



THE VASHON LOOP

Vol. 2 #19

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

September 28, 2005

Spiritual Smart Aleck Takes Helm



We are pleased as punch to announce that the talented Mary Litchfield Tuel has agreed to accept the position of Managing Editor for *The Vashon Loop*. Mary is not only a fabulous writer, but she can spell, she uses impeccable grammar, and she has some great ideas for how to make the paper even better. We'll be transitioning over the next several issues, so stay tuned, and look for changes in the future. Be advised: emails to editor@vashonloop.com will go to Mary, not to Marie. And what will Troy and Marie be doing? Selling real estate (we love it!), writing stories and playing music (we love it!), volunteering in the community (we love it!). We'll continue to publish the paper, and look for ways to make it better and keep it financially viable. More news: We finally have a website, with all issues from this year archived in pdf format. Check it out: www.vashonloop.com. Thanks for reading!

VPD Levy VPD Discusses Levy; Bond for Athletic Fields

by Lauri Hennessy

The Vashon Park District Board of Commissioners encourages all interested Islanders to join the discussion of a levy and a potential bond issue and explore a number of other alternatives at the **October 13th** regular Park District meeting. The Board expects to vote on a levy rate and a possible bond at the **October 27th** regular Park District meeting. Both meetings are at 7 p.m. at Ober Park.

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Vashon Disaster Preparedness Coalition planners hope that owners of dozens of private boats like these at the Burton Marina will volunteer to help with Operation Homecoming, transporting injured victims and people left stranded by a major earthquake that could shut down the ferries for an extended period of time.

Tom Nicolino photo

Operation Homecoming: Mosquito Fleet May Sail Again

by May Gerstle

Next time you make your way home on the ferry, have a look around. Think about what you and all the other folks on the run would do if the ferries shut down while you were away at work or school on the mainland. That's exactly the situation you might face following a major earthquake. If the quake struck in daylight hours, there could be over 2,000 Islanders stranded on the mainland and 700 mainlanders could be stuck here

on the Island. Worse yet, the ferries could be down for days or even a few weeks.

The Vashon Disaster Preparedness Coalition has been working on an Operation Homecoming plan designed to help stranded people safely reunite with their families and neighborhoods. The Coalition is the volunteer staff and planning arm of the Vashon Island Emergency Management Area.

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Vashon Talks Housing

by Marie Browne

On Wednesday, September 21, about 30 Islanders gathered at the Land Trust building for a round table discussion on affordable and diverse housing on Vashon. The discussion was organized by Islander Yvonne Kuperberg and moderated by Susie Kalhorn, who introduced the topic by reviewing some background information about the State's Growth Management Act, the County's Comprehensive Plan, and the Vashon Town Plan. In broad strokes, all three plans are designed to protect rural areas from excessive development, yet provide affordable housing and housing choices in all areas. Kalhorn commented that Vashon has fallen short of the mark in the affordable housing arena. She introduced Alan Johnson from the King County Housing and Community Development Program, an agency whose purpose is to assist non-profit and private sector developers who want to build affordable housing. Johnson mentioned the County's "ADU initiative," which is designed to encourage the construction of

Continued on page 14

Lukenfranz



Vashon Allied Arts' New Works Series '05 presents *Lukenfranz, Island Grown Music* performed by Luke McQuillin and fourteen Island musician friends on **Saturday, October 8**, 8 p.m. at Blue Heron Art Center. McQuillin plans to create a "symphony of musical noodlings" and take the audience on a musical journey with all original compositions. Tickets are \$8/\$11 and available now at Blue Heron and Heron's Nest. Call 463-5131 to reserve.

See Arts storys on page 18

"Trying to keep the lights on" Bond and Levy on November Ballot

by Mary Litchfield Tuel

The Vashon School District Board passed resolutions at their meeting on September 22 placing the Capital Bond and the Capital Levy on the November 8 ballot.

Board members Susan Stackhouse and Gene Lipitz voiced concerns that the public does not understand that the money is needed for maintenance and capital projects, and to repay loans taken out for building repairs. The wording of the bond specifies that any monies recovered in pending litigation will be used to pay down the bond.

"We are not asking for \$73 million. We're just trying to keep the lights on," Lipitz said. He said that the cost of the issues to taxpayers would be about \$171 per year on a \$300,000-evaluated house the first two years, and then \$96 a year for the next five years after the levy expires.

Frequently-asked questions about the Bond and Levy are

answered in a related article on page 5 of this issue of *The Loop*. The information can also be found on the District website, <http://www.vashonsd.wednet.edu/>

Stackhouse is speaking to community groups about the bond and the levy. Handouts explaining the issues have been passed out at the school Open Houses, and a letter will be sent to all Island box holders before the election.

The present good financial news is that the district has enrolled eighteen more students than were expected, a net gain of twenty-seven students over last year.

Donna Zaglin, President of the PTSA, presented the board with a large check for \$47,000 to be used to pay for the new math curriculum at Chautauqua. The money was raised over three years, chiefly through the PTSA Auctions.

In an item of special interest to students, the question of whether to

Continued on page 10

Get in The Loop

Chamber Invites All

You are all welcome to come to our Chamber General Membership Meeting **Thursday September 29** at noon at Courthouse Square. Featured speaker will be Julia Larson with King County’s Rural Economic Strategies group. Stop by and see what this is all about!

Kitty Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day Saturday, Sept 24th from 11-2p.m. & Sunday, Sept 25th from 12:30-3p.m. at Pandora’s Box. Please stop by or call VIPP at 206-389-1085.

King County hosts CAO Open House on Vashon Island

King County’s Departments of Development and Environmental Services (DDes) and Natural Resources and Parks (DNRP) are hosting an open house on **Thursday, September 29**, at 6:00 p.m. at Vashon High School to familiarize Vashon Island property owners with the incentive and flexibility options which are part of the recently adopted Critical Areas Ordinance package.

This meeting is an excellent opportunity to learn about recent changes to development regulations in King County; flexibility and incentive programs available to rural property owners; how to initiate farm management, forestry and rural stewardship planning projects; and to ask questions about critical areas, regulations and other permitting requirements as they pertain to plans for development or change of use on a particular property.

Agenda and details can be found on the DDES Web site: www.metrokc.gov/ddes, or contact Paula Adams, DDES Communications Director, at 206-296-6682.

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Holiday Art Studio Tour 2005

Mark your calendar now! The annual Vashon Holiday Art Studio Tour is coming! More than forty studios will be open to the public with over 100 Vashon Island artists and craftspeople participating.

The Tour will be open for two weekends, December 3 and 4 and December 10 and 11. Tour hours are 10:00 a.m. to 4:00 p.m. all days. For more information, check the web Site: <http://www.vashonislandartstudiotour.com>

VIPP Garage Sale

The Vashon Island Pet Protector Garage Sale is **Saturday October 15** from 9 a.m. to 3 p.m. and **Sunday October 16** from 11 a.m. to 2 p.m. at the Firefighter’s Association Building. Donations will be gratefully accepted **Friday, October 14** from 10 a.m. to 4p.m. Unfortunately we’re unable to accept large appliances, mattresses, exercise equipment, computers or clothes. For more information please call Victoria at 463-5381.

Free Laughter Class (No Kidding)

A Laughter Class will be taught by Michele Caskey, Certified Laughter Leader, at the Human Touch Studio (behind The Malt Shop in Beck’s Plaza) on **Friday, September 30**, from 8 to 9 p.m.

No humor is involved. Rather, we engage the body in silly activities accompanied by a variety of laughs. By learning how to simulate mirthful laughter, we can coax the laughter to show itself more freely and regularly. The physical benefits of such a practice are significant; reduced stress, better circulation, improved digestion, and a feeling of vitality. What’s not to like!

“We don’t laugh because something is funny; something is funny because we laugh.” Questions??? call Weslie 463-5566

VIPP Pet Calendar

The Vashon Island Pet Protector 2006 Pet Calendar is now available for sale (\$15) at the following locations: The Vashon Bookshop, Thriftway, Fair Isle Animal Clinic & Books By The Way.

Tax Talk

Bill Ameling, chair of the VMICC’s, ad hoc Local Tax Districts Committee, will speak at the second forum sponsored by the League of Women Voters. You are invited to attend this fascinating meeting which will be held Thursday, September 29, 7 pm at the Vashon Public Library.

VashonBePrepared.ORG

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Vashon Library October Calendar

Tuesdays, October 4, 11, 10:40 a.m. to 11 a.m.

Toddler Story Time

A 20-minute program of stories and songs just right for toddlers. For ages 21 months to 3 years with an adult. No registration required.

Tuesdays, October 4, 11, 18, 25, 7 to 8:30 p.m.

Talk Time

Practice speaking English in a relaxed setting. Parents are welcome to bring children. All nationalities and skill levels are welcome. Talk Time hosts include Susan Keatts, Patricia Koncsek, Jodi Abbott, and Blythe Bartlett. No registration required.

Wednesdays, October 5, 12, 10:40 to 11 a.m.

Lapsit Story Time

A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. For ages birth to 20 months, with an adult. No registration required.

Wednesdays, October 5, 12, 11:30 a.m.

Preschool Story Time

Join us for 30 minutes of stories, songs and fun! For ages 3 to 5. No registration required.

Thursday, October 6, 7:00 to 7:45 p.m.

Family Story Time

This cozy evening Story Time includes stories, songs and a simple craft for children and parents to enjoy together. For ages birth-6. No registration required.

Sunday, October 9, 2:00 p.m.

Opera Previews: The End of the Affair Norm Hollingshead, Lecturer

Seattle Opera opens its season with Jake Heggie’s newest opera *The End of the Affair*, based on the 1949 novel by Graham Greene, a famous story in which an illicit love affair in London during World War II brings about a crisis of both love and religious faith for the four main characters. No registration required.

Monday, October 10, 2:00 p.m.

Great Decisions: U.S. Challenges in Iraq and in the Muslim World

More than two years after it began, the U.S. led invasion of Iraq has failed to create stability there and has complicated the already awesome challenges facing the U.S. in dealing with the Middle East and the Muslim world. Join us for a thought provoking discussion sponsored by the Foreign Policy Association,

Vashon Senior Center and King County Library System. No registration required.

Monday, October 24, 1:00 p.m.

Social Security Medicare Presentation Fire Training Building

The Medicare Prescription Drug, Improvement and Modernization Act, also known as the *Medicare Modernization Act*, is bringing better benefits and more health plan options to people with Medicare, including prescription drug coverage beginning January 1, 2006. People with Medicare will be able to choose between at least two Medicare prescription drug plans and pick a plan that is right for them. Medicare prescription drug coverage pays for brand name and generic drugs. Drug coverage will be available to all people with Medicare and there is extra help for those who need it most. Come learn more about it from representatives of the Centers for Medicare & Medicaid Services (CMS, part of the U.S. Department of Health and Human Services). This program is cosponsored by the Vashon-Maury Senior Center and King County Library System. No registration required.

Monday, October 24, 7 to 8:15 p.m.

Young Writer’s Rendezvous: Meet the Author of the Belt Republic series, Ted Butler

Come be a part of this on-going group and experience writing for fun in a social atmosphere. Science Fiction author Ted Butler will share his “recipe” for a novel. Pizza will be served! For ages 10-14. No registration required, just come when you can. Sponsored by Friends of the Vashon Library.

Saturday, October 29, 6 to 10 p.m.

Late Night @ the Library: Brazilian Rhythms

Please join us for an evening at the Vashon Library Cyber Café. Experience the variety and power of the rhythms from Brazil in a drumming workshop led by Brazilian musician, composer and educator Eduardo Mendonca. Learn several traditional grooves such as samba, baião, afoxé and Samba-Reggae. You can also surf the World Wide Web or play a game of chess, cards, Magic or Monopoly. Refreshments! Door Prizes! Security will be provided. For teens only. (6th-12th grades) Sponsored by PTSA, Friends of the Vashon Library, and Connections.



Troy and Marie Explain Real Estate Agency



Marie: Troy, I don't think most people understand how real estate agents work, and who represents whom in a transaction. I'll bet our readers and clients would appreciate an explanation, especially since the Washington State Legislature actually changed the law not too many years ago. Prior to the passage of the Real Estate Brokerage Relationships Act, even agents who were working for a buyer were legally representing the seller in most cases. Not surprisingly, this was confusing to buyers, and they sometimes got burned, thinking an agent was representing them when the agent was not.

Troy: It was definitely a good change in the law. Now a real estate agent represents either the buyer or the seller, which gives both parties fair representation.

Marie: I also don't think people understand that licensed real estate agents are representatives of a broker, and that it is technically the broker who buys or sells real estate on behalf of clients. All agents have to work under the supervision of a broker, and we all have to hang our licenses in a broker's office.

Troy: That's right. Brokers are licensed too, of course, but they have a different license than agents. I like the fact that our broker Meg McKennon does not buy or sell herself, even though she certainly could as far as the law is concerned. But under the Keller Williams business model, our broker is our full time Team Leader, and her job is to make sure we agents are representing our client's best interests and that we are doing our job well and staying current on changing laws and regulations.

Marie: And there are certainly plenty of changes to keep up with! Regardless of whether we are acting as a seller's agent or a buyer's agent, we all have responsibilities to the client we are representing, so we really do have to keep current.

Troy: That's right. Those responsibilities are the law in Washington, and they are also spelled out in the Code of Ethics of the National Association of Realtors, which we belong to.

Marie: And they are the core beliefs of Keller Williams Realty. It's nice to know that when we work with clients, we have the support of our broker and our company to make sure we do right by our clients.

Troy: Here's another point to add: Some people think that if they see a sign on a house they are interested in, that they have to call the agent whose name is on the sign. Not true. You can call any agent whom you would like to have represent you as your buyer's agent. And we are not limited to working in a specific area. Any Washington State licensed agent can do business anywhere in the state. If you are moving out of state, it's a good idea to ask an agent whom you know and trust to refer you to an agent in the area where you are moving.

Marie: One more thing that people might not understand is that it does not cost you a penny to have your own buyer's agent! If you end up buying the house, the seller pays the commission of both his agent as well as your agent.

Troy: So the main thing is to be sure your agent is knowledgeable and trustworthy, and that you feel comfortable working with him or her. That should be the criteria for anyone you hire to work for you, come to think of it.

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. And if you need real estate services, please give us a call at (206) 463-LIST. We would love to work for you.

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Loop

Letters From the Edge

Editor:

My Mom's Last Hurrah: I got up at 5:00 this morning to get through on the phone lines to my mom. She lives in Gulfport, Mississippi, and lost her house in the hurricane. Well, she said it's still standing — in pieces — and somehow she'll find the money to repair it.

What she wants to do is to make it into a healing center. That's what she was working on before the hurricane hit. (And yes, there are some open-minded, positive-thinking, alternative healing-minded people in Mississippi.) My mom said this healing center is her last hurrah.

The best gift in the world was to finally hear her voice on the phone after the hurricane. She's 79 years old, and she helps "everybody under the sun" with what little she has.

My mom, Gail Cotton, and her best friend, Jane, run a non-profit called "The Nourishing Place" (www.thenourishingplace.org). They help at-risk kids, and other folks, too. A few years ago, my mom headed the campaign to elect the first black woman judge on the Mississippi Gulf Coast — they won.

Now, my mom's in need of a little help. I'm collecting funds to help her "heal" her healing center. I'm also collecting positive-minded books, to replace her collection that she would lend out to folks. And as my mom told me some time ago, if you can't be there physically to help someone, just "hold them in the light," and that helps them long distance. So thanks to everyone who's helping anyone, from the hurricane or right here at home.

Nannette Cotton Pawlowski, 206-567-5355

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Loop Political Poop





Stackhouse Will Discuss Measure

by Mary Kay Rauma

On November 8, 2005, Vashon-Maury Island residents will be asked to vote on a two-year capital levy for \$2.48 million to pay for immediate safety, operational, and technology needs for Vashon Island School District facilities and a \$4.975 million bond to pay off the cost of the loan for repairs to Chautauqua Elementary School that took place during the summer of 2004 and water damage repairs at Vashon High School and McMurray Middle School.

How can you learn what these issues mean for you? Board Vice-Chair, Susan Stackhouse, is available to speak to community groups about the levy and bond measures. This is an opportunity for Ms. Stackhouse to explain to community members what they are being asked to vote for, how funds will be used, how approval of

the bond and levy will affect their personal financial bottom line, and implications to the finances of the school district if the bond and levy do not pass.

Ms. Stackhouse will provide attendees with a hand-out that explains the difference between a bond and levy, what the capital fund pays for versus what the general fund is able to pay for, and a chart listing varying levels of property values and subsequent financial impact of the levy and bond. The presentation will take approximately 30 minutes (not including time for Q & A), but can be adjusted to accommodate the needs of individual groups.

Community groups interested in scheduling a presentation with Ms. Stackhouse should contact Barbara Gross, Board Recording Secretary, at bgross@vashonsd.org



VIF&R: Check Your Moral Compass

by R. W. Turner

Vashon Island Fire & Rescue has received a federal grant for \$370K to purchase a ladder truck which by the way will cost you an additional \$80K, 10% matching funds plus \$40K for additional features.

Your fire district has also submitted a grant request to Home Land Security for \$400K. As stated in this grant, “VIF&R is requesting grant funding to hire four new FTE firefighters to augment the eight person duty crew VIF&R currently has in place.” This is not what we are being told by the district. Recall being told the second station will be staffed with no cost resident volunteers. The grant will only pay a portion of the cost associated with the new firefighters.

Did you know, in accordance with the VIFR grant request Vashon has two “major shopping centers, three commercial districts.” On a national scale, is this a fair or accurate statement? Consider this, as stated in a fire district’s grant, “VIF&R therefore enjoys no rapid mutual aid from our neighbors. Minimum response time, assuming a perfectly timed ferry boat, is 2 1/2 hours.”

According to the Seattle Fire Public Affairs office, this is not true. According to the Washington State Ferry Public Affairs office, this is not true. How many time have you heard or seen the ferry hold-up, come back or get underway in the middle of the night to evacuate someone from Vashon? The \$400K grant goes on to state, “this grant request offers a golden opportunity to demonstrate to our community the value of employing additional firefighters to staff a second station...Administration and the District’s elected Board are committed to requesting additional tax-based funding to the level required to support these additional FTEs.” Until now, you haven’t been made aware of this.

In my opinion, the grant request(s) are based on and contain

whole false, misleading information. Any incident or evidence of truthfulness is purely coincidental. If the district can say anything in a grant, would it be unreasonable to suggest they can tell us anything to get what they want? I suggest the real reason for hiring new employees has more to do with raising your taxes. The more they hire the greater their ability to tax. My opponent, a recent President of the Rotary stated that the local Rotary’s motto is, “We are not alone in the world,” or words to that effect. With that in mind, considering the unquestioned need New Orleans now has, isn’t it appropriate and morally correct for Vashon to forfeit the \$370K ladder truck grant in favor of a community who has a real, not just imaginary need? Should we not withdraw the \$400K grant as it is full of nonsense? Isn’t it time for Vashon to check its collective moral compass and “walk the walk” of a truly honest, upstanding community?

It is unlikely that any of your current fire officials, or even the person hand picked by a senior district administrator to be the next good little pony commissioner will ever think of or even consider giving anything up. But you can. Now is your golden opportunity to contact your Congressman or Senator and ask them to place a Congressional hold on the grant(s). Encourage them to investigate the accuracy of the information provided and consider redirecting the resources to a location that has a real need such as New Orleans. This is your golden opportunity to send a message to your fire district letting them know you expect elected and appointed officials in position of great trust to conduct your business in a manner that is fair, appropriate and honest. I know suggesting this will not go over well with some, but in my defense, I lived “duty, honor, country” for much of my life, and apparently it stuck!

∞∞∞∞

Note: Ron Turner is a candidate for Fire Commissioner.

Green Party Meeting

The next Green Party meeting will be held on **October 10**, at 7 p.m. There will be a presentation of a documentary film, *Iraqi Labor Leaders Tour the U.S. — June 2005*. If you are interested in finding out what the Green Party is up to on Vashon Island, or just want to see the film, please join us. We will meet at the Asher residence at 15120 Westside Hwy SW (second driveway north of the Havurah, on the east side of the street). Please call Maryrose Asher with any questions at 567-0593. — Submitted by Ivy Sacks.



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Question and Answers about Proposed Levy and Bond Measures on the November 8, 2005 Ballot

by Mary Kay Rauma

What will voters be asked to vote on?

On **November 8, 2005**, Vashon-Maury Island residents will vote on two separate measures for our Vashon Island School District: a two-year replacement capital levy for \$2.48 million to pay for immediate safety, operational, and technology needs within our school facilities and a \$4.975 million capital bond to pay off the loan for repairs to Chautauqua Elementary School that took place during the summer of 2004 and water damage repairs at Vashon High School and McMurray Middle School.

Why a two-year capital levy for \$2.48 million? What happened to the \$73 million Campus Master Plan that I heard about?

The proposed two-year \$2.48 million levy would replace the current capital projects fund levy that expires at the end of 2005. The funds will cover what is necessary to maintain safe and efficient facilities over the course of the next two years. For example, the District will: purchase an emergency generator to be used throughout the District; replace intercom/bell system at VHS; repair and/or replace windows at McMurray Middle School; make technology upgrades and perform maintenance at all three schools; purchase grounds equipment to maintain community fields. The two-year levy will provide the Board of Directors with additional time to develop a Campus Master Plan with a realistic long-range framework for capital spending decisions that are based upon the goal of enhancing student learning and further involve the community in that process.

I thought the Vashon Island School District was involved in a lawsuit to recover funds for the Chautauqua (CES) repairs. If so, why do we need a bond?

We are in the process of pursuing legal recourse for the construction and design defects that resulted in damage to CES. Our case has been filed in King County Court and is

scheduled for review in September of 2006. In the meantime, the line of credit to pay for the construction repairs must be paid off. If money is collected in the settlement, the Board of Directors will see that it goes towards paying off the bond.

What is the District doing to maintain its facilities and prevent future problems?

The Board conducted an extensive review of the problems leading up to the incidents that occurred at CES and has taken several steps to ensure that similar problems do not occur again at any District facility. The District has hired a Capital projects manager whose responsibility is to oversee every capital project as well as additional maintenance and grounds-keeping staff. The Board directed the Superintendent to create a Facilities Maintenance Plan and a procedure for timely response to and accountability for maintenance needs identified by staff. Finally, the Board has created new policies that identify stewardship of District facilities as a District priority and will oversee accountability and adherence to those policies.

What is the difference between a bond and levy?

A bond authorizes the School Board of Directors to borrow money and to collect the taxes necessary to pay off the amount of the bond over the course of its life and as outlined in the bond proposal. Once a bond has been approved by voters, the Board can issue the bond at any time as described in the proposition. Bond dollars may only be spent on capital projects and may not be used for the day-to-day cost of running a school district.

A levy is a tax that may be collected in the calendar year following the year that it appears on the ballot. Capital levy dollars can be

used for capital projects as well as system replacements or upgrades, field renovations or rehabilitation, and equipment, but not day-to-day operations of the District.

What is the difference between the capital fund and general fund?

Capital fund monies are restricted to the acquisition or construction of District facilities, land purchase, equipment purchase, capital improvements, building remodeling, replacement of roofs, carpets, and servicing systems. The capital fund is financed from the sale of bonds, state matching revenues, and special levies.

The General Fund covers all other District expenses such as teacher salaries, curriculum supplies, utility bills, insurance, and day-to-day operating costs. Money for the general fund comes from state apportionment and local taxes paid for by the Maintenance and Operations Levy as well as Federal grants and other local resources.

What happens if the levy and bond do not pass?

The proposed 2-year \$2.48M levy would replace the current capital projects fund levy that expires at the end of 2005. If the levy does not pass in November 2005, funding for facility improvements and technology needs will not be available. In the case of a facility emergency, funds would be drawn from the general fund, a fund that pays for teacher salaries and curriculum supplies. Levy dollars may not be collected until the calendar year following an election. Therefore, if the levy does not pass in November 2005, there is no other opportunity to approve funds for collection in 2006.

If the bond measure does not pass, we will continue to pay interest on the \$4.975M loan that matures in the summer of 2007. Although there

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are opportunities to place this measure on future ballots, if voter approval is not met before its maturation date, the loan will be paid off from the general fund.

How will the bond and levy impact my personal finances? How do I anticipate inflation and increasing property values when looking at a 7-year bond and a 2-year levy?

The charts below provide estimates of property tax increases for the proposed bond and levy based upon the value of your home. Both the bond and the levy call for a specific dollar amount to be collected overall. As a general rule, as assessed valuations go up, rates are decreased. If your property appreciates more than the average rate, you may pay more. If your property valuation is less than average, you may pay less over time. The District will not collect more than the dollar amount that voters have approved. ○○○○

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Spiritual Smart Aleck

by Mary Litchfield Tuel

The Fall Is Here, and I Don't Mean Autumn

Fifteen or sixteen years ago I ran into Leslie Drahos at the Antique Sandwich Shop in Ruston. We talked, and I spilled out to her whatever my tale of woe was at the time, and she said, “Ah, but you’re falling on your face at a higher level of consciousness.”

I like to think that I keep heading for higher consciousness. The falling on the face never seems to stop. Whether it’s because I’m learning how to deal with it, or because I’m older and I’ve been through disaster so many times that the thrill is wearing off, it gets less hard. Note I do not say, “easier,” but “less hard.”

I wrote a story about the School Board for the last issue of *The Loop*, and in trying to get the details about bonds and levies right, I consulted someone who knows all about tax issues. When I said there would be a levy on the November ballot, my consultant said, oh no, the levy won’t be on a ballot until February. I respect this person, and did not double check, which as a reporter was my responsibility – so the story came out saying the levy would be on the ballot in February. That was wrong. It will be on the ballot in November, which is what the Board said at the meeting I attended.

When I realized that I’d gotten a fact wrong in a story that ran on the front page, it was one of those fall-on-my-face moments. Arrgh. Oddly enough, when I fall on my face I feel it mostly in my stomach, a horrid sinking feeling in my mid-section.

This is the sort of thing that causes what Peg Bracken called, “spinners.” Something you have done which, when you wake up and realize that you’ve done it, you spin right out of bed, often with a feral yelp.

What was so inauspicious about the timing of this particular screw up was that I had, the day before, accepted the position of editor of *The Loop*. You know what editors do? They get everything as right as it can possibly be: facts, spelling, grammar, and sources, everything in the paper.

So, more of those horrid sinking feelings in the middle of

the night, but with my higher level of consciousness, ho ho ho, I thought, oh well, I’ve screwed up before and I’m still here, I’m still married, and my kids and my dogs like me. Well, I think the kids like me. Maybe that’s just a pleasant fiction they allow me to have because they hate to see me upset. The dogs are sincere. The Labrador is, anyway. I’m not so sure about the Doberman.

One thing is certain: excessive pride will not be an issue for me in my new job. I make too many mistakes, I forget too many things, and I have children and a grandchild. All you who have progeny understand deeply how efficient children are at keeping us humble.

I am following in large footsteps. First, Hamish Todd, who did it all and made it work with *The Ticket*, and then Marie Browne and Troy Kindred, who morphed *The Ticket* into the *The Loop* and did it all and made that work, and who now are going to be publishers while I will be, well, gee, everything else.

The writers and artists who contribute to *The Loop* are the heart



and soul of this little newsmag. As copy editor it has been, and as editor it will continue to be, a pleasure to read their wonderful stuff. I can’t say enough good about the contributors who make *The Loop* its own unique loopy self.

Don’t expect any big changes or fast moves. I expect a falling-on-my-face kind of editing style. I keep thinking, “Editor. Isn’t that a job a grown up would do?” I am in almost equal measures terrified, and pumped. Pray for me.

oo oo oo

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Don't Forget the Birds

By Ed Swan

Cormorants

Vashon has three cormorants that return in August and September. They are all large black marine birds that swim in the waters surrounding the island and perch on pilings or docks. The Double-crested and Brandt's Cormorants are both about the same size. The Double-crested almost always has an orange patch at the base of its bill, a gray bill and a somewhat flat head. The Brandt's Cormorant lacks the orange pouch, has a dark bill and a rounded top of the head. Pelagic Cormorants are only about two-thirds the size of the other cormorants and have a dark, very thin bill. Double-crested are abundant around the island, Brandt's rare and difficult to find and Pelagics show up in ones and twos but are well distributed.



Jim Rosso photo of Double-crested Cormorant

The Double-crested Cormorant's very common status around Vashon likely relates to its preference for feeding in shallow waters. One or two might be found swimming or perched on a piling along any saltwater shoreline area. They are nearly always present at the ferry docks, often with 50 or more at Tahlequah in the late fall and winter. Double-crested Cormorants make the only local cormorant species that appears on freshwater. They show up frequently on Fisher's Pond, the Island Center Marsh and other ponds. While generally absent during the summer, one or two non-breeders visit from time to time. Double-crested Cormorant numbers appear to be

increasing in Washington. Apparently egg gathering for food and oologist collections reduced numbers early in the twentieth century. Their numbers increased dramatically over the last three decades across the country. Twenty-four states currently allow shooting to reduce numbers, rightly or wrongly considering them a threat to fish populations. Vashon Christmas Bird Count numbers enumerate a clear and steady increase throughout the seven years of the count.

Brandt's Cormorant show up in late fall and should be looked for along any saltwater shoreline area. They are the hardest species of cormorant to find on Vashon with only a few sightings each year. Tahlequah and the floating platforms near Shawnee in Quartermaster Harbor have been good locations. They prefer to forage in deeper waters, depths greater than 20 meters, which likely explains their lesser numbers compared to other cormorants around Vashon.

Much less common than Double-crested Cormorants, one or two Pelagic Cormorants can generally be seen around the ferry docks and other saltwater shoreline areas. As breeding season approaches they develop two white patches low on their flanks that easily differentiates them from the other two cormorants. Pelagics breed mostly on the outer coast and the north end of Puget Sound. However, a colony has used a Bremerton bridge as its breeding site so they might possibly be seen in summer or breed in the future on Vashon. They prefer rocky cliffs rather than the island's clay bluffs, making nesting here unlikely.

In local birding news, many of the wintering land birds returned in the last couple of weeks. I found Golden-crowned Sparrows on September 12 at the Island Center Marsh and Gary Shugart saw a returning Fox Sparrow

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the same day at his place in central Vashon. Fran O'Reilly had the first Merlin of the season and a Great Horned Owl at the Maury Island Regional Park. Barred Owls are being reported from many observers across Vashon and Maury Islands. I noticed a female Northern Harrier migrating over Wax Orchards on September 20, a rare sighting for Vashon. I also heard the first Hermit Thrush of the season on September 10. Cathy Bailey and Rich Siegrist recorded the first Ruby-crowned Kinglet at their place in the Colvos area and a rare MacGillivray's Warbler. They also received a quick visit from a Mourning Dove, another rare bird. Along Old Mill Road on September 12, I spotted two Vaux's



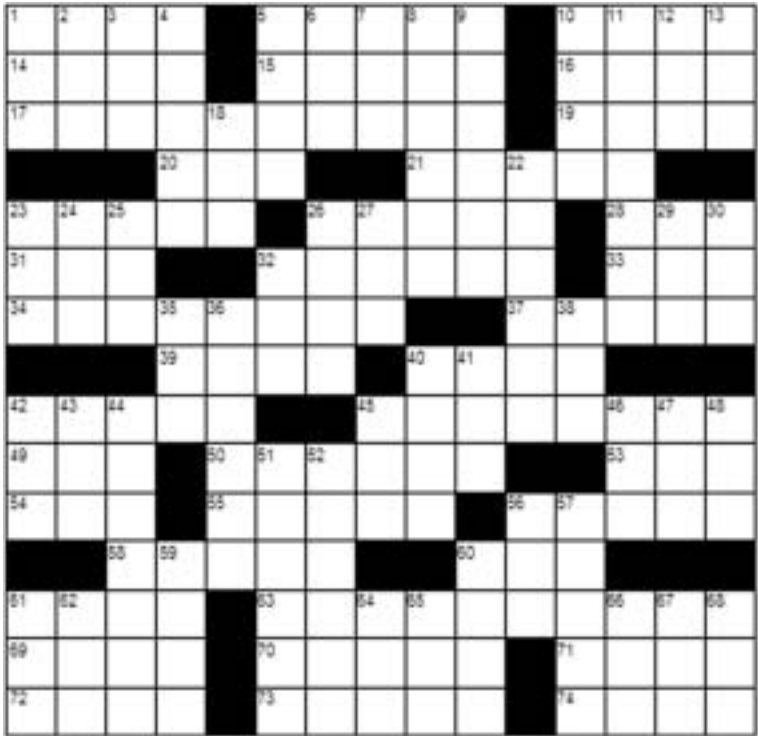
Jim Rosso photo of cormorants and Brown Pelican

Swifts with migrating swallows and 30 American Pipits; both rare sightings for Vashon. Alan Huggins and Larry Huggins saw at least a dozen pipits along the beach at Lisabeula. A flock of migrating Violet-green Swallows topped 200 birds at Dan Willsie's place on Vashon's northwest shore.

A few interesting water birds arrived as well. Gilbert and Jean Findlay had 8 Harlequin Ducks off the Fauntleroy run, found a rare Black Turnstone at Ellisport and saw the first American Wigeons of the season at Ellisport. Alan Huggins and Larry Huggins observed two of the endangered Marbled Murrelet of Lisabeula. Rayna Holtz and Joy Nelsen reported the first Greater Yellowlegs of the year while leading an Audubon field trip to the Island Center Marsh.

Jill Andrews, near Shawnee, has had a flock of about 40 Common Mergansers. Finally, Dan Willsie has noted several flocks of juvenile Sanderling eating sand fleas as they migrate along Colvos Passage. If you have a question about local birds or an interesting sighting to report, call me at 463-7976 or email at edswan@centurytel.net.

A good local opportunity to learn about birds is the monthly on-island field trip run by the Audubon Society on the second Saturday of the month. It meets at the Ober Park park and ride on **Saturday, October 8** at 8 a.m. and returns about 10 a.m. 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 Kritzmman for more information at 567-4837. Teams walk down both sides of the highway from the church down to Sound Foods. **ooooo**



Across

- 1. Cheese
- 5. Silly
- 10. Not one
- 14. Walk
- 15. Soft drinks
- 16. Double-reed instrument
- 17. Woman's haircut (2 wds.)
- 19. Usages
- 20. Pole
- 21. Banter
- 23. "basement" gas
- 26. Writers
- 28. Fire remains
- 31. Moose relative
- 32. Rule
- 33. Three
- 34. Fire truck but on water
- 37. Types of letters
- 39. Western Athletic Conferences
- 40. Peacock blue
- 42. ___ Keller, blind & deaf
- 45. Cripple
- 49. Unrefined metal
- 50. Inner city slum
- 53. Ball holder
- 54. Obtain
- 55. Dark soil
- 56. Forte
- 58. Perspire
- 60. Hoopla
- 61. Healing plant

- 35. Ram's mate
- 36. Bracelet
- 38. Cereal
- 40. Lawyer (abbr.)
- 41. Status ___
- 42. Greedy person
- 43. Before, poetically
- 44. Frees (2 wds.)
- 45. Short-term memory
- 46. Possessive pronoun
- 47. Charge
- 48. Still
- 51. Sandwich
- 52. Diners
- 56. Attention-Deficit Disorder (abbr.)
- 57. National capital
- 59. "as you ___"
- 60. Brews
- 61. Rainy mo.
- 62. Water closet
- 64. Lab animal
- 65. Snacked
- 66. Peculiar
- 67. Reverend (abbr.)
- 68. Digital audio tape

Down

- 1. Extremely high frequency (abbr.)
- 2. Perish
- 3. Precedes an alias
- 4. Railway
- 5. Type of tea
- 6. Neither's partner
- 7. American Kennel Club (abbr.)
- 8. Fix a pet
- 9. Personal property
- 10. Person, place or thing
- 11. Voluntarily refrain
- 12. Fish eggs
- 13. Affirmative
- 18. Term of affection
- 22. Handy
- 23. Arbitrator
- 24. Boxer Muhammad
- 25. Danish krone (abbr.)
- 26. Green legumes
- 27. Fall mo.
- 29. Pose
- 30. Possessive pronoun
- 32. Physician

Solution on Page 17



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Island Life

Text & photos by *Peter Ray*

Indicator Species

Perhaps if they were more like canaries we might be a little more concerned. But they are not-so-flashy margin dwellers with coloring that blends with their environs. They are bug-eyed and slimy and they just may give you warts. We are, of course, talking about that group of amphibians known as frogs or toads. On a worldwide basis they are in an alarming state of decline — Tom Robbins used this as a partial



framework for one of his novels a while back, and it has been reported in passing in the general media only on a need to know basis and in the category titled: “Gee, isn’t that too bad.”

This would be that same category where one might find, if they looked real hard, the stories about Cindy Sheehan being arrested in New York City as she was about to make another speech against the war in Iraq, or the fact that Katrina wiped out twenty to twenty five percent of our domestic oil producing capabilities, or anything about the Republican-sponsored vote-rigging that allowed the Idiot King to have a second residency in the White House. One could go on about other bits of recent news editing by omission, but we don’t really have the space here. If frogs were more like pretty yellow birds and their death spiral a more dramatic scene of piles and rows of



pathetic golden feathered bodies, we might be taking a little more notice. But then again, we have been known to ignore those things that we don’t want to know about. Hey, would anyone like a nice salmon steak?

The problem with playing the connect-the-dots game with any of these issues is that the picture that finally emerges is not one we really want to see. Globally, the reason for the rapid decline in frog populations is that human activity is causing critical habitat destruction. It has been learned that amphibian eggs are highly sensitive to ultra-violet radiation and with the decrease in the thickness of the ozone layer in the atmosphere it is believed that the resulting increase in UV exposure renders many of the eggs into the useless state of the non-viable. And because of their sensitivity to changes in their environment, it is also believed that acid rain is a major factor in the decline of amphibians worldwide.

Perhaps a very good reason why we may not be so concerned about the loss of our frog buddies around here is that on any Spring night between mid-February and mid-May, one can still be deafened by the sound of the annual mating chorus coming from swamps and wetlands. In fact, it has been learned that our own Pacific Tree Frog, *Hyla regilla*, produces an enzyme known as photolyase which can repair DNA damage that is done by exposure to light from the UV part of the spectrum. I have not read anything about possible acid rain damage around here. But one could assume that since much of our soil and water is already acidic and since the prevailing winds come from large expanses of ocean as opposed to industrial areas, that the troubles caused by acid rain may not have come into play here as of yet.

What has gotten me thinking about tree frogs recently is not that I have been noticing any fewer or greater numbers of them — I have been photographing them on and off throughout the year. But with the return of the cooler Fall weather, I have been hearing that telltale creaky floorboard sound that arises in one part of the yard and is echoed and answered from one or many other areas from creatures that seem way too small to be making such a large racket. While noise is a major indicator that the frogs are still around, with the waning hours of heat-producing sunlight, one is much more likely to catch multiple glimpses of the tribe of *H. regilla* as they position themselves on sunny leaf surfaces or in well-situated wall nooks and crannies in order to get one more jolt of solar thermal infusion.

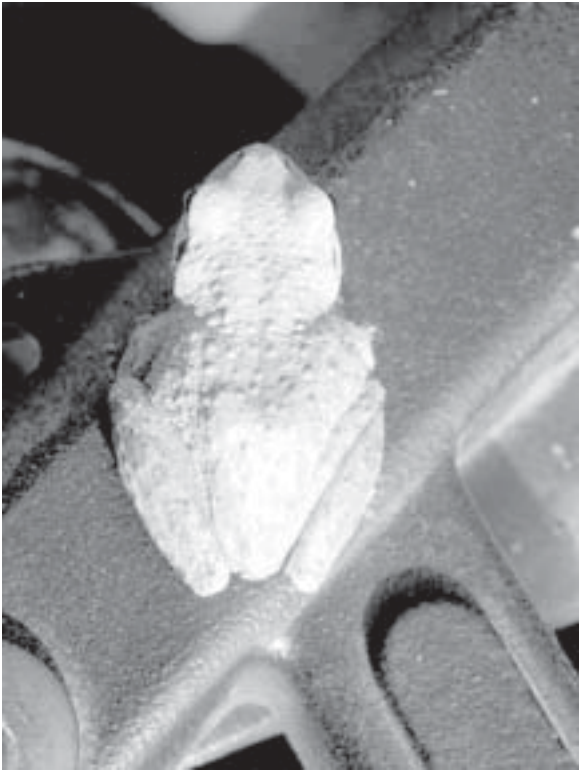
One does not notice it as much now as in the Spring, but tree frogs can serve a useful, if obscure, purpose



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in another area designated for the Rites of Spring. Any number of times over many years I have been working out in the yard or nursery when a comfortable silence has been broken by a sudden, insistent call from Frog Land. Without exception, these days have started out locked into the still present coolness of Winter, with the sun driving away at least some of the chill by mid-afternoon. When I have thought of it, as soon as the frog croaking was noted I would check a nearby thermometer and more often than not the mercury had just passed the fifty-degree mark. This does not seem to be true for cooling trends,



since I’ve heard frogs croaking long after things have chilled well back below the crucial fifty. For some reason though there seems to be a need for announcement or celebration as this thermal milestone is passed — after a cool and wet Winter one has any number of reasons to party, and getting warmer than fifty seems about as good as any I can think of.

Along the lines of sensitivity to one’s environment, one of the scientific claims I’ve read states that while the tree frog can change its color, this change is the result of temperature or dampness and is not a mimicry of its surroundings. My observations would suggest otherwise. The brightest of the green frogs are hanging about on green leaves. Brownish frogs I mostly find in dead leaves and bark piles. Mottled brown and green frogs can mostly be seen in Spring when green new growth mingles with the dead leaves that hang on from Winter. In working around a sandy pond earlier this year, I scared some yellow and brown frogs out from their hiding places, with their skins matching the buff and ochre coloring

of their private beach estate. The one baffling coloration mystery that I’ve only witnessed once thanks to an observant helper was the frog who had taken up residence in a bunch of pink-flowered African Daisies in one of the greenhouses. For some reason this frog, along with its standard green skin color, had panels along both flanks that were true turquoise blue. I have not seen anything like it since.

It is the thought of these frogs that sometimes keeps me from my work. I look at an area that has been swamped by weeds or overrun by grasses and, when I reach for that whirling power stick made for vegetative destruction, I sometimes stop and turn away, not being able to face the vision of small bodies exploding into little bits as that orange nylon line finds a bit of fauna along with the flora being shredded in its wake. One can get around the guilt with the thought that “...at least it’s quick.” Sometimes.

I just stepped out on the porch to think about finishing this up. There was the noise of an airplane and the car next door and the various bird chitterings and chirpings, and there in the distance was the slow, creaking call and response of the tree frogs in the woods to the north and east. I think that the weed whacker will remain silent in the shed — at least for today. In that way I can maybe listen a little more closely to what the frogs are saying. They seem pretty happy — it makes me wonder who they’ve been talking to and what indications they have that something important hasn’t been left out of their conversation.

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The Film Thing

By Peter Ray pgr42@worldnet.att.net

Double-Digging

Sometimes one just has to laugh, although they seem to be harder to come by these days — the laughs that is. With a moved-ahead deadline, I decided to combine a plant lecture and a film into one sunny Sunday afternoon. In going through the calendar, it seemed



that film number two in the four-part art film series at our Vashon Theatre was the most likely candidate for screening. The lecture was being given by a friend and nurseryman from England whom I hadn't seen in nine years. It was a good reunion, and good to catch up with some of the other people in the gardening community that I hadn't seen in a while as well. It was also a bit more than upsetting to find that the down turn in the nursery business that has been felt around here is seeing a more global than local presence. In the "perhaps it isn't just me" category, I found this news to be reassuring, although only in an alarmingly disturbing sense of affirmation. It cannot be a good thing when plant sales are withering on the vine in the Kingdom of Gardens. The laughter in all of this came when I had to excuse myself from the plant socializing to make a seven o'clock screening- I was off to see *The Constant Gardener*.

To be truthful, I am not a big fan of John Le Carre. As a twelve-year-old I was bored to death with Richard Burton in *The Spy Who Came in From the Cold*. Burton was no James Bond, and there were no cool cars or gadgets or things blowing up. And beyond that, Le Carre has always seemed to be linked with big production values and big stars and lots of contrived intrigue- this latter being a commodity that seems to already exist in abundance without having to make more of it up. So needless to say, I was not looking forward to this screening. It did not take long, however, for this collection of assumptions to be dashed upon the spiny reefs and craggy shoals of prejudice and preconception. From the very first frames of *The Constant Gardener* we are given the

impression that this is more documentary than fiction, with jumpy, quirky and often hand-held camera work, and sometimes less than perfect focus, all contributing to the feel that if we are not witnessing the real thing as it is happening, we are at least feeling the bumps, turns and jolts of a really close facsimile to reality. This blurring of the line between truth and fiction is constantly being tested as we try and sort out the truth from the lies being exchanged among the main characters. We are also asked to view the real life hardships of African villagers in the

desperate crowding and despicable lack of sanitation in their village living situations as our main characters' actions are woven through this mostly unknown and unseen Third World.

When one goes to double-dig a garden, you first skim off the surface of a small patch and then once that hole is opened up, you dig down further in the same place. Then one moves on and shovels the next bit of surface soil onto what has been previously stirred up down below so that the next bit of sub-soil can be stirred as well. We find ourselves in a similar situation here, with the surface getting scratched to reveal an underbelly where the action gets stirred around and buried as we bounce back to the surface only to uncover a new bit of the unknown. In all of this, we follow the lives of Justin (Ralph Fiennes) and Tessa (Rachel Weisz). He is the gardener of the title, although we don't see much of his horticultural proclivities. He is also a diplomat in the British Foreign Service, but we don't see much his activities there either. His wife Tessa is a student and an activist, and we are never too sure about what she is doing as well, although in both characters' cases we learn much more as the



expository double-digging works its way deeper into the tale. As the forward motion and flashbacks continue, we are made privy to more information about an international drug company's less than ethical practices in a number

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of villages in Kenya — we will stop here to allow the curious reader to become the discovering viewer.

This is not a happy film. In spite of the fictional nature, the truth of the back drop almost overwhelms the contrivance of the story line. One can easily draw parallels between the race-based accusations from the Katrina debacle, the drug company scam in this film, the Nestle baby formula dumping scandal of a few years back, the truths exposed about turning a blind eye in the film *Hotel Rwanda*, and the quote recently attributed to Henry Kissinger, who allegedly referred to the lower classes as "useless eaters." This is all to say that one will find a lot more in *The Constant Gardener* than one might

expect. In spite of all the double-digging and rich, composty layering, while the harvest of superb acting and captivating story line is a bountiful one, there is an almost unbearable amount of thorns here for it all to get lost in.

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Operation Homecoming:

Continued from page 1

At the heart of the Operation Homecoming plan: a homegrown Vashon mosquito fleet of private boat owners. “Vashon folks are good neighbors and like to help each other out. We’ve been in discussions with the Yacht Club and the Quartermaster Marina and they have already started to organize,” said Pete Murray, Logistics Section leader and Vice President of the Coalition. Murray pointed out that this would not be the first time Island boat owners have helped out in a crisis, recalling a ferry strike in the Seventies when boaters pitched in to transport commuters.

For Operation Homecoming, the challenge will be to help keep things safe while keeping in mind that the whole system will rely on good neighbor volunteers working together in a spirit of cooperation. So, the plan is to set up and staff some organized voluntary pick-up points on the Island and on the mainland to support the inevitable informal mosquito fleet effort. Boat owners who are helping out by transporting injured victims or people stranded by the quake would be guided by volunteer “harbormasters” at each pick-up point. After injured patients have been transported, others who want to be transported would be organized and then loaded on a first-come, first-served basis. There will be exceptions to take into account priority loading needs such as families of the injured or high priority workers needed for emergency response and recovery.

The pick-up points won’t be selected until an emergency but the locations will be chosen with a few criteria in mind. One important criterion will be a way for people to easily get into small private boats, hopefully without wading or getting into a dinghy. A logistics team is now surveying possible locations. During an emergency the instructions to the pick-up points and the boarding procedures will be widely broadcast on Voice of Vashon and the mainland media, and will be posted on www.VashonBePrepared.org.

What can you do to help? If you own a boat or have experience that qualifies you to serve as a volunteer harbormaster, please contact Volunteer Coordinator Mary Swanson at 463-3545 or email her at maryfs@centurytel.net. She’ll get you on a list and in touch with the folks coordinating the boat transport effort.

If you aren’t a boat owner there are two vital things you can do to help. First, we don’t know how long it will be before ferry service can be restarted, so put aside a week’s worth of food, water, and other necessities. That’s one gallon of water per day per person. Second, make a family contact plan. Make sure all family members agree to check in as soon as possible after the earthquake with a relative or friend outside our area, preferably in another state. That way the separated family members can leave messages about their status and agree on a location to link up when that becomes possible.

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“Trying to keep the lights on”

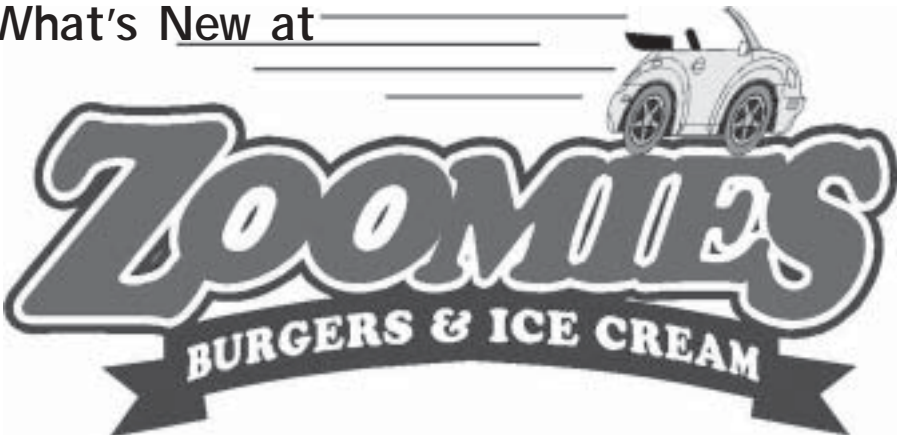
Continued from page 1

ban cell phones in schools was discussed. High school Principal Susan Hanson said, and the Board agreed, “Cell phone use in school is not an issue. All electronics are banned during classtimes, and if someone forgets, the item is confiscated for parents to pick up. After that it is not an issue.” One audience member noted that parents like cell phones because they can keep in touch with their children.

When Gene Lipitz asked, “What about cheating?” Steve Sears spoke up from the audience to say, “Cell phones are one of 101 ways to cheat.” He said he’s thinking of writing a book of that title. The next meeting of the School Board will be October 13, at 7 p.m. in the high school library.

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VPD Discusses Levy; Bond for Athletic Fields

Continued from page 1

The Board is beginning its discussion of what levy rate to request from Island voters for the Operations and Maintenance Levy in February. At its meeting Tuesday night, the Board’s initial discussion was to request .45 cents — the same levy rate approved by voters in 2002. In addition, the Board is considering placing a bond issue before the voters that would provide funding for athletic field development.

Every four years, the District goes to the voters with a levy request for funding to maintain the District’s operations. The current levy rate of .45 per \$1000 valuation runs through 2006. The February levy will run for four years beginning in 2007 through 2010. With increased property values over the past four years, using the same levy rate will provide for the needed increase in levy funds to support the rising costs associated with maintaining and operating the District.


Local sport groups have requested that the District consider a bond as a way to help improve and

develop more athletic fields for youth and adult programming. The Board is considering a \$500,000 bond to be placed on the ballot for the February, 2006 special election in addition to the regular operating levy request.

“We have heard from lacrosse, soccer, softball and more organizations that there is a consistent, growing need for more athletic fields on Vashon,” said Park Board President Julie Burman. “We want to provide a clear choice on whether to dedicate funds specifically for athletic fields. First we want to know if people want us to move forward with a bond. Second, if we go forward with this kind of bond, we want voters to have a clear choice about the investment in fields.”

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Text & photos by *Peter Ray*

Burning Bikes

One of the many things that the Burning Man Festival can do is give one a different perspective on bicycles. This aspect can range from the simple realization that once one is on the playa, the best way to get around to see stuff is by wheeled leg power. I originally wrote two-wheeled, but remembered that we



do have a trike, and one can see a variety of multi-wheeled, pedal-powered vehicles on the playa. Once you have reached your camping destination, you are asked not to drive your transport vehicle anywhere until it is time to go. Motorized vehicles of any sort (and there are many sorts) that are allowed to drive around are granted a license by the Department of Mutant Vehicles and because of their range of ornamentation are referred to as Art Cars. Sometimes this is a bit of a stretch. And then there are the motorized scooters, which have all the auditory appeal of a chainsaw and tend to raise more than their share of white dust in their wake. For the most part, scooter riders are scorned- not that they care. But basically, the vast majority of people at Black Rock City get around for the week on their trusty bicycle.

One's time in residency at Burning Man is judged by how much dust you have accumulated- bikes are an excellent indicator in this regard. For those who arrive opening day, or perhaps even a few days before that to set up theme camps, the telltale white dusting on tires and bike frame is heavily in evidence by mid week. It is also in these early times when most of the art bikes arrive. These are the machines that spring from bad dreams and wild hairs- frames stacked on frames, mismatched wheel sizes, all doing things that bikes aren't normally asked to do. My favorite this year was something that would have made Mad Max proud, if that particular post-apocalyptic vision had more prophetically foreseen a fossil fuel-less future. This bike was actually a trike with a motorcycle wheel on the back and two cart wheels up front. It was a crazy-quilt of chopped and welded pipes, sprockets and chains and an easy chair on top with a canopy over that. It was something that I believe even Rube Goldberg would have marveled at.

As the week rambles on, the tone of things tends to change. The hard core partyers are starting to burn out, and the new people begin to roll in for the weekend finale of the burning of the Man. It is at this point when there is an influx of rented RV's and shiny SUV's with a predictable array of newly purchased bikes strapped somewhere to the outside of these vehicles. The frames glisten, the tires are still new-rubber black and one has the impression that once the alkaline playa dust has had a chance to work its destructive, rusting and corrosive white magic on these bikes as they sit in the garage back at home, they may just end up in the junk pile in favor of yet another, newer retro-cruiser when and if these people decide to return next year.

One evening late in the week we were sitting roadside when someone rode by with a soft front tire and what appeared to be a flat rear one. I was tempted to make a comment, but just then he turned into another camp for what I assumed to be a search for a tire pump. Since we were well in to cocktail hour at that point (it WAS after twelve noon and a bit before six, so "well into" might be an understatement here) and the motivation level was waning. When the same person came back by with the rear tire still flat I yelled at him and he stopped. It seems that he was completely unaware of his predicament. "It has been kind of hard to ride", he said. Part of what drives the Burning Man experience- or at least it's supposed to- is what is known as the "Gift Economy". No commerce is allowed in the City, and



transactions of any kind are encouraged to be barter or altruistic offerings. This guy needed a gift, so I asked him to have a seat and a beer as I got out my work stand, toolbox and bike pump. The inner tube stem on the front tire was at a forty-five degree angle and the stem on the rear inner tube had broken off. The front tube was then re-seated and pumped up. We had a couple spare mountain



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Chris Volkman
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bike tubes so the old one came out and was flung to the ground (temporarily) and the new one put in its place.

As I took the bike off the stand, the guy asked what could be done to prevent this from happening in the future. Pumping up the tires seemed to be a good response, and in my asking a few more questions as well I found that the bike had been purchased for last year's event, had sat in the garage for a year and no, he hadn't thought to pump up the tires in the mean time. I suggested that when he got home he should maybe get a bike pump and take the bike to a bike shop to get it cleaned and ready for next year. He thanked me, rode off and after a few pedal strokes he stopped and turned and said "Hey, it does ride better." Genius. This is just one of the reasons why I love Burning Man. **o o o o o**



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Text and drawings by Kathy Abascal (AHG)



Pondering Statins

One of my fellow herbalists recently shared a test he gives his clients who are considering using statins to lower their cholesterol levels. He asks them which of two drugs they think would be best: Drug A which reduces heart attacks by about 32%, costs about \$9/month, and has the side effect of occasional burping or Drug B which reduces heart attacks by 22%, costs \$20-200/month, and has side effects of muscle pain, fatigue myopathy, congestive heart failure, memory loss, liver and kidney damage, and neuropathy. He reports that most opt for Drug A (fish oil) over Drug B (statins).

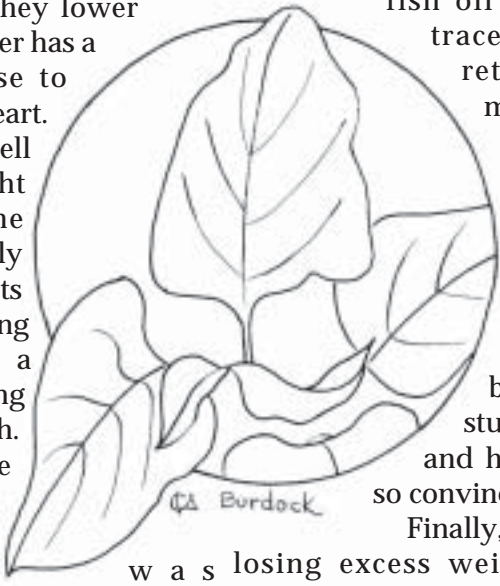
Yet statin drugs, not fish oil, are among the most widely prescribed drugs in the world, generating over \$25 billion/year in revenue. Are statins really a good thing?

Frankly, we are at a point where the answer to that question is uncertain. It reminds me of the issue of hormone replacement therapy (HRT) in menopausal women. For decades, HRT was strongly promoted and prescribed to almost all women. Studies were cited to convince women that HRT would improve their health, reduce the incidence of dementia, and prevent cardiovascular problems. Eventually, however, a large study concluded that HRT instead increased the risks of breast cancer, Alzheimer's, and cardiovascular accidents. In my opinion, we still do not have an equivalent large, unbiased study of statins. Personally, I think statins ultimately will be shown to cause more problems than they solve. But in the interim, whether statins are a good thing is really a matter of opinion and faith.

It is also a matter of opinion and faith whether herbs can be used to reduce some of the potential side effects of statins. I think they can, and I recommend a number of supplements to those taking a statin drug. First, I recommend taking Co-Q 10 (ubiquinone) religiously. Statins inhibit the body's production of Co-Q 10 which is a nutritional factor (a coenzyme) that helps cells use oxygen and it is of particular importance to heart and other muscle health. Next, I recommend taking schisandra, a pleasant tasting berry. Schisandra is used in botanical medicine to improve overall health and strength. It is also used traditionally to treat liver ailments

and small studies show that it tends to normalize liver enzymes, and reduces enzymes that indicate skeletal muscle damage. Statins have the side effect of increasing an enzyme that reflects skeletal muscle damage, and several statins have been removed from the market for causing serious, and sometimes fatal, muscular disorders. Statins also tend to elevate various liver enzymes. Finally, I would take a hawthorn supplement. Hawthorn berry has been well studied, has no negative interactions with prescription medications, and is a heart strengthener.

And if you decide not to take statins, what should you do? Policosanol (made from sugar cane wax) and red yeast rice (which contains a statin) are two supplements that are often recommended to lower cholesterol levels. Both have good evidence to show they lower cholesterol but neither has a long history of use to promote a healthy heart. I think they work well and can be the right choice for someone who wants to quickly lower their blood fats but I much prefer using herbs that have a history of supporting cardiovascular health. These herbs are commonly referred to as 'cooling the liver.' This picture



was used as a metaphor in the old days before anyone tested for cholesterol or knew to worry about their cholesterol levels. Herbs with these properties include artichoke leaf, dandelion root, burdock root, turmeric, and many of the medicinal mushrooms. These herbs tend to be a bit bitter and are usually rich in polysaccharides. They improve the gut flora and have a positive effect on the cycling of cholesterol and bile in the body. They are not well studied, but in my experience they gently reduce cholesterol levels and improve good-to-bad fat ratios over time but do not have a dramatic, immediate effect on blood fats.

I would again recommend hawthorn. Frankly, I think anyone who is worried about their heart health should use this gentle berry. As a medicine, it can be taken as a tea, a tincture or as a syrupy solid extract that has a very pleasant taste. Hawthorn is used traditionally to support the aging heart, and even the Journal of the American Medical Association agrees that it can be a valuable adjunct in the treatment of heart disease. And I recommend a good source of essential fatty acids. I personally would simply use flaxseed, either as an oil or as ground, whole

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seed. To be on the safe side though, I would recommend a high quality fish oil (one without traces of flame retardants and mercury) Fish oil is a safer bet because some people are not able to convert adequately the flax oils, and because the studies on fish oil and heart health are so convincing.

Finally, a healthy diet, losing excess weight, exercise, quitting smoking and reducing stress are even more important for heart health. In fact, one of the biggest criticisms of statins is that people are tempted to rely on the drugs rather than make the life style changes that



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

ultimately will protect from strokes and heart attacks. Individuals who decide not to take a statin may be more aware of the need to address these vital issues, and thus may enjoy greater health in the long run. ∞∞∞∞

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

The Big Blue Mule

by Rex Morris

I spent two months in the wilds of northern Idaho a number of years ago. It was a packing trip—by which I mean we were horseback with all our camping gear on pack horses and mules. There was a whole month during which I not only never rode in a motorized vehicle, I never even saw one, not even an airplane.

One of the mules on that trip was named Timothy. He was the biggest mule I'd ever seen—and the strongest. He was a giant and a beautiful, speckled blue color.

The day I arrived, the packer, a man named Paul, told me that I had to watch Timothy every minute. When I asked him why, he told me, "He wants to kill you." When I looked startled, he said, "Don't take it personal. He wants to kill everybody."

Timothy had been abused when he was young. He had never forgotten and he was pissed off about it. If you don't know, mules are hybrids and many of them are very, very smart. That was the scariest thing about being around Timothy—you could see the malevolent scheming in those smart, dark eyes. He was always trying to figure a way to hurt you and kill you if he could—and it was not a mindless hatred, it was reasoned.


He would do anything to get you—at every moment he was looking for a way to bite you, kick you, stomp you, or strike you. He would try to maneuver himself so you had to pass between him and a tree or another animal to tie or untie him so he could mash you and you had to be especially careful when you put a pack on him. We overloaded his every day, hoping he would be too tired to fight us when we unloaded it in the evening, but it never seemed to make a difference.

I think he even stayed awake at night, hoping someone would come around and he could catch them unawares. I was often my job to check the stock in the middle of the night and I never once found him sleeping.

It wasn't like the feeling of being around a grizzly bear or a mountain lion, something that might kill you as part of the natural scheme of things—either to rid the territory of a competitor or just to eat you. I never had the feeling that bears hated me although they have more thansufficient cause. It was different with Timothy—he actively hated all of us and you could feel it every minute you were around him. I would often have the distinct feeling someone was watching me and turn around to find him eying me craftily. It was spooky.

The thing was, Timothy saved my life the first day out so, despite his malevolence, I was honor-bound to treat him well. Saving my life was purely accidental. If he had known what he was doing, I am sure he would just not have.

We were riding along in a line—four or five cowboys, each of us with two or three pack horses or mules strung out in a line behind us. Timothy was in the string just ahead




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of me and I had a string of three pack horses of my own.

We were crossing a creek—not quite deep enough for the horses to be swimming but deep enough my knees got wet. The bank on the far side was steep and high—so high it slowed the string ahead of me as the animals had to climb up it.

Without thinking, I got too close in behind them. The little black horse I was riding came to a forced stop right under the ones just ahead as they were climbing out. Before I realized what was going on, my own string crowded in around me so tightly that there was no way I could have even gotten out of the saddle.

Timothy had his forefeet up on the bank and was, as usual, carrying twice the weight of any other animal in the string. The little mare behind him got too close too and, stalled halfway up, she suddenly started to fall over backwards. I was stuck. I couldn't back up and I couldn't get out of the way—my legs were pinned by the pack horses. I sat there, helpless, and looked straight up at a fully loaded pack horse that was already over backwards so far there was no way she could help herself.

I distinctly recall thinking, "That's me dead, right there," as I looked up at that little mare coming right at me upside down. And it would have been true too but, just then, that mare reached the end of her rope. She was tied to Timothy's pack and her falling tugged him backwards. With one heave of his massive shoulder, he snatched that mare out of the air over my head and threw her, pack and all, up onto the bank. It was the singularly most powerful feat I was ever witness to.

It took us more then an hour to get the horse and the gear untangled and repacked but but that big blue mule had flat out saved my life. I doubt he would have appreciated the irony of it all. He certainly did not understand why I began to bring him extra grain or tend the sores on his face when his halter began to chafe him—and neither did the other cowboys. I never told them why. I didn't need to. It was just between Timothy and me.

I wish I could tell you that my grudging admiration and good treatment changed Timothy's mind about human beings but it didn't. He still eyed me in that ill-hearted way every moment I was around him—and, even while I was lavishing him with care, he wanted to kill me. In the end, I didn't really blame him. He was probably smarter than the cowboy who'd abused him so badly anyway.

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Planet Waves

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



Aries (March 20-April 19): How much is money worth? It’s worth something. Is it worth fighting for? You’ll have to be the one to decide that. It’s definitely worth working for, but the question there is how fiercely you’re willing to resist your own sense of right and wrong to put cash in your pocket. Better to scale back your sushi habit.

Taurus (April 19-May 20): It’s possible to view life as a fight for individual survival, or as a process where we all devote ourselves to collective survival. If you’re sitting in your car stuck in traffic reading this on your cell phone, the message might be especially more meaningful. In some important sense, it’s time to travel by bus.

Gemini (May 20-June 21): Your ideas and your reality about where to live or how to feel are not quite aligned. Make sure you update your files. A new home or a totally new emotional outlook is calling you, but you need to make sure you’re not living in the past, or anywhere near it.

Cancer (June 21-July 22): No matter what changes may be called for in your domestic environment, remember I told you that you’re going to wind up just how or where you need to be, including if that turns out to be exactly where you are now. No matter how weird things may seem, there’s very little that can actually go wrong. So don’t waste your time worrying.

Leo (July 22-August 23): Mars has been hanging out in your house of profession, fame and ambition for a while, and it’s going to be there for a while longer — close enough to the Earth for you to see with your bare eyes. It may not look to others like you’re getting anywhere, but you know you have to build your house out of bricks, which takes a little longer than one-piece molded plastic.

Virgo (August 23-September 22): It’s as if you’ve created the most awesome party, arranged for catering with your favorite food, hired the most talented dancers and musicians, and even convinced a millionaire to sponsor bowls of money at the door so people can take some cash on the way out. Just don’t forget to invite yourself.

Libra (September 22-October 23): There’s a rather mysterious New Moon in Virgo right before the Sun enters your birth sign Sept. 23. This says you have

to be who you are on the inside first and the outside second. Acting does not count, but often, what we do reflects who we think we are — so even your strange responses can be put to good use.

Scorpio (October 23-November 22): Only invite people into your bed that you would trust with the life of your child (or proverbial child, or prize rare-breed finches). While you’re at it, place the following sentence on a copier and enlarge to 800%: “In the next three months, I will get into no fights that I don’t personally start.” So make nice, don’t hesitate to say I’m sorry twice, and don’t put up with any bullshit.

Sagittarius (November 22-December 22): Now that you’ve completely rearranged all your opinions about how you feel about everything, you can get back to basics. It’s not that your grand scheme is without meaning; far from it. It’s that the most fundamental aspects of life, which I will sum up as everything that allows you to do better than merely survive, are what counts for the most now.

Capricorn (December 22-January 20): Don’t worry if anyone calls you a cold, cruel person for setting your boundaries or being true to your priorities. In this world, each of us is the judge of what is fair, and unfortunately for anyone who wants to take advantage of you, you happen to be making just such assessments now. Everyone else should mind their business so you can mind yours, but it rarely happens in that order.

Aquarius (January 20-February 19): Potentially annoying domestic or emotional influences are in the air, but how this works out depends on how you handle the situation. Keep your best Aquarian calm reserve, and don’t try to solve tomorrow’s problems today. Stick to who and what you know about, and try one day at a time. You’ll make the most creative decisions that way.

Pisces (February 19-March 20): What does it mean to take responsibility for yourself? I would say it starts with being honest with yourself. Characteristically, you give yourself generous wiggle room. Remember, if you’re going to squirm near the open airplane door in mid-flight, wear your parachute. But your time would be much better spent flying the plane.

Eric Francis has more to say at PlanetWaves.net

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Vashon Talks Housing

Continued from page 1

accessory dwelling units, commonly known as “mother-in-law apartments.” Island architect Jon Thomas noted that although Johnson’s department was encouraging the construction of ADUs, the Seattle-King County Health Department and DDES (King County’s land use department) require ADUs to have separate septic and water systems, making them expensive to build and hard to get permits for. Clearly, the various King County agencies have conflicting goals, and we are caught in the crossfire.

Kalhorn introduced five panelists, representing various perspectives on the issue, who each gave an overview of affordable housing opportunities and constraints.

Vashon Household Executive Director Sam Hendricks spoke first. He said that we are well on our way to becoming Mercer Island or Martha’s Vineyard. According to Hendricks, the biggest challenges to developing more housing are zoning and water. Because of the Island’s zoning, there is only about a 10-block radius around town where affordable housing can realistically be built (because the zoning allows greater density)—but only if there were water shares available. He recommended policy changes to free up water shares and ease zoning restrictions—maybe on other parts of the Island—for the express purpose of developing more affordable housing. Rita Schenck from the Institute of Environmental Research and Education commented that it would be great to see communities like Ellisport and Dockton become viable and thriving once again.

Island real estate broker Emma Amiad was the second panelist. She started by saying that our problem is “100% political.” She reviewed a financial analysis she recently prepared for a client who wanted to build two modest homes on a five-acre parcel. The bottom line was that the houses would have to sell for \$500,000 each for the developer to break even, in large part because of the high costs of permitting and land development on Vashon. She added that much of Vashon’s very low-cost housing consists of yurts and tents and trailers on the “back forty,” and that when property is sold to a new owner, he or she typically wants the renter to move. Amiad ended by suggesting there is an opportunity to at least partially solve the water problem by looking at usage rather than the number of bedrooms.

The third panelist, Donna Klemka, who serves on the Community Council’s groundwater committee, reminded listeners that more water going *in* equals more effluent going *out*, which potentially affects the quality of the groundwater. Klemka suggested we implement conservation programs, which are virtually non-existent on the

Island. In response to a question about whether water shares could be prioritized based on some criteria like whether a consumer was volunteering for a conservation program (or whether the share was specifically for low-income housing) Klemka said the law is unclear on this, but that one water district commissioner had told her that the district would probably be sued if they tried it. She added that it is also unclear whether District 19 can even drill for water outside its service area boundary.

Architect Jon Thomas spoke next. He said that the main constraint to building is getting a permit, largely because of the Seattle-King County Health Department and its strict requirements regarding septic systems. He said that water and septic issues drive all building projects on the Island, and added that although ADUs sound like a good idea, the cost to build one is excessive (again, because of permit and land development costs), and that often the appraised value of an ADU ends up being less than the cost to build.

Lynn Davison from the non-profit organization Common Ground (whose mission is to solve homelessness) was the final panelist. According to Davison, we will not be able to maintain economic diversity on Vashon unless we decide that it is important enough, and decide that we are willing to subsidize it in some manner, whether financially or through priority allocation of resources. She agreed with Klemka that we have a huge opportunity in developing water conservation programs, and that we should evaluate zoning, and decide whether it makes sense to allow another area of population density.

Several Islanders made comments after the panelists had finished. Chamber of Commerce President Tom Bangasser noted that so far this year, an average of 874 families use the Food Bank each month. This is almost twice the usage as in 2002, and represents about 15% of Vashon’s households, indicating that low to moderate income Islanders are having a harder time making ends meet here, as affordable housing disappears.

Rita Schenck said that forming a Public Utility District would put the solution to Vashon’s septic problems in our own hands, and added that there was opportunity in harvesting rain water in the same way it’s done in the San Juans. (They have a variance that allows them to do so without having a legal water right.)

Kalhorn summed up the consensus of the meeting, which was that we can’t solve anything without addressing our septic and water issues, and unless the community clearly and strongly supports doing so. Next steps?

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Positively Speaking

By Deborah H. Anderson

Hand Signals

At first I thought it was my imagination, or sleep deprivation. There were new ferry workers, or so it seemed, and their hand gestures weren't the clear, concise movements I was familiar with. Moving on to the ferry seemed to take more than the usual amount of attention to figure out exactly where they wanted me to go. I finally figured out that they must be covering for people on vacation , or extras with the summer load.

I hadn't realized how much I relied on steady controlled hand signals until they weren't there. Some of the hands and fingers drooped a bit so didn't get that double thumbs up pulling to the inside indicating the inside lane of the outside sections. Others were imprecise in the matching of facial expressions with hand signals. While motioning to move in the center lane, they would suddenly look another direction. It left me saying, "Which, where, what?" kind of trying both efforts so they would correct me more clearly.

But the worker that took the cake was a guy who obviously was having a bad hair day. As I boarded, he dropped his chin to talk into his radio, and pointed his right index finger to the sides. Now, I've ridden enough to know that actually I was the car that should have gone down the center lane. But the guy was looking straight at me, so I veered right. He gave me a disgusted look and, having reached my limit of over town anti-social encounters that day. I stopped and said politely, "Where would you like me to go?" Maybe it was more a male PMS day for him, as he angrily stated, "Anywhere you like!". So...I pulled around went down the center section like I knew I was supposed to, A. to maintain tradition and B. because I've always had this suspicion that the cars were loaded such that the boat would float upright. I didn't want to be the headline announcing, "Van causes Issaquah to submerge. All bodies recovered but service will be disrupted indefinitely." Ohmygosh...how could I ever live that down?

I got out of my car and, as is my wont, I went to the very farthest front point I could on the upper deck. I leaned way out and embraced the joy of leaving the city behind me. That fifteen minutes can reorient me in remarkable ways if I let it.

As I gazed out to the north and south, my eyes swept through the car deck. There he was. Mr. Grumpy. The peace I was experiencing put a contemplative question on my heart. How could I respond to this guy who was clearly having a tough time? I thought of the words that could continue the strain and then I thought of the words that could end it for me.

"God," I prayed, "Bless him however he needs to be blessed today." Now that isn't the first time I've ever prayed that before, but for some reason it meant something to me that day. I guess with all the strife and storms and hardship that has been going on, I just wanted to add something different to the mix. People who are rude and insolent and arrogant and mad are always having a struggle. If I'm not having a struggle that day, or if I'm having a mature struggling day, it's up to me to bless them.

We have the power to bless. We have the power to add something different to someone's life. It's up to us to take that moment and throw it out there to them.

No kidding, the next time I saw him, there was less tension in his face. See, people know when they've been jerks. I know it. You know it. The guy next to you with his elbow in your side knows it. What we forget when we reach global escalation, is that strife can be counteracted with blessing.

We bless those who are unfortunate. Give it a go. Bless a crabby person today. Next time, you may be the one to receive. ☺☺☺

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Loop ~ Sports



Ernesto,
I was at Casa Bonita last week with a few of my crew when I heard the booth behind me talking about Gug being inducted into the WA State HOF. They sounded excited—so much that the waitress had to come back four times to refill their basket of chips and salsa. My only question is, “What the H-E-Double Hockey Sticks were they talking about?”

Innocently but Interested,
El Capitan Don Juan Wolczko
Captain,
Here’s a brief translation: Mick “Gug” Guglumo is to be inducted in the Washington State Wrestling Hall of Fame on November 12th! The induction will be held at Pacific Lutheran University in Tacoma. Tickets can be



The also-rans from Wheeler’s short list console each other after losing to Deane

Ernest
Hello Erneee,
My name is Ricardo Wheeler and I used to run the very popular website called Rich Wheeler’s Rankings. It will be up and running again soon and I plan on having about 500 hits a day. But, before I put the site up again, I thought the readers of *The Loop* would like a preview of my next list of rankings, the Top 10 Citizens of the World:



Pre-induction rites are already taking place on behalf of Mick Guglumo’s ascension to Wrestling godhood

purchased from Eric “Bling Bling” Bingham or Anders “the Wing Ding Dong” Blomgren. The whole Vashon Wrestling Community is thrilled and many will be there in the audience.

E.
Ernest,
I just wanted to let the word leak out here on your column that Howard “The Big Dog” Dean will run for Student Body President of Vashon High School in 2006-07. He expects tough competition from Rosetta Avolio Toly and Nicolas Berry (who will be coming back from college for the elections). The Big Dog Dean is hoping for a restart and a recharge of his personal psyche. He thinks that his new “Local before Global” campaign will launch him back to the forefront of our nation’s presidential candidates. Dean also hopes to check out some Lacrosse games when he is on the ever busy campaign trail: “I heard they are talented and exciting to watch. Particularly when they throw the ball out of that stick thing into the net which is kind of like a goal. Good luck Vultures!”

So there you have it, the sneaky leak that is.
Sincerely,
Anonymous
Dear Anonymous,
Thanks for the sneaky deaky leaky thing.

Top 10 Citizens of the World by Ricardo Wheeler
Howard Dean. For choosing Vashon over the World. For going local before global. For getting a fresh start. “Education is important,” he claims.

Citizen Cope. For giving us some sly ham and cheese on rye tunes and for putting the very important word “citizen” back in our community vocab and cultural conscience.

Wes Stream. He’s the landscape master, enough said.

(Our little) Hugh Richard Wheeler. I would put him #1 but I didn’t want to be biased in my column. I’m very objective like that.

Brittany Spears. In the top 5 again for having a baby. And she’s almost as pretty as my wife Shastasha! Almost!

Pam Hizeld. After completing her fourth dog training class she told her dog, Lillie, “You’re become a model citizen.” That’s soooo sweet.

Darryl Batty. Coaching soccer isn’t easy and he’s really great at it.

Bill Murray. He continues to motivate me with his passionate personalities in *Lost in Translation* and *Broken Flowers*. I’m going for another workout now.

Harry Potter. He’s the coolest roommate I’ve ever had.

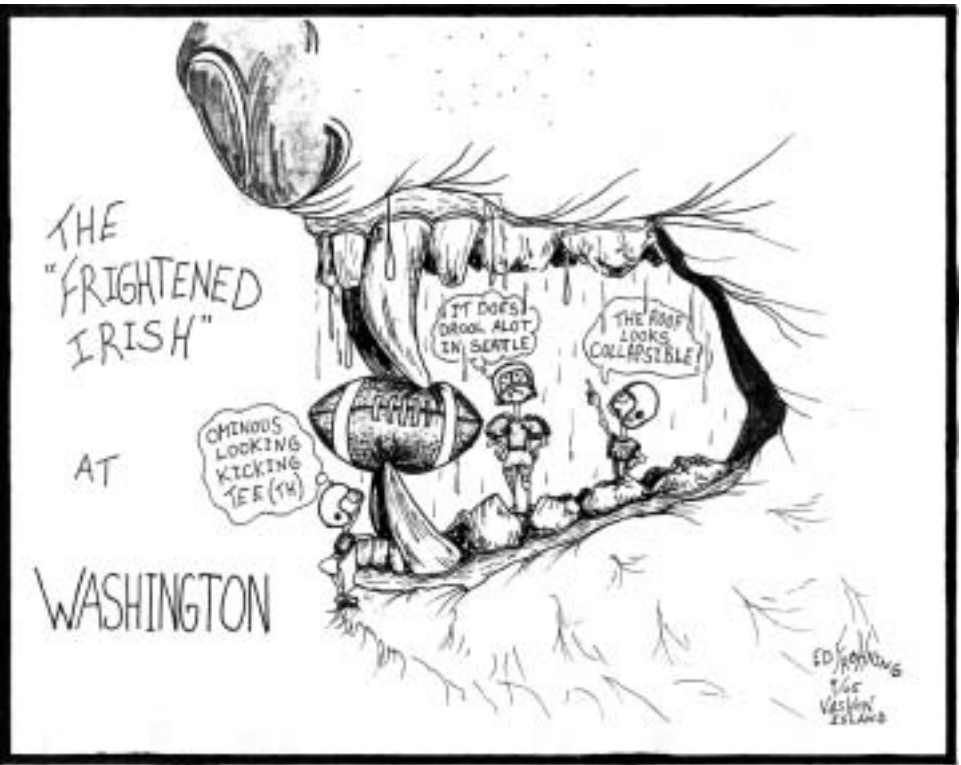
Scout (my dog). As Ms. Hizeld said earlier, “Dogs can be citizens too.”

Check out more next time or when my site is up and complete.

Sincerely,
Ricardo “Tricky Ricky” Wheeler
Tricky Ricky,

Thanks for the rankings. I can think of a couple more I’d add, but you’re (apparently) the Objective Journalist.

Always Earnest,
Ernest



Financial Planning 101: It’s More Than Investing Your Money

By Mark Goldman

Last time I alluded to the proposition that planning can be more important than portfolio design, particularly when you suspect, as I do, that substantial hazards lie ahead. Your investment strategy should ideally be part of an integrated financial plan. A good financial plan is like a detailed roadmap for achieving a set of defined lifetime goals. It’s nice to know how much risk you can afford to take to reach those goals.

Most estates are a collection of different types of assets: cash, securities, business interests, real estate, personal property, insurance, and retirement plans. Each of these categories is treated differently in the tax code and in the marketplace. Some assets appreciate over time; others depreciate or waste away. Some are influenced by demographics, inflation, interest rates, government regulation and policies, or a combination of all of these and more. Life changes things too...people have children, change careers, buy homes, cars, and toys, send kids to school, get sick, get fired, borrow money, inherit assets, make gifts, retire, and die...any of these events can affect your income and/or expenses, your tolerance for risk, your need to plan ahead.

What I’ve discovered is that all of these variables when taken together make planning a complex puzzle. One way to handle this is to have someone create a computer model of your estate for you. A model contains complex formulas and assumptions for most of the important variables that will affect each asset category, as well as all income and expenses. The end result is a year by year view of how that estate, as it is currently configured, might progress over many years. You can then play “what if” games with any or all of these variables to see how decisions affect results. This leads to a road map of how to proceed. The human brain alone cannot possibly manipulate all of these many variables and assumptions. A computer model is needed to do the work and accurate input information is key.

Many financial planners do not believe they need to go to this much

trouble to give good advice. Surely, many folks have done well without it. But I am convinced that this kind of planning can be more important than anything else you might do. Why? Because I’ve run the numbers on all kinds of estates. Cash flow and taxes are key. If you don’t track how your income and expenses will behave over time, you can find yourself deeply surprised. Americans do not generally save, plan, or invest enough to meet desired goals. And if you don’t understand where or how your ongoing spending decisions can impact your long range objectives, you will not be inspired to follow a plan. A sophisticated computer model can show you what will happen if you spend more than you can afford and it is often impossible to know how much you can afford without running the numbers out many years. Large estates have their own unique set of problems.

Whether an estate is large or small, it’s important to look at it in its overall context to understand how things might play out over time. Each estate is unique and it matters that ongoing expenses in relation to income will be sufficient to meet stated goals taking into account inflation, taxes, investment growth, etc. This isn’t always, or even usually, intuitive. Understanding your financial vulnerabilities should come before designing an investment strategy.

Visit Mark’s web site: www.gpln.com; email him at: mark@gpln.com; or give him a call: 206-463-2019

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What is one of the first things that Adam and Eve did after they were kicked out of Eden? They raised Cain.

Eventually you will reach a point when you stop lying about your age and start bragging about it.

May God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

OneLiners

(more or less)

A dry sense of humor beats drooling.
Reality is the only obstacle to happiness.
Let not the sands of time get in your lunch.
Cats humor us because they know that their ancestors ate ours.
A warped sense of humor is vastly better than no sense of humor.
Some days the only way to get home on time is to take the day off.
The next time the universe knocks on my door, I will pretend I am not home.

It has been estimated that in the last 3,500 years there have been only 230 years of peace throughout the civilized world.

If I had known I was going to get this old I would have taken better care of myself when I was young.

Middle age is when you burn the midnight oil around 9 p.m.

My grandson asked if I still look at women. I said yes, but I can't remember why.

Quotes about humor:

A good laugh is sunshine in a house. — William Makepeace Thackeray

A merry heart doeth good like a medicine. — Proverbs 17:22

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life. — William Arthur Ward

Humor is a rubber sword — it allows you to make a point without drawing blood. — Mary Hirsch

You must not think me necessarily foolish because I am facetious, nor will I consider you necessarily wise because you are grave. — Sydney Smith

WILD WORLD / Ed Frohning



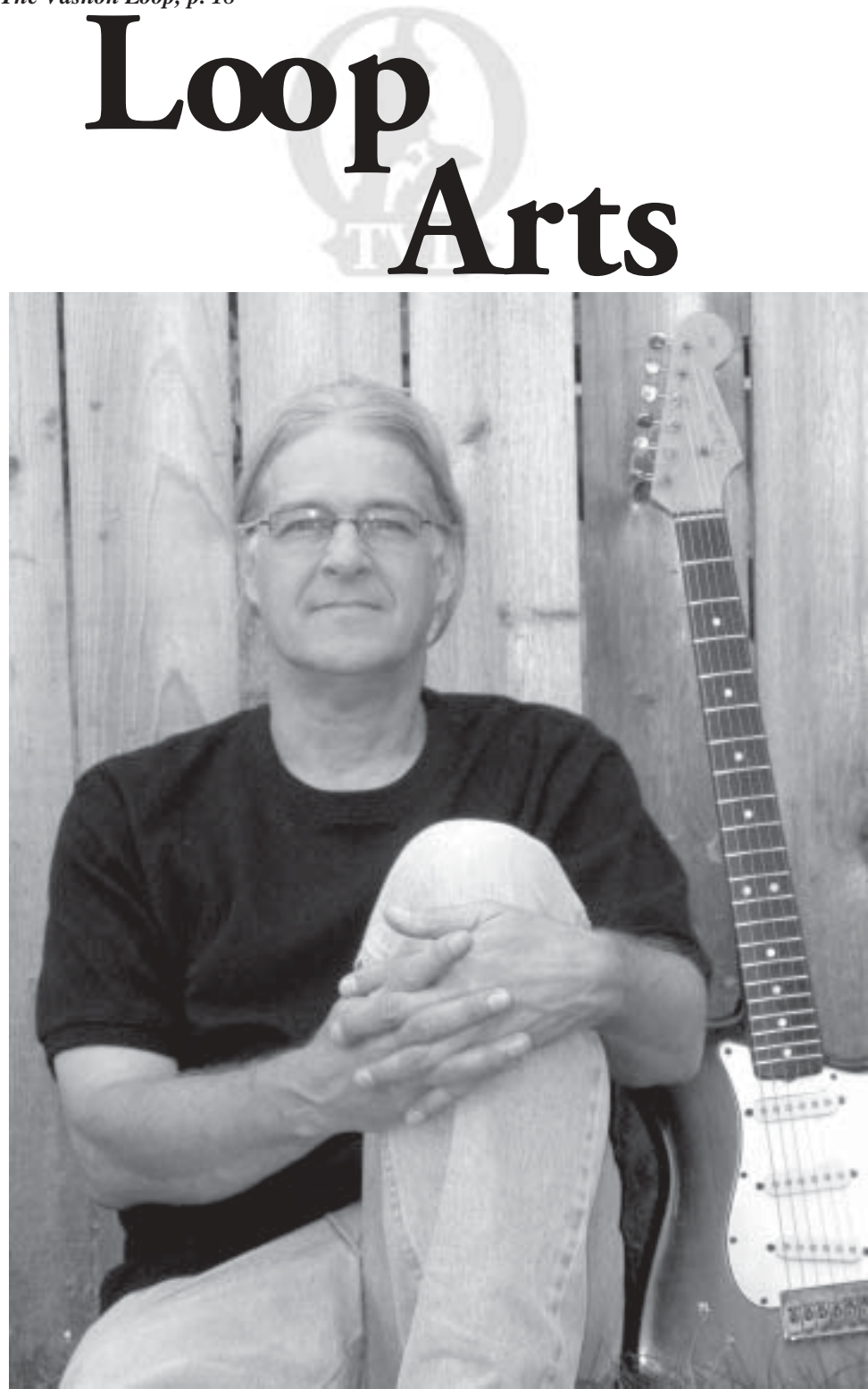
The letters of the alphabet in order of their frequency of use are: ETAISONHRDLUCMFWYPGVBKJQXZ

Shouldn't the cosmic stupidity hopper be empty by now?



OFFSHORE





Lukenfranz

By Janice Randall

Vashon Allied Arts' New Works Series '05 presents *Lukenfranz, Island Grown Music* performed by Luke McQuillin and fourteen Island musician friends on **Saturday, October 8**, 8 p.m. at Blue Heron Art Center. McQuillin, guitarist, songwriter and vocalist says, "I'm excited about this show; I've always wanted to do this. It's about providing a vehicle for us all to play music together." Tickets are \$8/\$11 and available now at Blue Heron and Heron's Nest. Call 463-5131 to reserve.

In addition to McQuillin, top of the line musicians will include: Jason Everett, bass; Brent Magstadt, acoustic and electric guitar; Jean Richstad, vocals and violin; Mark Wells, guitar and vocals, Doug Ringer, bass and vocals; Geordan Mitchell, drums and percussion; Tab Tabscott, dobro or lap steel guitar; Jack Barbash, acoustic and electric piano; Stephen Seigel, didgeridoo;

Van Crozier, saxophone; Richard Person, flugelhorn and trumpet; Dave Link saxophone; Fletcher Andrews, drums.

McQuillin plans to create a "symphony of musical noodlings" and take the audience on a musical journey with all original compositions. From "mostly acoustic" instrumentals to country, fusion and jazz to blues and R&B, different players will sit in for different sections of the performance. McQuillin says the closing tune will offer a grand finale piece with all fourteen players on stage simultaneously.

McQuillin has recorded with the likes of blues player, Catfish Hodge, played with Jimi Hendrix and opened for such luminaries as Bonnie Raitt, Little Feat and the Allman Brothers. He is currently finishing a new CD slated for release in spring '06. Don't miss this who's who of Island music!

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Vashon Bookshop

Overheard at the Bookshop.....



"Did you hear?"
"Harry Potter this Saturday & Dan Savage next Saturday!"
"What will they think of next?!"

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Mobile Art Installation Tour Includes Vashon

By Janice Randall

Be on the lookout, **Friday, October 7** (during the Gallery Cruise) for art on the street, a Vashon Allied Arts and King County Performance Network collaboration. Conceptual artists John Sutton, Zac Culler and Ben Beres (recently on television news with their three men stranded on "The Island" in the middle of Lake Washington) will present *There Goes the Neighborhood*, a mobile installation complete with couches, TV dinners, a fireplace, and other accoutrements depicting life in Middle America. This project is voyeurism, reality TV, and performance art all rolled into one. The mobile installation will be located in the parking lot between Vashon Print and Design and Vashon Pharmacy from 4 to 9 p.m., Friday, October 7.

This project was commissioned as part of the 2005 King County "Site Specific" Performance Network, a program of 4Culture. SuttonBeresCuller's previous exhibition projects include: *Residence*, at Consolidated Works, *101 Ways to Remove a President from Power* at Center on Contemporary Art, *Where Have All the Cowboys Gone* at Joe Bar, and *Seattle Collects* at City Space Gallery. The trio's work includes *Trailer Park* mobile installation, *Three-Day Weekend* installation/performance, *Open House* installation and the ongoing *Sears Portrait Project*.

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Reception for Robinson

Bugs on blossoms, icicles on bicycles, sunflower centers and fog on the sand, are some of the things that capture Jeanne's attention. Join Jeanne Robinson and her photo display, "Things That Caught My Eye," at Cafe Luna's artist's reception on the First Friday Gallery Walk on **Friday, October 7**. The reception is from 6:30 to 9:30 p.m.

The Dorsal Spin: Killer Whale Totem Dedication

by Orca Annie Stateler



Everett Community College recently commissioned Tlingit artist Odin Lonning of Vashon to carve a ten-foot Killer Whale and Thunderbird totem to replace a damaged pole carved by the late Abner Johnson in the 1970's. Odin was selected for this project by the college staff and Native students because,"He is respected and known in the Native community as a sincere and generous artist who wants to maintain and strengthen traditional Native culture. He is also deeply involved in the protection of the endangered killer whale population," said Dr. Earl Martin of the college's United Native American Council.

The original Tlingit carver, Abner Johnson, wanted to show unity with other tribes by including Thunderbird in his totem. To many Native peoples, Thunderbird is a sacred, supernatural being. To further honor Abner's intent, Odin incorporated Coast Salish design elements in his carving. Since Odin is a carver committed to killer whale conservation, the new totem's imagery also pays tribute to our local orcas, the Southern Residents.

On **Saturday, October 1**, at 4:00 p.m., Everett Community

College and the Killer Whale Clan will host an unveiling and dedication of the long-awaited new totem, in conjunction with the annual Coastal Gathering at the Parks Student Union Building on campus. The event features



*Tlingit artist Odin Lonning puts finishing touches on Killer Whale and Thunderbird totem.
Photo by Robert Owen Breisch*

Northwest Coast Native arts, crafts, dancing, drumming, and storytelling. Speakers include Lonning, Killer Whale Clan members, and other dignitaries from Alaska. Tlingit dance group Daaxaat Kanadaa from Alaska will perform, along with local Tlingit dance group Leengit Kusti and the Salmon Ceremony dance group from Tulalip Tribes.

Admission is free and the public is invited to attend. As at any large Native gathering, food will be served. Visit <http://everettcc.edu> for a map and driving directions, or call 206-463-9041 for more information. ☐☐☐☐

What's Happening at Vashon Bookshop

by Devon Atkins

What isn't happening!?

To begin with, the Bookshop's Kids Book Groups are hosting a Harry Potter Gab Fest, Saturday morning, October 1st, 9 o'clock. Kids of all ages are invited to smooze about Harry and his adventures, especially, The Half-Blood Prince! The Original Kids Book Group (ages 10-13) might just decide upon a book for this next month, and, the Second Saturday Book Group (ages 6-10) is invited to smooze, but will have their official first meeting Saturday, October 8th, same time – same station. (All with doughnuts.)

Then, there's the Poetry Salon, Thursday, October 6th, 7 pm, where intriguing folks who love words gather around the comfy couch and talk and share ideas. Drop by and be delighted by this Island literary Salon, reminiscent of 30's Paris.

The very next night is First Friday, with Chuck Roehm and Mark Graham, making wildly, wonderful music from 7 pm, on into the evening. Stop by as you're making your way around Vashon, partying and art!

Finally, we break out the really big guns with Dan Savage. The most outrageous advice columnist-about-gay-relationships (and straight ones, too) in the land (*Savage Love*), will spend the evening at the Bookshop, Saturday, October 8th at 7:30 pm. In addition to his ongoing duties, as editor of *The Stranger*, he's written a timely new book about love, families, adoption, and marriage, called *The Commitment: Love, Sex, Marriage, and My Family*. Save this date; it's sure to be huge.

Last, but certainly not least, tell every Island child you know, from the youngest to high schoolers, that we're looking for a fabulous scary story for Sharon Shaver, adapter- director extraordinaire, to adapt into a twenty-minute Radio Theater Skit to be performed at the Bookshop, live, before an interactive, wild and wonderful Halloween evening audience.Call to be on mailing lists for all of the above.

Which only goes to prove, once again, that there is waaaaaaaaaaaaaaaaaaaaaay more than just books at the Bookshop!

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Local Governments Approve Ten-Year Plan to Save Salmon Habitat

by Dennis Clark

A five year effort to develop careful answers to ensure the survival of Pacific Northwest salmon concluded yesterday with the approval of a ten-year plan for saving salmon habitat in the Green/ Duwamish and Central Puget Sound Watershed, which covers most of southern King County. Vashon/Maury Island is included in this area for salmon planning purposes.

The Salmon Habitat Plan recommends:

77 on-the-ground habitat restoration projects. Ten of the restoration projects would occur on Vashon/Maury Island.

57 projects to protect existing high-quality habitat. Approximately 50 of the locations are along the shoreline of Vashon/ Maury Island, reflecting the relatively high quality of much of the island's shoreline.

Policies to protect habitat and water quality that address land use, storm water management, incentives for good property stewardship, and public education.

The recommendations are based on the results of years of scientific research that concluded in 2004. Among the findings was that the marine nearshore — the shallow waters, beaches, and bluffs — of Vashon/Maury Island plays a key role in feeding and sheltering young salmon from all across Puget Sound.

A citizen-stakeholder Steering Committee developed the recommendations in the Habitat Plan in 2004 and early 2005. A public comment period in March and April resulted in hundreds of comments that were used to revise the draft plan.

The final plan was forwarded in August to a forum of the local governments in the watershed for their review. The Forum includes the 15 cities in the watershed, King County, and the City of Tacoma. At a meeting in Tukwila yesterday, the member governments of the watershed forum approved the Habitat Plan unanimously.

The plan will next be forwarded to the King County Council and the cities of the watershed for ratification. The plan will take effect when approved by a minimum of five local governments that represent at least 70% of the 630,000 people who live in the watershed.

For more information, please visit www.govlink.org/watersheds/ or contact Dennis Clark at 206-296-1909, dennis.clark@metrokc.gov. ☐☐☐☐

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