

It's Time to Vote!

By Will North

The November 7th ballot arrived in the mail a week ago. If you haven't voted yet, I hope you will consider this article and vote now. Why? Because your vote is about your own physical safety.

Proposition 1 on the ballot asks us to vote to restore the property tax levy set in 1990 that supports Vashon Island Fire and Rescue (VIFR). That rate was \$1.50 per thousand dollars of assessed valuation. Since then, that rate has declined to 93 cents today, the lowest of ALL of the 24 fire districts in King County. Next year it will drop again, to 82 cents.

In the intervening 27 years, emergency calls to VIFR have risen 260 percent. Roughly 80 percent of these calls are for medical emergencies. VIFR is this island's only emergency medical service. There is no one else. But simultaneous emergency calls are increasing; there are at least two four times a week. That completely maxes out VIFR's response capacity. And yet three or more simultaneous emergencies are happening at least twice a month, and sometimes more.

In the past, VIFR has relied upon volunteer responders. In 1990, we had more than 60 on-island trained emergency responders. Today we have 9. To compensate, VIFR has hired career first responders and added off-island volunteers who work here—one or two at a time—on shifts. If there is a building fire, VIFR seldom has enough firefighters

to meet state standards to enter the building. In addition, most of VIFR's fire and aid vehicles have aged beyond national standards.

Next year, VIFR reports that its operations budget will be short \$1.2 million and the reserves it has drawn down in past years to keep serving the island will be exhausted. Already dangerously understaffed and under-equipped, VIFR will have no choice but to cut back even further.

For many islanders this financial crisis may come as a surprise. But VIFR's records make it clear that it is not. With 27 years of declining levy rates, VIFR has had to pirate its own equipment and facilities reserves just to stay in business. Other fire districts in the county regularly request their voters to "top up" their declining revenue with new levies every few years. But VIFR's past Commissioners have had a zero-tolerance position about rate increases for more than a quarter century. The results of this policy of "kicking the can down the road" have finally, and dangerously, come home to roost.

VIFR's new Chief, Charlie Krimmert, spent nine months researching the district's financial condition. He presented the results to his elected Commissioners in a series of public meetings and, this summer, the Commissioners agreed unanimously to restore the old 1990 tax rate of \$1.50 per

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KVSH Third Birthday Bash Lip Sync Battle – New Date Same Party



Island officials, celebrities and rock star wannabes are polishing up their air guitars for VoV's Third Annual KVSH Birthday Bash, Friday, November 10, at the Red Bike. It's going to be a Lip Sync Battle hosted by Arlette Moody – Vashon's version of Catherine Zeta-Jones – and starring the people you see or hear from regularly...in a whole new light. Tickets are available now at the Vashon Book Shop and Brownpapertickets.com

The celebration starts at 8PM with warm-up performances by VoV's "The Voice" of Vashon winner, Gus Reeves and his family. Arlette Moody will set up the Lip Sync Battle with an act of her own. Then competing pairs of

lip syncers will strut their stuff to one of their favorite tunes; and audience applause will choose the winner of each paired battle.

This is great fun a la Jimmy Fallon and The Spike Network's Lip Sync Battle. Costumes and comedy are the only requirements. Lip syncers with maximum vamp will have the advantage as well as the most fun.

Some performers will appear by invitation from VoV's party planners. Others are invited to sign-up by emailing lipsync@voiceofvashon.org.

This is your chance to jump onstage and perform that song you've been practicing in your car for years.

The Road to Resilience Plastics Are Us

By Terry Sullivan,

When I was growing up in the 1950's, plastic was one of the most exciting new materials. Everything from dinner plates to furniture were being made from plastic. It was lightweight, strong, and would never rot. In the 1960's film, The Graduate, Dustin Hoffman is pulled aside by his likely-to-be-father-in-law and given this sage advice in one word: "plastics." So true: we now have 450 billion pounds of plastic on the planet and counting. We continue to add to it and never subtract because of the aforementioned fact that it will never rot. Every bit of plastic ever made is still with us today. The oldest is mostly in the form of nanoparticles that inhabit every niche on the surface of the Earth, including much of the food we eat and in all our bodies. The ocean is now known to have 36 times more plastic than zooplankton, the creatures at the base of the food chain. Since plastic does not occur naturally, many of its constituents are toxic to life. Plastic leaches toxins into the air and water and gathers to itself other oily toxins such as PCB's.

We all should be painfully aware of our part in this catastrophic proliferation of plastic. There is very little we can purchase that doesn't come with some, or a lot of, plastic. What's worse is that, unlike many of the original uses of plastic, much of the plastic of today is used once, maybe for only a matter of

minutes, and then thrown away!

We know this is awful, but how do we stop adding to it? We all know the mantra "Reduce, Reuse, Recycle." Plastic presents some unique problems here. Let's start with the last. We try to recycle as much as we can. With plastic the more proper term is "downcycling" rather than "recycling. Unlike food or yard waste, plastic is not made into more of the items that we recycle. Those must be made from new virgin plastic. The items you recycle become curb stops, decking, or some other lower use. And, it is still plastic and will continue to contaminate the planet, just a little more slowly. How much of our plastic gets recycled? About 8%. Another 2% is burned for energy -- a difficult task to do without releasing toxins into the air.

We can slow down plastic production by reusing our plastic containers and bags, but that plastic is still releasing toxins into our environment, perhaps a little faster as it starts to degrade.

What about degradable plastics? There are three categories of degradable plastics: degradable, biodegradable, and compostable. Degradable plastic breaks down due to the action of heat or light, but what degrades is its form. It becomes smaller particles just like any plastic, but will do it faster. It means that

Continued on Page 9

Vashon Chamber Music presents a season of Seattle Symphony All Stars

Vashon Chamber Music opens the 2017-18 season on November 12 with a dynamic trio of musicians. Long time Seattle Symphony first violinist Mikhail Shmidt, clarinetist Laura de Luca and pianist Oana Rusu Tomai will perform Bela Bartok's exciting piece for that combination, entitled Contrasts. Other composers featured include Ravel,

Piazzolla and John Williams.

The remainder of the season concerts will be presented on January 14, March 11 and April 29 and will feature principal cellist Efe Baltacigil and principal oboist Mary Lynch, among others.

Individual and season tickets can be purchased online at www.vashoncenterforthearts.org or by calling 463-5131. All concerts are Sunday evenings at 7:30pm at the Vashon Center for the Arts.





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The Vashon Loop

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Friday, November 3rd, 8pm
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Friday, November 10, 8pm
KVSH Lip Sync Battle!

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

Dinner with Fire Chief at South End Community Center



South end community club met for dinner at the Tahlequah fire station on Saturday October 21st. Featured speakers were Fire Chief Charlie Krimmert and Fire Commissioner Candy McCullough who explained to us that our fire dept is financially in a bad way, and needs this proposed levy to offer the best services possible for our community. It seems proper records only go back to 2013 and 2014. Fire Chief Krimmert has analyzed all the available past finances and offered that records become available to the public on a meeting next Tues. He started in January and it seems the fire dept has been kicking the can down the street for the last eight years. This levy actually is what it was in 1990. In 1990 the levy based on property tax evaluations was \$1.50 per \$1,000.00 and that’s all they are asking for in the new proposed levy. Our fire trucks are out dated and we need more firefighters and emt’s. It is a miracle that the fire dept is running as efficiently as it is. We also need a new aid car. The tax levy doesn’t solve all the problems facing the fire dept, but it’s a good start. It was a dark and stormy night but there was a full house and the food was wonderful and what great company, a lively discussion ensued! Bottom line is that we all sat down together to have dinner and sort it out. The south end community club meets every 3rd Saturday of the month. They have been doing so since 1930’s, with the building being built in cooperation with the community and fire department in the 60’s. Big Thanks to the new Fire Chief and to Commissioner McCullough who warmly spoke from the heart to catch us up on the fire dept’s needs. Please vote YES on the proposed Levy and YES for Candy’s re-election as Fire Commissioner- Thank You!

Election Night, One Year Later

What has the journey been like for you?
All Island Forum’s gathering on Tuesday, November 7, 7-9pm at Vashon Library will culminate a year long cycle of exploration and sharing about our experience in the resistance. Using living moving maps, small group and larger group discussions we will gain perspective focusing on seed questions such as:
What challenges did we face?
What were major turning points in your experience? Personally? Politically? In community?
How has your activism and participation in the resistance changed you?
What support or encouragement would be most useful to you now?
Can we name our intentions for continuing your work?
Please join us to listen, learn and lean-in with community. All are welcome.

Candy McCullough for Fire Commissioner

We need Candy McCullough’s depth of experience and dedication to represent us on our Fire Commission. She gives us the benefit of decades of volunteering for our own fire department and decades of experience as a professional firefighter as well as her demonstrated effectiveness as a current member of our fire commission.
Since becoming a commissioner, she pushed for a community based strategic plan to stabilize the department budget, but this was stalled by the paramedic transition, then the Health Center closing and the retirement of both chiefs. After hiring Chief Krimmert, they moved very quickly to do a thorough analysis to accurately determine the level of tax rate increase needed. It is misleading to suggest that the commissioners have been irresponsible in not addressing the financial shortfall.
She has devoted tremendous effort to learning the rather complex legal requirements of advocating for our community with VIFR; in fact, she is currently president of the National Association of Elected Fire Officials.
As a long-time Island physician, I can vouch for the importance of VIFR and of the Fire Commission. We are lucky to have someone with Candy’s level of experience to represent us. We need her.
I urge Islanders to vote for Candy McCullough for Fire Commissioner.
Mary Ellen Walker, MD, MPH

Revolution Vashon

Revolution Vashon meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

Dental Van

Thanks to a grant from Granny’s the dental van is returning for two days every three month. Two dentists who live on island and have practices off island have volunteered. The next dental clinics will be Friday and Saturday, November 3rd and 4th. This is for low income people.
People who want to sign up can call me at 206-463-7277
Hilary

Have a Story or Article

Send it to:
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Next Edition of The Loop Comes out Thursday November 9

Deadline for the next edition of *The Loop* is
Saturday, Nov. 4

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Creating Fertile Soil by David Yarrow

Zero Waste Vashon is sponsoring a talk by David Yarrow at the Land Trust on Sun., Oct. 29th, from 2 to 4 pm. Yarrow’s topic is Creating Fully Fertile Soil.
As an earth activist, he has taught workshops and university courses and written about carbon-smart biological agriculture. He has researched soil amendments over decades, including rock dust, sea minerals, and bio-char. He saw how bio-char can regenerate soils and mitigate global warming.
His diverse efforts include starting community gardens, natural food buying clubs, food coops, a whole grain bakery, a tofu business, and contributing to the national standards for organic farming certification. He also founded and ran Wellspring: The Syracuse Center for Self-Healing which works with patients with environmental illnesses using natural foods cooking and holistic nutrition.
Join us for a fascinating afternoon with David Yarrow!

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Vashon Maury Island Audubon Society presents:

Lyanda Lynn Haupt and her new book Mozart's Starling

Thursday November 9th at 7 PM.
Held at the Vashon Land Trust Building
10014 SW Bank Rd. Event is free and
open to the public. Books will be on sale
at the event.

In Mozart's Starling, Haupt explores the remarkable bond between one of history's most cherished composers and one of earth's most common birds. The intertwined stories of Mozart's beloved pet and Haupt's own starling provide an unexpected window into human-animal friendships, music, the secret world of starlings, and the nature of creative inspiration. Mozart's Starling is a tour de force that awakens a surprising new awareness of our place in the world.

Lyanda Lynn Haupt is a naturalist, eco-philosopher, and speaker whose writing connects people with nature in their everyday lives. Her previous books include: The Urban Bestiary: Encountering the Everyday Wild, finalist for the Orion Book Award; Crow Planet: Essential Wisdom from the Urban Wilderness, winner of the 2010 Sigurd F. Olson Nature Writing Award; Pilgrim on the Great Bird Continent: The Importance of Everything and Other Lessons from Darwin's Lost Notebooks,



and Rare Encounters with Ordinary Birds, winner of the 2002 Washington State Book Award.

Lyanda has created and directed educational programs for Seattle Audubon, worked in raptor rehabilitation in Vermont, and been a seabird researcher for the U.S. Fish and Wildlife Service. She lives in Seattle with her husband and daughter, a backyard chicken flock, and Carmen the starling.

Co-Sponsored by Vashon Maury Island Land Trust, and Vashon Nature Center."

VYFS Receives Grant To Welcome All Baby Islanders!

Vashon Youth & Family Services (VYFS) is thrilled to announce that a new Baby Box program is set to roll out towards the end of the year. This program, one component of a larger Home Visitation Program that will be developed in 2018, will seek to provide a baby box for each newborn or newly adopted infant on the Island. Granny's Attic recently announced it will provide \$6,484 toward the purchase of the boxes themselves, to help launch the program.

The baby boxes give new parents an easily transportable cardboard sleeping box with mattress to ensure that each baby always has a safe secure place to sleep. The boxes will include two parenting books, onesies, a sleep sack, washcloths, materials from local businesses and all types of necessities to welcome the newest Islanders. "We're still working out the details for referrals," said Christine Wood, Family Place Manager, "but our goal is to have health care providers and doulas give out referrals to expectant families." More information will be posted on vyfs.org/ Family Place, the VYFS Facebook page and in local newspapers as the end of the year approaches.

The baby boxes are similar to those used by the Finnish government for decades to help reduce sudden infant death syndrome. The boxes were one component of a revamped national focus on maternal and infant health, which included encouraging expectant mothers to visit health care providers and the emergence of a national health insurance

system. These components together had a dramatic effect on infant mortality rates in Finland, which have decreased from 65 in 1,000 infants in 1935 to less than 5 in 1,000 by 2010.

The VYFS baby boxes will be distributed by a bilingual Family Advocate through the Family Place. The Family Advocate will promote community awareness of the program, develop community partners to sustain it, and deliver baby boxes and valuable information and resources to new parents, with a focus on outreach to the Latino community. "The baby boxes are a key part of a new program of Home Visiting that we hope will get off the ground next year," said Wood.

A key part of the Vashon baby boxes will be community welcome. Throughout the fall, VYFS will be soliciting community members to donate specific items that will then be put in the boxes, including baby books. "We're very happy that the Vashon Bookshop has already agreed to help us by selling two baby book titles that we need at a 20% discount," said Wood. Community members can purchase The Baby Book by Dr. Sears or Raising a Secure Child by Cooper and Powell by going into the Bookshop. Just let them know you are donating the books to VYFS and Vashon Bookshop will keep your donated book to be collected for the program. "We're hoping to organize other community supply drives as the box program grows," said Wood.

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Island Life The Distance

By Peter Ray
pgray@vashonloop.com

I am often to mostly running these internal monologues, which more often than not are where these scribblings come from. Writing things down is a means of purging the echoes, and it works well enough that there are times when I find myself the next day wondering what it was that I just wrote about, since I’m usually fairly certain that what is currently running in my head is a new tangential, mental squash game, banging around in there in search of an exit strategy. I try not to repeat myself, but sometimes it is worth repeating. I believe that the other times, when I have forgotten that I have covered this territory in previous excursions, are a rarity in memory lapse. I suppose I could go back and check, but I would suspect that in the bigger picture, if anyone is actually counting they would grant me the occasional pass.

What is bouncing around in there today that has me concerned about repetition is a story that I think of often. It was a tale recounted from a philosophy of art class I took in ancient times, and having to do with a conceptual artist and a piece he performed while driving on the New Jersey Turnpike, or one of the east coast north-south arterials- I cannot remember for certain. He wasn’t actually driving, but was an intentional passenger riding in the back seat. As the story was told in class, this artist was sitting on one side of the car when he rolled down the window, took a deep breath, rolled the window up and then moved to the other side of the car where he rolled that window down and exhaled what he had taken in on the other side, completing his performance. What the professor wanted us to contemplate in all of this was the question as to whether or not this would actually qualify as a work of art.

A big part of why this comes to mind often is the idea of documentation of an accomplishment or event of some kind. I have been thinking of this because of things I have been involved with recently- my recording of the talk by Bruce Morser and Bob Horsley about their bike trip across these United States, and a video documentation I did of a friend swimming a mile with a standard sized, red brick in each hand. Neither of these were intended as artistic performances as far as I can tell, but Bruce and Bob did each do a watercolor a day to document their passage, and Sam Day- the swimmer- is a painter, although he did not stop along the way to either sketch or paint an impression of his endeavor. He did, after all, have a brick in each hand as he made his way through the fifty three degree water off Alki Beach without a wetsuit, all which would have made holding onto a paintbrush or a pencil all that more difficult and complicated, not to mention wet.

To the best of my recollection, the breather guy in the back of the car did not have any documentation of his act, or action, so the determination of artistic accomplishment is all that more complicated and obfuscated. What is missing there is any indication for me that the capturing and passing of air from one side of the car was anything of note. In many ways, it is an event that without documentation might just

as well not have happened at all. But then again, any performance that is not in some way recorded beyond its registering in the receptors and memories of any witnesses present, might be considered equally null and void as an action of note. What if Mister Highway Breather had been playing the extreme drama card as he made his way across that back seat- embellishing the act with bloated cheeks, buggy eyes and hands grasping at slippery seat vinyl in his quest to cross that great bench seat wasteland, only to struggle with the window crank and finally expel his Jersey lung full into the highway air rushing by on the other side? Without any evidence of the act, it only exists as just a clinical description of intent, or as a fish tale of extreme thespianism as described from the front seat.

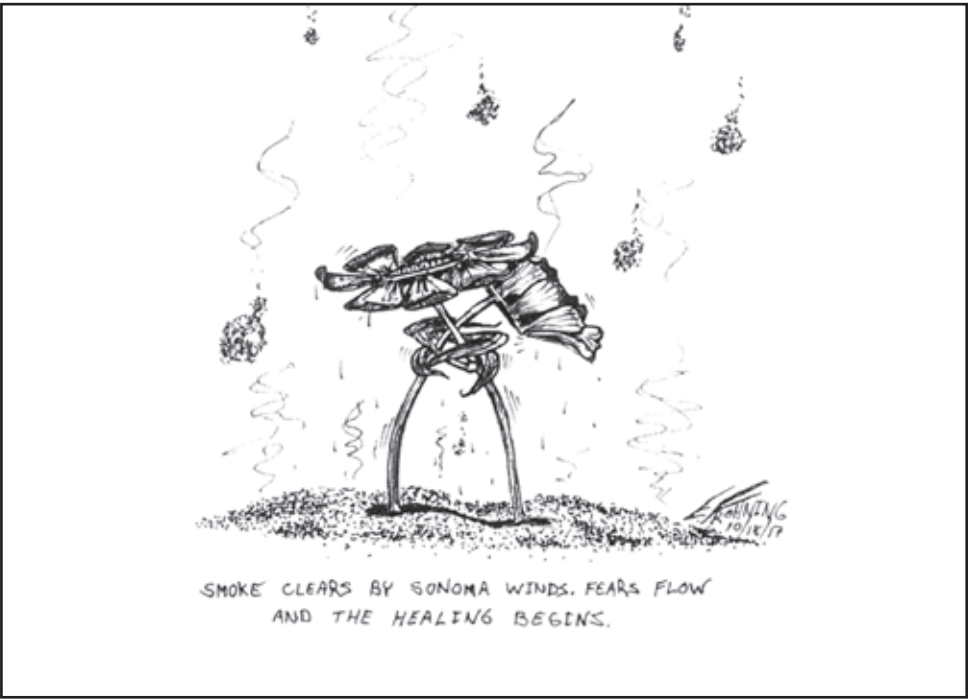
In all of this, there also comes the question of worth. Who actually cares about the transfer of inhaled air from one side of a car to the other? One could just as easily and in many ways much more justifiably ask: what if Vivian Maier’s negatives had found a permanent home in a landfill instead of with someone who by chance was able to recognize their ultimate worth? If you do not know who she is, or was, that is understandable since she apparently made photographs of visual and social import solely because she wanted to. To my mind and eye, she showed more of an important view of humanity and its condition than Diane Arbus, but she instead kept her negatives and rolls of exposed film hidden from anyone but herself. In many ways the discovery of Maier’s work begs the question as to how many others of varying disciplines and intellects passed this way unnoticed?

And of course, since I brought up the whole extreme sport thing, one has to ask the question involving the dilemma of what is up with that? Having been involved as both a support person and as observer in long and odd swims in this area, and having read comments on the Marathon Swimmers Forum about “ego swims” and tirades against the veracity of Diana Nyad’s long distance efforts, I would say that the essence of all of this revolves around truth and human capabilities. As far as I have seen, most, if not all, of the extreme swim events I have been involved in revolve solely around personal achievement. I would extend this to Bruce and Bob’s ride across the country. When I found out that their ride was unsupported, as in, they carried or stopped for all that they needed to carry on, my respect for their accomplishment skyrocketed. I would compare that to the grand European cycling tours where teams have buses and multiple team cars, not to mention youth and a mass of nearly 200 riders to propel the group forward. Going the distance, when the sole purpose is just that, seems to change everything, and might just be the biggest life lesson to remember and act on in all of this.

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Fire Levy is a No Vote

The fire levy is a no vote. This levy is way too expensive. If you notice they never mention how much money is actually leaving everyone’s pockets. They are asking for an 87% increase in 2018 and then by 2023 that grows to 2-1/2 times what they are receiving today. Today they get \$2.4 million in property tax money. In 6 years that will grow to \$6 million with the 6% increase each year. They are not mentioning this either.

While the VIFR levy rate has decreased over the years, the amount of property tax money the fire department has collected has increased each year. This is because as property values increase, the levy rate drops and the department still receives 1% more. This year Vashon property values have increased by 17%. In 2017, VIFR collected \$2.4 million with the levy rate of \$0.94. In 2018, if this levy passes and with the increase in property value, VIFR will collect \$4.5 million. This is an 87% increase, both for VIFR and each and every taxpayer.

For the homeowner in a \$500,000 house today, this levy is very expensive. In 2017 the taxpayer paid \$468. In 2018 that would increase to \$878 and by 2023 it could increase to \$1,174. This would be just for the fire department.

The levy includes 6% yearly increases. By 2023 VIFR would collect \$6 million. This is 2 1/2 times what the department receives today. With budget discussions still in process, it is unclear exactly how the money would be used. While we may be told that the commissioners would probably not vote for this large 6% yearly increase, that is exactly what they are asking us to vote for. Why would the commissioners put something on the ballot they have no intention of using? Why would they ask for so much money without a detailed plan?

Vashon can not afford this levy. One in nine (11%) Vashon residents use the Food Bank. One in six (16%) Vashon households have an annual income below \$25,000. Affordable housing on the island is almost impossible to find. This large tax increase is unsustainable for us as homeowners and renters.

What the Fire Department receives:

Assessed value for all taxable property on Vashon in 2017 is \$2,561,553,262

Adding 17% for the increase of assessed value for 2018 is \$2,997,017,317

Total Revenue expected

2017: Levy rate 0.93679 = \$2,399,637

2018: Levy rate 1.5(purposed) = \$4,495,526

This \$2,095,888 is an 87% increase in one year

With the 6% yearly increase the Fire Department revenue would increase to:

2019 = \$4,765,258

2020 = \$5,051,173

2021 = \$5,354,243

2022 = \$5,675,498

2023 = \$6,016,028 This is \$3,616,390 increase from 2017 and a 2 1/2 increase

a levy rate of 1.38 brings in \$4,135,884 (\$1,736,247 more each year - 72% increase)

A \$500,000 house in 2017 becomes a \$585,000 in 2018 due to a 17% islandwide increase

Fire property taxes:

2017: \$500,000 x 0.93679 per \$1,000 (levy rate) = \$468

2018 \$585,000 x 1.5 per \$1,000 (purposed levy rate) = \$878

This \$409 increase is an 87% increase in one year.

The proposed levy says that the levy will be raised each of the next 5 years by 6% not to exceed

\$1.50 per \$1,000.

Increasing our taxes 6% each of the next 5 years on the \$585,000 house in 2018:

2019 = \$930

2020 = \$986

2021 = \$1,045

2022 = \$1,108

2023 = \$1,174 This \$706 increase from our present taxes represents 151% increase

What this will mean in property taxes to the homeowner with a \$500,000 house today:

	2017	2018	Increase	% Increase
	\$500,000	\$585,000		17%
Fire	\$468	\$878	\$410	87.61%
New Athletic School Bond	\$0	\$65	\$65	
State School	\$1,106	\$1,657	\$551	49.82%
Total	\$1,574	\$2,600	\$1,026	65.18%

Carrot and Potato Peelings



By Seán_C._Malone

If you got close to Uncle Johnny, he would grab your shirt tail and blow his nose on it. He really didn't blow his nose, just pretended he did and made the noise with his mouth. Great Uncle Johnny, who was 79 years old and our Grandmother's Brother, could stand on his head for thirty-minutes. His face would turn beet red. He walked to Ellisport and then to the golf course every day. He would sit on his deck, built from beach combed lumber and eat carrot, potato and cucumber peelings from Aunt Mattie's red ringed wash pan. "Hey," cousin Stafford would yell, "Uncle Johnny is eating his garbage," or so it appeared to us and all us kids would run down to the beach to watch Uncle Johnny eat his peelings.

He held a number of patents, mostly to devices used in the dairy industry, such as the foot long wooden test tube holder that was spun in a centrifuge to measure the cream content of milk. At one time, my Great-Grandfather, Niels Mattson, owned five creameries South of Madison, Wisconsin, before coming to Maury Island in 1892. Uncle Johnny was very concerned with his health and used a black electric belt after lunch to aid digestion. The belt vibrated with a loud humming sound and scared us kids. The door to his house was in the back, facing the road with a woodshed in between. Most beach houses had the front door facing the beach. When we pressed our noses against the window in the door, Aunt Mattie would tell us to come in to listen to Uncle Johnny's stories of having been chased by Indians because they knew he carried tobacco from the trading post, but they never got him. We found the small room stifling with heat from their pot bellied stove, near where Uncle Johnny was lying on his homemade wooden couch with his back propped up and his green eye shade hung on a nail. The room was divided from Aunt Mattie's small kitchen with a curtain in the doorway, where you could see the small sink and bucket of well water through the crack.

Uncle Johnny married Mattie O'Neil in 1908 and they both played music at the Burton Dance Hall, during the depression years. John played the fiddle and Mattie the guitar. They walked to the hall from Portage where they lived in the house that John built, not 200 yards from the homestead that his father, Niels Mattson had built on the hill above Portage around 1902. Uncle Johnny built his own house and dug his own well, 25 feet deep with a red hand pump and a glass of water on top of the well cover. The water was to prime the pump and one had to be careful to refill the glass, lest the next person would not be able to pump water. The house was built right on the beach with a platform where Uncle Johnny stacked all his beach combed

lumber. John was born in Denmark in 1871 and like many Danes was very quiet and unassuming. His brother Bill Mattson was a surgeon in Tacoma after having worked at the Mayo Clinic and told our Mother not to buy fresh milk because of the danger of brucellosis and that we should only drink canned milk. Uncle Billy was the state brucellosis inspector.

One day, Mattie yelled at Uncle Johnny from the kitchen, "Water is coming up through the floorboards and the house is shifting." The tide was extremely high and Uncle Johnny's house was afloat, so he quickly tied it to some trees, so it wouldn't get away. He lost all his beach combed lumber from the front deck and gazing toward Portage he saw Mrs. Smith's house floating out with the tide. It came to rest some 75 feet from its foundation. The house has since been moved back to its original location where Mr. and Mrs. Dixon keep a fine garden.

Uncle Johnny raised 4,500 layer chickens at Point Robinson and sold their eggs in Tacoma. Every Thursday, he rowed from Pt. Robinson to Salmon Beach, south of Point Defiance on the Narrows and back to Point Robinson, a distance of 18 miles. One of his customers was a prominent Tacoma family who owned Gray's Lumber. This information comes from a 97 year old descendant of the Gray's family as told to my cousin Judy Williams, who is 62 years old. Johnny had traded some of his property at Portage, plus a financial consideration to his Father, Niels Mattson, for the 12 acres at Point Robinson.

Aunt Mattie, as we called her had a pistol and we wanted to see it, but were afraid to ask. Even Cousin Jim wouldn't do it and he grew up to be a lawyer. One day, Brother Mike, Jim and I decided to try. "Aunt Mattie," I asked. "Could we see your pistol?" Aunt Mattie blurted out, "Who told you I had a pistol?" Nobody would tell. "Never tell anyone," she said, and went to fetch the pistol from underneath her pillow. It was silver plated and looked like just the thing to take to the Burton dance hall, where there were fights all the time. The nose of the 38 revolver was blunt, so it couldn't shoot very far and the leather holster was old and cracked, like she had worn it strapped to her leg for a long time.

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Direct primary care comes to Vashon

Local doctor adds membership program in order to provide affordable care.

For the first time, patients on Vashon can see a doctor without a co-pay or deductible at Maxwell Family Medicine. As part of the growing direct primary care movement, Maxwell Family Medicine is offering a membership structure to provide comprehensive care at a lower cost.

Dr. Maxwell was inspired to offer this direct primary care membership program, in addition to continuing to accept traditional insurance, to increase access to health care for people who are underinsured, have high deductibles or who are on a plan like Medicare that doesn't cover naturopathic services.

Direct primary care (DPC) is growing rapidly. The Heritage Foundation estimates that there were more than 5,500 direct primary care practices nationwide in 2014, up from just 756 in 2010. Like other DPC practices, Maxwell

Family Medicine will charge patients a monthly fee ranging from \$70 to \$90 (less for children) that covers all visits, preventive screening visits, and various other services. Labs are offered to patients at a discounted rate.

Although patients are encouraged to keep a low-cost wraparound insurance plan to cover emergency services or surgery, their membership fee would replace a large portion of their monthly insurance premiums, as well as their co-pays and deductibles. This model enables substantial savings on the patient side since the often complicated and costly insurance aspects are completely removed.

Dr. Nicole Maxwell has been in practice since 2002 and founded Maxwell Family Medicine in 2011. As the first direct primary care practice on Vashon, it offers convenient patient care at an affordable price. For more information, please visit www.nicolemaxwell.com

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

It's Time to Vote!

Continued from Page 1

thousand. As one Commissioner said, "I'm not a tax increase fan, but we have been pinching pennies for so long there are no pennies left to pinch."

Some people contend that the proposed rate increase is too big. But consider this: if it had been spread out over periodic elections over the last 27 years, it would amount to about two cents per year. But that never happened and now it is time to catch up. According to the King County Assessor, the median assessed value of houses here on Vashon next year will be just over \$450,000. Applying the restored tax levy rate from 1990 would mean about \$22 to \$25 per month for an average homeowner.

The funds received from the revised levy would, first and foremost, cover the \$1.2 million shortfall in next year's budget. The remaining funds would add more on-duty island responders and begin rebuilding reserve funds to replace obsolete equipment and begin to address a long list of deferred building maintenance problems.

The decision is now: a YES vote on Proposition 1 means ensuring our safety today and tomorrow. A NO vote means deeper cuts in first responders and further erosion of VIFR's emergency response capabilities.

Mitzi & Onyx Needs A Home...

The two of us had been living together for a long time when our human mom passed away suddenly. We're so bonded to each other, you'll often find us in a "cuddle puddle." We love spending time with people, too. When petted, Mitzi makes biscuits with her paws, and Onyx turns around in circles and almost stands on her head.

Because we're a "Purrfect Pair," VIPP will give



a discount to a person who adopts both of us. Save money, and bring home two cats who already get along - what a deal!

Go To www.vipp.org Click on Adopt



Aries (March 20-April 19)

The Sun enters Scorpio Monday, which will come as a relief — particularly if there’s been too much talking, and nobody saying anything. Scorpio offers you substance, and a solid basis for your exchanges with others. This might be emotional exchange rather than light whims. It’s about actual sex rather than whatever happens on the internet. And Scorpio will guide you through the changes that you want to make, starting from the inside out. That’s the thing about actual growth and progress: it rarely ever starts from some external action, like going on a diet or getting a new outfit. The commitment to change must come from a deep place, even beyond something that lends itself to easy understanding. There’s a mystery involved; and once you embrace that and stand face to face with the unknown, you will learn things that you never imagined possible.

Taurus (April 19-May 20)

The sign Libra is the angle of your solar chart associated with work and service. At the moment, you have lots of resources to draw upon. Your ruling planet Venus is already there, about to align with Vesta, the planet of service and devotion. And Mars has just arrived, giving you plenty of energy. The overall theme is fostering cooperation. This is a rarely acknowledged trait of Taurus, which is one of the original go-it-alone signs of the zodiac. That’s what makes you such an effective leader. As you get called into service, consider two things: One is that you need to use some diplomacy. People need to be lured into cooperation these days, and are easily offended. Second, remember to seek help and support from your peers, and from people who are older, wiser and have more experience. Then take what you learn, put it to work, and pass it forward.

Gemini (May 20-June 21)

This week, Mars and the Sun move in your favor, taking over two important houses in your chart: one devoted to creativity and play, and the other devoted to work and productivity. This is the perfect combination. Many other factors are working in your favor to make this one of the most exciting phases of the year, where you can get plenty done, and have fun doing it. Other factors suggest you will have the energy to help others with what burdens them, though without having to sacrifice anything. Therefore, while you’re busy crushing all the important tasks that will come your way, be generous with your time and your wisdom when it comes to assisting others with what they might need. You might find a way to create what’s called ‘an efficiency of scale’, and let your efforts multiply. You have plenty going for you. Do what you can, and what you love.

Cancer (June 21-July 22)

If you had been waiting all your life for a beautiful planetary alignment, that’s the one that’s shown up now. The Sun, Mercury and Jupiter are in Scorpio, your fellow water sign. All those planets are resonating with your watery nature, and they’re also in the angle of your chart that’s about fun, exploration, pleasure, play and taking creative risks. You can afford to push your luck, and prioritize play over work. This will be productive: you’ll gain a sense of perspective, and you’ll therefore have a better idea what you need to do and what you don’t need to do. The world around you is in a somewhat frantic state. People are forgetting to have fun, and how to have fun. You remember; you are being reminded, and you have some lavish options. Those will potentially develop

into work opportunities, reminding you how much it means to love what you do every day.

Leo (July 22-Aug. 23)

Planets are on the move. Mars has entered the communication zone of your chart, meaning that you’re likely to have stronger opinions than usual. You could dial your energy back halfway and still make your point brilliantly, though really there’s nothing to argue about. Even better, the Sun enters Scorpio early Monday morning, joining Jupiter and Mercury. This begins a year where the emphasis of your life is on your home and private world. Design your living space into the perfect environment to think, to create and to love. This inner refuge becomes more important as the world goes insane. You’re someone who is fully involved in life, and you need both the space and the time to rest, repair and regenerate. You also need dependable, wholesome sex, on your own terms. Yet that cannot get in the way of your deep, biological need to be totally at home, in the place you call home.

Virgo (Aug. 23-Sep. 22)

The planets in their courses are emphasizing two themes: one is taking care of money, in the form of doing what you can to bring in a little more of the stuff. That’s done with motivation, focus and spotting opportunities. This will be true even if you work a day job where there’s no room to maneuver. Once you have the impulse, the opportunities will be there. Second, you’re being encouraged to do something un-Virgo, which is to un-bottle yourself and pour your wine into the glass, where it can breathe. By that, I mean that a rare, beautiful alignment in Scorpio is encouraging you to reveal your deepest secrets, whether you share them with a close confidant or (better still) put them into writing. You need a record of this time in your life. And you will thrive if you open up your energy and truly enjoy and appreciate the interesting people around you.

Libra (Sep. 22-Oct. 23)

Mars enters your sign this week, joining forces with Venus, your home planet, and Vesta, an influential asteroid. You will need to strike a balance between driving the story forward, and letting the story unfold. You have equal ability to go for it, and to be open to what you want coming to you. Remember that you have these options, particularly if one or the other is not working. As for Vesta, her presence in your sign is a reminder of your role as one who holds space for the right thing to happen. You don’t have to influence the outcome in any way other than to keep the area clear, both physically and mentally, and be a kind of guardian for truth and justice. You might be called upon to intervene; your mere presence and awareness might be enough to guide key events to the right outcome.

Scorpio (Oct. 23-Nov. 22)

The Sun’s ingress into your sign early Monday begins a truly extraordinary time in your life. Jupiter arrived in Scorpio earlier this month, to stay for a year, followed by Mercury. There hasn’t been this much mojo coming through Scorpio for many years; you might have the feeling of remembering all the good things you’ve forgotten, discovering how much you’ve learned, and feeling like you’re standing your full height. I suggest you make peace with the fact that you’re an influential person, one who has the power to make the world a better place. You also set an example for how to live fully. You don’t

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need partners or to be part of a tribe to be a whole person. You are complete unto yourself. It would be better if you stood apart, and held to your own course in life, and then met up with others from that position of strength.

Sagittarius (Nov. 22-Dec. 22)

This week, the Sun enters Scorpio, and it will soon make a conjunction to your ruling planet Jupiter. This is affording you protection, and it’s waking you up to the truly beautiful potential that you possess. Once that happens, be sure to stay awake, and dare to do the impossible. The thing is, you just might succeed; especially since just about everything (as in every last thing) that we now take for granted was in fact considered absurd, ridiculous or stupid right up until the time it existed. As previously mentioned (and as will be mentioned several more times), Saturn is passing through the late degrees of your sign for the next six weeks, forming a conjunction to the Galactic Core. This is a period of achievement. Finish the projects you’ve started the past three years, clear your runway, and get ready to take off for new horizons.

Capricorn (Dec. 22-Jan. 20)

This week, Mars enters the angle of your solar chart associated with fame, reputation and success. This is called the 10th house, about which I have my own theory. More than anything, it’s about accountability. That’s to say, it’s about taking responsibility for your life and for the wider life that surrounds you. The world does not need more celebrities, and it could do with far fewer people oriented on power. We would all be better off with people who set the example of integrity, and who understand the awesome power of decision. People respect you, and they look up to you. Therefore, go the extra mile and make sure that your actions are exemplary. Mars and other transits will contribute to your feeling more visible, and therefore more vulnerable. There is nowhere to hide. You are in a rare time of life when you must be known for who you are, come what may.

Aquarius (Jan. 20-Feb. 19)

This week’s astrology is a study in ethics. Your solar chart describes you in a position where you can do just about anything you want. You’re in a position of unusual influence, and people see you that way. You’re visible, and you know how to make that work for you. Yet Venus, Mars and Vesta, moving through your 9th house of spiritual matters, law and justice, are urging you to be judicious. Take a balanced view in all things, and consider everything to be a matter of relationship. That is: today, every choice you make influences many people around you. You have the ability to make that influence positive, constructive and cooperative. You can also go off on your own and pretend that nobody really matters, which is not really your style. Yet with the Sun, Mercury and Jupiter going over the top of your solar chart, you’re in an unusual state of being, and you must take unusual precautions to ensure you do the right thing.

Pisces (Feb. 19-March 20)

While it’s rare that anyone is satisfied with every aspect of their life at once, you’re coming close. A series of transits, mostly featuring a grouping of planets in your empathetic water sign Scorpio, is providing you with some actual successes, which will magnify as the week progresses. To the extent that you’re succeeding, you’ve earned every ounce of that good fortune. To the extent that there are things you need to repair or correct, keep a positive attitude, and know that something is not really a problem unless it has a solution. More than anything, look toward the future. You are getting a glimpse of what’s possible, which means that you’re looking at potential you can actually manifest. Mostly, this will happen based on the decisions you make. Be sure to only consider the options you really and truly desire, and then choose the ones you want the very most.

Read Eric Francis daily at www.PlanetWaves.net

Spiritual Smart Aleck

By Mary Tuel

More Things in Heaven and Earth

My husband Rick has been gone for almost four years now, so you can imagine my surprise when I saw him walk out of the men’s room on the sixth floor of the James Tower one afternoon a few weeks ago. That’s the cardiology floor at the Cherry Hill campus of Swedish Hospital.

You know how it is. Someone you love dies, and you’re out in public somewhere, and you see someone, and for a gasp of a moment you think you’re seeing the departed person. Then you realize, no.

The resemblance was extraordinary – this man was dressed in the uniform that Rick often wore: jeans, long sleeved shirt with a vest, baseball cap, glasses. He had a mustache. He was kind of a wiry guy, about Rick’s height. It was as if Central Casting had sent over a Rick Tuel type.

It turned out that he and I were the only ones waiting for the down elevator, and I looked at him maybe a nanosecond longer than you’re supposed to look at a stranger. Just making sure he didn’t really look like Rick, despite the glasses and the mustache, though the similarities were a little eerie.

The elevator came and we got in and as we faced forward he said, “I see my cardiologist every six months, need it or not.” He went on to say he’d had two stents put in eighteen years ago, and they were working fine.

People got on at different floors. He kept talking, about this and that.

The elevator got to the lobby, and as we walked out he said, “My wife died in August.”

It took a few seconds for me to click that he meant this August, about five weeks before this encounter. Now I knew why we were talking. I told him my husband died about four years ago.

We stopped in the lobby and he kept talking. He told me that he and his wife had gone on a wonderful trip to Greece this summer. They got home a couple of weeks before she died.

“I’ll always have those beautiful memories,” he said.

He mentioned the name of his church, and I realized that he was an Episcopalian, as am I. I asked him if he knew a priest there whom I know, and he said, yes, that was the priest at his wife’s committal, which means burial for you



non-Episcopal types.

At some point I wondered what his name was, and “Brian” floated into my mind. “Hush, silly brain,” I thought.

He told me about the homeless dinner where he volunteers once a month, and how he’d learned that not all homeless people are drunks or addicts, and many people didn’t want to volunteer there because they didn’t realize that.

He talked about all the many, many plans he had. He has learned five languages, and he’s going to volunteer to help people in several countries because he knows the languages. He signed up for a night class on Mondays. He has five degrees. He was in the Navy for forty years. He and his wife were married for forty-one years.

“She had an aneurysm,” he said.

Ah.

He pulled out his phone and showed me a picture of his wife. She was smiling. She had dark hair and was wearing a red tunic and dark pants. He showed me pictures from their trip to Greece. He told me her name. He told me his name was Brian.

I flinched a little, but tried not to show it.

When we felt it was time to move on, as you do, we walked toward the door.

He said, “I was blindsided.”

I said, “Yes, you were, but no one is ever ready.”

Outside we waved good-bye and went our separate ways.

When your spouse dies you’re simply screwed and there’s nothing you can do about it, and you never get over it and it changes you forever. I didn’t tell him that. He’ll figure it out. I was grateful to be there to listen to someone in the early throes of a grief I know all too well. I remember with gratitude how kind people were to me right after Rick died, and ever since, for that matter.

God (or whatever you call it – I did not come here to argue) used an extremely effective way to get my attention: Oh, look. There’s my dead husband. That part felt a little bit woo-woo.

But having the man’s name float into my head from nowhere? That was beyond woo-woo.

Occasionally, I get a reminder that there are more things in heaven and earth than we know or understand, and I would be wise to have a little humility about that.

Roger that, Lord.

Vashon Library November Events

Children & Families

Brick Builders
Monday, November 6, 13, 20 and 27, 4pm
Ages 5 to 12.
We’re having a block party. Come join us! Build a stunning creation all your own, or collaborate with a friend and make something spectacular. The sky’s the limit!
All materials provided.

Infant Story Times
Tuesday, November 7, 14, 21 and 28, 10:30am
Ages newborn to 24 months with adult. Siblings welcome.
Stories, songs and fun! Enjoy 20 minutes as a group and then have 20 minutes of socialization and play.

Preschool Story Times
Tuesday, November 7, 14, 21 and 28, 11:30am
Age 24 months to 6 years with adult. Siblings welcome. Stories, songs and fun!

Family Movie Night: Moana!
Thursday, November 9, 6pm
Family program, all ages welcome with adult. Snacks provided by Vashon Friends of the Library.

Vashon Library Book Club
The Fourteenth Goldfish by Jennifer Holm
Tuesday, November 14, 4pm
Each month, explore a culture or topic by sharing a book together.

Yoga for Kids
Tuesday, November 21, 4pm
Ages 7 to 10; ages 5 to 6 with permission.
Join Beth Tuttle from Island Yoga Center to move through some yoga poses and learn about breath while being still and present. All materials provided. Please register at kcls.org/vashon or call 206.463.2069.

IdeaX: Stop Motion Animation
Tuesday, November 28 and Thursday, November 30, 4pm (program is repeated)
Ages 8 and older.
Learn the basics of stop motion animation and create a short video of your own using bricks, clay or paper. Please register for one program only by calling 206.463.2069.

Teens

Game On!
Friday, November 10, 3:15pm
Grades 6-12.
Take a break from school work and play video games at the library!
Hone your gaming skills with Wii U, PS3, Xbox1, and the NES. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Tabletop Gaming: Teen Edition
Wednesday, November 15, 3:30pm
Grades 6-12.
Unplug and enjoy gaming with other teens. Feel free to bring your own games to share as well.
Snacks provided by Vashon Friends of the Library.

Game On!
Friday, November 24, 1:30pm
Grades 6-12.
It’s Black Friday! Stay out of the stores and come play video games at the library!
Hone your gaming skills with Wii U, PS3, Xbox one, and the NES. Not a

gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Adults

Tech Tutor
Thursday, November 2 and 16, 6pm
Have computer or software questions? TechTutor Volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

EVERYONE’S TALKING ABOUT IT
Watercolor Your World
Sunday, November 5, 2:30pm
Join Silver Kite Community Arts, LLC. for an interactive workshop, exploring ways to use watercolor paints to express landscapes and weather patterns. Registration required beginning October 22.
Come to the library and explore issues that people are talking about in our communities. Learn how to prepare for the next big earthquake, talk with others about what it is like to experience homelessness, discover techniques for drawing our natural surroundings, and explore strategies for evaluating information online. Find information about these topics and more at your library.

Keeping It Private: Navigating the Balance of Public Data and Privacy Protections
Monday, November 6, 6:30pm
Join a representative from WA State’s Office of Privacy & Data Protection to learn about laws that protect privacy, dangers of technology and tips for preserving your personal data.

Project Cafe
Wednesday, November 15, 1pm
Adults, this is your space! Play a tabletop game, work on a project, or just meet with friends. Have a craft group or table gaming group? Feel free to meet up and hang out. Beverages, snacks, games and relaxing music will be provided.

Yoga in the Library
Saturday, November 18, 10:15am
Ages 11 through adult.
Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. This class is for teens and adults alike – gentle stretches, strength building and basic meditation techniques for distressing and centering from the inside! Instruction provided by Island Yoga Center.

EVERYONE’S TALKING ABOUT IT
The Homestretch–Documentary Film Screening
Monday, November 20, 6:30pm
The Homestretch follows three homeless teens as they fight to stay in school, graduate and build a future. Each of these smart, ambitious teenagers – Roque, Kasey and Anthony –surprises, inspires and challenges audiences to rethink stereotypes of homelessness. In partnership with the Vashon Island Teen Council and VARSA.
Come to the library and explore issues that people are talking about in our communities. Learn how to prepare for the next big earthquake, talk with others about what it is like to experience homelessness, discover techniques for drawing our natural surroundings, and explore strategies for evaluating information online. Find information about these topics and more at your library.

PANDORA'S BOX

Rodents, fleas and tapeworms, Oh, my!
This the season of vermin and pestilence.
We can help with that. Well, 2 out of the 3



Bo’s Pick of the Week: All the Body Gear pads are back in, as are the fleece “lovies.” Get ‘em while we’ve got ‘em.

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\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Island Epicure



By Marj Watkins

Joint Tasks

Now that most of the deciduous trees have cast down their leaves and we’re having cooler weather, often with a brisk breeze that makes it feel even cooler, we’re also hearing complaints of aching joints. Of course, those are always with us, but now the cold and the dampness actually interfere with people’s ability to do what they need and want to do. What can we do to mollify those aching knees, arthritic fingers, and painful backs?

One woman wears a gold ring on each finger and thumb, swearing that gold is curative, that her rings make it possible to keep writing her stories, “even if it’s only gold-washed.”

Another person with gouty big toes eats cherries to quell that pain. Son Steve’s Chinese sister-in-law called from the East Coast to beg us to come to her home for Thanksgiving because the pain in her knee or knees made it impossible for her to attend her family’s Thanksgiving reunion in New York. I told her about fresh ginger root: cut off a slice, sliver it and chew a sliver every few minutes (with back teeth because it’s too spicy for the front of her tongue.) Repeat as needed. Ginger is both a digestive aid and a mild pain reliever. Avoid sugar in all forms; it’s an anti-nutrient that increases pain sensation.

I sent Xaoliang an email listing more things she can use to move closer to being able to travel by Thanksgiving. These are the natural remedies that have worked for me when ginger alone did not suffice. Some are available at Minglement. Others can be found at www.swansonvitamins.com. Even if you only add *collagen capsules to your pre-breakfast routine, you will feel good results.

Herb devil’s claw capsules

Ayurvedic herb Ashwagandha Cherries--canned, frozen, or dried; fresh in season

*Collagen to cushion joints: Chicken Sternum Collagen II from Swanson

Bone broth: from soup section in supermarket or save bones and

Road to Resilience

Continued from Page 1

it may not remain as long in a form like a bag or filament that snares an animal, but it is still plastic. Biodegradable plastic is basically the same except that the agents that break it down are microorganisms such as bacteria or fungi. There is no guarantee that the remaining particles are biologically useable. Basically, degradable and biodegradable mean “out of sight, out of mind.”

Only compostable plastic is a viable, sustainable option. Compostable plastic breaks down into minerals and nutrients that are biologically useable. Unfortunately, most of the compostable plastic now available will only break down in highly controlled conditions that exist only in industrial composting facilities of which there are very few. Still, in the future, compostable plastic might be a viable alternative for us,

make it yourself. Recipe below
Eleuthero Root capsules (a variety of ginseng)

For less sensing of pain:

Calcium and magnesium work together. (Calcium alone causes constipation and tends to end up in your arteries. Magnesium alone and too much at a time causes diarrhea.

Vitamin E mixed tocopherols 200 I.U. once or twice a day

BONE BROTH: Save all meat bones in a plastic bag in your freezer. When you have enough to fill a 6-cup saucepan with bones, cover with water, bring to a boil, add a bay leaf, 6 whole cloves, a splash of vinegar to leach minerals from the bones, a teaspoon or two of sea salt, ½ teaspoon coarse black pepper, a knob of ginger root, a carrot cut in 1-inch chunks, a coarsely chopped

onion, celery ends, a little wakame or other sea vegetable, and any other odds and ends of compatible vegetables. Reduce heat to low, cover and simmer several hours, checking once in awhile to be sure the ingredients all remain under water. Taste for salt. Adjust to your taste. Remove bones and cooked vegetables. Use broth as consomme, or instead of plain water to add to canned condensed soup, or homemade soups. Or just remove the bones, add 1/2-cup leftover cooked brown rice for body. Reheat and serve with a green salad on the side for lunch or a light supper.

especially if it can be composted at home.

That brings us to the first and best suggested strategy: reduce our use of plastic. Silicon, which is the sole ingredient in basic glass and ceramics is abundant and non-toxic. Glass and ceramics take a lot of energy to produce and are highly breakable, but are far and away our best alternative. Canning jars are everywhere as are many store-bought glass containers that can be reused. Karen Biondo, way ahead of her time, has, for some years now, been offering the “no-trash-bash-stash,” a collection of ceramic dinnerware, cups, glasses, and silverware for big parties, free for the using. Just pick it up and return it clean. What could be easier!

Stainless steel is tough, nearly unbreakable , and reasonably inert, but is expensive (except for used silverware) so you want to use it where its qualities are most needed.

Cloth bags can replace plastic for holding things but, do not provide a moisture barrier. An outdoor rodent-proof produce bin will keep your food moist and fresh for weeks, except in summer (that’s when you need a spring house). Wax paper can once again be employed to keep things like crackers dry and fresh.

There are all kinds of engineering challenges and entrepreneurial opportunities in optimizing the qualities and usefulness of our plastic alternatives, as well as creating totally compostable, cheaply manufactured plastics. Another big challenge is collecting and transforming existing plastic into naturally assimilable minerals and nutrients.

Right now, you can start getting plastic out of your life. You can stop buying products that use a lot of it, and you should write the manufacturer and tell them why you are not buying their product. And, of course, badger your friends and neighbors into doing the same. Remember, not so long ago we did fine without plastic.

Comments?
terry@vashonloop.com

Community Van Rideshare

Introducing the new Vashon Community Van, a partnership pilot project between King County Metro and the Vashon Chamber of Commerce. Share the ride with friends and neighbors to popular Island destinations. Riders pay a Metro fare of \$2.50 and volunteer drivers ride for free! Get started by contacting your new Vashon Community Transportation Coordinator (206) 773-7003 ctc@vashonchamber.com More info:<http://metro.kingcounty.gov/tops/van-car/programs/community-van/index.html>

Community Van is a new rideshare pilot program brought to you by King County Metro and the Vashon Chamber of Commerce to provide community members with a new way to share the ride. This is the latest in a series of unique Community Connections Metro is piloting in communities throughout King County. These services are designated to provide residents with customized options for getting around when bus service can’t meet their needs.

HOW IT WORKS:

Community members travel together to local destinations on Vashon Island throughout the day, evening and weekends.

Riders contact their Community Transportation Coordinator to find pre-scheduled Community Van trips, suggest trips, or to find trips posted by others.

Group trips and stops are preplanned ahead of time by a Community Transportation Coordinator. The Vashon Community Transportation Coordinator is Janet Welt at the Vashon Chamber of Commerce. Office hours are Tuesdays & Thursdays 12noon-5pm, and Saturdays 9:30am-2:30pm. Phone 206.773-7003, Email: ctc@vashonchamber.com

Trips must have at least two passengers in addition to the volunteer driver. Each rider will pay a one-zone Metro fare of \$2.50 while the driver travels for free.

Riders request a trip through the Community Transportation Coordinator or via a Vashon Community Van Volunteer Driver.

Riders can suggest a trip they know is popular with their friends and neighbors.

Accessible Community Vans are available upon request. Tell the Community Transportation Coordinator about your needs before your trip.

Continued Below

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How to become an approved Community Van volunteer driver:

Download, complete, sign and email your Community Van Driver Application to: ctc@vashonchamber.com Have questions? Please feel free to email or call us at 206-773-7003.

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

Gregg Curry CD Release Party

When Gregg Curry emigrated to the Northwest from Alabama he brought along a satchel of songs and southern charm to the safe confines of Vashon Island and found likeminded soul to form a new band Gregg Curry and Ragged Glory. The seven-piece ensemble deliver raw, energized roots rock, alt country and Americana.

Curry and Co. teamed up with acclaimed producer, engineer and musical guru Martin Feveyer to record their second full length album, The Last Train, set for release at this show.

The eleven-song collection reflects the breadth of Curry's songwriting skills and showcases the many talents of Ragged Glory. Opening track 'I'm Moving,' is a four on the floor rocker that features Curry's long-time partner in crime guitarist Rick Dahms and hot harmonica from Michael J Nichols who recently joined the group along with new bass man Michael David Marcus and drummer Emory Miedema-Boyajian.

The mood downshifts to an easy alt country swing for the study of introspection 'The Road To Regret,' drawing comparisons to Gram Parsons, followed by the bluesy stomp of the title track 'The Last Train.' More of Curry's influences are revealed on the rapid fire two beat 'Free Ain't Bad,' when he poses the question "does Patsy Cline make you cry, do the Stones get you high." The straight-ahead roots rocker 'There's Only You,' is a rambling tale of righteous love, that rolls right into the CCR styled swamper 'Fire Can't be far Away,'

The sweetly waltzing 'Bayou Moon,' transports us to the French quarter with loving flair from soaring horns (Barry Cooper, trumpet & Dianne Krouse, clarinet) and Spanish guitar. Curry looks back at the heyday of his heroes who are now aging rockers who deserve respect on "A Long Way From The Whiskey." Rebekah Kuzma joins Curry for the political lament 'Birds & Stones,' a song Curry describes as one he "was tired of not having recorded, because the world needs it." The acoustic duet comes straight from the Pete Segar playbook with a direct message about the folly of foolish man.

Curry then draws from his own life journey and the landscapes he has traveled and the lessons learned on the road on the expansive 'Long Way To Here.' The album ends



by going to 'Infinity,' for the final rocking track, a six-minute southern rock jam inspired by the many outlaws who picked up a guitar and blazed a trail for Ragged Glory. (Thanks to Rick J Bowen for this article)

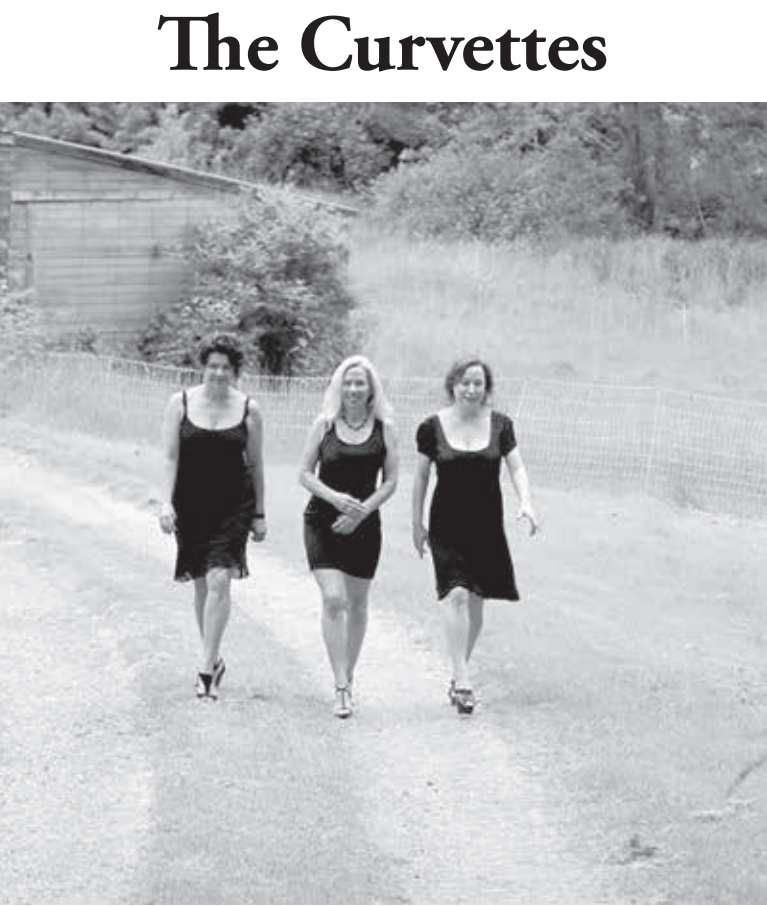
The band (Curry and Rick Dahms on guitars and vocals, Michael Marcus on bass and vocals, Michael J. Nichols on harmonica, and Sarah Howard, Don Farwell and Rebekah Bevilacqua on guest background vocals, Emory Miedema-Boyajian on drums and vocals) has evolved a sound around Curry's original songs that is their own - a sort of rock 'n roll tent revival/minstrel show blending the sacred and the profane and the in-between into delectable musical stew, new and familiar at once. The lyrics will make you pause, the music will tempt you to dance and chances are you'll grin like you do when you hear a song that you want to turn up.

Gregg Curry CD Release Party
Friday, Oct 27th, 8:30pm
The Red Bicycle Bistro & Sushi
Admission: \$10 or \$15 with CD
All-ages 'til 11pm, 21+ after that.

TRASH TALK

“Creating Fully Fertile Soil,” a talk by David Yarrow, expert on soil amendments and carbon-smart biological agriculture, will be Sunday, October 29 from 2:00-4:00pm at the Land Trust. Yarrow sees the health of soil as crucial to growing healthier crops which contain more nutrients. Learn how to turn kitchen and garden waste into nutrient rich food.

www.zerowastevashon.org



The Curvettes (formerly the S Curves) came together in the summer of 2013 as a result of a fun and funky traveling performance party called "The Swamp Bottom Jamboree." Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog. The next summer, they revisited that pond in a rowboat dressed in nightgowns. Unexpectedly, the bullfrog made a repeat performance. Cleaned up and dressed up (but without the frog), the Curvettes trio is comprised of seasoned Vashon and Seattle performers whether at the O Space, Blue Heron, Red Bike, Drama Dock, Vashon Opera, Seattle Opera, and various gigs over town. The Curvettes - Arlette

Moody, Elaine Ott-Rocheford, and Stephanie Murray - are a "retro chic" trio that puts their own curve into music nostalgia.

The Curvettes are backed by The Straightaways, an acoustic swing combo that puts a nostalgic spin on even the most modern tunes, but isn't afraid to bust out a beat when they need to. Steve Meyer on upright bass and Marshall Murray on the cocktail drum kit are seasoned performers who provide the backbone. Andre Sapp adds mandolin, ukulele and guitar, depending on what and how many strings he can handle at any given time. Christopher Overstreet brings a stunning array of piano chops, classical technique, and avant-garde sensibilities. Gary Milligan on horn adds some sass and splash.

The Curvettes
Friday, November 3rd, 8:00pm. The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. Free cover!

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Gail Pettis Trio at Vashon Center for the Arts

Vashon Center for the Arts welcomes the Gail Pettis Trio on Saturday, November 18 at 7:30 pm as the second performance in this year’s Jazz Series. A Pacific Northwest favorite, Pettis brings her soulful voice to the Katherine L. White Hall to warm up the fall night.

Named Earshot Jazz Northwest Vocalist of the Year in 2007 and 2010, and First Place winner of the Seattle-Kobe Female Jazz Vocalist Audition in 2006, Gail’s rich, warm vocals and understated phrasing have been described as “deliciously soulful” by Cadence Magazine. Influenced by grandfather Arthur Pettis, a blues singer and guitarist who recorded for Victor Records in Memphis, and grandmother Ninevah who played piano around Chicago, music was always in her family tree. Known for her charismatic audience interaction, Pettis has toured through the Netherlands, Japan, and Russia. Her debut CD was warmly received by stations across the United States, Germany, and Portugal, and was nominated for Earshot’s Golden Ear Award, “2007 Northwest Recording of the Year.” Gail’s refreshing readings



of standards on this project have been embraced by listeners, resulting in a fourteen-week stay on the JazzWeek national airplay chart, ending up as the most-played new female vocal CD on American jazz radio that year.

Tickets are VCA Member/Student \$18, Senior \$20, Student \$22.

Tickets to all VCA performances and lectures can be purchased by calling the front desk in the Katherine L White Building at 206- 436-5131 during regular business hours Monday or through Friday 10 am to 5 pm and Saturday noon to 5 pm or online at www.vashoncenterforthearts.org

Live Music at Farmers Market

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

Market hours are 10am until 2pm. Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market.

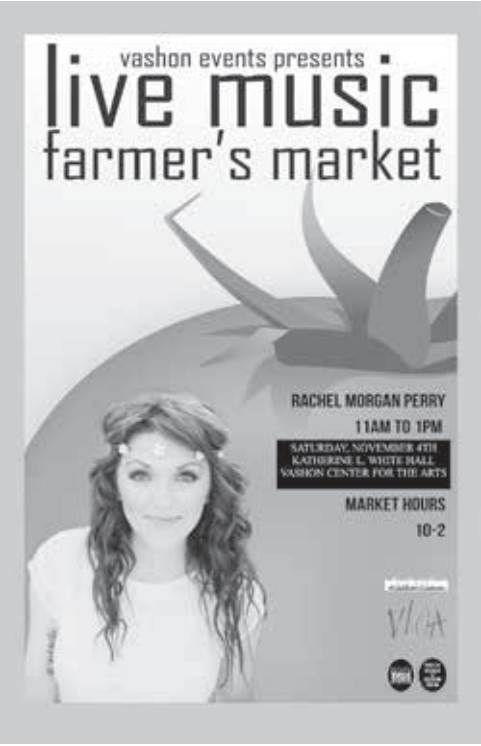
On Saturday, October 28th, we bring you Cherrywood Station.

Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together a cappella the first night they met, they never stopped collaborating. Both Gus and Camille are prolific songwriters who carry the torch of American music by performing classic and original numbers with the acoustic sounds of soul, country, blues, and folk. Their first E.P., Soup Can Telephone, will be available at their Market gig and includes five original tracks.

Starting Saturday, October 21st, the Saturday Farmer’s Market is moving indoors! You’ll find them in the lobby of the Vashon Center for the Arts!

On Saturday, November 4th, we bring you Rachel Morgan Perry.

Sugary sweet vocals, infectious pop melodies, and contagiously positive songs,



could only describe 23 year old Nashville based songwriter and performer Rachel Morgan Perry. Performing at venues all over the country, Rachel has shared the stage alongside national acts such as Chris Sligh of American Idol and country music Opry performers such as Smithfield and Drew Baldridge. Last year Rachel released a full length self-titled album with a unique sound branded as “sweet country.” Rachel Morgan Perry is a performer that is sure to leave listeners with a sparkle in their eyes and a bit more joy in their hearts.

History of Burning Man in Photography

Vashon Center for the Arts welcomes Stewart Harvey on Sunday, November 5 at 6:00 pm to share a slideshow and talk about his new book Playa Fire as part of the VCA Arts and Humanities Lecture Series.

Stewart Harvey began documenting the now internationally known arts festival, Burning Man, in 1989. He has continued to attend annually and recently released a stunning photo memoir which includes over 300 original photographs, many never seen before, that trace the past and present of the event over the last 30 years.

Growing up in the outskirts of Portland, Oregon in the 1950s, brothers Stewart and Larry Harvey yearned to escape their semi-rural confines, and taste the wider world. Stewart Harvey turned to photography and dreamed of a writer’s life, whereas Larry Harvey was drawn by the siren seduction of the San Francisco’s Summer of Love, its burgeoning counterculture and diverse artistic community. Soon Larry was drawn into an ever-widening circle of alternative artists and out of those relationships forged an extraordinary cultural, artistic, and social phenomenon: Burning Man.

Stewart Harvey holds a Master of Arts from Portland State University and has been a professional photographer for 35 years. A veteran Burner since 1989, his documentary photography has centered on Burning Man, as well as an extended exploration of New Orleans, LA. Stewart’s photographs have been widely exhibited, and are in the collections of The Portland Art Museum, The Visual Chronicle of Portland, Universities of Oregon and Colorado, The New Orleans Museum of Art, and the State Museum of Louisiana. They have appeared in books including: The Burning Man Book, On the Edge of Utopia; Burning Book, Katrina Exposed, and the covers for The Road to Zena and Yoga for People Who Can’t be Bothered to Do IT. In 2011, The University of Washington Library purchased his hand-bound artist book, I Am What I Need To Be. Publications in 2014 include Playa Dust:



Collected Stories of Burning Man (Cover and Photo Essay), and his artist book: Conflagration: Pyro-Inspired Rituals at Burning Man. His most recent exhibition was a September 2015 joint show with MARTI entitled Burning Man Pas-de-Deux at the Mark Woolley Gallery in Portland, Oregon.

Stewart began photographing the Burning Man Art Festival on San Francisco’s Baker Beach in 1989, and that work will be part of City of Dust: The Evolution of Burning Man at the Nevada Art Museum in Reno. Elements of that exhibition will also be included in No Spectators: The Art of Burning Man at the Renwick Gallery of the Smithsonian American Museum of Art in Spring 2018.

Ticketing Information
VCA Member/Student \$16, Senior \$18, General \$20

Tickets to all VCA performances and lectures can be purchased by calling the front desk in the Katherine L White Building at 206-436-5131 during regular business hours Monday or through Friday 10 am to 5 pm and Saturday noon to 5 pm or online at www.vashoncenterforthearts.org

Molly Too Needs A Home

I’m a calico kitty who is just too cute! Did you know that the calico is the official cat of the state of Maryland? Washington doesn’t have a state cat, but I think someone should look into that. I would be only too happy to serve!

Here’s why I should be YOUR cat. I’ve lived with another cat, dogs and young children. My front feet have been declawed, so you don’t have to worry too much about damage to your furniture (but I definitely need to stay indoors). Although I’m not too fond of being picked up and held, I love to be petted.

If you’ll excuse me, I need to research how to become the state cat. Don’t tell the tabbies what I’m up to, OK?

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Vicky de Monterey Richoux
President, VashonBePrepared



"There's no third choice on this ballot. We either support VIFR so they can help us, or we let emergency care go downhill."
Tim Johnson
Thrift Store Manager



"Simultaneous emergencies occur frequently. But VIFR doesn't have enough on-duty responders."
Mike and Patti Kirk - Combined
84 Years as VIFR Volunteers



"There's no other option for after hours urgent care for the island. This levy measure is critical to all of us."
Dr. Gary Koch
A Founding Physician at
Vashon Health Center



"VIFR is this island's ONLY 24 hour medical service. We must support them."
Washington State Senator
Sharon Nelson
Longtime Island Resident



"Vashon's an island. Mainland help is at least an hour away. We're on our own here."
Pam Ingalls
Island Artist



"I know what it means to need emergency medical care. We all need to know the care will be there for us when we need it."
Rick Wallace - Manager, Vashon
Emergency Operations Center



"We need the best care we can get. We can't rely on anybody else."
Kathy Bonner
Retired VIFR Paramedic,
Ballerina



"I hate taxes, but the situation won't get any better with age."
Joe Ulatoski - Retired
General, Grandfather of
VashonBePrepared



"Firefighters and emergency medical teams can't function with a tax rate set 27 years ago."
Melinda Powers
Restaurant Owner



"We must support our only 24 hour emergency medical service. We must support them."
Sarah Oldham Alexander
Mother of 4, Volunteer



"They came for me when I needed them. Now they need us to support them."
Tag Gornall
Retired Veterinarian



"I believe our safety is worth a 56 cent per thousand increase. No question!"
Will North
Novelist, Columnist



"VIFR today has only nine on-island volunteers. It takes hundreds of hours of training to qualify."
Eliza Steele - Architectural
Designer, Global Volunteer



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