



# THE LOOP

Vol. 2 #18

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

September 14, 2005



## VAA 29th Annual Art Auction!

by Janice Randall

Celebrating 29 years, Art Auction, Vashon Allied Arts biggest party of the year, will happen **Friday and Saturday September 16 and 17**, at the Blue Heron Art Center. Crouching Tiger, Flying Heron, this year's theme, celebrates East meets Northwest in the giant auction tent, decked out in exotic Asian decor. Tickets for both Friday and Saturday night auction are available now at Blue Heron Art Center. Special thanks to Art Auction sponsor, John L. Scott Realty.

Friday's night (the informal party evening!) will include both silent and live auctions, Taste of Vashon, delicious appetizers compliments of Island

*Continued on page 9*



Island artist, Dean Hanmer poses with his piece, *Garden Pole*, an inspired mixed media piece to be auctioned on Saturday evening. By Janice Randall

## Everybody is in The Loop



Concert-in-the-park goers enjoy *The Loop* as well as the music. Thanks, Laura Hendrix for the great shot! Hey, isn't that Santa Claus on the right???

## School Board Asks for Levy and Bond

by Mary Litchfield Tuel

The Vashon School District Board passed two resolutions at their September 7 meeting to place a Capital Bond on the November ballot and a Capital Levy on the February ballot.

The Capital Bond issue would be for \$4.975 million over seven years to repay money borrowed for remediation of water intrusion and resulting air and building quality problems at Chautauqua. Board Chair Dan Chasan asked that the wording of the resolution specifically state that all moneys recovered in lawsuits against the original contractor would be used to pay down the bonds.

The Capital Levy would be in the amount of \$2.4 million dollars over two years, to be used to pay for a specific list of capital projects.

Now the District will begin the process of getting these two issues onto the ballot. Board member Jake Jacobovitch noted that the resolutions were being passed after, "...months of discussion, and we do not do this lightly."

The Board has decided to fall back and regroup on the Campus Master Plan, and will seek to develop a plan that the community can support, with a goal of seeking voter approval in the November 2007, election.

The Board also scheduled a Special Session to decide on teacher contracts. Results of this deliberation will not be public until contracts are approved.

Staff and students at all levels are interested in doing something

*Continued on page 12*

## What's a Bond? What's a Levy?

The Vashon School Board is asking for both a bond and a levy this year. My son asked me, "What's the difference?" If he, a fine product of the Vashon School system, doesn't know, I thought perhaps others don't, either. Don't be embarrassed. Neither did I.

A bond issue sells bonds to investors for a fixed amount of time. The money is used to do whatever the bond issue was intended to fund. The investors collect interest on their bonds, and when the time comes, the district buys the bonds back.

A levy is a local taaax that will be added to our property taxes. Each school district receives from the state a certain amount of money for each student enrolled. This amount is the same for every student throughout the state. If the local board needs a little more than that amount, they ask for a levy, which is limited in size to 24% of the school's budget, and limited in time to two years.

## Yousoufian Lawsuit

by Marie Browne

In 2000, Armen Yousoufian sued King County Executive Ron Sims after spending three fruitless years trying to get copies of documents that should have been made readily available under the Public Disclosure Act. The County was claiming that building the new Seahawks stadium would be economically beneficial, and Yousoufian asked to see the studies that would support the claim. After getting virtually nowhere for three years, he finally sued, and this year the King County Superior Court ruled in his favor, levying a \$5 per document fine on the County. Yousoufian appealed the fine, and at the end of August, the fine was increased to \$15 per document, for a total award of \$380,000 in fines and costs, making this the largest award ever made in a public records case.

Yousoufian recently circulated an email with a reference to an editorial that ran in the August 30 edition of the *Seattle P.I.* The editorial supports stiff fines for misbehaving government officials, and asks who should have to pay such awards: taxpayers or the government officials personally. To read the editorial and reader comments, or to cast your vote, go to [http://seattlepi.nwsource.com/opinion/238451\\_finesed.asp](http://seattlepi.nwsource.com/opinion/238451_finesed.asp).



Check out the story by Our Man at Burning Man Peter Ray. (No, this is not him, though he did take the picture.)

Also see *Dad and Boy*, a new comic strip by Jeremy Gregory. All this and so much more here in *The Vashon Loop* - and it's FREE! Maybe you should subscribe. Details inside.









# Troy and Marie Get Prepared

Hurricane Katrina reminded us once again that each of us has to take personal responsibility for disaster preparedness, and then we have to help one another when disaster does strike. We are doing what we can to help hurricane victims by donating 10% of our commissions on new listings over the next six months to Keller Williams Cares, our company’s charitable foundation. Keller Williams absorbs all the overhead, so 100% of our donations go directly to hurricane victims. We are also doing what we can to prepare for the unthinkable in our own neck of the woods, and asked Joe Ulatoski, head of Vashon Island’s Disaster Preparedness Coalition, for some tips.



- Marie:** Joe, on behalf of our community, thank you for your tireless volunteer efforts to help Vashon prepare for a disaster. Why has this become such a passion of yours?

**Joe:** In one word, “concern.” About three years ago, after a major earthquake somewhere in the world, I began to wonder who was responsible for catastrophic disaster planning on Vashon and who would respond if my wife and I should need help. When I found out that no Island organization had that responsibility, I joined with other like-minded individuals to help fill the void.

**Troy:** We don’t live in hurricane territory, but we do have the occasional earthquake. Is that the major disaster to plan for here in the Northwest?

**Joe:** Definitely. We might have ice or wind storms, wildfires, or even terrorists attacks, but a catastrophic quake would be the most likely to inflict casualties and damage beyond the abilities of local first responders to meet our needs. Plus, it would probably shut down our ferry system for an undetermined length of time.

**Troy:** I knew our boat would come in handy for something besides water-skiing.

**Joe:** Sure, assuming you can get gas. The vast majority of pumps are electric, and if there’s no power, there’s no gas. That’s why it’s a good idea to keep at least 1/2 tank in all your vehicles.

**Marie:** True, even though that could require a bank loan. What else should we stock up on?

**Joe:** There are several good websites that list recommended supplies. Try [www.ready.gov](http://www.ready.gov), [www.fema.gov](http://www.fema.gov) and [www.emd.wa.gov](http://www.emd.wa.gov).
- Troy:** I have seen some lists, but still have a question. They all say to stock one gallon of drinking water per person per day, but how do we know how many days to prepare for?

**Joe:** Good question. You should have water and food for a minimum of three days. Ten days is better, and two weeks is best. Don’t forget to plan for pets and livestock, and store your supplies in a place where they would be accessible even if your house is damaged.

**Marie:** We store some gallon jugs in the freezer. That saves electricity by having a full freezer, and in case of disaster we would be able to keep our fridge food cold for a few days.

**Troy:** That’s true. I still think we should stock up on more Spam.

**Marie:** Just because there is a disaster doesn’t mean we need to eat mystery meat. Joe, what else should people do to prepare?

**Joe:** Recognize that a catastrophic disaster *can* and ultimately *will* occur, and plan for it! Plan! Plan! Plan! Check out the websites mentioned above, and consider volunteering in your community. Vashon has its own preparedness website now, with information on volunteer opportunities as well as links to other resources. It’s [www.VashonBePrepared.org](http://www.VashonBePrepared.org).

**Troy:** Other communities have similar sites and neighborhood organizations. Hopefully we are all getting the message, slowly but surely. Thanks again, Joe.

## Your Home Team Realty

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write [marie@kwvashon.com](mailto:marie@kwvashon.com). And if you are considering buying or selling your house, give us a call at (206) 463-LIST. We would love to work for you.

## Keeping it Weird on Vashon

by Jeffrey Lorien

Let me start by saying: “I love Vashon.” I love the location, I love the pace of life, I love the community spirit, but most of all, I love the people, with all our quirks and eccentricities. The fact that Vashon tends to draw and hold people from a wide social, political and economic spectrum. People who have an authentic and individualistic spirit. That is what makes Vashon a truly unique place to live.

Last week as I was leaving the parking lot of the Post Office in town (in my 1986 biodiesel Jetta, thankyouverymuch), a seemingly pleasant woman tapped on my passenger side window. I rolled down the window and she said, “That sticker on your car is WRONG.” I had no idea what she meant so I politely got out of my car and asked what she was referring to. She said, “That ‘Keep Vashon Weird’ sticker is just plain wrong, and totally inappropriate.” I was dumbfounded. I didn’t know where she was coming from. I was to soon find out however. I said, “Is it

the word ‘weird’ that bothers you? Because when I say Vashon is weird, I mean that in a totally positive way; that it is unique and interesting, not homogenized.” She wouldn’t have any of it. I came to find out that she was furious that anyone would want Vashon to be weird and furthermore that it may truly have been weird before she got here. She was proud to tell me that she had “been here longer than you (me)”, and that, “Vashon is changing.” Indeed it is. However, I am not interested in revisionist history. Vashon has been what it is since I started coming out here in 1977, when I was a teen living on Seattle’s Eastside. I would argue that Vashon’s changing certainly isn’t making it more weird...

Apparently what really bothered this nice, elderly woman was that she felt uncomfortable with the idea that she has her work cut out for her. Vashonians are proud of our way of life and our fiercely dogged determination to maintain it in the face of this changing world. No, we are not

about stagnation and denial. We are about making choices and allowing others to make theirs. I think that is what was so hurtful for me in that encounter. This lovely lady came across as the authority on what is right, rather than just positing an opinion. Look, it would never have occurred to me to knock on the window of her new convertible and tell her that her “Support Our Troops” sticker was wrong. Hey, I have my opinions, surely, but I value freedom of speech and I do not see myself as the arbiter of correct conduct in this world.

I was quite saddened by this encounter, I must say. I was caught so off guard. I haven’t faced that type of quiet hostility in some time. I want to share this place with as many different types of people as possible, and I am not interested in molding myself into someone else’s image so they can live out their fantasy. There are plenty of places where people can go to live out there fantasies, but this is not one of them. This is the place to live out our REALITIES.

I doubt any of us can’t think of dozens of ways that the ‘weirdness’ of

Vashon brings a smile to their face and a lightness to their hearts. These things are precious and are worth preserving; like the spotted owl, only much more visible. Think of some now.

So, in the spirit of KEEPING VASHON WEIRD, I have printed up a couple dozen t-shirts that simply say, “Keep Vashon Weird.” I would like to offer a free shirt to the kind woman who reminded me about what I value in this world and in my community. Anyone else who would like one, feel free to email me at: [keepingvashonweird@comcast.net](mailto:keepingvashonweird@comcast.net). For the more adventuresome folks I will print a few “Keeping Vashon WEIRD Since (year)” t-shirts as well. Proceeds will go to the KVV 2005 fund (me).

Yeah, I guess it is pretty weird making a few dozen t-shirts for no other reason than a little camaraderie and fun. Exactly. Maybe someone would like to put on a big party where WEIRD is the theme. You know I will be there for sure - along with a bunch of other Vashon weirdos.

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# Loop

## Letters From the Edge

Renee Quenneville Writes From Uganda

Dear Vashon,

How is the Island? This time of year is always beautiful there. It is in the middle of the rainy season here so that means cold nights and wicked hot days! I have now been living in Uganda for 6 months! I can not believe it. It seems like yesterday that I was cramming two years' worth of stuff into a bag wondering what on earth I would really need when I arrived here. I can say the coffee press is my life line to American living. Nothing like my cup of Joe at 7:30 after my early morning run. I try to run every other day and it brings a happy peace to my morning routine. Masindi is a hilly town with many quiet roads. Each time I run I have the joy of seeing the big red, Uganda sun rise above the mist crowned mahogany trees, a truly special site.

I am still being harassed by my neighbor's pet monkeys. They run around my house and hang from the bars on my windows. They have a habit of stealing medicine from Sally their owner. One day the monkey ate some prescription drugs and was high as a kite, hanging from my door way swaying with crazy eyes. James who stays with Sally came and collected the junkie monkey.

Work is starting to take a reasonable shape. I am currently planning activities for my science teacher development clubs. These clubs are the fun part of my day! This work is helping me make more Ugandan friends and offer the chance to do simple experiments that I loved doing as a child. In the morning I will usually visit one school and I am still being introduced to all 23 schools in my catchment area! I have visited 15 so far. It can be exhausting though, both emotionally and physically. I try to prepare myself for the chance of seeing corporeal punishment and the devastation hunger and disease has caused for some of the children. There are good days and really hard days but overall, I can say life is working out for me here.

In fact I received an email from a friend and she was describing to me that she was living in a "bad" neighborhood and was having to navigate some upsetting stuff, like drug dealers and domestic violence. I can say that where my house is in Masindi, I rarely feel unsafe. After struggling with some aspects of the general culture I finally realized that 98% of the people I meet do not want to cause me harm, there are just no white people here! They want to talk to me, ask me questions, be my friend, or in some cases they do want money or food. But that is to be expected in the 19th poorest nation in the world! I wish the whole Island could come and experience the general hospitality and warmth Ugandans offer.

Some days when I am at the market and I see familiar faces of teachers I know or neighbors I am reminded of THRIFTWAY!!!! I think we can all relate to Thriftway moments; meetings being planned, children's progress being discussed, and meeting that person who talks and talks never lets you finish your shopping! My general message for this letter home is that community is everywhere on this Earth! It is important to be reminded of that fact. It is really easy for me to focus on the negative parts of life here but there are so many positive aspects of life Ugandans could teach us about or at least remind us back home. The major part of life here that never ceases to amaze me is that the friends I am making, even if they live off of 300 US dollars or less per year, they always have food, labor and time to share.

I recently returned from a project design and management workshop I attended in Jinja. My Ugandan counterpart, Joan, and I worked for 3 days straight on a developing a practice project. It was stressful but also really helpful. Every time I think I understand Joan something happens that makes me take two steps back and say wait Renee, don't judge that! After all I think it takes a long time to really know someone. I send my love home and I am praying for the Victims in Louisiana. *Mpoora Mpoora*, slowly slowly as the Bunyooro tribe says. Much love Vashon — keep that Thriftway community happening!

Love, Renee

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Hawe!

Wolftown has been contacted by sister orgs to help raise \$ and supplies/ support for disaster relief. Imagine having to flee for your life and having to leave a beloved family pet behind. Or having a wildlife sanctuary and have no power, water, or facility.

St Francis animal sanctuary in Tylertown is where a lot of pets are going. As of September 3 they had only 24 hours of food left. They have over 500 animals there!

HOW YOU CAN HELP?

Domestic Animals — Contact:Best Friends Animal Sanctuary  
435-644-3965 ex 4455      435-644-2001 ex 104

*(If you know people who are in the disaster area and need help have them get in touch with Best Friends as well, giving name, address, phone and what is needed.)*

Humane Society of the United States  
202-452-1100

Wildlife – Contact:  
National Wildlife Rehab Association  
320-230-9920

Thanks Vashon!

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Dear Editor:

While watching the appalling pictures of misery coming out of New Orleans I kept thinking of one person in particular, Joe Ulatoski. This man has worked tirelessly for a long time to get our Island ready for disaster. It is hard to imagine any circumstance short of a very large asteroid crashing into Puget Sound that would cause flooding throughout Vashon Island on the scale that we see in New Orleans. However, a massive earthquake is not only imaginable, we are told that at some point in time it is inevitable.

We can all hope that day is farther in the future than our lifespan, but if it does come while we are here, or should we have some other disaster such as massive landslides, this Island will be better prepared because of the work of Joe and others under his leadership. We now have The Vashon Island Emergency Management Area pulling together all the community volunteers who are part of the Red Cross, the Community Emergency Response Teams, the Emergency Operations Center, Local Area Communications Centers, and Neighborhood Emergency Response Organizations. Much work has been done to fine tune the interaction between these components to make sure that when the big one comes we'll respond in an intelligent, efficient way.

The success of this structure depends on us preparing our own homes. Collect and store water and food enough for at least a week, along with a battery powered radio and flashlight for a start. Go to [www.VashonBePrepared.org](http://www.VashonBePrepared.org) to learn how you can prepare yourself and your family.

Jennie Hodgson

Dear Editor, *Loop*:

I am writing in response to Ms. Belia's letter.

I agree wholeheartedly that it is good to have several health care options on the island. I would like to respond to the question as to what is unique about Vashon Health Center.

First, we are the only non-profit clinic. This means if we are ever profitable, the money gets funneled back into providing services to the community. We receive funds from Granny's as well as Highline and are still not making a profit. Where does the money go?

We offer a 24-hour registered nurse phone service that is free to anyone on the island. Our nurses field around 65 calls per day. We offer a home health service that helps eligible families on the island. We are the only clinic that truly provides 24/7 after-hours emergency care. We see hundreds of after-hours patients each year. This care is not just available to our patients but to anyone on Vashon who uses the alternative care providers or off-island care. We see tourists and visitors to the island who have urgent needs, a necessary service for the many weekend events that occur on the island. We see anyone regardless of insurance. We enjoy seeing a large number of Medicare and Medicaid patients whose insurance unfortunately does not cover the full cost of their care. We see the majority of the residents in the nursing home facilities. We are the only clinic providing physician based prenatal care.

I believe we provide a tremendous service to the island whether we are your primary provider or complement the care you receive elsewhere. Our mission is to serve the needs of the entire community and we always welcome feedback.

Sincerely,    Laurel Kuehl, MD    Vashon Health Center

## Relief - For You and Hurricane Katrina Survivors

Tami Brockway Joyce, LMP offers healing massage in a cozy new cabin tucked into the woods on Vashon's westside. During the month of September, you can receive a relaxing massage while supporting Hurricane Katrina relief efforts. 10% of all proceeds will go to help those in need on the Gulf Coast. Ease into Fall with a balanced mind, body and spirit. Call Tami to arrange your appointment at 206-898-1874 or email her at [Tamisplace@gmail.com](mailto:Tamisplace@gmail.com).



## Photo Credit Correction

We incorrectly attributed two photos on page 10 in the last issue of *The Loop* to Sy Novak, who tells us she is not the photographer – so don't even think about hiring her to take your wedding pictures. One picture was David Smith's Javanese Kudus House, taken by David Smith. The other was the Rev. Dr. Mark Unno, a courtesy photo. We apologize profusely for the mistake.



# Loop Political Poop

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## Democracy for America

Please join the Vashon Democratic Club (VDC) and Vashon Democracy for America (DFA) for our back-to-back meetings this **Saturday, September 17**. We meet in the Land Trust building: DFA at 5:30 p.m., potluck social at 6:00 p.m., and VDC 6:30 p.m. to 8:30 p.m. With the beginning of the new school year, both meetings will include discussion and action-planning regarding military recruitment in schools and the "opt-out" form. DFA will also plan for its November screening of the DVD "Wal-Mart, The High Cost of Low Price." During the Democratic Club meeting, we will watch and discuss the DVD "Leave My Child Alone" by Working Assets and Mainstreet Moms. This video is about "...the true impact of military recruiting in schools." We will then switch focus to the candidates and issues in the Primary Elections, which take place on Tuesday, September 20. More information: VDC: Dan Schueler, 463-5423; DFA: Jean Young, 463-2461 – Submitted by Roger Fulton

## Doug Mish

Marnie Jones reports that Doug is still at Harborview, recovering from a serious motorcycle accident on September 2nd. For updates on his condition or to send your thoughts, go to [www.marniejones.com](http://www.marniejones.com).

## Monthly Political Progressive Night Launches

The Backbone Campaign will host a Monthly Progressive Night for Island progressive folks to get together, hear music, learn how to get involved in progressive causes and hear what the Backbone Campaign is working on. The evening will have an open-mike format so people from other organizations can talk about the issues they are working on and their organizations.

This month's Progressive Night will feature information and a skit about the Military Opt Out Option for highschoolers, mobilizing for actions in Seattle on September 24 against the Iraq war, and an introduction to the Backbone Campaign's state and national campaigns.

Progressive Nights will happen the fourth Thursday of every month, beginning September 22, at Café Luna from 6:30 to 8:30 pm. The events are free and open to the public. For more information call Amy Morrison, 567-5815 or email [amy@backbonecampaign.org](mailto:amy@backbonecampaign.org).

## Bill Ameling Addresses Local Taxing District

The League of Women Voters (LWV) invites anyone interested in ballot issues to join them at their next meeting. The Vashon unit of the LWV will be meeting on **Thursday, September 15** from 2:30-4 p.m. at the Vashon Library meeting room. The subject is Local Taxing Districts. Bill Ameling, chair of the Vashon Maury Island Community Council's (VMICC) ad hoc Tax Committee is the featured speaker. He will explain the taxing districts on the island and the relationship between the tax rates and the valuation of property. He will also answer questions after the presentation.

The LWV joins with the PTSA and the Chamber of Commerce to provide a forum for the school board candidates running in the September primary. It will be held on **September 14** at 7 p.m. at Courthouse Square.

The League is a nonpartisan political organization that encourages the informed and active participation of citizens in government and it influences public policy through education and advocacy. Any person of voting age, male or female may become a league member. You can attend a meeting without being a member, so do come. I can't think of a better time to get involved than right now. — Submitted by May Gerstle

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# Spiritual Smart Aleck

by Mary Litchfield Tuel

## Island Survival Guide, Part 2



As we speculate about how to cope in times of disaster, we think about how we will be able to eat if the supply lines to the food markets dry up. I have done some research and I can tell you that fiddlehead ferns do *not* taste like asparagus, but if you want to eat them anyway, spring is the season. Vegetarians, stop reading here.

Some of you may have noticed the island's large deer population.

When we clear trees we create deer habitat – open meadows, also known as “your yard.” That combined with our “no rifles” law has allowed the deer population here to explode. Well, no, not explode. Be a heck of a thing if we had deer exploding all over the place. No, what I mean is, we have a lot of deer on the island.

Once when I was working at the hardware store I mentioned to a customer that I seldom saw a deer thirty years ago. He said that he assumed that hippies were poaching deer in those days, keeping the population down, but rising property values had driven a lot of hippies off the island, so they weren't around to kill deer anymore.

I was astonished. The hippies I knew in those days didn't even eat meat. I came home and told my husband about the man's preposterous suggestion.

“Well...” he said, and a faraway look came into his eyes. Ah. The years roll back...

After getting out of the Navy around 1970 he was living in what I'll call “a coastal community in California,” just in case there is a statute of limitations that has not expired. He was living with friends, whom I will call, oh, “Chauncey,” and “Wallace,” for the purposes of this discussion. Money was tight.

They lived alongside a golf course, and saw deer grazing there occasionally. One night, broke and hungry, they decided to go hunting. They had no guns, no bows and arrows, no weapon at all. They improvised.

Wallace sawed and sharpened a piece of one-inch galvanized water pipe into a spearhead and fitted it onto a broom handle. Chauncey rigged up a spotlight wired to the battery of Rick's VW bug. With Rick driving, Wallace on the passenger side leaning out the window and wielding the spear, and Chauncey in

the back seat manning the spotlight, they went hunting.

Soon Chauncey's spotlight illuminated a deer grazing on the golf course. Rick drove the car onto the fairway and set off in pursuit. The deer took off just as Wallace flung the spear, at which point his arm tangled in the spotlight wires and pulled them loose from the battery. All was blackness.

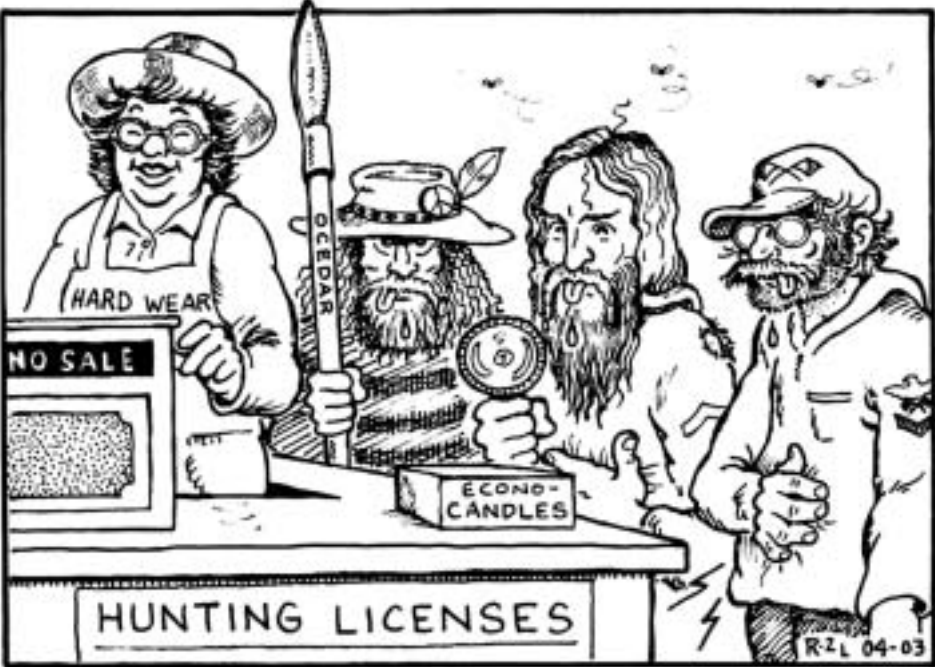
Much grouching and moaning ensued. Chauncey rewired the spotlight and they went out to find the spear. To their amazement, they found it stuck between the eyes of the dead deer.

With yelps of glee they loaded up the deer and took it home. When they arrived home, they noticed that the power was out, but, undeterred, they lit candles and hung the deer up in the shower so they could butcher it.

That's when the landlord dropped by.

Imagine, if you will, dropping by your rental house to find the tenants sawing away at a dripping bloody carcass in the shower by candlelight. Go ahead, imagine. I'll wait.

The boys explained that the power was out, and the body was a deer, and they were dressing it out. The landlord took a haunch in partial payment of rent, but Rick says the guy still “backed out the door with fear in his eyes.”



They ate well on the deer for a while after that, which I guess proves that hippies can poach deer should the need arise and maybe that guy at the hardware store had a point.

I am not suggesting that you jump into your car with a homemade spear and start slaying our island Bambi population. That would be illegal and wrong. Just be aware that if the food supply from the mainland is cut off, we have options. I am speaking, of course, of fiddlehead ferns.

*This column originally appeared in March, 2003.*

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# Don't Forget the Birds

By Ed Swan

## Western Grebes

With September rolling along, the numbers of waterfowl returning for winter are starting to increase again in Tramp and Quartermaster Harbors. A hundred or so scoters have returned already in Tramp Harbor and I recently saw several flocks of Horned, Red-necked and Western Grebes there.

Western Grebes form large rafts of birds in Quartermaster Harbor every winter. They usually hang out in the middle of Quartermaster Harbor or out in the middle of Colvos Passage. Close-in looks at more than one or two are rare. Smaller groups might be seen along the ferry routes or along any of the shoreline areas from time to time. In the fog, their presence can only be told by the sound of their scratchy call reverberating in the mist.

In the mid 1990's, as much as eight to ten percent of the state's wintering population stayed in Quartermaster Harbor. The National Audubon Society designated the harbor as an Important Bird Area because of the over 5000 birds regularly counted in censuses there. Islander Dan Willsie spent years counting the birds using a consistent methodology. However, the Christmas Bird Count (CBC) shows a decline from over 1600 counted in the 1998-99 count to 272 for 2004-2005 in the Quartermaster Harbor section of the Vashon count circle.

Meanwhile, Washington Department of Fish and Wildlife (WDFW) studies depict a significant decrease in marine birds of many species in the Puget Sound over the last 20 years. Western Grebes in the northern sub-region of Puget Sound show a 95% decline. The cause for the decline remains unexplained. Speculation as to the reasons range from disturbances to the birds and their habitat on the breeding grounds

to declines in key prey populations such as herring.

Numbers for the Western Grebe in WDFW research originally held stable for the central Puget Sound area around Bainbridge and Vashon Island. But the decline evidenced by Vashon CBC figures for the last several years indicate that these areas begin to match the similar reduction in population seen in the northern region of Puget Sound. Studies by WDFW involving the Quartermaster Harbor Pacific Herring stock describe a peak in numbers in 1995 followed by a decrease through 2004. As the fall in Western Grebe counts parallels that with herring, there may be a strong correlation between the two.

Besides the grebes and scoters, islanders saw many land birds and shorebirds returning over the last couple of weeks. Steve Caldwell observed a Green Heron at KVI Beach on September 4 and Lincoln's Sparrows at the Island Center Marsh on September 3. Also, at the Island Center Marsh, reports of Solitary Sandpipers continued with sightings by Bill Mitchell and Gary Shugart.

Karen Fevold noted seven Red-necked Phalarope while kayaking between Blake and Vashon Islands. Rich Siegrist had a rare sighting of a Northern Harrier flying over his place near Cove on August 28. I saw a Hammond's Flycatcher at my place along Paradise Ridge, a new bird for my personal Vashon list and still a rare sighting for Vashon. I suspect as we have more knowledgeable birders watching and listening, that more of these birds will be noticed each year.

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Jenny says her cats love them.

---

**Horus' Pick of the Week:**  
He doesn't have a pick - he's irritated by the annual  
departure of his turkey connection to the Pet Expo in Vegas.  
Will someone help him out while we're gone?

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I also observed a Green-winged Teal hanging out with Mallards at Ellisport on September 6. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email me at edswan@centurytel.net.

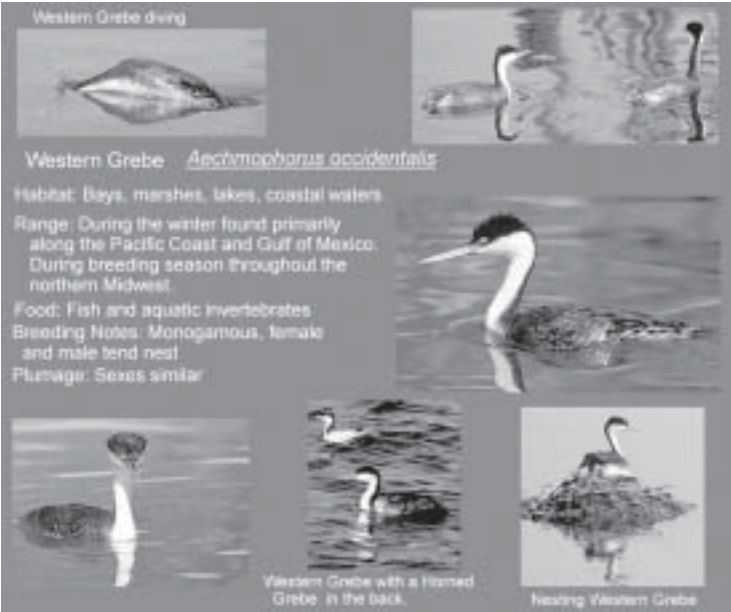
Upcoming conservation events include the local Audubon Society's road clean-up on **Sunday, October 2**. Meet in front of the Methodist Church at 9:30 a.m. Call Ellen Kritzmann for more information at 567-4837. Teams walk down both sides of the highway from the church down to Sound Foods. The year before last, I found two great CDs thrown along the road

and someone else found a cool bird nest made out of chestnut-colored horse hair.

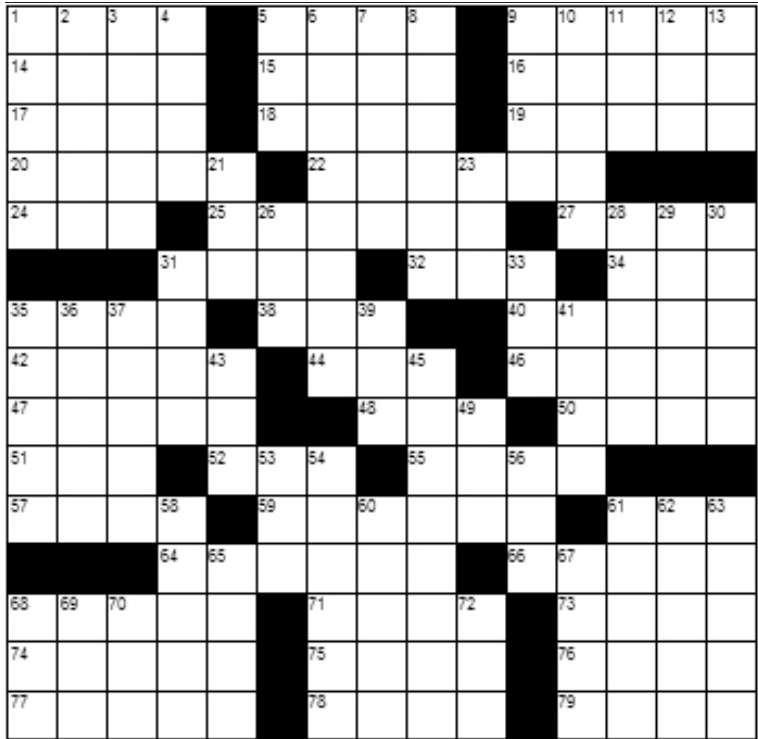
A work party to protect Osprey and other raptors from crashing into netting at the golf course will take place on **Monday, September 19**. Recently, an Osprey flew into the net and required T. Martino of Wolftown to come and rescue it.

Here's some words from Rayna Holtz about the event: Vashon Audubon and Wolftown plan to co-sponsor a work party to help reduce the danger of more birds getting caught in the big net out at the driving range of the Vashon Golf and Country Club. The event will take place on **Monday, September 19**, at 9 a.m. Since the range is closed on Monday, the groundskeeper will be able to assist us in lowering the net so we can tie flashy tags in the mesh at intervals. The young Osprey caught in August has survived and been released. Now let's put some energy into prevention! It is an awkward time because so many of us will be at work. If you are free, please volunteer an hour or two. Contact Rayna Holtz at 463-3153 for further information and to let us know you can help.

oooo



Jim Rosso photo of Western Grebe



### Down

- 1. City
- 2. Brief
- 3. Skillful
- 4. Julia Ward \_\_\_\_, Battle Hymn of the Republic
- 5. Make lace
- 6. Post rodeo chore
- 7. Goes with out a date
- 8. To this document
- 9. Posttraumatic stress disorder
- 10. Native

### Across

- 1. Western state
- 5. Fanny
- 9. Cadet
- 14. Make over
- 15. Parlay
- 16. Jewish scripture
- 17. Ferment
- 18. Tyrant
- 19. Ascot
- 20. Quaking tree
- 22. Docket
- 24. Pay
- 25. Amends (2 wds.)
- 27. Fallen
- 31. Same cite as previous
- 32. Poem
- 34. Scriptural your
- 11. Time period
- 12. Prohibit
- 13. Extremely high frequency (abbr.)
- 21. Seize
- 23. Affirmative gesture
- 26. Perish
- 28. Swimming mammal
- 29. Elbow
- 30. Used a keyboard
- 31. Asian nation
- 33. Aurora

### Across

- 35. Howl with laughter
- 38. Building addition
- 40. Upon (2 wds.)
- 42. Ms. Winfrey
- 44. Billion years
- 46. Sort
- 47. Fishnet
- 48. Opening
- 50. Ill \_\_
- 51. Anger
- 52. Sport's official
- 55. Carpets
- 57. Space administration
- 59. Convenient
- 61. Swab
- 64. Soft drink brand
- 66. Aplomb
- 68. Computer characters

- 71. Ballet skirt
- 73. Fairy tale opener
- 74. Acquire knowledge
- 75. Greek god of war
- 76. Elan
- 77. Bundled hay
- 78. Girl
- 79. Goofs


- 35. Brittle resin
- 36. Musical production
- 37. Sign of the zodiac
- 39. Lumber
- 41. Small licorice treats
- 43. That woman
- 45. Recites
- 49. Saloon
- 53. Compass point
- 54. Festive
- 56. Swindle
- 58. On fire
- 60. Sporty car brand
- 61. Ore digger
- 62. Award
- 63. Takes the skin off (as in fruit)
- 65. Layer
- 67. Slime
- 68. Loose gown worn at mass
- 69. Body of water
- 70. Calorie
- 72. Ship initials

Solution on Page 17



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# Island Life

Text & photos by *Peter Ray*

## On Leaving the Nothing

*They fuck you up, your mum and dad.  
They may not mean to, but they do.  
They fill you with the faults they had  
And add some extra, just for you.*

*But they were fucked up in their turn  
By fools in old-style hats and coats,  
Who half the time were soppy-stern  
And half at one another’s throats.*

*Man hands on misery to man.  
It deepens like a coastal shelf.  
Get out as early as you can,  
And don’t have any kids yourself.  
— Phillip Larkin*

I include the above poem for a number of reasons. I’m sure it will offend someone, but they obviously aren’t paying attention. It is mostly there, however, to promote thinking and activism more than to inform and amuse, as this paper’s masthead proclaims as its *raison d’etre*. But it is also there to illustrate a point. Mr. Larkin’s meditation on the desperate state of mankind was sent to me by a newly found Island friend a few days before our departing for the Burning Man festival in Nevada. It cut to the quick of a few issues I was dealing with at the time, and then I didn’t think much more about it. As it was, I was having a difficult enough time just trying to focus on getting ready to leave. It seemed like nothing was going right anywhere, and the image of “the Nothing” — that spreading, insidious wasteland from the movie, *The Neverending Story* — was running rampant in my mind. Getting back to Black Rock City, the



week-long home for Burning Man, was more important this year than ever, and yet it seemed almost impossibly out of reach. Fortunately, Wendy was more in touch with the realities of packing than I was, and after beating up my semi-prepared body on the H.O.T.S. race, we set about the task of the loading the truck for departure the next day. With the sun way closer to the western horizon than the zenith of midday, we left the south end of the Island and, well, I needed a beer. As I filled the gas tank, Wendy went inside and came out with a six pack

of Dead Guy Ale, one of my favorites that is not normally seen in gas station food marts, let alone readily available in more upscale establishments. Prior to my introduction to the workings of the Tarot, I would have been a bit skeptical of ingesting anything with a smiling skeleton on the front. But as one learns with the cards, as a representation of death, Mr. Bones is more about change than the end of things. We made it to Bend by about eleven that night and stopped for the day.

One is always concerned about not having enough imbibements, mostly of an alcoholic nature, when heading out onto the *playa*. This is



why we usually grab a few extra boxes of beer along the way. Having restocked and driven another six hours, we stopped in Gerlach, the closest town to the festival site, and filled up our gas tank in order not to have to stop again for a long ways after leaving the festival at the end of the week. Stopping in Gerlach on the way out is discouraged, as is any kind of driving once one is settled in camp. Having topped off the petrol, we headed out to the growing dust cloud on the northern horizon. As the name *playa* infers, the entire city grows on and disappears from a kind of beach — a white, alkaline expanse of a dry lake bed. Dust is generally everywhere, and when the wind picks up the term “white-out” takes on a very palpable meaning. It was fairly clear on the way in, however, and as we got to the edge of the *playa* from the main road, the string of Burma Shave-like signs that usually line the curving way in were in full view. It was about this time that the chill started at the base of my spine and worked its spiraling way upward. There, on the first cards beyond the 5 mph warnings, were those words: “They fuck you up, your mum and dad....” We were barely into the city and the *playa*-synchronicity had already begun.



Contribute to the  
Vashon – Maury Island Heritage Association  
Conserving Local History

In describing the Burning Man experience, one runs into the fabled dilemma of the blind men and the elephant — what one sees and feels depends on where you make your handhold. For the second year, I chose to volunteer with the Black Rock Spatial Delivery team. What this entails is reporting in to the BRSD camp and grabbing whatever needs to be delivered, which most of the time is some form of postcard. There are street names that change every year that run the length of the three-quarter circle that contains the city. And, as on a clock face from ten

o’clock counter-clockwise to two o’clock in half-hour increments, streets radiate out to create a curved grid. With addresses like Amnesia and 4:20 or Fetish and 8:55, one heads out each time into the relative unknown to deliver an obscure message. Sometimes people have moved. Sometimes addresses are wrong. And sometimes you are able to hand someone a note that astounds them. This happened a number of times for me this year — and that is what it is all about. This isn’t to say that I didn’t appreciate the beer or the bracelet or the very cool t-shirt I got from one camp. It is the *playa* magic, the impermanence of the place and the surprise and reality of the moment that is just so cool, and the reason I do it.

This isn’t to say that there were all puppies and kittens and flowers and chocolate everywhere — there was a bit of weirdness as well. Some guy with a few detached synapses tried to set himself and his camp on fire. There were a number of drug busts — one near our camp and one that happened to a woman I delivered to — all resulting in extensive searches of one’s personal belongings and a five hundred dollar fine. State and local police are allowed to drive the streets of BRC, partly to check out the tits and ass show — clothing is optional here — and partly to sniff the air and make the grab. Participants are warned of this possibility. There was also the temple — a place to let go of memories that needed to be let go of. This year’s was much smaller and much less grandiose than those in the past, but the level and intensity of grief there was overwhelming to both see

and feel — all having to do with personal grieving since the whole Katrina thing was only being hinted at in the rumor mill. There is little or no contact with the outside world in BRC since out in the middle of nowhere the answer is, “No, I *can’t* hear you now...”

Toward the end of the week people kept asking me what the favorite thing that I had seen or experienced had been. My response was usually that the good vibe from my delivering duties with Spatial Delivery had been the most positive experience from my stay. What I didn’t say was that the Burning Band, a New Orleans style brass band that rode around playing tunes from the top of a bus, was both fun and a little creepy in retrospect. There was also this guy who I had observed in passing a number of times and finally stopped to talk to. He was wearing only a really good tan and was holding either two white or two blue umbrellas. Most of the time he was out in the vast and open expanse in the middle of the city doing his thing with no one around watching, at least not up close in a crowd. His movements were slow and controlled, part dance, part Tai Chi and part meditation. In asking, I found that there was no real specific place his performance was coming from — he just did it. This to me is the essence of Burning Man — one can just do it without expectations of endorsements or accolades or applause, and that is just okay. Hopefully, the *playa* magic will continue to generate its own good vibe to provide a welcome, if temporary, refuge from the seemingly incessant spread of the Nothing, and whatever misery man seems determined to continue to pass on to fellow man.

There are four 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.







# The Film Thing

By Peter Ray    pgr42@worldnet.att.net

Off the Couch

We tend to take a lot of things for granted. We are gently reminded of this when we slice a finger or pull a back muscle or twist an ankle and suddenly, body movements and functions become a labor rather than a passing fancy. This point is brought directly home in the opening frames of our film for this week, *Murderball*,



when we are asked to watch Mark Zupan change into his shorts. Normally, this would not be that big of a deal, at least not for most of us. But in this documentary, Mark and most of the people we spend time with are quadriplegics of varying degrees, and the act of getting dressed, or anything else for that matter, becomes a series of twists and tugs and perhaps even an agonized contortion, in place of what we would otherwise brush off as a stoop, bend or grab.

The viewer's reward for getting through this first scene is to see this disabled and encumbered human climb atop a Road Warrior-like wheelchair with slanted disc wheels and an intimidating array of welded tubes and fenders and to watch as he sails relatively effortlessly around a court, ramming into other similarly equipped players and passing and scoring in a game known as quadriplegic wheelchair rugby. Having taken us from struggling cripple to aggressive athlete in a few short steps, directors

Henry Rubin and Dana Shapiro then take us on a two year journey in the lives of Team USA and Team Canada as they battle their way from the world championships in Gothenburg, Sweden in 2002 to the paraplegic Olympics in Athens, Greece in 2004, with a number of twists and turns along the way.

There is a lot of up close and personal stuff here. We find out how each of the players became disabled, are shown their physical scars and delve into at least some of their emotional ones. We are allowed to be witness to some of the rehab work that got the players to where they are now. Even prurient interests are somewhat sated as we are made privy to parts of the sex-after-paralysis video that is shown to patients as a part of the recovery process. There is actually a lot of difficult stuff thrown our way, but to the directors' credit it comes off as part of the process, not as some sensational freak show from the pages of the National Enquirer.

There are a couple of sub-plots that take shape along the way, not the least of which is the on-going conflict between Team USA and the coach of the Canadians. John Soares was a star with the US team for many years until his waning speed and agility caused him to be cut from the squad in favor of younger and faster players. In retaliation, Soares went to Canada and became the nearly maniacal coach of their national team with the



sole purpose of his quest being the unseating of Team USA from their nine-year domination of the sport. One might say that Soares is driven, if one is into understatement. In every scene with Soares there is a barb or a hook — until there is a change — but we won't go into that here.

I must admit that being a spectator at any sporting event is not really where I would want to be — I would much rather be doing than watching. And even though there is a grace and nobility exhibited by the players we follow in *Murderball*, I probably would never choose to go to a game. What this film does and does well though is to show us the internal workings of the players involved beyond their external abilities, which in these quarters is more than worth the price of admission.

□□□□

## Garden Design

by  
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## VAA 29th Art Auction!

*Continued from page 1*

restaurants and caterers and live music with Brent Magstadt's group, *Paz Agora*. Friday night will also include Early Bird drawing, a chance to win \$50 toward any bid and the ever-popular Silver Raffle, a chance to win your favorite piece of art under \$600 in value. Complimentary beer and wine will be provided. Commissioned artists for Friday night are Jim Chobot, Donna Romero and Jeff Tousley.

Saturday evening will feature an elegant four-course gourmet dinner with complimentary fine wines, both live and silent auctions, surprise live entertainment, Silver Raffle and Early Bird drawing. Auctioneer, Larry Taylor is scheduled to preside over both evenings. Commissioned artists for Saturday night are Julie Speidel, Don Cole and Lin Holley.

The Art Auction is Vashon Allied Arts' biggest fundraiser of the year. All proceeds benefit VAA. Volunteer opportunities still available. Call 463-5131 for more information or check VAA's website, [www.vashonalliedarts.org](http://www.vashonalliedarts.org).

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### Deadline to get in The Loop is Friday, September 23rd.

Email [editor@vashonloop.com](mailto:editor@vashonloop.com) or drop off at Flash Photo and call us at 463-9207.

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Published every two weeks  
Paradise Valley Press  
© September 14, 2005  
Volume II, Issue 18



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## School Board Asks for Levy and Bond

*Continued from page 1*

for Hurricane Katrina relief. The goal at present is to contribute one dollar for every year of your age, and, also, students will be selling Mardi Gras beads at football games to raise funds.

Principals of all three schools reported that the year was off to a great start, with unexpected higher enrollment, and a district-wide emphasis on community. Chautauqua Principal Amy Eveskcige (ee-VES-kitch) reported that having recess before lunch instead of vice versa is working well.

District tech support coordinator Peter Serko was not able to report greatness, but he and his colleague are working out the bugs. This has not been helped by a statewide program, "Skyward," crashing three times, so far.

The new healthier food choices and lack of soda at McMurray have not received any complaints so far. Superintendent Walker said that the district is applying for a grant to help implement this program.

In discussion of setting the Superintendent's annual goals, Board member Gene Lipitz said, "Our vision should be *through* Mimi, not *to* Mimi," and proposed that Superintendent Walker set her goals for the year, rather than the Board telling her what her goals would be. There will be a presentation and discussion on this at the October 13 meeting.

District Business Manager Susan Shields is retiring. Board members praised her excellent work. A search is being conducted for a new business manager.

In other business, the Board discussed annual self-evaluations, and communications issues, specifically how to let the community know what the School Board and the School District is doing. Public attendance at Board meetings is low, despite their being what one regular attendee called, "The best free entertainment on the island."

The next meeting of the School Board will be Thursday, September 22, at 7:00 p.m. in the Vashon High School Library. Be there or be square.

## Trask at Last : A Book Review

**By Rachel Bard**

*Trask* was one of those books I'd heard so much about I didn't feel impelled to read it. It languished on my "Books to Read Some Day" list along with Fielding's *Bridget Jones's Diary*, Joyce's *Finnegans Wake*, Frank Herbert's *Dune*, Plato's *Republic*.

But I knew Don Berry had many ties to Vashon and it was my duty as a Vashon author to read him. I knew he'd written about the West and its mountain men. I'm afraid I associated him with Jack London and Louis L'Amour, though I assumed he was several notches above. I was finally nudged into reading *Trask* when I heard Berry's widow, our own Kaj Wyn Berry, give a talk at Books by the Way after the publication of a new edition by the Oregon State University Press.

It proved a tremendous experience.

Berry leads us through a relatively small slice of 19th-century America. We travel the Oregon Coast from the Clatsop Plains near present-day Gearhart to Neahkanie Mountain during a few weeks in 1848. But that summary is like saying Monet's palette included all the primary colors. Berry has that rare ability to observe keenly, then express his observations in lyrical passages that shoot right to the senses. We're blessed with countless word pictures of waves in all their variety, sun and fog and every kind of weather, denizens of forest and shore, mountains, moonlight—nature clear and close. For example:

"A flight of sandpipers whirled low across the beach, coming from somewhere behind the dunes. They swept over the ridge like leaves in a gust of wind, making the air flutter with the sound of their coming. In unison they wheeled just short of the water itself; landed; and became a scattered group of individuals walking stilt-legged by the small pools."

"Far out, barely within sight of land, two whales cruised slowly south, ponderously intent on some huge business of their own."

"A gray wall of rain stalked across the beach slope and slammed against the first ridge."

"Kilchis...listened to the sobbing cry of gulls and wondered why a bird that flew so sweetly should carry so much pain."

Captivating as such wordsmithry is, the book offer far more than beautiful writing. You'll learn a lot of history, experience a powerful story and meet some memorable characters whom you're loath to leave. If you pay attention you may acquire a modest Chinook vocabulary.

Berry's grasp of history and his ease with it are awesome. He collected every scrap of information he could, mostly from the Tillamook County Historical Museum, on Elbridge Trask, a larger-than-life man who came to Oregon after years as a trapper in the mountains of Wyoming. Berry must also have dug deeply into Native American history and lore. Gracefully, effortlessly, he lets us know why coastal Indian women's foreheads sloped back; which tribes took slaves and which became slaves; or how the tamawamis men (spirit healers) sometimes went into a trance and lay down beside the patient so the tamawamis man's spirit could chase the patient's bad spirit out. How about that, 21st-century doctors? It might cut prescription drug costs, but I suppose house calls would go up.

The powerful story is fueled by Trask's implacable determination, the force that moves him over near-impassable terrain, in storm and calm, now arguing and now rejoicing with his companions, toward the new land where he hopes to live. Along the way tragedy strikes. I'd become very fond of the Indian lad Kawila and of Doctor McLoughlin (not the Hudson's Bay Co. factor but a horse and definitely one of the memorable characters). When I read what happened to them I was in tears.

Trask achieves his goal, at great cost. He reaches the Killamook country and encounters the tribe's understandable reluctance, sometimes violent, to welcome a white would-be settler. The account of his Searching (looking for his spirit helper) undertaken to prove himself to the Killamook is sometimes so painful that you have to put the book down, hoping desperately that he'll make it, fearing that he won't.

In the final chapter come redemption, affirmation, hope. Yet I wonder: Trask's acceptance by the tribe and his recognition of self were made dramatically clear in the penultimate chapter, with its transcendent finale. Do we need more?

See what you think.

And see whether you agree that it would have been nice to know what happened to Trask's wife Hannah, left behind when he set off on his journey. I became fond of her too, though our acquaintance lasted only for the first fifth of the book. Is she still toughing it out alone up there on the Clatsop Plains?

Rachel Bard my be reached at [rachelb@raincity.com](mailto:rachelb@raincity.com).

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# Among Our Piers:

## Kathryn Payne and Elizabeth Freeman

By Jonathan Shipley

Yoga, it seems to be all the rage these days. It promotes strong bodies and healthy spirits. It's a state of being, it's vidya-awareness and perhaps many are not aware of Vashon's own Island Yoga Center, founded and run by Kathryn Payne and Elizabeth Freeman. I was lucky enough to sit down with them and talk about yoga's benefits, Paramahansa Yogananda, and, of course, Yogi Berra.

*Loop:* What the heck IS yoga, anyway?

neck and back muscles, more calm, more at ease, more comfortable. Based on those experiences it was easy to keep going to class. The thing is, over time (I'm now 44), I have discovered that yoga has had a positive effect on all aspects of my life. Not only do I feel better physically, but I have found that things that used to bother me, make me anxious, that used to tense me up and stress me out, just don't get to me as much any more. I still have stresses, of course, but I find that I can deal with them



KP: Yoga is both a state of mind and a practice that creates and maintains that state of mind. And that state is ultimately about awareness and allowing an individual to respond consciously in his or her life. Here in the West we approach yoga primarily as a physical endeavor, which promotes health and vitality. However, because of the way yoga works, an individual may enter the classroom hell-bent on longer hamstrings and walk out the door wanting to learn to meditate or eat better. No matter how you look at it, there is no getting around the body — if you do happen upon enlightenment in this lifetime, chances are you'll feel it in your body!

*Loop:* What are the benefits (physically/mentally) of doing yoga?

EF: There have been studies, tests, and surveys calculating the physical and mental benefits of yoga. Most of the results I have read are positive. But really, all I can do is speak for myself. I became interested in yoga when I was 25. I was suffering from bad tension headaches and a stiff neck. A friend suggested I try yoga. I went to a few classes and found that I felt better almost immediately, less tension in my


better now. I feel like yoga has given me the opportunity to travel a little father down the road toward mindfulness, calm, and peace of mind.

*Loop:* How/why did you all start Island Yoga Center?

KP: Elizabeth and I basically had the same initial goal. We wanted a clean, dignified and absolutely dedicated space for yoga. Both of us have given much of our life over to the practice and teaching of yoga and we have great faith in the practice. Also neither one of us wanted to do it alone in any kind of "this is my space for yoga" fashion. In fact, we wanted other teachers of like-minded philosophy to join us. The teachers at Island Yoga Center are some of the best I know. Each teacher practices what they teach — they are high-minded individuals with a skillful practice and love of yoga.

*Loop:* Who would be better at yoga do you think? Yoda, Yogi (Bear) or Yogi (Berra)?

KP: "Hard to know!" Well, Yogi Berra has one of the most desired qualities in yoga known as



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"ekagrata" or "one-pointedness". When the mind can fixate one thing, nothing can stop you.

EF: It's a tight race but I think Yogi the Bear would edge out the other two. Wiggling your ears, as beneficial as it might be, is not a standard yoga asana, and communicating in the non-sequiturs of Yogi-speak is both baffling and hilarious, while all real yogis hope at some time to be able to put their toes in their mouths. As you know, all Teddy Bears can do this, and so, hence, by extrapolation and inductive reasoning, we may assume that Yogi the Bear would be better.



*Loop:* When did you personally begin yoga? Why?

KP: I began yoga when I was 17, took a break in college and picked it up again at 26. I am now 46...so you can do the math. My initiation into the practice was with the monks of the Self-Realization Fellowship, who follow the teachings of Paramahansa Yogananda. I think it is hard for me to say why I started...it's like asking an artist why they started

to paint. Somehow I found expression in the art of yoga.

*Loop:* For someone who is just starting out with yoga, what are some basic moves/poses/etc. that they could try?

KP: When I first started teaching I had someone call me on the phone and tell me he had been practicing yoga for ten years. So I had him come to my "level 2" yoga class. He showed up and it looked like he had never done yoga! That's when he told me he had taught himself out of a book. This is my long way of saying, there is no way I am going to perpetuate the idea that you can learn the asanas from words on a page. Suffice it to say, a person needs to find a teacher and learn what poses they should try.

*Loop:* When you do yoga over an extended period time rumor has it that your feet get bigger and you actually get taller. True or false?

KP: True.

*Loop:* How much better would Vashon feel if we all, simultaneously, did the Downward Facing Dog pose?

KP: The head rush alone would probably keep Vashon weird into the next century.

EF: Well, Vashon is a pretty tightly knit community so I think a simultaneous Down Dog might create some sort of fusion of universal (Vashon) consciousness that would put us on the map, certainly on CNN, and maybe even in the Guinness Book of Records.



# LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



## A Private Condition

People avoid discussing some topics, and one of those is hemorrhoids. Hemorrhoids are basically inflamed veins in the rectum that cause symptoms like bleeding, itching, and pain. About half of the American population is estimated to have hemorrhoids by the time they are 50 although only a much smaller percentage get help for the condition. It is really too bad that we make this such a private condition as hemorrhoids are easily relieved by herbs in the early stages before rubber band ligation and surgery become necessary.

In herb school, the topic of hemorrhoids was used to highlight the difference between the disease and the holistic models of healing. The disease model sees hemorrhoids as an ailment that is treated with certain remedies. The holistic model realizes that hemorrhoids all look the same but occur in different types of people. The latter model attempts to understand the different reasons why certain people develop troubling hemorrhoids in order to find specific remedies to work on the cause rather than to generically treat hemorrhoids, the symptom.

For instance, couch potatoes often develop hemorrhoids. They tend to be overweight because they eat too much junk food and do not move around enough. Their fat filled blood tends to move slowly through the tiny capillaries in their pelvis and legs. Their poor muscle tone also slows blood circulation. In the end, poor circulation inhibits the flow of nutrients and the removal of waste. Over time this can cause hemorrhoids and other symptoms of venous congestion such as varicose veins. Pregnant women also tend to have poor pelvic circulation because of the pressure of a growing fetus or the inflammation that is involved in healing after giving birth.

The best cure for the couch potato is, of course, a change in diet and exercise: Shifting from junk food to a diet rich in fruits and vegetables will make a big difference. Exercise to increase muscle tone and lots of water also help. One of the best herbs for these clients is stone root (Collinsonia canadensis). Stone root

is a plant with large nettle-like leaves and a lemony scent. It is taken internally, and can work on hemorrhoids with amazing speed. The Eclectic physicians especially liked it for pelvic congestion combined with constipation. Virtually no research has been done on stone root so all we really know about the plant is that it contains some interesting flavonoids and that it can be a stellar hemorrhoid remedy. Another great plant for venous congestion is butcher's broom (Ruscus aculeatus). Butcher's broom is a European shrub with strong, prickly leaves. It has been studied in chronic venous insufficiency, a disorder with symptoms such as ankle swelling,



leg cramping, and varicose veins. It has also been studied in hemorrhoids with good results. I favor butcher's broom for pregnancy-related hemorrhoids because it has been studied a bit in pregnant women and appears to be a very safe herb. Witch hazel (Hamamelis virginiana) applied topically can also provide significant relief. However, do not expect great results from the clear distilled witch hazel that usually is sold in stores. A recent study showed that a witch hazel extract was anti-inflammatory but the clear distillate was ineffective. You will do better buying witch hazel leaves in bulk and making a tea.

Other people have what are sometimes called jock hemorrhoids. These people tend to be spry and wiry, they are physically active, and also do not drink enough water. In the physically overactive person (whether due to obsession or just plain hard work), blood is consistently shunted to the skeletal muscles, reducing the blood flow to the GI tract. This may cause poor nutrient absorption, constipation, and hemorrhoids. Treatment for these people is pretty straight forward: They need to drink more

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water. They also need more soluble fiber and flavonoids in their diet. This means more fruits, more vegetables, especially beans, and more whole grains, probably along with a psyllium seed supplement. And they should try horse chestnut (Aesculus hippocastanum). Horse chestnut is a beautiful tree that has been planted in most parts of America. Its seeds or bark are said to increase the blood flow to the intestinal tract and offset the individual's predisposition to shunt blood to their skeletal muscles. It, like butcher's broom, has shown benefit in chronic venous insufficiency so it can also be used for the couch potato type hemorrhoids. Finally, witch hazel can be applied topically for immediate soothing of inflamed hemorrhoids

Science has not looked at whether a good diet, adequate exercise and herbs will cure and/or prevent hemorrhoids. There is, however, a consensus among practitioners that these changes will correct hemorrhoids in their early stages.



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

And in the later stages, even where surgery is necessary, these changes will be of some benefit as an adjunct treatment. So while we all have hemorrhoidal tissue that can flare up under adverse conditions, on the whole this is a private condition that we can choose to live without.

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# We've Got A Lot of Kids

## Colin is Born

by Kevin Pottinger

Recently I was at Providence Hospital on First Hill for business. I walked over the sky bridge from the hospital to its parking lot, and remembered the day we brought our oldest son Colin over that sky bridge and home from the hospital for the first time.

The first few hours and days after Colin's birth were a time apart. Hours not numbered, ignored by the sweeping broom of busy lives, days not belonging to a month or a season. Sitting on a couch on that sky bridge recently, the memories trickled back.

We had Thanksgiving dinner in the cafeteria while waiting for labor to start in earnest, my wife waddling around in her well-tied hospital gowns and green gripper slippers. There were so many delicious-looking things to eat that we heaped up a couple of trays with probably forty bucks worth of food, and we made merry, cavalier with tall glasses of milk and forkfuls of pumpkin pie, waiting for some maternity action.


Maria's labor was short, to the point, and excruciating, but eventually Colin was born. When I held him for the first time he looked at me with soft blue unseeing and unblinking eyes, and his lips were reflexively pursing like a goldfish, making questioning nursing motions, as if he was asking, "Say, you look like an unusually smart man. Do you know where I could find some breast milk?" I held him for a while as Maria recovered a little, then laid Colin on her belly and his questioning nursing motions were answered.

We stayed in a teeny-tiny room in the old hospital. It was 6 feet wide and 10 feet long, with polished, slippery linoleum floors and a single uncomfortable chair near the small grimy window. The bed was positioned under the crucifix.

In that tiny room we got our first experiences as parents, in the gray afternoon sun of late November. Late in the afternoon Colin, less than 18 hours old, started crying and wouldn't stop.

I learned it was going to take a few days before Maria's milk "came in", and in the interim Colin was nursing enthusiastically but to little avail. We rang for the nurse (which we can't do anymore). The nurse explained to us, again, that crying is what babies do, and their sucking stimulates milk production, but if we couldn't stand it (which we couldn't, then or now), we could give him an ounce of formula. Which we did, of course, and like a powerful narcotic the formula knocked Colin on his back where he sawed logs for four hours straight.

When he woke up he cried some more, so we gave him another ounce. He went to sleep again, but this time for only two hours. It was not long before we were on one of those addiction merry-go-rounds, where, if we gave him formula he wouldn't nurse enough to stimulate Maria's breasts to produce milk, but if we



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didn't give him the formula he would cry and cry, and every time we gave him an ounce it would have a little less effect. Eventually, though, we made the right choice, and I went out to Rite-Aid for a six-pack of ready-mixed formula, and we hid it under the bed. In a couple of days, Maria's breast milk came in and we outgrew our dependence on ready-mixed formula.

So, after Colin was born it was a time apart, hours and days not ordinal or ordinary, and my wife and I were changed immediately and permanently. One reason for the time-out-of-time feeling was that the normal division of night and day was blurred. For instance, we didn't necessarily sleep at night, and we sometimes slept during the day. Those first hours and days in the hospital we slept where we were, in mid-sentence or mid-meal, until one of us woke up to finish our sentence.

I saw some of the new Dads go home from the hospital at night. For other new Dads with no reason to go home, like me, they had a cot they could drag into the teeny-tiny room. The mattress on the ancient cot was wrapped in thick pee-proof, hoseable vinyl and the whole thing made squeaking and vinyl-crinkling sounds whenever I moved on it. It took up any remaining space in the tiny room, and the night nurses barked their shins on its undercarriage and swore, in a whisper, when they came in to check on us in the dark.

After two days, it was time to go home. We walked across the sky bridge to the parking lot, and we put Colin in his car seat in the car and drove to the boat. It was the same world, but we were different. The sights and the sounds were the same, but the smells were all different. And on the way home, we learned how to change a diaper in the front seat of a moving car.

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## Financial Planning 101: Designing an Investment Strategy

By Mark Goldman

I find that designing an investment strategy today to be more problematic than at any other time in my career. The technology is more efficient and our understanding of how markets and portfolios work is better, but the contextual framework and the long range prospects are more uncertain now than at any time I can remember.

It's difficult for investors too, because there is a natural bias among investment professionals — those who sell, manage, and talk about investing — to always be positive in their outlook. Being positive offers a much higher probability of being right, even if you don't know what you're talking about. Since the Great Depression, things have generally gone well even though there have been bumps in the road or threats of storm clouds on the horizon. So history has taught us that everything will be all right... all we have to do is stay the course. But also remember this: stockbrokers make their living investing people's money. If they are negative, people will be cautious and keep their funds in cash or the like and that's not profitable. Mutual funds and other money managers have to be positive, otherwise people won't give them money to invest and that's how they earn their fees. Pundits have to be generally positive about something, otherwise the investment community won't tout their punditry. Government officials

have to be positive because what they say, in and of itself, can influence markets and any negative report they give can reflect poorly on the administration in power, which generally is not good for their careers.

But think of yourself for a moment as a permanent resident on a luxury liner. Life is good. Waters are sometimes calm, sometimes rough, but generally speaking prospects are upbeat for the foreseeable future. What's happening aboard ship you might call the economy. In the Captain's quarters, where they plot the ship's course...that's called politics. If the ship is heading for an iceberg, the economy will continue to feel good up until the moment of impact. Some icebergs can sink a ship. Suppose you are pretty sure that one day you're going to hit one but you just don't know when. Should you stop having fun, pack your bags, go up on deck to watch through your binoculars for danger on the horizon? You could be there for years. On the other hand, if you "stay the course," maybe tomorrow or the next day you could be caught, along with your fellow passengers, in a panic stampede to the lifeboats, where a lot of people could get hurt.

Well I think we're on such a vessel right now and I personally think the chance of hitting an iceberg now is pretty high... I just don't know which one we'll hit first or exactly when it will happen. I call the biggest of these hazards — "eek!" This stands for Energy, Ecology, and Currency.

This is where politics and economics intersect. In the big scheme of things you can't separate the two. It takes time to change course on a big ship. At some point it could be too late to avoid impact. This is one reason why I think responsible planning can be more important than where you put your money. Good portfolio design is very important. But before you can design an efficient portfolio—one that will allow you to sleep at night—it's best to have a philosophy, a vision, and a plan. Stay tuned.

Visit Mark's web site at [www.gpln.com](http://www.gpln.com); email him at [mark@gpln.com](mailto:mark@gpln.com); or call him at 206-463-2019.



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## Madame Toujours

Dear Madame Toujours,

I am a tall, attractive woman, 37, 5 foot 10, more striking than pretty, really. I see myself as one of those big-shouldered broads from the movies like Bette Davis or Lauren Bacall. I can be an aggressive career girl at work then come home and be a tender and submissive woman. I have to say that I love being a girl. I'm crazy about eyelash curlers and lipstick, frilly lingerie and classy clothes. My heart's passion is shoes — the kind with four-inch stiletto heels.

The only problem is that, due to some kind of mistake, I seem to have been born a man. Although I feel like a woman, I have all the usual male accessories, and I can achieve breasts only with the help of some nuclear-powered undergarments. This seems outrageously unfair to me, and I am considering taking steps to correct the error.

When I announced my intention to my wife, she was extremely unreasonable. This was a shock to me. I know she was taken aback after our marriage when I explained to her about my true gender, but I thought she had accepted it. Now she has moved in with her sister and says she will divorce me and take the kids if I get the operation. I don't want to lose my wife. Why can't she just love me as the woman I really am?

Sincerely, Real Woman

Chere Mme. Woman,

I am wondering how exactly, you are knowing that you are having the feelings of a female person when you are technically being the masculine type individual. Possibly, the actual female type persons are having the entirely different feelings which are not at all like the feelings you are having.

For example, the female person would not usually suppose that her husband would be extremely amused if she were to discard the bosoms, install for herself the penis and go about dressing like a man and watching the sports competitions on the television. The female person would suppose, quite rightly, that the bosoms and so forth are the extremely important items to the husband, and that he might be grieving for them if the misfortunes were befalling them.

Possibly, you were envisioning the wonderful times with the wife person where you are prancing about in the stiletto heels, having the slumber parties in the baby-doll pajamas, doing for each other the hair and so forth. *Quelle damage* that the actual female persons are not being interested in doing these things.


*Bon Chance, Mme. Woman*, perhaps if the wife is not willing to be married to the female type person, you can be remembering next time to explain the important, little details before the actual wedding is taking place.

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# Positively Speaking

By Deborah H. Anderson

## Of Floods and Rainbows

Well shoot folks. I'll tell you how columns get written. I started out with this lofty piece about hope in the midst of Katrina, and wham...I have to stop writing because I'm having this "situation" at work.

Now this "situation" at work takes up so much time I feel like I'm drowning in a sea of kelp wrapped around my ankles. It reminds me of other similar situations where I definitely went under, or so it seemed.

And yet, this time is remarkably and refreshingly different. It brings me to the question: "How do you start over after a flood?" There are all these people gathered around in gyms and domes and schools and such having lost everything, they assume, and already they have to face the question, "How do you start over?"

I suppose in a way it depends on what you were able to bring with you. If you have a vanload of stuff, starting over is different than if you just have the clothes on your back. All that will determine how much you have to build back.

It also depends how much of the past you have to let go of. If you have nothing to return to, it will change your direction. If you are rebuilding, it will focus your attention elsewhere.

What I've learned is most important about going through tough times comes before the starting over part. It's the going through part.

And here's what I've found to be the greatest truth. We start over the best, if we have leaned into the worst. If we sit in the middle of the horrible, awful, no good, very bad day and let it wash over us while we look up and say, "From whence cometh my help?" somehow, when the storm is over, we are already looking to the sunshine to warm us. The energy for rebuilding is greater, and the past moves more quickly into the past.

Today, when the weight of the burdens needed to be resolved, I learned I had gained some insight from the past. I learned to just let it press down on me until it's time to pass. That isn't to say I didn't do self-care. There's a time to, as I did

today, just get up and go to a movie. What kind of job, you say to yourself, does she have that she can go hit a Friday matinee? Well, it's one of those white-collar jobs that sound cinchy except that you're practically on call twenty-four hours a day. It had been a sixty-hour work week.

So it presses down, and seems like it will never end, and then something shifts. Suddenly the logjam is released. It's like, suddenly the light crews from out of state arrive, the extra blankets everyone is sending are distributed, the backpacks from the celebrities make their way to the kids and wham. You've got one less thing to worry about.

Inch by inch, sometimes, we creep through a catastrophe.

So as I'm moving through a day which presses down and towards the end feeling the shift to solutions, I look at the clock on my computer and say "Oh no...deadline is past."

A lot of times, in this column, I try to just give you something upbeat or encouraging, or transcendent. Today I want to speak to all of you who are in a flood. Maybe you are a caregiver for a family member. Maybe you are stuck with a broken vehicle or an alienated relationship. To whomever of you are feeling like the waters are overtaking you, I tell you this miracle. Today when the kelp beds of people and places ensnared, I discovered that, unlike the last time I was entangled, I had grown strong enough to keep kicking my legs. Isn't that marvelous?

Since life is about high tide and low tide, it will continue to flow. Each time, we will be stronger. We can look to that as we keep swimming. I just wanted to let you know you are not alone. You are stronger than you think. God does love you. You will survive and rebuild and be restored. I don't know how many of you need to read this, but the only thing I've really learned from Katrina is that we need to tell people who are in floods that a rainbow came afterwards.

There is a rainbow in the end. Look for it, and keep kicking. ∞∞∞∞



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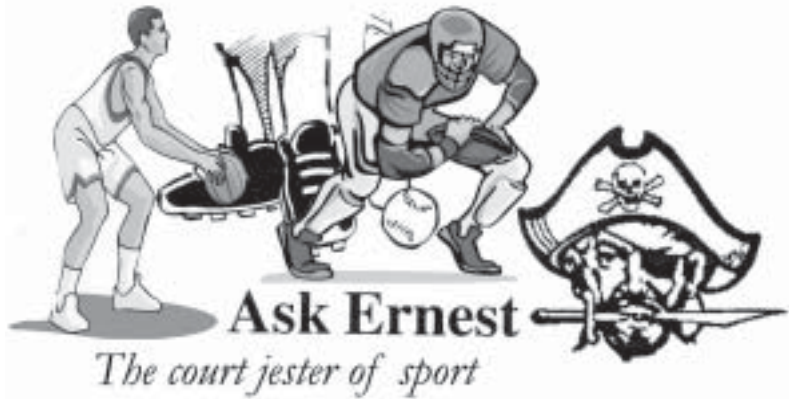
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# Loop ~ Sports



Hey Ernest,  
Give us some short insightful stuff  
that we can mull over all day long.  
Don Didrickson

Okay Don,  
Here goes.  
E.

Very Short Sport Shorts (Daisy Duke  
or 1980’s Basketball Short Style):

—VHS Football loses to Sultan 58-  
6, but more players will be eligible this  
week vs. Foster.

— Girls Soccer loses to Arch Bishop  
Murphy, but they’ll be ready for league  
play soon.

— Volleyball and Cross Country  
continue to train like Mad Men and  
Women, of course. More scores for them  
next issue.

Not So Short Sport Short: VHS  
Student Gary Pendergas Wins Essay  
Writing Contest

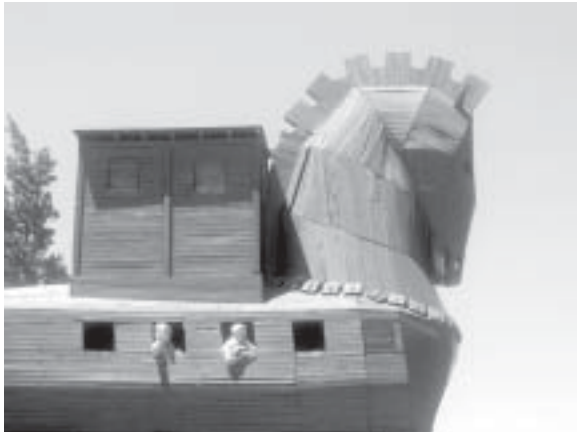
He’s not only a speed reader but also  
a speed writer. Gary Pendergas wins the  
Pan American Essay Writing Contest by  
writing 6 essays in the allotted 15 minute  
time limit. Four of the essays were in  
English, one was in Spanish and his last  
essay was written in Southern (American,  
that is). “I knew I was fast,” said G.P.,  
“but I had trouble pumping out that last  
one in Southern. I haven’t been to  
Alabama for ages and it took me at least  
a couple pages to get rolling.” Essay  
Judge, Dr. Lottle, was impressed with the  
young man’s composure. “He looked  
like he was eating an egg salad sandwich  
on the hills of Ober Park. He was that  
comfortable I tell ya.”

Stay tuned for more essay winning  
results for Pendergas. The essays may  
be viewed on  
www.speedwritingproductions.org.

Hey Ernie,  
I was just wondering how the  
Hendrixes are doing? I saw them at  
Movie Magic the other night and they  
looked really pumped up. Scatt was air-  
guitaring by the new releases!

Jimbabwe Sohl  
Hey Jimbabwe,

It’s funny that you mention the  
Hendrix family, because I was gonna  
write about them anyways. They are



moving to Olympia, which is of course  
unfortunate news for the Islanders. Scatt,  
or Mister Hendrix, will be pursuing his  
lifelong dream of playing beach  
volleyball. Many of you have seen him  
practicing in his lawn this summer, so this  
should be no surprise. I actually played  
him one-on-one the other day, and he is  
getting really good. His bumps and sets  
are picture perfect, but I hafta say that  
his spike needs a little work. (He thinks  
he will be able to dink it over everyone!)  
Our favorite park manager, Laur Uh, is  
also pursuing a new career in Olympia:  
vegetable juggler. “They have the best  
vegetables in Olympia,” she confided to  
me, with a wink, “pesticide free.” Our  
favorite toddler, L.O. Ease, is looking  
forward to the trip as well. “Abba  
oobba eeba ooohhh,” she told me the  
other day at Thriftway, with her  
characteristic charm. So give all three  
big phat hugs when ya see them, and wish  
them luck, would ya?

Ernie,  
Did you hear that Char-Diddy  
Skeffington and Mary-Dithy Preston had  
a thumb wrestling match for the ages? I  
saw it late night on ESPN2 the other night  
and couldn’t believe my eyes. IT WENT  
ON FOR FIVE HOURS! I don’t really  
want to give that much away, but let’s  
just say that Mary-Dithy started out real  
strong, with her characteristic intensity,  
and may, or may not, have pulled it out  
in the end. Char-Diddy, on the other hand,  
chillaxed at the start, and at one point  
even chugged a bottle of Evian during  
the match! Un-effing-believable!

K-Dub Wilsonville  
K-Dub,  
Of course I knew about the epic  
battle! What’d you take me for, a ferret?  
I was lucky enough to talk to our Island’s  
greatest thumb wrestlers of all time.  
Mary-Dithy was exhausted, even though  
the match had been three weeks earlier.  
“I am still so tired that I have reduced  
my jobs from seven to five. I just can’t  
handle seven jobs anymore,” she said to  
me, sweat dripping from her brow. “And  
besides, that job cleaning out the chicken  
coops was getting a little stinky.” Char-  
Diddy was spent as well. “When she tried  
that reach-around on me after three hours  
I knew I had to step it up a  
notch. And I did. Or at least I  
think I did. Did I?” she asked  
me.

Apparently five hour  
thumb wrestling matches leave  
you pretty discombobulated.  
Nice job ladies, and we’ll all be  
watching you on ESPN  
Classics for a long, long time.



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### VHS Student Named All-Star

Brittany Thomas, a student at Vashon High School, attended the Universal  
Cheerleaders Association cheer camp this summer at the University of Puget Sound,  
and won the prestigious award of All-Star. Each candidate had to perform  
in front of hundreds of cheerleaders and the UCA staff.

The following morning, surrounded by her fellow cheer  
squad, Brittany received the award that she worked so  
many cheer seasons to achieve. Brittany has been selected  
to perform in the London parade in England on New  
Year’s Day with other All-Stars from around the country.

Brittany said, “Cheering has made my high school  
years ones that I will always remember forever. I love  
every minute of cheering...”

Brittany leaves for England on December 26th, and  
must raise money to pay for her trip. And so her fundraising begins. Brittany hopes  
through her fundraising efforts the community, friends, and family will help make  
this trip of a lifetime happen for her.

#### FUNDRAISING EVENTS:

**Saturday September 17th, 10:00 am to 2:00 pm:** Car wash at Island Lumber

**Friday, November 4th, 5:00 pm to 8:00 pm:** Brittany’s art will be for sale at  
the Land Trust Building; preview her work at the YMCA from September 18th  
until October 31st.

**Saturday October 8th 10:00 am to 2:00 pm:** Garage sale and bake sale at  
Fireman’s Association Building.

**Saturday November 19th, 10:00 am till 4:00 pm:** Holly Daze Bazaar at  
VHS. Come buy handmade crafts, earrings, wine charms, pillows, cocoa jars and  
a whole bunch of really cute things

**Friday December 2nd:** Holiday Open House - Look for *Cheer Cans* around  
town at various businesses for donations for her trip.



### Swim Team Fall Session

Registration and orientation for the Vashon Aquatic Club Swim Team will take  
place on Monday, September 12 and Tuesday, September 13 at the Vashon Athletic  
Club. Our coaches will be on deck to answer questions and evaluate the skill level



of interested swimmers. Registration is now open for  
the Vashon Aquatic Club’s **Fall Session running from  
September 12 through December 16.** Registration  
forms for this 13-week session are available at the  
Vashon Athletic Club and Ober Park. VAC offers youths  
ages 7 and older the opportunity to learn to swim,  
improve skills, have fun in the water, and participate in  
competitive swimming. Please contact Jill Bulow at 206-  
463-6297 for more information.

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# Lo'py Laffs

If a chronic liar tells you he is a chronic liar do you believe him?

“TOMORROW IS ANOTHER DAY”

Not necessarily true. Today is another day. We have no idea what tomorrow is going to be. It might turn out to be another day, but we can't be sure. If it happens, I'll be the first to say so. But, you know what? By that time, it will be today again.

A bum asks a man for \$2.

The man asked, “Will you buy booze?” The bum said, “No.” The man asked, “Will you gamble it away?” The bum said, “No.” Then the man said, “I'll give you \$10 to come home with me so my wife can see what happens to a man who doesn't drink or gamble.”

## OneLiners

(more or less)

Without geometry, life is pointless.  
Going the speed of light is bad for your age.  
Smooth sailing means your motor boat stalled.  
A man's home is his castle, in a manor of speaking.  
Many are called, but few actually return the message.  
You're not getting older—you're getting deeper in debt.  
Not everyone can be a star—some of us are black holes.  
For every function there an equal and opposite malfunction.  
The calm before the storm means that the power will soon be out.  
It's a bad sign when you're an hour late for work and nobody notices.  
All I ask of life is a constant and exaggerated sense of my own importance.  
People who burn the candles at both ends rarely are invited to birthday parties.  
All of us could take a lesson from the weather—it pays no attention to criticism.

The reason there are two senators for each state is so that one can be the designated driver. —Jay Leno

Life may have no meaning — or even worse, it may have a meaning of which I disapprove. - Unknown

It's not easy taking my problems one at a time when they refuse to get in line. —Ashleigh Brilliant

Life is a tragedy for those who feel, and a comedy for those who think. — Jean de la Bruyere

What's the difference between a hunter and a fisherman?  
A hunter lies in wait while a fisherman waits and lies.

Do you suppose that it occurs to the power company that they are making a double pun when they send their bill commanding “Please Pay Current Charges”?

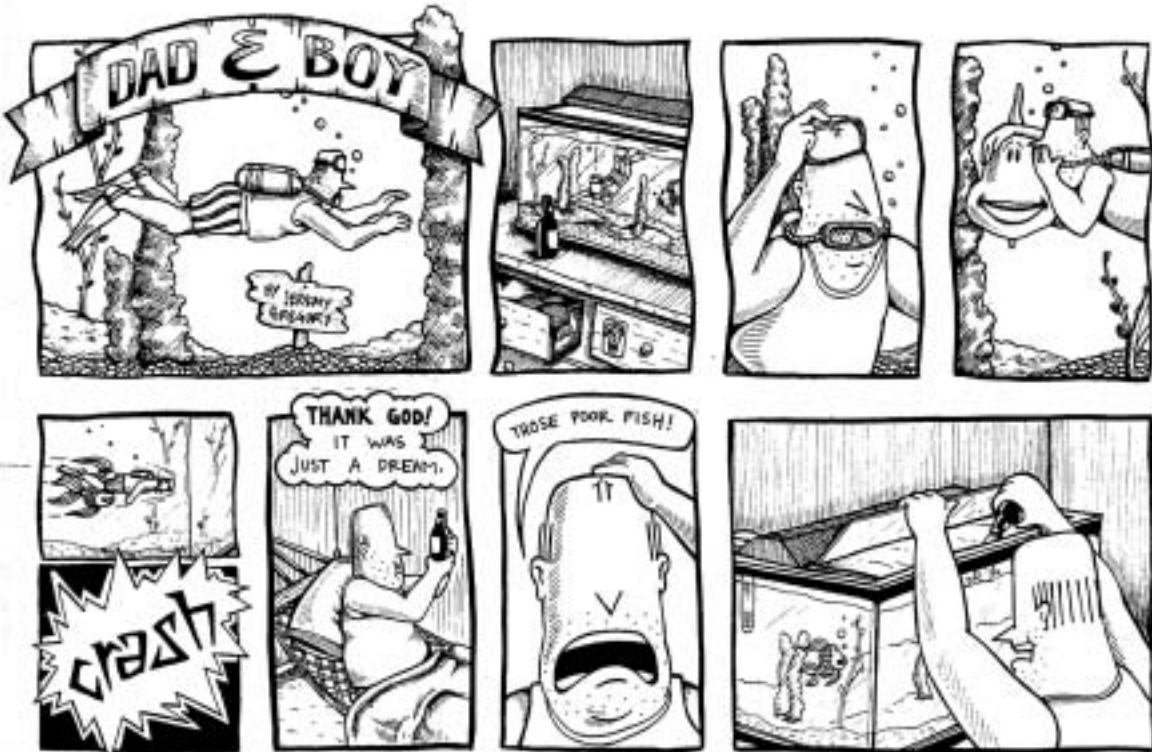
A doctor's secretary called an old farmer out my way and said: “Your check came back.”  
The old man replied, “So did my arthritis.”

## WILD WORLD / Ed Frohning



Overheard on an elevator: “Their marriage was going okay until they bought a water bed—then they started drifting apart.”

Have you ever imagined a world with no hypothetical situations?



## OFFSHORE



## LOGJAM







### Hans York Debuts New Album

Seattle-based, German-born singer-songwriter Hans York, accompanied by Islander Martin Nyberg, debuts his new release *Inside Out* at Café Luna on **Friday, September 23** at 8:00 p.m.

“Hans York is a man of vast musical talents and one of the best songwriters around.” (*European Weekly April 2005*). Hans has quickly made himself a name as an extraordinary DADGAD player (open guitar tuning, mostly used in Irish music) and is a strong, engaging performer with a distinctive style and an irrepressibly delightful and approachable manner. His intimate and distinctive voice draws comparisons to Paul Simon, Kenny Rankin or Michael Franks and captures the audience instantly.

Hans spent six months in Rio de Janeiro where he studied Samba, Bossa Nova and popular Brazilian music, an experience that upon his return to Germany inspired his first solo album *Hazzazar*. He is a world musician in the true sense of the term, drawing most of his present day inspiration from his vast eclectic background.

Hans York co- founded the German Worldmusic cult band *Moka Efti* and recorded three CDs with them. The third album, *Fata Morgana*, features US saxophonist Charlie Mariano and producer/saxophonist Heinrich von Kalnein (Vienna Art Orchestra). Currently Hans tours also with US National Scottish Fiddle Champion Jamie Laval.

www

# Music & More

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Ok it's getting to be that time of year....

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We all had a blast!

Thanks for all the great parties, Vashon!

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# Loose Change

R&B Band

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### What's Happening at Vashon Bookshop

by Devon Atkins

Don't miss Terry Hershey, local author and speaker, who just happens to love Vashon and what living here has taught him. He'll spend an evening at the Bookshop, **Friday, September 23**, talking about just that.

I spent a little time with Terry at Café Luna this week. I always ask people how they happened to move here to the Island, and Terry, a born storyteller, relished his tale of Vashon discovery. He said it was back in the late eighties when he gave a seminar on Whidbey Island. He'd been living in Southern California for years, and certainly, Whidbey was quite a change. He was spending the day with a friend, a local guy. They were at the top of the Rainier Building in Seattle, looking out across the City, pointing out neighborhoods, playing with the idea of which Seattle neighborhood Terry would choose, if he were to move to Seattle. He says that his view grew larger, so that he noticed a very green patch out in the Sound. "What's that?" he asked his friend, who replied that it was Vashon, an island of "hippies and country people." Terry smiled at me, and said, "I came to Vashon the next day, and bought a house that afternoon."

Terry says that his life wasn't always quite that seamless. He used to be a Congregational minister in Orange County, of all places. In addition to assuming his church duties, he gave seminars. He says he loved the traveling and the relationship-oriented work. He became so popular that eventually he had to make a choice between one job or the other, and he chose traveling and speaking. "But," he says, "it was like one beggar telling another beggar where to find bread." He realized that he was not living a balanced life. "I wasn't doing anything to feed my own soul." He knew that Southern California wasn't the place for him, and the rest is history.

"I remember that first day (on Vashon)," he says. "I remember lying on the grass and breathing. I remember the feelings I had." Terry realized that he had to slow down

and find something for himself, something restorative. He became a gardener, spent three years in the Horticulture program at Edmonds College, and began living his dream of feeding his own soul. His book, *Soul Gardening*, is about that; about



throwing out what he had known about life, and realizing that he could learn everything he needed to know from his garden. He changed his life from being a success-driven minister to a guy who spends time in his garden with his wife (a fabulous Vashon woman, of course), his dog and child. "A garden teaches you to give up control," he says.

*Sacred Necessities*, Terry's latest book, is about that, and about people who are "comfortable in their own skin," living in a way where they don't miss much. The Sacred Necessities are the seven ideas that Terry has about slowing down and paying attention to one's own life: Amazement, Sanctuary, Grace, Stillness, Simplicity, Resilience, and Friendship. He says that he figures that it's not the only way; but it's what he's noticed about the people he knows who "live amazed." "Come by anytime and sit in my garden," he said to me, as we stood to leave. And, I might just do that, Terry. Drop by the Bookshop, **Friday, September 23** at 7:30 p.m. for Terry Hershey, his stories about gardening, life on Vashon, and about amazement. Which only goes to prove, once again, that the Bookshop is not just about books. (Although, it must be said that Lily Robinthal, age 7, one of the many children who wrote book reviews this summer — posted in the Bookshop — won our drawing, with her review of *Goose Berry Park* by Cynthia Rylant. Congrats, Lily!)





Café Luna Music

**Friday, September 16 – True Margrit.** True Margrit’s piano-driven vignettes will seduce you, with super-catchy (yet unpredictable) choruses and the husky/ sweet/surreal voice of Margrit Eichler. Think: Aimee Mann and Ben Folds meet Elvis Costello for 3D Scrabble. More info at [www.truemargrit.com](http://www.truemargrit.com).

**Saturday September 17th - Janie Cribbs and Joe Reggiatore** - A fresh take on Joni meets Janis-from sweet story-telling and bitter realizations to jangly peace-rock and dirty low-down blues, a consummate performer claims her musical territory. This soulful singer/songwriter creates uplifting and original music driven by passionate and often pOwerful lyrics and voice. A Fusion of folk, rock and blues with a celtic twist delivered by two gypsies and the bumpy road of life. See [www.janiecribbs.com](http://www.janiecribbs.com)

**Friday, September 23rd – German singer-songwriter Hans York** (*see story*)

**Saturday, September 24th** - Minnesota based, nationally touring folk singer-songwriter **Barb Ryman** on her first tour in the Northwest performs her first show right here on Vashon.

**Saturday, October 1 - Jen Ambrose** returns to Vashon. This Southern Oregon singer-songwriter brings a diverse blend of original folk, blues and world music weaving together penetrating lyrics and a unique guitar style. Her vocal versatility expresses unabashed soulfulness and passion that dives into the heart of the listener. Her first, self-produced CD *Nectar Of Your Dreams* is available at [www.imaginaryrecords.com](http://www.imaginaryrecords.com).

## Help Hurricane Relief - Buy Music

Karen at Vashon Music will be donating **100%** of profits from sales of Jazz, Cajun, and Zydeco CDs in the month of September. Way to step up to help, Karen. Is this a great community, or what?

### 40 Year Old Virgin R

Friday 9/16 - Monday 9/19

Call 463-3232 or [www.vashontheater.com](http://www.vashontheater.com) for times

### Murderball R

Friday 9/16 - Monday 9/19

Call 463-3232 or [www.vashontheater.com](http://www.vashontheater.com) for times

See Film Thing on page 9

### Brothers Grimm & The Beat My Heart Skipped

Friday 9/23 - Monday 9/26

Call 463-3232 or [www.vashontheater.com](http://www.vashontheater.com) for times

### Vashon Theatre

463-3232 for more



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Sweet Adelines Vet to Lead Workshop

“I was always drawn to music and especially vocal harmony with my sisters and my friends,” said Dorothy Herivel about the beginning of her interest in “barbershop-style” singing. “My husband and I had a big family—nine children (including well-known former islander Marita Herivel Eriksen)—and I was looking for an outlet, something I could enjoy by myself. I found it in Sweet Adelines.”

Over the past 45 years, Herivel has had a very full career in harmonic singing and arranging. She served as director of the Sound Cities Chorus in Everett, and assistant director of the Bellevue–Lakeside Chorus. Until last year, she sang and arranged for the Pacific Sound Chorus, which in Sweet Adelines international competition was selected as one the top five. She retired from the performance circuit a year ago, but is still very active as a pianist and organist and still loves to sing and teach.

When an interest in harmony began to develop among some members of the Vashon community, Dorothy offered to teach a Harmony Workshop. The eight-week workshop will be sponsored by the Vashon Island Chorale. It will begin on **Thursday September 29** at the Methodist church and continue for eight successive Thursday nights from 7:00 until 9:00 pm. Interested women should call Karen Baer at 463-9247 or Gerry Feinstein at 463-1726 for more information or to register. The cost of the workshop will be \$40 including music.

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Get Going on Your Halloween Skit!

by Devon Atkins

Every Halloween Evening, while the Trick ‘r Treaters are just finishing up in Downtown Vashon, Vashon Bookshop always hosts an evening of irreverent, slapstick-fun Radio Theater, complete with a team of sound effect-makers and a very interactive audience. In past years we had a terrifying skit, written by a Seattle playwright, and, just last year, we enjoyed a sardonic tale of ferries and mayhem, written by our own Jonathan Shipley. This year, things are going to be, again, just a little different.

The Bookshop is going for a kid-inspired production. Children of Vashon, we invite you to write a Halloween story that will be the basis of a Radio Theater skit, to be produced, and then presented at Vashon Bookshop, the evening of Halloween. Stories must be submitted to the Bookshop, no later than October 1st. Your story can be a simple tale, and

will be chosen on the basis of its adaptability to a Radio Theater skit. It should have a strong plot/storyline, and, hopefully, have no more than six main characters, most or all of them, children! Local playwright and teacher, Sharon Shaver, has graciously volunteered to adapt the original story to Radio Theater, and direct it. (Many, many thanks for Sharon!) Once the story is adapted and the script writing has begun, actors will be auditioned, and there will be just a couple of rehearsals staged before the big night. So, kids, send your stories in fast and furiously!

If you have questions or you’d like to be involved in this delightfulness, call Devon Atkins at 206-567-4886. Or, call 206-463-2616 or drop by Vashon Bookshop! Which, of course, only goes to prove once again, that there is much, much more to the Bookshop than just books!



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Feeling a Little Bit Irish?

Move over you lot in tights — this isn’t Riverdance! It’s an Irish Ceili (kay-lee); a gathering of friends, neighbors, and other folks from Seattle to Portland, sponsored by the Vashon Celtic Dance Society. Ceili means “gathering” or “party” and Ceili dancing is a bit like Contra or line dancing with a little more energy and fun thrown in! A professional caller walks you through the dances first and then you are off to the tunes of live Celtic music. Come out to the Grange Hall, the gray building behind the fence in the north end parking lot, **Saturday, September 24** at 7 p.m. to dance, or just listen to great live music, eat good snacks, and chat with friends. The **September 24th** dance features the foot-tapping melodies of our island’s own *Lark in the Dark*. Singles wishing to meet others, couples wanting to try something new together and families are all welcome! Wear loose, light clothing as it gets a bit warm and don’t worry if you are a complete beginner as there are enough folks who know what they are doing to help you out. You don’t need a partner to show up, so just bring yourself and get ready to have a great time at the Ceili! Suggested donations at the door are \$8, \$6 for students and seniors. For more information, email [VashonCelts@hotmail.com](mailto:VashonCelts@hotmail.com) or call Shannon at 206-774-4047, or Lori at 463-6917.



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