



THE VASHON LOOP

Vol. 2 #16

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

August 17, 2005



Katie Anderson-Patterson will perform Italian and English opera pieces Saturday, August 20, at the United Methodist Church as a fundraiser for Vashon Allied Arts. Photo By Janice Randall

Opera With Caity

Island Soprano Sings Her Thanks

By Janice Randall

Up and coming diva, Caity Anderson-Patterson, 2005 graduate of Michigan's Interlochen Academy and former VHS student will perform a vocal concert **Saturday, August 20**, 7 pm at the United Methodist Church. The concert is Caity's way of saying thank you to Vashon Allied Arts for setting up a scholarship fund to help further her music education. Pianist, Ann Herfindahl will accompany her.

"VAA set up a scholarship fund which made tax-deductible donations possible towards Katie's schooling," says Deborah Anderson, Caity's mother. "Arts education is a fundamental part of our mission," said VAA executive director, Jason Everett. "Providing a means to help such a talented young artist pursue

Continued on page 19

No—It's Not Made of Corn Cobs!

By Cathy Fulton

Would you like to see a cob structure being built—maybe even get your hands muddy and help a little? Cob is a mixture of sand, straw, and clay (similar to adobe) which is sculpted into walls. The Green Housing sub-group of Sustainable Vashon will host an Open House at the site of our cob building demonstration project on Sunday, August 28. Meet the team of teens who are building this studio and learn more about this sustainable building technique. Drop by anytime between 3:00 and 6:00 pm at 9228 SW 209th St (off Monument Road.) Park on Monument and walk about 500 feet. Limited disabled parking is available. Call 463-5652 or 463-7711 for more information.



Health Center, VCCC Collect Signatures

By Joan Coulson

Over the next two weeks, volunteers will be out around the Island, collecting signatures from Vashon-Maury Island registered voters. Their quest? To get enough signatures to justify moving one step closer to the reality of creating a Hospital District for the Island. The creation of a hospital district would make it possible for the Vashon-Maury Island Health Center and Vashon Community Care Center to survive long-term on Vashon.

Organizers from the boards of the Health Center and the Community Care Center say they pursued the District because the population of Vashon-Maury Island is not large enough to

assure the continuing availability of Island-based primary health care and long-term health care over time. Increasingly, the cost of health care and long-term care is out of reach for many Islanders. To offer services to all, including those on Medicaid, will require subsidy. Other rural areas around the state have created hospital districts with great success.

If enough people sign the petitions (volunteers are looking for about 1,200 signatures), the petitions will be submitted to the King County Council. Once the Council ratifies the signatures, it will vote on whether to allow the effort to move forward. If the Council agrees, the hospital

Continued on page 4

Hike Up Your Skirt

by Seven Dunsmore

I have noticed that the United States Coast Guard has been escorting our ferries across the pond. It hasn't escaped my attention. So I feel that I must ask two pertinent and very serious questions:

1) Hasn't the United States government been repeatedly informed that Vashon is a fully-independent anarchist nation? and,

2) Why aren't they guarding the passenger-only ferries?

I'm no complainer. I don't like to complain. But I think it strange that day after day, hour after hour, our proud maritime biodiesel car containers weave like orb spiders across the shipping lanes while tiny aluminum crab trawlers (retrofitted with Rat Patrol guns) sidle alongside them like yellow-billed oxpeckers picking nits off a hippo.

For one thing, I wondered: how can these tiny aluminum craft possibly help us if a bomb concussion blows out one corner of a car ferry? Are they going to shoot us as we hike up our skirts and jump into the sound? I can hear my relatives now: "At least she didn't suffer. The US government made sure of that." Shouldn't they have life rafts instead, or some such thing?

I don't like to nitpick. I'm not a nitpicker—but historically, in the news, we have seen that these mad bombers usually fall onto their backpacks and self-

Continued on page 14

Activism 101

Political agitating wasn't always a top priority in Islander Stacy Carkonen's life, until recently that is. Like most other people Stacy's involvement ended in the voting booth or a political rally or protest here or there. "I just assumed that when we sent someone to Congress that they knew what to do, or that they were so incapable and corrupt there was nothing I could do. I couldn't have been farther from the truth, most have no idea what to do especially around social issues."

About seven years ago she found out about an organization called RESULTS. RESULTS has chapters all across the country that focus on educating their members of Congress, the media and their neighbors about the solutions that exist in ending hunger and poverty at home and abroad.



Stacy Carkonen with Zambian AIDS activist Winstone Zulu and Father Michael Kelly on speaking and media tour

Continued on page 4



Islanders Tom and June Dinsmore found this sign on Galveston Island in Texas. Good idea - not that anyone would ever do that here on civilized Vashon. (Except the guy from Texas who cut me off just last week.)

Get in The Loop

Chorale Begins Fall Rehearsals

The Vashon Island Chorale begins rehearsals on **Tuesday, September 6**, for its next concert which will be held on December 4. Rehearsals take place in the band room at Vashon High School from 7:30 to 9:30 p.m. David Kappy directs the chorale and Craig Hanson is the accompanist.

The main piece for the concert will be Antonio Vivaldi's "Magnificat" along with other songs of the season. Dues are \$35 plus the cost of music. Some scholarships are available. Prospective members can attend two sessions before paying dues and buying music. Membership in the Chorale is open without audition to persons over 16.

For questions or to sign up, contact Jo Ann Bardeen at jbardeen@yahoo.com or 567-5841.



Activist Training Workshop

Free to the Public
Sunday, August 21st, 2 to 5 pm
Vashon Island Library
Stacy Carkonen, Director of Global Grassroots Expansion and Advocacy Training for RESULTS, a DC based grassroots non-profit organization empowering citizens all across the country will host an intensive three hour activists training workshop.

Come hone your skills and get the tools you need to make your issue a top political priority! Please RSVP to Stacy Carkonen at scarkonen@results.org.

CERT Training This Fall

CERT (Community Emergency Response Team) trainers Michael and Catherine Cochrane are offering two series of classes this fall.

Weekly Training
Each Wednesday from September 7 to October 26, 6 to 10 pm, with a full day Disaster Drill on Saturday, October 22, 8 am to 4pm Or

Weekend Intensive
Saturday and Sunday from 8 am to 4 pm on October 8 and 9, 15 and 16, with Drill on Saturday, October 22, 8 am to 4 pm

Vacancy on VMICC Board

There is another opening on the board of the Vashon Maury Island Community Council with the resignation of Terry Gatskill at Monday night's board meeting. Gatskill will be moving out of state at the end of this month. Those interested in applying for the position should email President Jim English at Jim_English@amerifresh.com or call him at 463-3044 or email Vice President Joan Sells at joanvash@aol.com. The application deadline is **Monday, September 5**. The selection will be made at the VMICC board meeting **Thursday, September 8**. The date of the board meeting has been moved for this month only because of the three day Labor Day weekend. The board meeting will be at 7:15 p.m. in Courthouse Square.

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Wolftown Offers Horsemanship Classes

Hawel!
We are having horsemanship clinics on Vashon as a fund raiser for Wolftown the last three weekends in August. The clinics are taught by Chloe Rola, BHS Instructor from France.
The classes will be on Minor Ailments and Medical Treatment, and Horse Behavior and Psychology. Also T Martino will be teaching Raptor Camp! Please e-mail wolftown@centurytel.net or call 206-463-9113 if interested. The cost is \$50.

VIPP Adopt-a-Cat Days

Vashon Island Pet Protectors will host Adopt-A-Cat days at Pandora's Box on **Saturday, August 20** from 11 a.m. to 2 p.m. and **Sunday, August 21** from 12:30 to 3 p.m. Please stop by or call VIPP at 206-389-1085.

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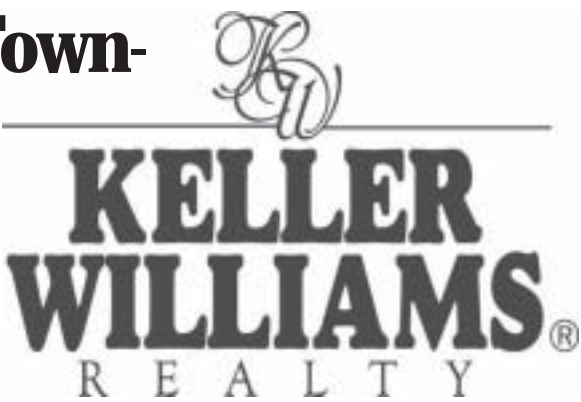
Orca Annie Stateler's *The Dorsal Spin* is on a short break, but please continue to **REPORT LOCAL WHALE SIGHTINGS TO THE VASHON HYDROPHONE PROJECT AT 463-9041.**
We appreciate it.



Troy and Marie Paint the Town- OK, Just the House

Even if you can't afford a major remodel, you can probably afford to spruce up your house with a coat of paint. Vashon painter Nate Ward answered some questions about painting for us—and he got us so excited we decided to paint the exterior of our house!

If you have a painting job to tackle, give him a call at (206) 579-5919.



Marie: Nate, we've known you for years, and know you are professional and reliable. If someone needs a painter and does not have that first-hand knowledge, what should they look when hiring?

Nate: I would definitely check references from a similar job to the one you are considering. Someone who does decent exterior work may not be good at interior work.

Troy: References are great—if you can get a worker to call you back!

Nate: If someone does not return your call, that's a bad sign. I try to always make a quick return call, even if I can't take on new work right then. Good communication is the best way to start a job.

Marie: Are there other "red flags" you should look for?

Nate: If a painter is willing to give you a bid over the phone, I would consider that a red flag.

Troy: OK, assuming you get a call back, and get the guy down to give you a bid, what else do you need to do?

Nate: Make sure the work to be done is outlined in a written proposal, and that it spells out whether materials are included, how much any hourly labor will cost, and so on. I have finished some jobs for frustrated customers because of a misunderstanding with a previous contractor; the customer thought something was included in the bid, the contractor thought it wasn't, the proposal didn't say. Also, don't ever pay a deposit without having a set date for work to begin.

Troy: If you wanted the painter to use low volatile organic compound paints, for example, that should be spelled out in the proposal, right?

Nate: Definitely. Low VOC paints are great for people with allergies or chemical sensitivity, but they cost a bit more, so you need to make sure your painter builds that cost into your bid.

Marie: I had a hard time picking out the colors for our house from those teeny chips. How can you be reasonably sure you'll like the result?

Nate: I always recommend buying a quart of the colors you're considering, and applying them to areas of the house that get sunlight and areas that are in the shade. Paint some of the trim color next to each to see the contrast and how the colors complement each other. I'd do this whether it was an interior or exterior job.

Marie: What's the latest trend in color combinations?

Nate: This summer I have been using a lot of darker colors on exteriors. A tint that's one-fourth of the main color makes a great complement. Also, I've seen a trend towards using more than just two colors. A lot of people like a dramatically dark door. Never be afraid to add an extra color—it's just paint, and it can always be changed.

Troy: True enough. And what great job security for you!

Marie: Oh, I'm sure Nate stays busy enough without re-painting Pepto-Bismol colored houses. Not that there is anything *wrong* with a Pepto-Bismol colored house. Some people really like it. And if you have one, we would be *happy* to sell it for you. Just give us a call at (206) 463-LIST.

Your Home Team Realty

Next issue: Using low-emission paints is one way to make your home environment less toxic. Another way is to use environmentally friendly cleaning supplies. We'll talk to some professional housecleaners to learn which products they like.

Considering Kitsap?

If you are discouraged by Vashon and West Seattle prices, take a look at what you get for your money when you go West. All but one of these homes is on at least an acre of land. We just helped a client buy a four bedroom home for **\$135,000** (that's not a typo). Call us; let's talk.

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Activism 101

Continued from page 1

“Before volunteering for RESULTS I really had no idea what it meant to be an active participant in our democracy. I had no idea that I could be part of the solution to so many of the horrifying things that were happening around the world.”

After five years of serious volunteering, writing letters, meeting with members of Congress, generating editorials and holding press conferences and community events Stacy was hired on staff as the Global Grassroots Manager for RESULTS. “Everything I learned about advocacy and influencing Congress came because someone took the time to teach me the skills I needed to make a real difference in the lives of millions of people who are affected by our government policies. Part of my job now is to pass that knowledge on to others who are seeking to make a difference and make our government reflect the needs and priorities of the most vulnerable among us.”

For the past several years Stacy has been providing training workshops on generating media, working with Congress, creating messages and speaking powerfully. She will be hosting a three-hour intensive activist training workshop on **Sunday, August 21st** from 2 to 5pm at the Vashon Library. The training is free to the public. Please RSVP to Stacy at scarkonen@results.org.

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Health Center, VCCC
Collect Signatures

Continued from page 1

district could be on the ballot in February of 2006. At that time voters would decide whether to have a Hospital District, and elect five commissioners to run the district.

Why a Hospital District?

A hospital district is a public entity governed by an elected board of commissioners. Hospital districts have the authority under state law to generate funds through property tax levies. By statute, hospital district funds can be used for any health related purpose. Many hospital districts do not have a hospital.

Why does the island need a hospital district? The funds will be used to cover the gap in existing insurance revenues and the cost of providing basic primary health services and long-term care services at the two facilities. That gap is the result of a significant proportion of individuals served at the Community Care Center and the Health Center who have either Medicaid or no health insurance at all.

Only through the personal generosity of a small group of Islanders, have the island’s two non-profit health providers been able to stay in business and serve people with limited incomes. Rather than using private donations to enhance basic services, they are relying on private donations to keep the doors open. A stable ongoing source of subsidy not only directly funds basic services but also allows for prudent borrowing at lower rates and leverages more private contributions for enhanced services.

There are 55 public hospital districts in the State of Washington. Ten of those districts do not have a hospital and nine of those ten support primary health care and long term care with their levy funds. The majority of public hospital districts serve rural communities where, like Vashon, the size and the economic make up of the population make it difficult to assure the continued availability of health services.

Health Center

The Vashon-Maury Island Health Center would use the levy funds to cover what is now a large gap in funding each year. This gap has continued, even after Highline leased the Health Center several years ago, and after the annual donations from Granny’s Attic. The main reason the Health Center continues to struggle is because of its role as the primary emergency care center on the island.

The Health center provided primary medical care to 5600 individuals last year, about 51% of V a s h o n ’ s population. The average number of visits provided is 18,000 per year.

Vashon Bookshop

overheard on the bow of the “Tiki”


“Where?”


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Friday, August 26th, 7:30 pm

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Suggested Donation: \$10 per evening

This workshop will outline the stages of the spiritual journey as taught in Tibetan Buddhism and will provide techniques for practicing those virtues in our daily lives.

Through the practice of these disciplines, we can transform confusion and suffering into wisdom and joy, and begin to make a difference not only in ourselves, but in the lives of those around us.

Day Retreat on Vashon Island:
Tranquility Meditation

August 27, 2005, Saturday
10 am - 12, 2:30 - 4

27405 99th Ave SW, Vashon, WA 98070

Suggested Donation: \$20

Please bring your cushion.

Lama Kathy will be presenting instructions on tranquility (shamata) and tong-len (sending and receiving) meditation instructions along with guided meditation sessions.

In the last three years, the Health Center averaged over 350 urgent care visits per year. Approximately 75% of the center’s patients have commercial health insurance, 15% have Medicare, 5% have no insurance, and 5% have Medicaid.

The Health Center has made efforts to control its increasing costs, such as reducing administrative staffing levels, without impacting the quality of care it provides. However, even with the financial support of Granny’s Attic the clinic continues to operate in the red. Tax levy funds generated would be used solely to support the center. These funds would enable the center to cover its operating expenses for the first time in many years. Additionally, the tax levy funds would be used to upgrade Vashon-Maury Island Health Center’s facilities.

Community Care Center

The Community Care Center would also use the stable revenue source to cover basic costs, and might be able to expand some of what it now offers to the community.

At least 90% of the individuals residing in the 30 nursing home beds are covered by Medicaid. Medicaid reimbursement for skilled nursing covers only 71% of the cost of care required by licensure. The 40 assisted living apartments limit the number of residents with Medicaid insurance to a maximum of 10 beds (25%). For those residents, Medicaid covers only 76 % of the costs of their assisted living apartment and services. If there had not been the

25% cap on the number of residents with Medicaid, the demand would have dramatically speeded up the initial renting of apartments and assisted in the quick renting of apartments that turn over.

With the stable source of revenue provided by the levy funds to cover basic costs, the Community Care Center will have the opportunity to serve people who have more complex health issues, rather than send them over town. The center can also add services that are priorities for the residents, family members, and the community. For example, the Community Care Center could offer short stay rehabilitation care (covered for all older adults through Medicare part A insurance). The center now turns away 2-3 Islanders per month who must get these services off island because the center cannot provide them. The Community Care Center could also provide case management/social work services to seniors in the community.

Islanders will have the power to determine the fate of the Vashon Health Center and the Vashon Community Care Center. These two organizations are critical to the long-term health of this community, but like health care organizations everywhere nowadays, they are facing tough financial losses. With the creation of a hospital district, these two organizations are assured long-term survival, and Islanders have long-term access to the health care they will need.



Loop Political Poop





Vashon-Maury Island Community Council Accomplishments

By President Jim English

(Editor: The following summarizes the impressive list of VMICC activities so far this year. The Council is a dedicated group of citizens who volunteer their time for the betterment of our community. Whether you agree or disagree with their actions, you have to give them credit for their civic-mindedness and their willingness to serve. The Board has an opening right now; stop complaining and get involved!)

The VMICC participated in two King County Executive Office-sponsored Unincorporated Area Council (UAC) meetings during this period, along with two Executive Office-sponsored Operation's Summits. The VMICC is one of six UAC's in King County. These UAC gatherings provided a forum for presenting matters of Island-wide interest or concern directly to the King County Executive, his immediate staff and Department heads (and staffs) for their attention/action.

The VMICC Transportation Committee conducted three surveys in 2004 in response to route and/or fare proposals by the Washington State Ferries. They are: The Business/Ferry survey, the Island-Wide Survey (by saturation mailing paid for largely by donations from the business community) and the Passenger Only survey. The Vashon business community generously contributed part of the money to accomplish these surveys. The committee is also working closely at present with King County Metro and King County Roads to come up with better on-off Island transportation options for Vashon residents. They worked with Dow Constantine's office to stop King County Roads from adding the northend parking lot to the Surplus Property list (which would have resulted in WSF buying it to install fee meters for daily commuters).

The VMICC Public Safety Committee published a Hunting Safely flyer, and worked closely with the Sheriff's office and other County agencies on a variety of "public safety" matters of importance to Island residents.

The VMICC Heavy Metals Remediation Committee (HMRC) put on three outstanding

Hennessey Files for Vashon School Board

Submitted by Anne Atwell

Bob Hennessey, a Vashon PTSA Board Member who was an outspoken critical member of the recent Campus Master Plan Committee, has filed his candidacy for Vashon School Board. Saying he wants to make School District processes more "transparent and open" for the public, Hennessey will give parents "a seat at the table."

"I want to make the District's decision-making process more open and transparent. Parents and the public need a seat at the table if they are to make informed decisions about critical issues that affect their children, their community, and their tax dollars. I will represent that view on the School Board," Hennessey said.

On behalf of the PTSA, Hennessey worked with State Senator Erik Poulsen to secure funding for Chautauqua. As an active PTSA Board Member, he and his family have also run the island's "Back to School" drive for the last four years. He helped spearhead a successful initiative earlier this year to change the School District's policies, allowing parents more information about school board decisions. Hennessey, a Strategic Advisor to the Director of Seattle Public Utilities, has more than fifteen years' experience in planning, funding and constructing

public infrastructure projects, which he says will be important if the district goes forward with a capital facilities master plan. Hennessey was a member of the District's master plan committee and was the lone member of the committee to vote against the committee's \$73 million proposal.

"We need great schools and we need to pay for them," he said. "But our community includes our children, seniors, the less fortunate, our open spaces and our health and safety. My focus is education, but not to the exclusion of everything else.

Above all, I believe we must clearly spell out the education needs that will be met by any plan that is brought to the voters."

Hennessey and his wife Lauri live in Burton with their three young children. Hennessey has been a member of the Food Bank Board, and Lauri, who was a member of the Vashon Youth and Family Services Board, is a member of the Vashon Chamber of Commerce and Parks Boards. She also writes a regular column for *The Beachcomber*.

Hennessey's website is www.bobforschools.com. 

Democrats Host Candidates

Get your appetites ready for food, conversation, and fun. This **Saturday, August 20** at 5:30 p.m. at Wax Orchards the Vashon Democratic Club will host a picnic, and you're invited!

We will have several speakers, including: Jack Jolley, candidate for Port Commissioner (recently endorsed by the 34th District Democrats); Mark Wilson, candidate for US Senator; and other county, state, and federal representatives and candidates that have not yet confirmed. Also, all of the candidates for non-partisan Vashon elective office have been invited, and several

have confirmed that they will attend our picnic to introduce themselves and answer questions you may have about School, Fire, Water, Park District, and other local races.

Where: From Wax Orchard Road, turn into the main Wax Orchards entrance (at the Wax Orchards sign). Stay to the left when the drive branches. Look for signs directing traffic.

Bring any of these: Something to barbecue, salad, beverage, or dessert (condiments and eating utensils will be provided). Also bring an outdoor chair or blanket if desired. More information: Dan Schueler, 463-5423. We hope to see you there!



Continued on page 11



Spiritual Smart Aleck

by Mary Litchfield Tuel

Falling Off the Trapeze

Last week I read Anne Lamott’s latest book, *Plan B: Further Thoughts on Faith*, and this week I’m reading *Father Joe* by Tony Hendra. Both of these people are bright and witty Christian apologists. Well, I think Tony Hendra is a Christian apologist. I haven’t finished the book yet.

Tony Hendra first came onto my radar screen back in the sixties. He was one of those British comics of the generation that produced *Beyond the Fringe*, *That Was the Week That Was*, and *Monty Python*, among other things. He was in a team called Hendra and Ullet, and later was the managing editor of *National Lampoon*, and one of the actors in the mockumentary *This Is Spinal Tap*.

To find that he has written a spiritual autobiography is both surprising and touching. I don’t know why I am so surprised. It is clear to me that a smart mouth and a deep spirituality can co-exist in one person (see column title).

Anne Lamott is dear to me for many reasons. As a writer and a Christian she is one of my heroes. She writes with an honesty that is searing and feels just like home. I have enjoyed her novels and her memoirs, as well as her book on writing, *Bird by Bird*.

She grew up in Marin, just north of San Francisco, and still lives in that area. I grew up down by Watsonville, on the Monterey Bay. She’s a few years younger than I am, but still much the same generation, and there is a California sensibility in her writing that is deeper and more resonant than the differences between the Pajaro Valley and Mount Tamalpais. We expatriates of the golden state can see in our minds the fog pouring over the hills from the ocean, the waves rolling in, the sunset beyond the Golden Gate, the oak trees dotting the brown grassy hills...and forget for a moment the Los Angelesation of California, and the world.

What these two writers—one British, male, and Catholic, and one American, female, and Presbyterian—have in common is a Christian spiritual walk and spiritual friends who ever point them toward a compassionate God.

Anne Lamott spends a lot of time struggling with her hatred of George W. Bush and Republicans in general. She has to struggle because she disagrees so profoundly with the practices and policies of this administration, but she believes in a God that says every single person is known and cherished by God as the unique creation they are. Her, *and* George W. Bush. It’s confusing to think that God might love your enemy as much as he/she loves you,

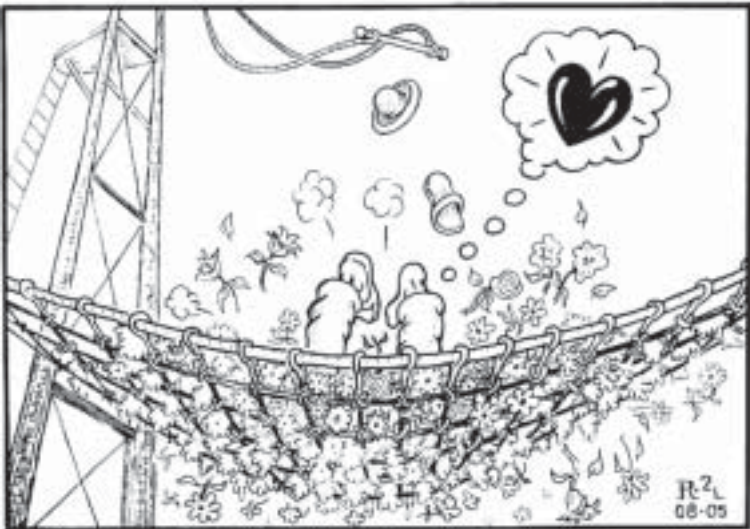
and that you are required to do likewise.

A Jesuit friend of Lamott’s tells her, “The opposite of faith is certainty.”

Hendra’s Father Joe is constantly reminding Hendra, “Tony dear, there is nothing God will not forgive.”

These are the things that stand out for me from these books. I think most people know that personally I am a tax-and-spend, bleeding-heart, knee-jerk liberal; but I have to reconcile that with the love I feel for so many people who are definitely not liberals. It’s nice to know that God is with me in this, but it’s confusing to me sometimes. I don’t feel called to hate anyone, and I do feel called to listen to people without judgment. I am sometimes annoyed by that call, and frequently tell God she has picked the wrong candidate for good behavior, but I understand that it’s a call I cannot ignore.

I have felt like maybe there was something wrong with me for not standing up for political issues I believed in, but for me it’s the people, not the issues, that count, and I’m slowly realizing that the issues I’m supposed to stand up for are these: that every single person is known and cherished by God; that there is nothing God will not forgive; and that faith is what carries us, holds us, and points the way for us, through our uncertain and sometimes unthinkable lives.



Do I think the current war is wrong? Yes, I do. Do I deny that other people have declared a global war on America? No, I don’t. Do I yearn and long and pine for peace on earth, for the hungry to be fed, the naked to be clothed, the homeless to be sheltered? Yes, I do.

Like most everyone else about my age, I’m relaxing more year by year into being myself, living with all the conflicts and unanswered questions and uncertainties. The unfailing surprise is that when I let go of my certainty and start listening, what an astonishment! What a relief! It is like falling off the trapeze and landing in a net full of flowers. □□□□

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Don't Forget the Birds

By Ed Swan

A Little Story About Habitat Change

About 150 years ago, old-growth Western Hemlock-Western Red Cedar-Douglas Fir forest covered the Puget Sound lowlands down to the shoreline. That habitat supported an ecosystem that vanished from the region as loggers cut all of the woods. Some of the birds eliminated from Vashon by early in the 20th Century include Spotted Owl and Northern Goshawk. The populations of many other species fell considerably. Often, many forget that a whole new group of animals benefited for a time from the changes. The cycle has turned already and new changes made the ecosystem of the early to mid 20th Century in the Puget Sound area a fading memory.

The endless logging of earlier times created a landscape of regenerating forests. The fire regime changed from a few fires every two or three hundred years in the region to many human-caused fires. Many bird species moved in to take advantage of the new habitat. One of these species was the colorful

migrated through Puget Sound regularly and some stopped to colonize the area. Here are some of the comments of early Washington ornithologists:

Jewett notes: "In our experience it is seen more frequently in burned areas in the forest than in any other habitat; the blackened standing dead stubs afford it nesting sites, and as a rule a considerable variety of plant and insect life is available for food." Rathburn writes of the Lewis' Woodpecker west of the Cascades: "In western Washington this woodpecker nests in June. Almost invariably the excavation for its nesting place is in a dead tree, the trunk of which is more or less blackened by fire, and this may be one reason why the bird is partial to old burns."


Another writer, Earl Larrison, picked out Lewis' Woodpecker as one of many "interesting" species for Vashon Island. His book covered bird life in the area in the 1940's. As far as I know, that is the only record of their existence for Vashon, and I would appreciate any one who has heard of them being here or seen the birds themselves contacting me with the information.

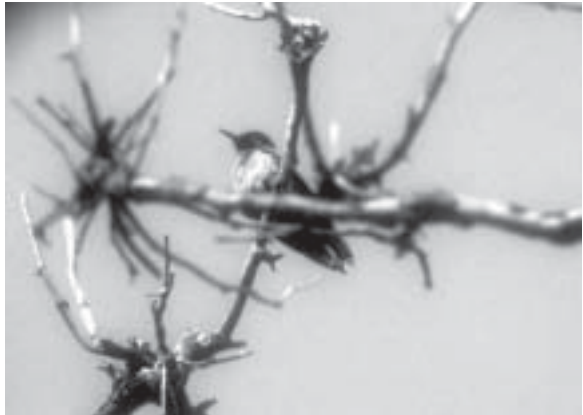
The Lewis' Woodpecker is gone now from the Puget Sound area and Vashon. The forests regenerated in areas that remained rural. Fire management caught most fires before they left significant burned areas. Logging practices changed from selecting out preferred types of trees to clear

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Jim Rosso photo of Lewis' Woodpecker



Islander Jack Dawdy photo of a solitary sandpiper

juvenile hawks are out there learning to fly. An Osprey got caught in the nets at the golf course and was rescued unharmed by T. Martino. A young Cooper's Hawk landed on Rebecca Davies as she worked in her garden on Maury Island. Young Sharp-shinned Hawks have been crashing through the woods around my house and are now able to fly up over the trees. A family of young Cooper's Hawks provided entertainment for the Audubon field trip, crying out and going back and forth across the road at Fisher's Pond. If you have an interesting bird to report (especially any old Lewis' Woodpecker sightings) or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. ☺☺☺☺

Lewis' Woodpecker, first described by Lewis and Clark in eastern Washington. By the early 1900's they


1	2	3		4	5	6	7	8		9	10	11	12	13
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- Down**
1. Gen. Colin ____
2. Inability to recognize writing
3. ____-totter
4. ____ Minor (Little Dipper)
5. Meshes
6. Accountant
7. Boxer Muhammad
8. Fool's gold
9. Scat!
10. Rests against
11. Pen stuff
12. Before (prefix)
13. Goof
21. Curtly
23. Moved quickly
25. Not minus
26. Roman three
28. Organization of Petroleum Exporting Countries
29. Small horse
30. Perch
32. Whichever
35. Affirmative gesture

- Across**
1. Caress
4. Take off the lid
9. Lapses
14. Bullfight cheer
15. Retort
16. ____ Matisse, painter
17. Tiny
18. Elevator alternative
19. Made of oak
20. Small movie parts
22. Cast metal
24. In ____ of (instead of)
25. Pocket bread
27. Soaks
31. Animal oil
32. Unfamiliar
33. Luau dish
34. Boredom
36. Perfume
38. Metal mixtures
40. Robbery
42. Architect Frank ____ Wright
43. Strange
44. Official canine registry (abbr.)
45. Rhymers
47. Go boating
51. Dike
53. Advise
54. Recess
55. Northwest by north
57. Dawn
59. Black and white animal
36. ____ Lanka
37. Type of salad
38. Alcoholic
39. Dead bolt
40. Peter, for short
41. Tax agency
42. Cub
43. Electroencephalograph (abbr.)
45. English bar
46. Embellished
48. God
49. Center of much political dispute
50. Jumped in the air
52. Furnish with an income
56. Tracks
57. Air (prefix)
58. Soviet Union
59. Pop (plr.)
60. Picnic pest
61. Compass point
63. Mr.
64. That woman
- Solution on Page 17** ➡

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Island Life

Text & photos by *Peter Ray*

Do Not Attempt...

You know the message — it’s that little one that pops up at the bottom of the TV screen as one extreme type ad or another starts to roll. Most often it can be seen as those ex-urban assault vehicles bounce over jagged rocks and splash through pristine wilderness streams, without missing a beat, or a hubcap or an oil pan. They are selling the sizzle, not the stake through the front tire, and just to be sure that you don’t void your warranty, you get that three word warning as a reminder that even though you’ve bought, and not necessarily paid for, Superman’s cape, it may look good but you really can’t fly anywhere with it. The most recent example in this regard is that shoe commercial with Steve O. from Jackass taking a flying, and crashing, leap over a row of garbage cans. It used to be that it was okay to just say that Keds helped you run faster and jump higher and our kid imaginations did the rest — now we have to be shown the possibilities. Maybe it’s just me, but crashing over a row of trash cans is not why I’d buy a pair of rocket shoes, although I do find the entire Jackass premise a bit more than hilarious in its extreme execution. I also remember the name of the shoe, which is in itself a bit of an extreme spelling of a rather simple pronunciation, and catchy enough in its own right that this



display of lunacy might not be entirely necessary. Such is the way that these ad things work. Even though we may not see them, we tend to get these “do not attempt” warnings fairly regularly in our daily lives — at least I do. Most of the time I ignore them, although I do pay attention when it comes to stuff like rattlesnake wrangling, hanging off of steep cliffs on thin ropes and doing my own taxes. When it comes to something like doing a six-hour motorcycle ride on a slow leaking rear tire in order to camp over night and do a three mile open water lake swim in the morning even though the longest I’ve swum all summer is a thousand yards straight — hey, why not? This is not to say that I completely ignore all the potential dilemmas (dilemmae?) that might arise, but sometimes we just really do trust in that “S” on the costume and just try to avoid the kryptonite wherever possible. With my two cans of flat fix in the saddlebags and a pump strapped

on top of my tent, it was time to hit the road and see what would happen. The leak was holding and the distance miles of cross training I’d been doing on my bicycle were enough to bolster confidence in that department. And there was another reason for this trip — those darn postcards. Part of this whole process was meant to include a trip somewhere with photos taken along the way that would be printed and sent from the destination spot back to waiting postal patrons everywhere, or at least somewhere. This seemed to be the perfect opportunity to give that part of it a go, so with trusty camera and mini-printer in tow, we headed south. I was up to about one hundred and seventy miles on the trip odometer when the bike started lurching. In the past, one hundred forty was the distance at which I’d start to look for a gas station — I decided in this instance that the present was a good time to start acting on this search. Fortunately an exit was around the bend, so I pulled off with the engine running quite roughly (bad gas at the bottom of the tank) and filled back up. This seemed to do the trick as the sputtering and hesitation was nowhere to be felt as I accelerated back onto the freeway. With my next intended stop at Government Camp still eighty miles away, this bad gas scenario was unlikely to reoccur, and it didn’t. While fueling at Govie, as some people call it, a few photo opportunities arose for the postcard project, so I fired away and then headed off to the high desert. This stretch from Mt. Hood to Bend is one of my favorite areas to travel. This day, the wind was right and, even though it was getting quite hot, there were very few cars on the road and the sun was getting low and raking across the sage and field crops and rock formations. There seemed to be pictures with possibilities about every half mile or so, but with the nagging of that insistent thought that, in the dark, there might be a problem in trying to find a camp site that I’d never been to before, I kept my stopping to a minimum. It was about then that I noticed also that the rear end of the bike had a noticeable sway to it. I pulled over and heard a hissing that hadn’t been there before, so out came the flat fix goop and the pump and we headed off under a cloud of building uncertainty. It was dark by the time we got to Bend, and the directions to the Cascade Lakes Highway did not include a code for the system of roundabouts that one had to negotiate before getting there — and there were no signs to be seen that might indicate a solution. I went back to a gas station and stopped to ask directions, and was told by the pump girl that, “...gosh, I get that question

a lot, but I just don’t know how you get there.” I will bite my tongue here. There was however someone inside who had figured it out and I was soon out in the complete darkness with the rear wheel swaying and the “do not attempt” drum beat getting louder from the back of the “list of concerns” file. I soon found a sign, I saw a campfire, I pitched the tent and, in no time, it was morning and nearing the hour of the three mile plunge endeavor. There was talk of the water being cold, so I was starting to regret having left my wetsuit at home. It was sunny though, which is always a bonus and a reward after spending time in cold water. An ankle deep excursion into the lake indicated that this was definitely not a Puget Sound type of cold water experience, and that seventy degrees is bath water compared to what we’ve been swimming in. The water was smooth as glass and fairly clear. There were no jellyfish, or seaweed or sticks or jet skis. There were three large orange inflatable buoys that marked the corners of the triangular course. All we had to do was go around all three just three times. There was no starter’s gun, just a countdown and a “Go.” The first leg of the triangle felt okay. The second was work and the on third leg back to shore I started to contemplate getting out. This is one of those occasions where the “do not attempt” sign keeps one from embarrassing oneself. I made the turn around the third buoy and headed out for mile two. This didn’t feel too bad. I was warmed up and in cruise mode- and I was hanging with a pack of eight other swimmers. As in bicycling, there is a drafting advantage in the water. One can get in behind someone else and have to work about two-thirds as hard as you are pulled along in the slipstream. I decided to hang off to the side and see if I could swim this on my own, AND hang with the pack. This wasn’t a problem for all of mile two. I actually was feeling pretty good at this point and already anticipating my big move as we started into mile three. I picked up the pace and fairly quickly noticed a cramp forming in my right calve.



August 17, 05

From yoga class, I started to focus my breathing on that muscle. As the pack started to pull away, the cramp slowly loosened enough that I could straighten my foot out again and kick normally, if somewhat less forcefully. There was no sprint to the beach from these quarters, but I did mange to cross the line at a little over an hour and seventeen minutes, somewhere in the middle of the seventy some participants. And with all of the “do not attempt” lights off at this point, I joined the gang in a half-mile swim an hour later. Then it was time to head home. Back at the campsite I stared at the less than inflated rear tire. Attempts to pump it up were met with an overly audible hissing sound that flat fix had no effect on. With the camp a little over thirty miles from town, I did a controlled, panic search through the list in the “attempt” file and reached for my Swiss Army knife. There was a screw head on the side of the picnic table- it turned easily out to show its fully threaded length of an inch and a quarter. I walked over to the bike, placed the pointy end of the screw over the spot where the hissing was coming from and started turning. By the time the screw was nestled all the way into the tread the hissing had stopped, and so will I until next time. There are three postcards this week, one buck for each one. Or if you’d like, send any amount to receive these cards and more in the future. Please specify if you would like to receive them as individual postcards, or get them in a packet to send out yourself. Make sure you include your mailing address. Send all requests to: 10322 SW 165th St., Vashon Island, WA 98070. ☹☹☹☹



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The Film Thing

By Peter Ray pgr42@worldnet.att.net

Displanted

Even the spell check doesn't recognize this word, so I don't feel so bad. I had planned on titling this piece "Disaffected", but upon consulting Mr. Webster for affirmation I found that it wasn't quite what I was looking for. I did,



however, like the dis- approach though, and in cruising this particular cul-de-sac in the Dictionary of the American Language I came upon the above, whose first definition of "...to move from the normal or settled place..." perfectly describes the mood and direction of **Broken Flowers**, our film selection for this week. I don't know that "Charmingly Displanting..." will ever be seen in a critic's endorsement of any kind in the movie trade mags or anywhere else, but as one might have known from past experiences in this space, it's kind of what I like to see in most film excursions.

There is often this plug and play feeling one gets in the movies where one realizes they may have seen a certain approach to a character before. A director will see an actor in a role and will cast said actor in a similar role in a slightly different situation- there are no big revelations here. It is said that Director Jim Jarmusch wrote the role of the lead character in **Broken Flowers**, Don Johnston, specifically with Bill Murray in mind. It was perhaps the distant and mostly disconnected performance that Murray gave to great effect in **Lost in Translation** that may have been his jumping off point for Murray's character in **Broken Flowers**. To be fair though, Bill Murray has pretty much always been the master of the understated action, he has just taken it to greater (or would it be lesser?) heights in this latest on screen incarnation.

The driving premise here is fairly straightforward. Don gets a pink letter in the mail the day his current girlfriend walks out on him. While he ignores it at first, it turns out to be from an old flame from twenty years ago who, unbeknownst to our hero, had a son by him. This mystery teen has

decided to hit the road to find out who his father really is. The twist is that the letter is not signed and there is no return address or visible postal cancellation stamp of origin. Don has a neighbor named Winston (Jeffrey Wright) who is a mystery buff, and he decides to try and figure out who from Don's past has decided to reconnect in this less than informative or conventional way. Winston asks Don to make a list of all the possibilities- it turns out there were five- and proceeds to make travel arrangements for Don to visit them, with the specific instructions of looking for the color pink, an old typewriter and any indication that a male teenager may have been in recent residence thereabouts. Don is not supposed to ask specifically about the letter though, only to glean hints or clues



from a rather indirect approach of roundabout observation and questioning. One could easily wonder why a series of phone calls might not suffice, but we wouldn't have much of a movie to pull out of the can then, would we?

Some will admittedly find this approach extremely annoying, and that the ending leaves a little, or a lot, to be desired. It seemed from this perspective though that Murray's blank stares said much more than any dialogue, and Jarmusch knew that to hold on to a certain scene just a little bit longer than one would expect would serve to enhance and extend what had, or hadn't, just transpired. The subtleties of minimalism are also in play in the mostly blow-by cameos of Don's past loves. In succession we have visits from Julie Delpie, Sharon Stone, Frances Conroy, Jessica Lange and Tilda Swinton- certainly a

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Hollywood walk-through of no small consequence. The film is in no way burdened down by star power, but is instead gently nudged along by it. With this female line up, one might have expected Don Johnson in the leading role, but instead, this name confusion ("...it's spelled with a T...") is a running joke that this Don seems to be tired of hearing. There are many other opportunities for understatement here and Jarmusch takes his time in reveling in them- perhaps you might, too?

oooo



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Our Kids Cry a Lot

by Kevin Pottinger

In an earlier column, I proved that we have a lot of kids. It's documented. We do have a lot of kids, and they all cry.

Our one-year-old twin boy cries on all fours, crawling slowly and deliberately along the floor. With each push of his little legs he'll count out the wrongs, which are numerous and egregious, and can never be forgiven. He'll alternate a pitiful screech and a more full-throated cry. I always think of the phrase "escape from the crypt" when I see him crawling and crying, his eyes scrunched tight into little pathetic slits, drooling a little.

Our one-year-old twin girl takes a different tack. She uses more of a centralized method, standing in the geometric center of a room. And she leans into it with a full angry window-shattering roar, as loud and as long as she can. One would think live rats were gnawing off her toes, or that she's standing in some sort of Death Ray. Often it's nothing more terrible than that her twin brother has taken the Rescue Ranger she was chewing on and put it under the chair. She can cry so loudly it will sometimes scare her twin brother, who will start in with his own crying and crawling, "escape from the crypt" thing.

On the other hand, our three-year-old daughter has practiced and perfected an operatic whine, a delicate aria of dissent often several minutes in length, with exposition

and melismatic development, usually centering on subjects such as, "Colin hurt my butt" or, "Colin ate my ice cream." Colin is her older brother, not yet five.

Colin seldom cries anymore. He is a rather big boy now. He is more the malicious conductor of our despondent choir, stealing a toy here, pinching his sister's butt with pliers there; he plays his siblings like a harp.

As an older brother myself, I find myself reflexively rooting for Colin. I find myself thinking "good one" when he pulls off a particularly creative torture of his little sister. Yet I feel such fondness for his little sister—and all our kids—that those feelings are fleeting.

When we return from a trip to the grocery store, or over town, they'll often all cry at once. A symphony of heartache. It's early evening in the nursery of the damned. My wife and I scurry around changing diapers and hauling in kids and the crap from the car. It will go on for ten or more minutes until it subsides in waves, all the kids red-faced and puffing, wiping their noses on their shirts. The silence that follows is a sweet, golden time, punctuated with the sounds of nursing, and whispered torturing of little sisters behind the couch.

Sometimes our little twin boy will fall asleep crying. When he stirs he'll cry some more and trail off again in

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a litany of muttered accusations. We read books that talk about a baby's cry as communication, one of the only forms of communication babies have. I am pretty sure our kids think of it more as a sport, with points for distance, volume, longevity and technical prowess. They are athletes of misery, practicing and training, even in sleep.

Long spent are the days when our blessed boy's every cry was attended

by smiling breath-sweetened attentive parents to whisk away whatever displeasure our little angel might encounter. These days, it seems one of them is crying all day long, taking high-fivin' tag-team turns, occupying every square inch of our minds with wailing and gnashing of teeth.

We have to wonder, just like watching TV wrestling, how much of it is faked.

□□□□

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Vashon-Maury Island Community Council

Continued from page 5

symposiums, drawing large numbers of people from both on and off Island, to learn how to better remediate contaminated (arsenic, lead and/or cadmium) soil, and how children especially and adult gardeners in particular can safely play-work in such soil.

The HMRC also published a guide for on and off Island medical practitioners that was approved by the King County Medical Society; it is being used extensively to educate practitioners and patients on the dangers of contaminated soils and how best to protect against harm from exposure to them.

A VMICC board member arranged a forum in the fall of 2004 involving a wide range of community members to get their collective input on what they would like to see the VMICC focus on in 2005. As a consequence, a VMICC-sponsored Bicycle Task Force is now working on getting more bike racks and making Island roads safer for cyclists; and a VMICC Public Restroom task force is on the verge of finally getting a public rest room facility in the Village Green park in downtown Vashon. This has been a desire of the downtown Vashon business community for many years.

VMICC relations with the business community have further improved this past year thanks in large part to VMICC outreach to and pro-active partnering with the Vashon Chamber of Commerce. An example of the value of such partnering are the recently installed improved traffic signage and crosswalks in downtown Vashon. The improvements will accommodate customer movement to and from local businesses.

The VMICC Sustainable Practices committee annually produces a highly informative “State of the Island” slide show of its accomplishments and on-going efforts and is currently working on a guide for development of forested land for distribution to local contractors and real estate agencies. They are also co-sponsors of the first-ever on-Island Cascadia Bio-Regional conference to be held this summer in conjunction with Island Earthfair.

The VMICC is also an active participant in the Vashon Disaster Preparedness Coalition (VDPC) and has helped mobilize well over 300 volunteers, both private and business representatives, to ready themselves and their families for a major disaster. Over 1000 disaster preparedness packets were recently sent home with public school students. In addition, an Island-wide disaster plan is in the works and a disaster mobilization-response group has been formed, in conjunctions with a designated and well outfitted Emergency

Operations Center. The School District, Water District #19, Vashon Island Fire & Rescue and the Vashon Park district have formed a legal partnership with VDPC and VMICC to help Vashon “best” cope with a natural or other disaster. Additionally, a Vashon-specific disaster preparedness website, www.VashonBePrepared.org is now up and fully functioning.

The VMICC board has worked hard to improve communication to fellow Islanders by updating the VMICC website, writing regular articles for *The Beachcomber* and encouraging reporters, as well as Islanders, to attend the monthly Board and General Membership meetings. The Board is a hard working group of volunteers who constantly encourages Islanders to join VMICC committees and actively seeks to recruit more volunteers for VMICC initiatives.

The VMICC Septic Solutions committee looked at the long standing problems with failing septic systems on Vashon and Maury Islands and presented a resolution recently that supported exploring the creation of a Public Utility District that could more effectively and economically assess the merits and the drawbacks of possible solutions to this growing Island problem.

The VMICC Land Use and Natural Resources Committee has consistently kept residents informed of Island land use issues. This committee insisted upon and got the County to inform Islanders where it has spent the considerable Rural Drainage Fees (RDF) is has collected the past few years and to afford Islanders the opportunity to help prioritize RDF spending in the future. An Island “Green Print” map is also in the works thanks in large part to the commitment by and efforts of Land Use Committee members.

The VMICC Governance and Policy committee has worked hard in 2005 to improve and streamline VMICC policies and procedures and will present its proposed by-law changes to further improve same in the fall.

The VMICC Communications ad hoc committee got the ball rolling for the upcoming Vashon Channel on Comcast Cable. The effort has been taken over by the Voice of Vashon (VoV) and the channel should start broadcasting next month.

The VMICC also facilitated having the Vashon Library develop an index of past VMICC-related articles from Island newspapers so they can be more easily accessed by Island residents. Note: The library was the repository for VMICC records prior to the development of the VMICC website.

The community heartily endorsed the Vashon Watershed Plan—a year and a half effort that incorporated extensive community input.

This is an impressive list and is by no means all that the community can be proud of.

□□□□



Financial Planning 101

Your Safety Net and Your Retirement Plan: Begin Investing Now!

by Mark A. Goldman

I usually recommend that clients invest some of their money safely, where they can easily get to it if need be. The eventual goal is to have at least a year’s worth of income in available reserves. For this goal, I usually recommend I-bonds. These are government securities that are essentially risk free. Every six months the treasury publishes the interest rate that the bonds will earn for the following six months. Currently the interest rate is 4.80% and that rate is good until November 1, 2005. No tax is due until the bonds are cashed in and the bonds can be held for 30 years. The interest rate is partially tied to the rate of inflation. That’s what the “I” stands for in I-bonds. Unlike other bonds, you can never lose money owning I-bonds, but there is a limit to the amount of bonds you can purchase in any one year. Treasury advertising says you can buy as little as \$25 worth or as much as \$30,000 worth, per person, per year. More is possible though. There are many good reasons for investing in these securities. Read more about it and get details at www.treasurydirect.gov. One drawback: you need to hold them for at least one year, so get started right away.

If you have a 401(k), 403(b) or other employer sponsored plan, always contribute at least the minimum amount to the plan that will result in the maximum contribution by your employer. This might not be as easy as it sounds, but it should be a primary or high priority goal. Here, careful analysis can be important. You want to come as close as you can to making these contributions without throwing your household budgeted cash flow out of whack. This is one example where making the contribution is clearly more important than deciding where to invest the money once it’s in the

plan. For example, some plans will match your contributions dollar for dollar, at least up to a point. So that’s like doubling your money on each contribution you make even if you just leave it in the plan’s cash account.

IRAs are another class of tax favored accounts, and many folks are qualified to set them up even if they belong to a company plan. Two common IRA types are the traditional and the Roth. With a traditional plan you get a tax deduction; with a Roth you don’t. In both plans your money grows tax free. A traditional plan requires that you begin taking distributions by 70 ½; with a Roth, you can let your money grow indefinitely. Distributions from traditional plans are taxed at ordinary income tax rates; with Roth accounts, if you qualify, all distributions should be income tax free. Do some research to understand all the rules for making contributions and taking distributions in IRAs. Contributing more than you qualify for can be expensive in the long run, so be careful.

Where to invest your contributions once you set up an account is something we can continue talking about next time. But whether you belong to an employer’s plan or a plan you set up yourself, here’s what’s important: that you take advantage of tax favored investments, that you make contributions you can afford, that contributions to various plans are part of an overall well designed strategy, that any plan you set up offers you a wide range of desirable investment opportunities, and that the service you get is good while administrative costs and fees are attractively low.

Visit Mark’s web site at www.gpln.com or contact him at mark@gpln.com or 206-463-2019.

□□□□

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)

Does Echinacea Work?

The press release from the New England Journal of Medicine boldly announced that echinacea neither prevents nor eases colds. “We have got to stop attributing any efficacy to echinacea,” said Dr. Stephen E. Straus, director of the National Center for Complementary and Alternative Medicine. Dr. Wallace Sampson, the editor for the Scientific Review of Alternative Medicine, said that there was no reason to believe that echinacea would be effective against colds in the first place. According to him, the use of echinacea for colds emerged in the 1960s without any real historical basis for its use. However, should you read the study, you will discover that these scientists are exaggerating the results. The study simply showed that echinacea at the dose used did not prevent colds.

In this study, a large number (399) of people in their twenties volunteered and were prescreened for immunity to the cold virus used in the experiment. Next, they were divided into subgroups that took 1.5 mls of three different echinacea extracts or placebos. Some were given echinacea/placebo for seven days before the viral challenge. Others began taking their medicines on the day of the challenge. The challenge consisted of having a cold virus sprayed into their noses. Once that was done, they were isolated in hotel rooms for five days. Their symptoms (such as sneezing, runny nose, sore throat, stuffy nose, cough, etc.) were evaluated daily, and their noses were washed out every morning to test for viral content. They also weighed the “nasal-secretions” of each volunteer daily. (No doubt an interesting job for the lab tech.) Blood work was done three weeks after the end of the study. The study results showed that echinacea did not lessen either the subjective or objective incidence of colds.

The flaw in the study from an herbalist’s perspective lies in the dosing. It was too low and given

too infrequently. Instead of asking for input from professional herbalists, the researchers based their dose on the advice of an Austrian professor of pharmaceutical biology. He recommended a dose used in earlier studies and claimed that the World Health Organization described this dose as the one, “most often used by consumers.” Professional herbalists do not recommend that people take 30 drops (or 1.5 mls) of echinacea tincture three times a day. Instead, most recommend 45-120 drops every hour or so in the early stages of a cold.

Many herbalists also recommend combining echinacea with other herbs in cold formulas. Echinacea is an herb that stimulates the person’s immune system, and also helps prevent tissue breakdown (by bacteria or venoms). It is not an antiviral herb. As a result, it is often combined with herbs like elderberry (*Sambucus spp*) or osha (*ligusticum porterii*) that actually help prevent viral attachment and replication. The higher, very frequent dosing of echinacea keeps the person’s immune system on high alert until the virus is thwarted. The antiviral action of other herbs help the cold fight from another angle.

Overall, the recent echinacea study was well designed (ignoring the issue of dose and frequency). They used Echinacea *angustifolia* root, the species favored by most American herbalists. They measured valid symptoms in a fairly large group of volunteers, and their work shows that echinacea is not effective at the dose studied. Although they used preparations not readily available on the market they provided a detailed analysis of each extract’s constituents. The placebo consisted of water, alcohol and natrium benzoate — the most bitter substance known to man (this chemical is related to lidocaine and is used as a deer repellant, a fingernail biting repellant, and to coat electrical wires to discourage rats from gnawing on them). This bitter

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substance apparently stimulates insulin secretion in animals but its effect on viruses has not been studied. The placebo was considered effective in that about the same number of volunteers in each group thought they were taking the “active” medicine.

If this had simply been a drug-testing study, it would have gone entirely unnoticed by the general public because it only shows that a low dose of echinacea will not help the common cold. But instead, the study attracted headlines across the globe because scientists announced that echinacea does not work. The study clearly reflects the schisms and biases that surround the use of herbal medicine: On the one hand, Dr. Sampson announces its ineffectiveness, stating that its use as a cold remedy emerged out of nowhere in the 1960s. In fact, many Native American tribes chewed the echinacea root for sore throats, coughs and other cold symptoms, and the Eclectic physicians praised its use for “catharrs” of the nose and bronchi, emphasizing that it needed to be given every ½ or hour in acute



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book “Clinical Botanical Medicine.” If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglement that explains her services & how to schedule an appointment

cases. On the other hand, Dr. Bauer, one of the physicians on the study, presented a more balanced view: “We need to repeat the study with other preparations and doses than those used in the study.” And, he added, he himself takes echinacea, and he will continue to do so until conclusive studies have been completed. And so will I, because in my experience it is a highly effective cold remedy.

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Among Our Piers:

Erin Kenny

By Jonathan Shipley

If, say, you're ever lost in the woods and, at the time, you have acid reflux, athlete's foot, a hacking cough, back pain, and are really hungry but have no food, you'd be hard pressed to find a better person to have by your side than Erin Kenny, Vashon's resident ethno-herbalist who knows plants and, further, knows their benefits. I sat down with Erin to talk about her background, Scotch Broom, and topical tinctures. The following story is, therefore, very topical.

Loop: What got you into being an herbalist?

Kenny: I have been a nature girl all my life but the transformation to teacher came after I spent ten consecutive summers as the caretaker for a wilderness hot springs in the Cascades. I started by identifying all the plants around me then began to study which ones could be used as medicine and specifically how to use northwest herbs instead of European or Chinese herbs.

Loop: What's the sickest you've gotten from trying a plant that wasn't what you thought it was?

Kenny: I have never gotten sick eating a plant because I am extremely careful about identification and advise all my beginning students to make positive identifications only when the plant is flowering. There are almost no native poisonous plants here on Vashon.

Loop: Anything healthy about Scotch Broom? I got loads of it running rampant out front so I might as well put it to good use if I can.

Kenny: Every plant I've ever studied has some history of edible or medicinal use. Scotch Broom is named for its primary traditional use as a broom. It is in the pea family and consequently has nitrogen fixing capacities that will enhance your soil. It will make you sick if you eat it though. The seed pods make fun shaker instruments before they pop. But really, since it is on the King County Noxious Weeds list, you are required to eradicate it from your yard.

Loop: What are some of the most prolific plants growing on Vashon that have health benefits?

Kenny: Western Red Cedar and Oregon Grape are two of the most common northwest plants on Vashon that I use quite a bit. I make a tincture out of the Red Cedar needles that is an excellent immune booster and lung support. It is also great for fungal infections.

Oregon Grape not only produces tart edible berries, the lovely sulphur yellow flowers and young supple leaves are tangy edibles. I tincture the root for use as a digestive aid (great for acid reflux and heartburn) and as a blood purifier.

Loop: I see that Devil's Club and Nettles are healthy. What do you do for your hands though once you get pricked by them over and over again as you try and harvest them? Stupid prickly plants.

Kenny: Well, the best remedy I know of for nettle burns are mashed

dock leaf. Dock is very cooling and heals nettle stings because it is a vasoconstrictor. But, topical flogging with nettles — a process known as urtication — has been used for hundreds of years to reduce the pain of arthritis and other joint inflammation.

Loop: How do you get families and kids interested in herbal remedies/native species/etc.?

Kenny: Kids in particular naturally gravitate towards this information. I've never had to "sell" people on learning about these plants because the knowledge is so empowering. Everyone is thrilled when they can safely and confidently forage their way through the woods.

Loop: I'm having some smoldering anger in regards to our current administration that's starting to affect me physically. Would Western Bleeding Heart do the trick to calm me down a little?

Kenny: Western Bleeding Heart root is one of the strongest herbal painkillers that I know of. It works as a potent analgesic by depressing the central nervous system. Therefore, it is very effective for managing smoldering anger or mounting frustration. However, it can test false positive for opiates and is not appropriate for pregnant or lactating women. For more information on this potent plant, consult Michael Moore's "Medicinal Plants of the Pacific West".

Loop: I have athlete's foot and a Western Red Cedar tree growing in the backyard. Can I rub my feet all over it and relieve the burning and itching and fungus (hopefully avoiding painful splinters)?

Kenny: Actually, my Dad had great success getting rid of his athlete's foot by using the tincture topically several times a day for a week or two.

Loop: Anything else you'd like to share about herbalism (is that even a word)?

Kenny: I consider myself an ethno-herbalist. I coined this word to convey that although I am an herbalist, I specifically deal with northwest plants. It is my life's mission to re-discover and to teach about the ancient art of using the plants right around us for healing.

This not only saves us money, gives us a sense of empowerment, and deepens our connection with the natural world, it is downright fun!

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Dear Jayne (AKA Organic Goddess Lady),
Once again I am writing to express my gratitude for your awesome food. The avocados last week were gorgeous, and the strawberries two weeks ago were a great taste of spring - unlike those monster red on the outside white on the inside no flavor things they call strawberries now. Thank you!

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Hike Up Your Skirt

Continued from page 1

destruct. There won't be anything left to shoot. I'm sorry, officers. But someone should have told you.

Perhaps the US federal government believes (or has been led to believe) that a foreign seagoing craft will attempt to board us mid-sea—yes, this certainly must be what they are thinking—a cavalcade of seafaring evildoers (so, like pirates! Cool!) will impede the smooth operations of the Washington State Ferry System and literally, perhaps, huck a bomb onto the deck.

You know what will happen then. Ferry personnel will spring into action, as we have seen so many times before. We will first hear a Ding over the intercom. And then a pleasant female voice will say, "Ferry passengers must not leave items unattended...." and then we will hear the concussive whump. And then we will meet our Maker.

In the meantime, there is a horrific gun-battle going on at sea, as high school kids in life-jackets start swinging around on their Rat Patrol guns, firing willy-nilly toward some mad Bayliner receding into the distance. God forbid if there is fog, or a child has misplaced her toy, or some rube at Fauntleroy has pulled his Chevy superpickup onto the back deck of the Issaquah, only to be halted, half-on and half-off, by ferry personnel due to a spatial miscalculation. We could be floating offshore for hours, listing lazily down toward Three Tree Point, before we are finally able to dock and

to receive medical care (that is, those of us who weren't inappropriately euthanized by the Coast Guard).

But here is the main point: it will be more likely that a suicide bomber will be a walk-on passenger. Look at London, look at Madrid. These bombers weren't drive-on commuters—they ambled in to massively-peopled enclosed metal containers—shipping containers with little windows, really—which certainly describes our beloved passenger-only ferries. There have been two instances I can remember where it looked like the Coast Guard Rat Patrol was going to escort us. In one instance I was looking out over the back deck of the ferry as it was about to roar away from the dock, and an alumni-craft came bobbing over from its usual spot next to Issaquah. "Hey, they are looking us over, maybe they are coming with us today," I thought to myself happily, imagining the impression of the po coming into Colman Dock flanked by two kid sisters. Thrilling!

But no, they gave us the once over, and then left. So didja see anything suspicious through the little windows, officers? A bomb could just as easily be carried in a South American straw basket with pigskin handles!

One other time they actually buzzed us playfully, flying and bouncing over the waves out by the buoy that marks the halfway point between Seattle and little Jamaica of the northwest. They could have been an ad for Coppertone, for all their tomfoolery.

Does the US government know something we don't know? I ~~am not~~



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Madame Toujours

Dear *Madame Toujours*,

I think my wife may be over-sexed. I guess that isn't fashionable, or politically-correct or something, and some people will say I'm just a tool of the oppressive patriarchy that hates women and tries to dominate them through their sexuality, but I'm getting really desperate. She wants it twice a week, and I'm just not up to the job. Once a month would be fine with me, and the rest of the time we could just cuddle. It's not that she isn't gorgeous and sexy, and I like, you know, being with her, but gee, I'm busy, and the NBA playoffs were on, and I'm tired in the evenings. I don't dare stay in the house if she's watching a romantic movie, and I get chills when I see her reading one of those novels with the slab-chested guys on the covers.

She hasn't suggested Viagra yet, but those darn commercials on the television make me cringe. It's not like I can't perform. I just don't feel like it. Isn't there some way to cool her jets? I don't think I should be pressured for sex if I'm not in the mood.

Sincerely,
Put Upon

Cher M. Upon,

What for are you not being in the mood? *Bien sur*, you are having the fatigue and the amusing hobbies, but possibly you should be considering the inconvenience if you are being obliged to find the new wife. The divorce, it is being quite tiresome, and afterward is never being financially the same. Also, there is the time and trouble of finding the new wife and having the frequent sex with her so that she will be wishing to marry you. This is the exhausting work, *n'est pas*?

Oui, many of the husbands who are in your position, they are considering the subcontractors. This is not usually being the good idea. Generally, *Madame* is becoming so distracted by the new lover that she is no longer appreciating the old

husband, and you are feeling neglected and having the risk that she is deciding to divorce you and marry the new lover. Now you are once again having the inconvenient divorcings.

Since you are wishing to be conserving the energies, I am giving you the handy tips for the efficient performance.

Plan ahead. Select the time when the marital duties are not interfering with the interests and amusements.

Assemble any props or *accoutrements* you will require such as the astronaut costume or the champagne and flowers.

Explore the grand old tradition of the "faking it." Ask yourself, "What would M. James Bond be doing?" or "How am I doing this if I am the ruthless pirate prince?" Then do that even if it is not what you are actually feeling like doing. Naturally, this is making you feel silly. However, nobody is asking you to tell anybody you are a ruthless pirate prince only to give *Madame* the thrill as if you are him. This is the very simple gesture requiring very little effort and giving the enormous returns. Madame will be excited. She will be quickly satisfied, and will possibly feel so grateful, she will make you the sandwich while you are returning to the sporting events and the personal scratching which are your real interests.

Bon Chance, M. Upon, Soon you will be satisfying *Madame* on your own terms and with much less inconvenience to yourself than you suppose.

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Positively Speaking

By Deborah H. Anderson

For the Love of It

Love is the most amazing emotion. It sweeps and carries and lifts all at the same time. Occasionally it takes a while to fall in love. Sometimes it happens instantaneously. This past January I was fortunate enough to fall in love twice. I fell fast. I fell hard. I fell forever. It came as a complete surprise.

Lest I mislead you further, let me explain; I fell for munchkins. Two of them. One with the darkest hair and biggest blue eyes God ever created. The other with sandy blond hair, hazel-ish eyes that crinkle in laughter most of the time. I feed them, and change them and follow them around as they move through the early stages of manhood, called “BEING A TODDLER BOY.” It’s been long enough now that I know it’s lasting love. My heart has been filled with joy long enough. I want to share how incredibly wonderful certain afternoons of the week are.

The ad said something to the effect of, “spend wonderful time with two nine month olds.” Thinking it was twins, I answered. Actually they are friends. Their moms had met in a doctor’s office and, perceiving a mutual need, pursued the idea of shared childcare.

Childcare is a challenge for working parents. It’s most usually an unstable situation with care that approximates your own with an inconvenient pick up and delivery system. It’s just the nature of the beast. For me as an early childhood person, that kind of care always leaves me feeling conflicted about work vs. homecare. I’ve worked all but four years of my children’s lives. Fortunately, I was able, at many points, to be the either working in or running the childcare.

But back to the ad, then the interview, and we were off. It has been the best solution to childcare for all of us. It’s a pleasure to have the optimal situation.

I’ve tried to write this column for several weeks. I’ve searched their faces and their actions many times over trying to figure out exactly how to capture the true wonderfulness of their beings, behaviors and bedazzling intellect and humor. Whatever you are about to read is lacking. I wish I could just run a video like those newspapers in *Harry Potter*. Words won’t do them justice.

We shall call them B and Z because we live on an Island and they will not have an opportunity to live down these tales.

I have joked often with their moms that the boys are perfect friends. Z is definitely of a temperament to pull the heist off. B is definitely the driver of the getaway car. B likes to put things IN the container and Z likes to pitch them out. The days are full of practice for their first caper.

What they have taught me is to slow down and go with the flow and laugh as much as possible. When you are a toddler this is what is paramount.

These are the mysteries they have taught me. I understand men now because I have seen the beginning of manhood.

Crawling through the doggy door is important until you are too big. There is no way to know you are too big until the day you get your neck stuck in the little flap that holds things. If your best friend is sixteen months old, he can’t really help you. All he can do is tell you in unrecognizable syllables that you are stuck, just in case you hadn’t noticed yourself. He will only run commentary. He will not actually reach down to pull or push you out. He is a true friend. He will not stop speaking to the fact you are stuck until you have freed yourself. You lose points for not freeing yourself quickly, as your friend believes you are not free because you have not understood.

Being a man means early on in life learning that if you stand up under the table and whap your head so hard most people would see stars, it’s vital that you break into laughter as soon as you have recovered and try to do it again. If you can get your friend to do it as well, you’ve made your day.

Sharing toys is a theory only. If you are a toddler boy the correct approach is to hold the toy out until your friend thinks you actually want him to have it. When he reaches for it, pull it back. When he looks stunned and starts to give up wanting it, hold it out again. You are truly on your way to manhood if you can get your friend to reach for it a number of times, each time pulling it back.

Drinking games are also vital to achieving true manhood. Try this. It



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works. Take a mouthful of water (or milk will do) and holding it in your mouth, let your lower lip go limp. Said water (or milk) will proceed to run down your chin onto your shirt. Remember, no laughing until your mouth is empty. Repeat as needed. Again, the sooner you can entice your friend to join in the better.

My personal favorite is phantom food. This game takes place in the stroller. As you are rolling along in your double wide, hold your hand out as if you had food in it. Taking the other hand, reach for the imaginary food and shove it in your friend’s mouth. When his face shows query about whether he should chew or where did the food go, repeat with more “food.” Continue until he actually begins chewing. Truly folks. Truly Z does this to B. If you are the adult, do not try to explain the concept of “pretend.” It doesn’t work. In fact it only confuses the matter. Just let them “feed” and “chew” until, apparently, the snack is over.

And what does love look like if you are a toddler boy? Love is wrapping your friend’s neck in a headlock while you cruise lazily around the loop. If you are the adult, again, do not intervene as they will both turn around and look with dismay as you separate them.

Love, also, is finding the hidey hole behind the gate that keeps you out of the woodstove area and talking in low tones while you trade toys. It’s placing all of your food on the other highchair or conversely, throwing all your friend’s food on the floor if he thinks he is done.

But most of all for me, love is hearing, “Beborah” hundreds of times over a five hour period lest I

miss a bird, or a plane, or a dump truck, or the cat trying to escape, or an injustice, or the opportunity to read a book with both knees filled with little boys.

The day will come when they will not allow me to do kisses on the way up, kisses on the way down. The day will come when they will take care of their own food and elimination needs. The day will come when they will no longer need me. I will then wait until graduation, wedding, and baby gifts are the way I let them know I care. But until then.....B and Z you have placed me in a time zone called Love and I follow at will. A and A and M and E, thank you for letting me love on your children. Thank you for letting them love me. There may be wars and rumors of wars. Famine and disease and violence and hatred and all manner of ill resulting from unmet human needs. But in one little corner of the world, Life is, for a little while, perfect. And we all do what we do just for the Love of it. ∞∞∞∞

Clarification

Jim Didricksen, King County Department of Transportation Supervisor on Vashon, reminded us that DOT is also a member of the Disaster Preparedness Coalition reported on by Mike Feinstein in the August 3rd *Loop*. Says Didricksen, “I represent the county and wear the hat of an involved member of our community at those meetings.” The Coalition continues to work towards helping Vashon cope in the event of a catastrophe, such as an earthquake.

Loopy Laffs

OneLiners

(more or less)

Everyday is Saturday to a dog.
Hermits have no peer pressure.
I'm going to live forever, or die trying.
You've got to spend money to lose money.
Jealousy is all the fun you think they have.
Only one shopping day left until tomorrow!
I before E except after C. We use a weird language!
He who dies with the most toys is nonetheless dead.
Itsdifficulttoeverycreativewithonlyfiftysevencharacters!
I always wanted to be a procrastinator, never got around to it.
A wise monkey never monkeys with another monkey's monkey.
I'm not a saying I'm a bad cook but my doctor told me to start eating out.

We telemarketers know we're universally loathed. Still, some people are quite pleasant on the phone. One day I called a number and asked to speak with Mr. Morgan. The woman who answered explained that he no longer lived at that address, but she did have a number where he could be reached. I thanked her, rang that number, and was greeted with, "Good morning, Island Funeral Service."

I was getting my hair cut at a neighborhood shop, and I asked the barber when would be the best time to bring in my two-year-old son. Without hesitation, the barber answered, "When he's four."

Aoccdrnig to a rscheearch at an Elingsh uinervtisy, it deosn't mtttaer in what oreodr the ltteers in a wrod are, the olny ipmroetnt tihng is taht frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae we do not raed ervey lteter by itslef but the wrod as a wlohe.

Why does a slight tax increase cost you two thousand dollars and a substantial tax cut save you two dollars?

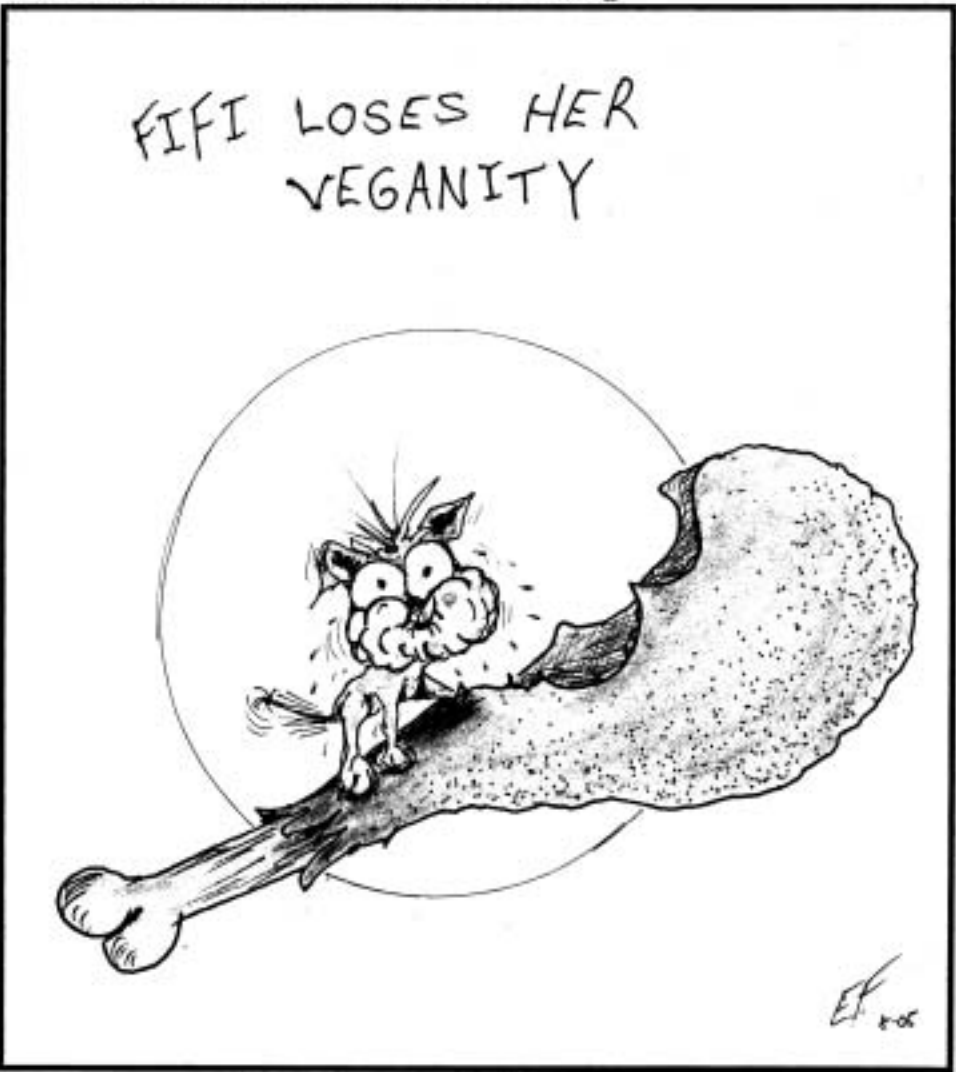
People say New Yorkers can't get along. Not true. I saw two complete strangers sharing a cab. One guy took the tires and the radio; the other guy took the engine.
—David Letterman

Q. How many Real Men does it take to change a light bulb?
A. None. Real Men aren't afraid of the dark.

If the pen is mightier than the sword, and a picture is worth a thousand words, how dangerous is a fax?

Q: What do you call Bears with no ears?
A: B

WILD WORLD / Ed Frohning



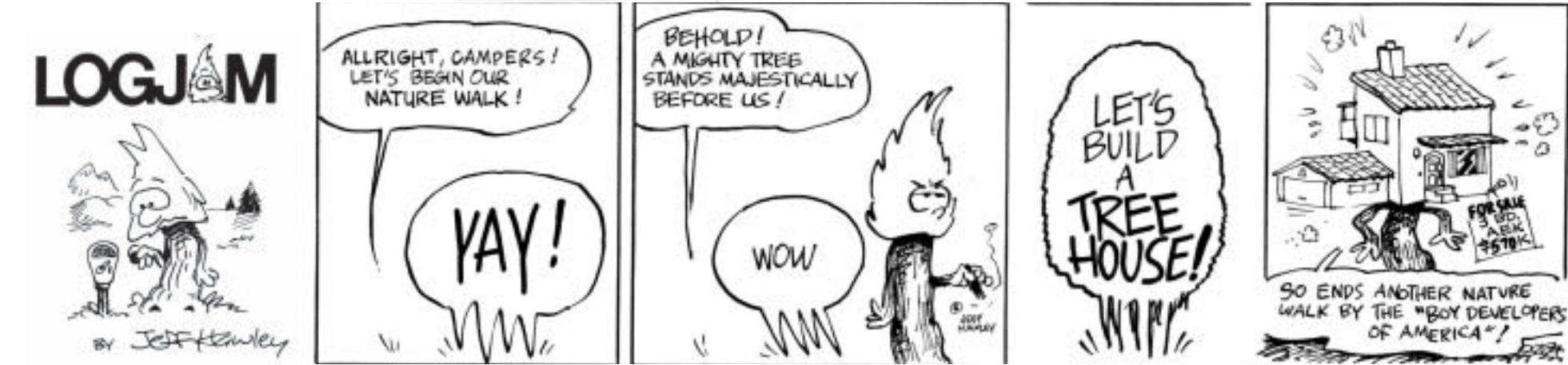
I'm always relieved when someone delivers a eulogy, and I realize I'm listening to it. —George Carlin

Relationships are hard. It's like a full-time job, and we should treat it like one. If your boyfriend or girlfriend wants to leave you, they should give you two weeks' notice. There should be severance pay, and before they leave you, they should have to find you a temp.

- 1.. My husband and I divorced over religious differences. He thought he was God and I didn't.
- 2.. I don't suffer from insanity; I enjoy every minute of it.
- 3.. I Work Hard Because Millions On Welfare Depend on Me!
- 4.. Some people are alive only because it's illegal to kill them.
- 5.. I used to have a handle on life, but it broke.
- 6.. Don't take life too seriously—no one gets out alive.
7. You're just jealous because the voices only talk to me
- 8.. Beauty is in the eye of the beer holder.
- 9.. Earth is the insane asylum for the universe.
- 10.. I'm not a complete idiot — Some parts are missing. ;
- 11.. Out of my mind. Back in five minutes.
12. NyQuil, the stuffy, sneezy, why-the-heck-is-the-room-spinning medicine.
13. God must love stupid people; He made so many.
- 14.. The gene pool could use a little chlorine.
- 15.. Consciousness: That annoying time between naps.
16. Ever stop to think, and forget to start again?
- 17.. Being "over the hill" is much better than being under it!
- 18.. Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.
- 19.. Procrastinate Now!
- 20.. I Have a Degree in Liberal Arts; Do You Want Fries With That?



OFFSHORE



Loop Arts

5th Annual Indian Classical Music Concert: A Peek into the Future Sunday, August 21st, 3-5 PM at the infamous “Tea House”

by Bill Moyer

As some of you may know, prior to delving into the world of political agitating, I spent my days engaged in all things drum. I’ve been fortunate enough to make two trips to India in the last ten years to study one of the most evolved percussion traditions on the planet, Northern Indian tablas. I have studied under a few teachers, all of whom gave me a great deal, but none was as generous in both his teaching and his friendship as Vishal Nagar. I believe I learned more about the tradition of tablas from Vishal in a one-month stay with him (and his wonderful family) than in my entire prior six-month trip.

The Vashon Indian Classical Music Concerts have been a wonderful way to bring together two of the treasures of my life, my teacher and my community. For the past four summers, I have had the honor of collaborating with David Smith; to bring virtuosic Hindustani (Northern Indian) classical music to his virtuosic hand carved “Tea House.” Each year, Vishal amazes and wins over the standing room only audience with his personal charm, unbelievable speed, and musical wizardry with the pair of drums called the tablas. And each year islanders are treated to a unique and talented instrumentalist. 2005 is no exception.

This year’s instrumentalist is sarodist Alam Khan, son of the renowned emissary of Indian

Classical music Ali Akbar Khan. One of Alam’s father’s legacies is having helped popularize Indian classical music outside of India. Along with sitarist Ravi Shankar (a student of his father), it was Ali Akbar Khan who introduced Americans to Indian ragas and scales. He first performed in the United States in 1955. The late Yehudi Menuhin once called Ali Akbar Khan “the greatest musician in the world.”

Like Vishal, who first performed on Vashon in his early twenties, Alam is merely twenty-three. Unlike Vishal, who grew up in a musical family in New Delhi insulated from western influences, Alam has grown up surrounded by American music and at eleven was learning Jimi Hendrix tunes from his father’s other students and has since delved into hiphop, jazz and funk. For the last seven years Alam has been touring the world with his father accompanying him and honing his skills as a classical soloist.

Vishal, who every year comes more fully into his mastery, will hold nothing back and surely Alam will respond with musical ferocity that reflects his rich musical inheritance. Their youthful energy and the fruits of their dedication will be a treat for all who attend. Please don’t miss this peek into the future of Indian Classical music, provided by two musicians whose virtuosity is an expression of their links with the past.

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## Farewell to Summer Concert Dance! It’s Free!

On **Monday, August 29** at 6:30 p.m. there will be the last of this summer’s free World Music concert and folk dance parties sponsored by Vashon Park District and Vashon Folkdances. Come to Corbin Beach to celebrate the end of summer with a bring-your-own-picnic and music by Merita Halili with the Raif Hyseni Ensemble. If you like traditional music, you will enjoy this 6-piece band and the ambiance.

Merita Halili, a star in her native Albania, is known for her glorious voice and masterful interpretations of urban folk songs. Today she is the foremost performer of the urban songs of Central Albania — a style characterized by soaring melodies, intricate ornamentation, and complex, shifting meters. She will be joined by her husband Raif Hyseni, a major innovator on the accordion, and his orchestra, four musicians playing laouta (pear shaped stringed instrument), daire (frame drum), clarinet, and bass.

Merita and Raif immigrated to the United States in 1995, and now make their home in Caldwell, New Jersey. They are on a one week tour of the Pacific Northwest.

The concert will be held at Enid Dolstad’s clay tennis court down on Corbin Beach on the west side of the island. The picnic starts at 6:30 p.m. There will be a short dance class when dancing starts at 7:30 p.m.

Families are most welcome; however, parents are advised to please be prepared to keep an eye on your children and bring an extra set of dry clothing and a towel for them — the kids often get soaked playing in the water.

Please make every effort to hook up with your friends to car pool. Parking is extremely limited. You are encouraged to park your car on Burma Road and walk down to

Corbin Beach. Everyone is invited to bring a picnic and enjoy this evening — all ages, dancers and listeners alike. No partners or experience



necessary to participate in the dancing.

Driving directions: Heading south from the Fauntleroy/Vashon ferry dock proceed south on the Vashon Highway, turn west (right) at Burma Road. The street sign also says Corbin Beach Road. and Sylvan Beach Road. Note: This turn is a little bit south of where the highway curves to the east and goes past the north end fire station. If you are coming north from the Tahlequah/Vashon ferry dock, you will travel almost the entire length of the island and will turn left at Burma Road.

After turning, take the first left. After passing a set of mailboxes on your right you will come to an intersection where you have a choice of going straight, turning right, or turning hard right into a driveway. Take the right turn here — not the hard right. The rule of thumb is *never go uphill*. You will now be on Corbin Beach Road. Continue on down to another set of mailboxes. Turn left on the dirt road. You are there. For further information call Martin Koenig, 463-1238.

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Opera With Caity

Continued from page 1

her education has been an honor and privilege.”

Caity knew she wanted to be an opera singer since middle school. “I never took lessons, except from my mom, until I was 14,” says the young soprano. Before attending Interlochen, Caity studied with Nicole Philibosian, who has sung with Seattle Opera.

She won first place in Vashon Idyll, a talent show fundraiser for the class of 2005, which made her realize how much community support was there for her. “It was very exciting. In many ways it was a turning point, coming back to the island, being accepted at home, as I am there (Interlochen).”

This fall, Anderson-Patterson will attend Peabody Conservatory of Music, associated with Johns Hopkins University in Baltimore, Maryland. As a voice major, she hopes to eventually become an opera singer in Seattle.

Repertoire for the August 20 performance will include two Barber pieces and Dvorak’s “Song to the Moon,” both 20th Century works. She will also sing Italian pieces by Donizetti and Bononcini and new work, “Airport Music” composed by fellow Interlochen student, 16 year-old Adriaan Esterhuizen.

Tickets, for the benefit show are \$7 VAA members, seniors and students, \$10 general admission, available now at Blue Heron Art Center, Heron’s Nest and Books by

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What’s Happening at Vashon Bookshop

by Devon Atkins

It’s no accident that I live on Vashon. I grew up by the water; we lived in a house just steps from a salt water canal, and a half hour from the Ocean. I spent my summers sailing, surfing, and clamming, and swam competitively all year long. I’ve lived on houseboats, have crewed on sloops in the Caribbean, and Vashon is my sixth island home. But, I have never kayaked. Odd, considering, don’t you think?

My brother and his wife live in Seattle, and spend most of their vacations kayaking. They’ve fished and paddled just about everywhere, but have especially taken to the northwest coast of Vancouver Island, where they have a rough-hewn A-frame with a sordid past that quietly overlooks a herring-filled cove where they launch their boats. And, right here at home, two of my best friends regularly write poems about the fun and peace they derive from paddling their own boats around Vashon.

The appeal of settling into the natural rhythm of the water has always been obvious to me, so, what the heck am I waiting for???? Perhaps I wasn’t just thinking about the good of my community when I invited Vashon Island Kayak Company to present an evening of kayaking at the Bookshop. Perhaps, this is

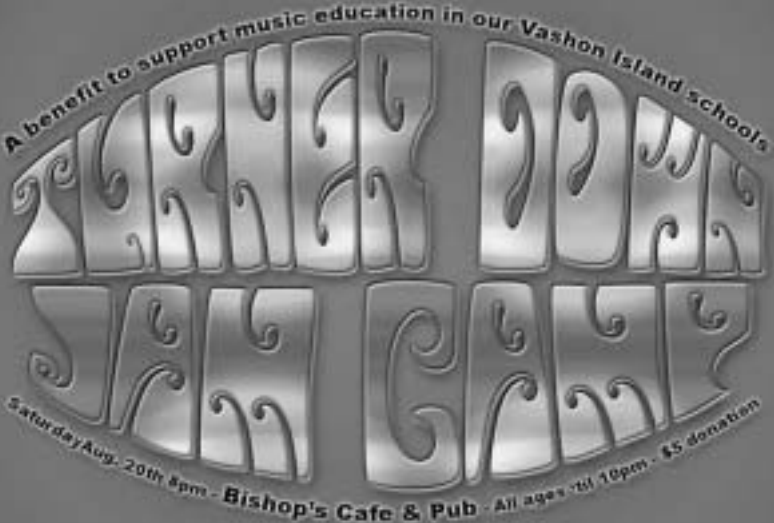
my way of sneaking up slowly on a long-held and long-distanced preoccupation.

The Company began operation in the spring of 1994 as Puget Sound Kayak Company, and grew quickly at each of the sites, on Bainbridge, Alki, and here on Vashon. They’re all names you recognize: Doug Baum, David Steel, Tove Andvik, and Kaj Berry, who inspired me to learn more about the sport. They are probably King County’s most established salt water kayak center, and offer a host of resources right here on our Island for experienced and novice (that’s me, almost) kayakers, including rentals, instruction, and sea kayaking adventures all over the Sound.

On Friday, August 26th, at 7:30 p.m., the folks from Vashon Island Kayak Company will stop by to talk about the joys of kayaking around Vashon, some of their favorite places to paddle, how to get started (if you’re a beginner, like me), and some challenges for advanced kayakers. There’s even a rumor that they just might bring a boat with them!

How can I resist? I can’t. (I even found myself perusing their website, pugetsoundkayak.com, and their used boats for sale!) Which only goes to prove, once again, that there is more to Vashon Bookshop than just books!

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