Road closures will be on Vashon Highway between Cove Road and 178th Ave SW AND on Bank Road between 100th Ave SW and 97th Place SW.

Trick-or-Treat is between 5-7 so the road closures will take place roughly from 4:30 until 7:30 pm. We will have off duty sheriff’s at the main barricades (178th and Cove). All parking lots, alleys and side roads inside of the road closures will be taped off so we encourage people to plan accordingly for this. Metro will follow detour routes, as will other traffic. Detour will be west on Cove, south on 107th and east on bank. 100th and 103rd will be one-way, with southbound traffic using 103rd and northbound traffic using 100th.

Community Cinema Vashon Presents: The Graduates/Los Graduados - Part #2, “Boys Hour”

The Graduates/Los Graduados premieres on PBS Monday, Oct 28 & Nov 4 at 10/9c.

Un documental revelador sobre los desafíos que enfrentan los estudiantes Latinos en Estados Unidos. The Graduates/Los Graduados explores pressing issues in education today through the eyes of six Latino and Latina students from across the United States.

More than a survey of contemporary policy debates, the bilingual, two-part film offers first-hand perspectives on key challenges facing Latino high school students and their families, educators, and community leaders. It is the story of the graduates who will make up America’s future.

The film follows six teenagers — three girls and three boys — each with their own unique obstacles to overcome.

A running theme throughout all of the stories in The Graduates/Los Graduados is the importance of civic engagement, of students becoming involved in



their schools and communities, and — crucially — having a say in their own futures.

Community Cinema is a national civic engagement initiative featuring free screenings and curricula for films from the Emmy Award-winning PBS series Independent Lens. In 100 cities and online, community members come together to learn, discuss, and get involved in key social issues of our time. For further information, please visit www.communitycinema.org

Community Cinema Vashon is presented thanks to the generous support of Voice of Vashon, Island GreenTech, and the Vashon Theatre.

Advertise in the Loop!

It’s a great time to get back in the Loop.

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Next Loop comes out November 7

A Concurrent Reception
Friday, November 1st
6-8 pm

Abby Williams Hill

at

Vashon-Maury Island
Heritage Museum



VMIHA

Debra Joy Groesser

at

The Hardware Store



Two Women Artists,
Painting a Century Apart

Come Hear a Conversation Between the Artists

Nov 4th, 7 pm, Vashon Land Trust Bldg

Karen Haas as Abby Williams Hill talks with Debra Joy Groesser

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Island Epicure



By Marj Watkins

Book Review: In Defense of Food by Michael Pollan

Michael Pollan is the author of The Omnivore’s Dilemma as well as In Defense of Food. He is a clear, conscientious voice protesting the “hacking” of real food, and the proliferation of pseudo-foods – foods so augmented with mysterious multi-syllabic ingredients that their similarity to the real foods our grandparents ate has disappeared.

Pollan points out that, despite legions of nutrition experts, as a nation we’re getting fatter and fatter and less and less healthy. He says that an American child born in 2000 has one chance in three of becoming diabetic.

Diabetes, he says, presents a profitable marketing opportunity. The medical profession is gearing up for a surge of bypass operations. They expect 80% of diabetic patients to suffer from heart disease. Too much food and too little exercise puts them at this risk, Pollan says.

He blames the Western diet. We eat way too much sugar, drink too many corn syrup sweetened soft drinks, scarf down too much high-carbohydrate food and not enough plant foods. He says, “In countries where people eat at least a pound of fruits and vegetables a day, the rate of cancer is half what

it is in the United States.” He advises, “Eat locally grown produce as much as possible. Foods lose nutrients in transit. Eat less, most of it plant-based.”

The vegans have the plant part down pat. But what about the several spoonfuls of sugar they put in their coffee or tea? What about the sweet desserts they reward themselves with? Vegetarians, especially when they eat a little fish now and then, do somewhat better. They are less apt to suffer from the Western diseases. Flexitarians – near-vegetarians – are just as healthy as vegetarians. So it’s okay to eat some grass-fed beef or bison or venison once in a while. He says, “I haven’t found a compelling reason to exclude it from your diet.”

My Chinese daughter-in-law says putting a little meat with the vegetables helps you get more out of the vegetable protein. My diabetic son’s nutritionist advises him to get a gram of protein for each kilo of weight, and cut back on grains.

Pollan advises us to eat all parts of plants – roots, stems, leaves, flowers, and seeds. He speaks well of fungi, mentioning the mycorrhizae in the soil that transfer minerals to plant roots in exchange for plant sugar.

Tonight we ate carrots and onions (roots), celery (stems), and chanterelle mushrooms (fungi) stewed with very lean beef, plus a lettuce and tomato salad with vinaigrette. I seasoned the stew with oregano and marjoram leaves, pepper (seeds) and salt. This sort of cooking and menu planning has become second nature to me. It’s a healthy habit to cultivate.

Note: Oregano, like cinnamon and cloves, is antibiotic.

Road To Resilience

Continued from Page 1

more of our needs in highly capital-intensive, high-tech operations. We have become utterly dependent on them for our energy, transport, food, entertainment, etc. Only now are we beginning to notice this because the final things they need to complete the takeover are so outrageous we just couldn’t help but notice. When companies like Nestle, and Coca Cola started buying the rights to natural watersheds with the intent of selling water back to us, we began to get the picture. (Don’t get me started on bottled water.) When we saw that all our food was being produced by a handful of corporations, we got even more focused.

Now we have the food giants going for the final blow. They are altering and patenting life forms, and show no signs of stopping until they can require us to pay them for everything we require to exist. Or for life itself to exist! It is an insane and impossible situation they are trying to create, but there is no single human conscience there that is capable of derailing the juggernaut. **This is what is really at stake in the I-522 (labeling GMO’S) battle. By voting yes, you are saying that you do not want to participate unknowingly in an experiment in artificial evolution that, at best, could leave you paying royalties for the gifts of life, and, at worst, could permanently alter a life system developed over eons.**

The good news is that nature is providing a counter strategy. Sustainable and renewable technologies are providing alternate ways to provide our needs. We don’t need all the highly complex, costly installations that only corporations can build. Renewable energy does not need large central complexes. Diverse and diffused energy collection for local consumption is far more efficient. The same goes for food production. With more reliance on local sourcing, our transportation needs also decline dramatically. Local sourcing of our needs will starve out the corporations that we don’t need. Those that serve a purpose should be allowed to continue, but never again should we allow any corporation to exist that doesn’t serve life. And may we have the wisdom to know the difference.

Comments?
terry@vashonloop.com

Vashon library November events

Children & Families

Family Story Times

Tuesday, November 5, 12, 19 and 26, 11:30am
Held at VYFS PlaySpace, 9822 Gorsuch Road Vashon, WA 98070.
Newborn to age 6 with caregiver.
Come for a fun-filled, half-hour of stories, finger plays, movement and music!
Registration not required. You do not need to be a member of Playspace to attend. Please call the Vashon Library with any questions, 206.463.2069.

Teens

Money for College and The Scholarship Market

Tuesday, November 5, 6:30pm
Held at Vashon High School Library, 20120 Vashon Hwy SW, Vashon WA 98070.
Douglas Breithaupt, College Planning Network, will present, “The Money Maze: Finding Money for College,” a comprehensive review of all financial aid programs and, “The Scholarship Market,” which focuses on private scholarships and theWashBoard.org, a new scholarship resource for our state.
Partially funded by the Friends of the Vashon Library.

Adults

Great Books Discussion Group Hekabe by Euripides

Monday, November 4, 6:30pm
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

Affordable Health Care Signup

Wednesday, November 6, 4pm
Tuesday, November 12, 11am
Presented by Public Health-Seattle & King County.
One-on-one assistance for those enrolling in the new Exchange (Washington Health Plan Finder), <http://www.wahealthplanfinder.org>.
Registration not required, first come, first serve.

Contact Community Health Access Program for details, 1.800.756.5437.

Free ESL Classes

Thursday, November 7, 14 and 21, 6pm
Classes are held in the library. Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor.
Call 206.463.2069 for more information.

Northwest Noir: Mysteries, Legends and Landscapes

Saturday, November 16, 2pm
Held at Vashon Maury Senior Center, 10004 SW Bank Road, Vashon, WA 98070.
Presented by Susan Olds.
What is it about the Northwest that is so mysterious? The grey, gloomy days, the dense forests, the rugged mountains, the deep, dark Puget Sound? Indulge in the mysteries! Included in the program: Northwest Coast Native American legends and art, UFO sightings and stories, unexplained mysteries and ghost stories, art by contemporary Northwest artists and mysteries, movies and novels set in the Northwest.
Sponsored by Friends of the Vashon Library.

Vashon Island Parents Read: The Whole Brain Child by Daniel Siegel

Wednesday, November 20, 9:30am
Held at Minglement Roasterie at 19529 Vashon Hwy SW, Vashon, WA 98070.
Join the Second Annual Vashon Island Parents Read community reading program. Read and discuss The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child’s Developing Mind, by Daniel J. Siegel and Tina Payne Bryson. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.
Sponsored by King County Library System and Vashon Youth and Family Services

A Place at the Table

KCLS invites everyone to find A Place at the Table! We’ll toss around fresh ideas about food, cooking, nutrition and growing and using locally produced food. In addition to offering new food ideas, preparation and planning skills, and handy online classes, videos and resources, the series will help everyone create a nourishing table by accepting non-perishable food donations, to be distributed to local King County food banks.

Watch the Candidates Forum on VoV-TV

Voice of Vashon is broadcasting the Park District and Water District Candidates Forum now through the elections. As a service for those who couldn’t attend the forum in person, the debates may be seen on VoV-TV Comcast channel 21 at 7pm daily and streaming on demand at VoiceOfVashon.org. The Candidates Forum, videoed by Peter Ray, was held on Thursday, October 10 and the event was sponsored the Vashon Beachcomber and Voice of Vashon.

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Halloween at Luna

Rebecca Douglas joins us once again this year to take photos of all willing costumed Vashon trick or treaters. The photo shoot is free, photos and a CD are available for purchase. Cafe Luna.



The Red Bicycle Bistro & Sushi will be shining its spotlight on one of the most innovative jazz bands in the Northwest, the Island Jazz Quintet. Meeting and growing in a place that is the antithesis of bright lights and glamour gave the band a chance to develop its style in peace. That style combines improvisational jazz, bossa nova, and a smoky hint of cabaret in distinctive arrangements that lead Victory Review to note, “Vashon Island boasts a group worthy of national attention. This group would be right at home in a New York cabaret.”

Island Jazz Quintet released its third CD, “Who Knows,” to a standing-room-only crowd at the Crepe de Paris in Seattle. This collection of originals and colorful arrangements of standards immediately began receiving national and international airplay. “This is one of Washington state’s best jazz ensembles... Just listen to the personal touches and humor the band adds to ‘What a Little Moonlight Can Do,’ to see that this is a group that should be



selling out shows all across the country.” -James Rodgers

The band came into being in 1999. Early jam sessions in a cabin in the woods led quickly to regular gigs and a desire to record. The band released its first album in 2001, a self-titled collection garnering local airplay and critical notice.

IJQ features Maggie Laird on vocals, Richard Person on trumpet, Michael Gotz on guitar, Todd Gowers on bass and Todd Zimberg on drums.

IJQ was in full swing by 2004 which saw a second CD release, “Youkali.” The title

track is a lesser-known Kurt Weill piece, a French-Arabian tango featuring some smearing trumpet and a sensual vocal. This disc turned up on radio playlists all over the country. The sound was evolving; standard polish gave way to more potent statements, more originals, and more atmosphere.

Friday night’s show begins at 8:30pm and is an all-ages, no cover event.

October 25 at 8:30pm. At the Red Bicycle, 17618 Vashon Hwy SW. 206-463-5590 www.redbicyclebistro.com

Reignition at “Art in the Alley”

Come join us this upcoming first Friday for a lively night of artistic celebration! Scott Jones displays a collection of industrial works, giving new life to once abandoned items. Anyone with an appreciation for metal or stone work will enjoy these breathtakingly honest and beautiful pieces. For those with a love of canvas, Alison Trundle’s abstract paintings will give you new insight into the possibilities and power of the color spectrum. Finally, Sarah Stuarts collection of fall inspired prints will warm your spirits on what is sure to be a fabulous November night. Stop by and listen to musicians Diane Krouse on sax and Pat Reardon on guitar and Adrienne on piano. Located in the “Art Alley” behind The Saucy Sisters Pizzeria, please join us for a night you won’t soon forget. November 1st, 6pm

Linda Severt’s Juggletunes

Vashon Allied Arts is delighted to be kicking off this season’s family series with Linda Severt, an entertainer of great focus and presence who also possesses the creative, spontaneous energy of ten people. On October 27, Linda’s “Juggletunes” show brings us a solo performer who somehow manages to be a circus, a complete band, a songwriter and a vaudeville act, all in one. Geared toward elementary school aged children, it’s an experience guaranteed to be loved by audiences of any age.

In her 26 years of family entertainment, Linda has performed in such highly acclaimed venues and events as the Kennedy Center, Teatro Zinzanni and the UMO ensemble; at international children’s festivals all over the U.S. and Canada; the Kim Tom International Clown Festival in Shanghai, and many others. She is also a highly respected multi-instrumentalist and singer who has toured with the Laura Love band, and has won awards for her CD’s of music for children. Her latest family CD of original songs, Grinning Streak, won several national awards, including a Parents’ Choice Silver Award. In the judge’s words, “...she successfully keeps so many musical styles going while singing some of the wittiest lyrics this side of Dr. Seuss.”

Linda’s life and background are as diverse and fascinating as her performances; she was born in Burma (Myanmar), raised in Burma, Malaysia, Singapore, Taiwan, and Maryland. She was a surfer in high school who took up skateboarding later, and between 1976 and 1979, she was winning skateboard competitions all up and down the east coast.

“Wow! Very funny! Guitar,



accordion, drums. Shades of a female Pee Wee Herman, Lily Tomlin’s “Edith,” and Gilda Radner.” – Sno-Isle Library Showcase

In addition to her stage performing, Linda is now the program manager of “Room Circus Medical Clowning,” a program with the same focus as New York’s Big Apple Circus Clown Care (featured on PBS), where she spent seven years. She and her colleagues bring joy and wonder to the bedsides of kids and their families at Seattle Children’s Hospital. Linda says of the work, “We bring hospitalized children and their families into the moment and make them laugh – an intensely gratifying job.”

It seems that joy and laughter

are a constant feature in Linda Severt’s shows, whether they’re witnessed in a stage setting or one-on-one in a hospital room. This show that starts the 2013-14 family series really is one that all ages should see, if they have any desire to lighten the load of everyday troubles with pure delight.

“Her show had children jumping up and down and singing along, and tears of laughter were running down many grown-up faces.” – Ellen Magnuson, Kendrick/Juliaetta Arts Committee – by Kat Eggleston

Tickets: \$5 youth, \$8 adults
Vashon Allied Arts, 206-463-5131. Got www.vashonalliedarts.org for tickets and information

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November Art Film night features work of island filmmakers



Vashon Film Society has tapped island filmmaker Jessika Satori to curate a program of all-Vashon works for the upcoming Art Film Night on November 1 at 9:30 pm at the Vashon Theatre.

The evening showcase dubbed “A Fistful of Films” will offer a diverse sampling of short films and clips made by locally based filmmakers including Michael Monteleone, Peter Ray, Kiya Bodding, Mark Corliss, George Thieme, Satori herself, and others.

With genres stretching from the dramatic feature “My Name Is Mattie” to a short called “Bill’s Bread” to the documentary “The Female Faces of War,” the lineup of moving pictures will display the depth of filmmaking talents who call Vashon their home.

Admission to Vashon Film Society’s monthly Art Film Night is \$7/all ages.

Skulls to honor the Day of the Dead



Vashon Intuitive Arts presents a Jeaneen Bauer collection of Skulls to honor the Day of the Dead.

The collection will be up beginning Halloween and an altar will be available to bring a small photo and candle to honor loved ones, friends and pets.

Join us at Vashon Intuitive Arts for our First Friday Gallery Cruise Day of the Dead Celebration! November 1st. 6-9pm

17331 Vashon Hwy sw
206-463-0025

The Garth Reeves Band

Garth Reeves has been playing professionally for over 18 years. After cutting his teeth in the halcyon days of the Olympia scene, Garth moved to Seattle to explore that cities burgeoning music explosion. A short of list of bands Garth has been in include: Dangermouse, Nubbin, Goodness, Blue Spark... and now as a solo artist and in collaboration with others, Garth is expanding on a catalog of solo work that mines the roots of American musical vernacular.

After returning to Seattle from a stint in Brooklyn, Garth and producer/keyboardist (and Vashon Island resident) Jason Staczek began recording the follow-up to Garth’s first record Nothing But Time in several Seattle studios. Collaborating notably with Ian Moore, Timo Ellis, Pete Droge and Garth’s regular touring band The Unfaithful Servants (Jeff Fielder, Andy Stoller, Mike Musburger), Garth and Jason are honing the song craft and production style of Nothing But Time, while continuing to mine that albums musical landscapes.

Garth’s album Nothing But Time, released in 2005, was made using analog tape, an old Trident board, and a tight knit group of Vashon and Seattle musicians (Jason Staczek, Pete Droge, Rob Brill, Jeff Fielder, Andrew McKeag,



Carrie Akre, Danny Newcomb, and Dan Tyack, and others). The result is a stunning and emotional record deeply rooted in tradition.

This is a free cover all-ages show ‘til 11pm, then 21+ after that. Saturday, November 2 at 8:30pm. At the Red Bicycle

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November 2, 8:30pm

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