



VASHON

THE LOOP

Vol. 2 #21

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

October 26, 2005



Vashon Rowing Club showed well at the Tail of the Lake Rowing Regatta.

Story, pg. 16

Get Ready, Vashon Disaster Preparations Will Bond Us Together

By Laura Worth

Don't get me wrong. I've just never been the survivalist type. I like to live in a world that is, not a world I'm afraid might happen after a disaster. I like a good disaster movie as much as the next person, but I've never wanted to let myself be motivated by fear. So why am I drawn to working with the Vashon Disaster Preparedness Coalition?

It started with the moral shock I felt when I heard that King County's disaster planners had somehow neglected to include Vashon in their response. Then I learned that a "puny" 6.7 quake could so-devastate the mainland that we might not have ferry service, power, water, or food deliveries for a couple weeks. And do I really think I want to wait for FEMA to save the day?

Then the deep shame of Katrina hit America in the face. I saw that our response to disasters was really just a magnification of both the good and the ugly already present. With the nation I watched in shock as the vulnerable and soft underbelly of America cried for help and we were lacking on multiple levels.

It's said that the measure of a culture is in how it takes care of its old, its sick, and its economically vulnerable. Will Vashon experience pain in looking at itself in the mirror after a disaster? Scratch the surface of our community and would we help each other survive or trample each other grabbing at limited

Continued on page 8

Get Out There and Vote!

by Mary L. Tuel

Hey, You! Yes, I'm talking to you. Are you a registered voter? Because if you are, it's showtime.

You can send in your absentee/mail-in ballot now, or on **Tuesday, November 8**, you can go to the polls and cast your vote. It may be an "off year" election nationally, but locally, we have serious issues.

School Bond and Levy: The Levy is for basic operating costs. The Bond is to pay for loans taken out to repair structural damage at Chautauqua. Should the School District's lawsuit go well (see next story), the Bond could be paid off earlier than its seven-year maximum term.

School Board Members: Two Directors, Dan Chasan and Loren Reinelt, finish their terms on the School Board in November. Who will replace them? Golly. Someone you vote for, you hope.

Fire District Commissioners: So whaddaya think? Keep the status quo, or palace revolution? VOTE. I



Vashon's own party animal Paul Engels rented a bus last Saturday night and drove around a rowdy crowd of pub crawlers, who descended on various drinking establishment like a herd of happy locusts. A good time was had by most (even those who received pink slips for intolerable behavior like puking, spilling, flashing, or otherwise being a party pooper.)



think anyone who volunteers to get in on this scrimmage deserves a vote for bravery.

Parks and Recreation Commissioners: Not much of a contest here as there are two unopposed candidates running for the two open positions, but what the heck. Give a vote of confidence to people willing to serve.

Water District # 19 Commissioners: Your choices here

will affect the financial and water supply management of the Island's largest water system. There are problems, and there are disagreements about how to resolve them.

Those are the Island races and issues. Read your voter pamphlet for the county and state races and issues, and remember:

if you don't vote, you lose your right to complain.



Students Sell Seeds for Hurricane Relief

by Mary Kay Rauma

Students at Chautauqua Elementary School recently raised \$404.50 for the Red Cross Hurricane Relief Fund selling seeds and produce harvested from the Chautauqua Children's Garden. The kids were given a lesson on how to gather and dry seeds and place them into hand-made packets adorned with growing instructions. Seed varieties included hollyhocks, Mexican Feather Grass, Bachelor Buttons, Cosmos, calendula, and nasturtiums. The students also sold produce that they planted last Spring including tomatoes, pumpkins, squash, and flower bouquets. "The kids were concerned about the hurricane victims and came up with this way that they could help," explained teacher Gerie Wilson. "After the sale, we brainstormed ideas of what \$400 could buy for hurricane relief—a month of food for a family, medicine, and warm clothing. It was a great learning experience on many levels."

Lawsuit a Go

by Mary L. Tuel

Superintendent Mimi Walker announced at the October 13 meeting of the Vashon School Board that the School District's breach of contract claim against Wick Constructors, Inc., has been ruled "not subject to a statute of limitations," and will be allowed. The lawsuit is on the docket in King County for September, 2006.

Wick had filed a Motion for a Summary Judgment against the District, but the Honorable Judge Laura Inveen denied the motion.

This news comes at a critical time for the District, when it is placing a Bond before the voters. The wording of the Bond issue states that any monies retrieved through legal process will be used to pay down the Bond, which would give taxpayers a break by paying the Bond down early.

"One of the things that hasn't been publicized," Walker added, "is that the teachers at Chautauqua are saying how much healthier they feel this year."

New District Business Manager: The Board approved the hiring of Brenda Hunt, who follows Susan Shields as District Business Manager. Hunt comes from the Olympic Education Service District in Bremerton, where she worked in

Continued on page 4

Get in The Loop

VashonBePrepared.ORG

- Who is your out of state emergency contact?
- Does everyone in your family know their phone number?

Gregorio Guadalupe Chavez

came into the world on September 29 at 8:10 AM, weighing in at 7 pounds, 14 ounces.

Proud parents are Gregorio and Nidia Chavez. Next time you are in Casa Bonita, give Gregorio a big high five!

Congratulacion!



Financial Aid for Women

Applications are available for the Soroptimist-sponsored “Women’s Opportunity Awards.” If you are a local woman supporting your family, or know of someone who is, and are attending or have been accepted to a vocational/skills training program, or an undergraduate degree program, you may be eligible for financial help. Deadline to submit the application is December 15th, so please contact a local Soroptimist member or chairman Sigrid Thomas, at 463-3946.

VMI Radio Club Meets October 27

The Vashon/Maury Island Radio Club will hold its next meeting at Vashon Presbyterian Church on **October 27, 2005 at 7:00 p.m.** Fresh from his voyage to Kure Atoll, Ward Silver will be sharing his experiences operating from the exotic tropical locale. The Vashon/Maury Island Radio Club meets the 4th Thursday of even numbered months (Feb, Apr, Jun, Aug, Oct, and Dec) at 7:00 p.m. All are welcome. For more information please contact Doug Pine at 206-463-2837.

Chamber Meeting

The Chamber is excited to announce our next General Membership Meeting sponsored by The Vashon Island Coffee Roasterie! The meeting will be **Wednesday November 9** at 12:30 p.m. at Courthouse Square. From 12:30 to 1 p.m. will be a “cupping” presented by our sponsor. Following the networking and tasting will be our featured speaker Jim Stewart on the Vashon Coffee Foundation, a pioneer in social enterprise. We will also have an update on the sessions from the Small Business Development Centers and Island businesses on opening and growing your business. I hope to see all of you there on the 9th at 12:30 p.m. – Lee Ockinga

VCSF Invites All to Fundraiser!

The Vashon Community Scholarship Foundation is gearing up for its annual dance and auction at the Sportsman’s Club. Save **November 12** on your calendar for a rockin’ fun event with local favorite band *Loose Change*. The event begins at 6:30 p.m. and the live music, tapas and desserts are included in the \$20 per person price. A combination of silent and live auction items have been donated and includes 18 holes of golf at Gig Harbor, overnight accommodations at the Sheraton, and an 8X10 family portrait. Many gift baskets and gift certificates have also been donated. There will be something for everyone! Tickets for the event can be purchased at Books by the Way, Vashon Book Shop, Vashon Pharmacy and at the high school. Vashon high school students benefit from this fund raiser by receiving scholarships good for any two-year, four-year, or technical school after graduating. Any student who submits a notebook for consideration receives a scholarship. The students are given notebooks with pages, clear instructions and a deadline for submission in the fall of their senior year. Any questions? Call Tammy Hiltz at 567-5244. Hope to see you there supporting our students!

Leave the cooking to us
7 Days a Week!

HOMEGROWN



C A F E

Breakfast 7am - 11am

Lunch 11am - 3pm



463-6302



Arlo of Burton, 1995-2005

Arlo died at home on October 13th, after battling cancer. He was well known in the community for his beauty and loving, funny personality. He was a great protector and an incredibly loyal and enthusiastic companion. Arlo traveled widely in his life, calling areas from B.C. to Baja and much of the Western US his territory. He leaves behind his two feline sisters, Zoey and Penelope, and his two primary humans, Linda Ceriello and Greg Dember, plus a host of friends and admirers. He is such a good boy!



Misty Isle Farms employees get special thanks for all the extra work they did for the Rotary’s Wine Fest 2005. Auction co-chair, Rex Stratton, center, thanked them all with gift certificates to The Hardware Store. Standing, left to right are: Mike Tamburello, John Schoepfel, Rex Stratton, Bill Clark and Geoff Clark. Front, Jonathan Weeks.

Sponsor a Baby Blanket

Local Soroptimist members have made more than twenty fleece baby blankets to ship to those affected by hurricane Katrina. Soroptimists members will be selling gift cards for \$25.00 and the blankets will be sent in the name of the card-purchaser. It is a great way to give a gift to someone who has everything already. Proceeds from the sale of the cards will go to local charities and groups supported by Soroptimists. The cards may be purchased at anytime from any Soroptimists member, or they can be purchased at the annual Holly Daze Bazaar, which will be from 10 a.m. to 4 p.m. on **November 19** at the High School Commons.

Wipe Out
Carpet & Upholstery Cleaning

Randy Bruce
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(206) 300-5905 Mobile

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(Environmentally friendly Formula)
Certified Upholstery Cleaner
Oriental & Antique Rugs
Pet odor control
Water Damage
Deodorization
Carpet Repairs

Fund Established for Dan James

The family of Dan James has established a fund to assist him as he recovers from serious injuries sustained in a motor vehicle accident on October 16. James has no medical insurance and will not be able to work for some time. Donations can be made to the Dan James Fund at the Vashon Bank of America.



Troy and Marie Call a Lawyer

Many of our clients are discouraged by the high cost of real estate, and have resigned themselves to a lifetime of renting. There IS an alternative, and it does NOT involve winning the lottery. For some people, buying a house with another person is a great way to become a homeowner, as long as the deal is clearly spelled out in a legal agreement. For that, you need a good real estate attorney. We know one! Steve Wakefield of Hecker Wakefield & Feilberg, P.S. does this sort of thing all the time, and has some good advice. And it was free! You can also pay Steve for his expertise by calling him at (206) 447-1900.



Marie: Steve, if two or more people want to buy real estate together, we would recommend that they take title as so-called “tenants in common.” Tenancy in common means each of the owners gets an interest in the whole property, though it does not have to be an equal interest. It just depends on how the people decide to set it up.

Troy: Buying a house with another person is not for everyone, but it is a way to become a home owner when you can’t afford to do it by yourself, but want to take advantage of the benefits of home ownership – like being able to deduct mortgage interest from your income taxes, and by accumulating some equity as you make your house payments and as your property goes up in value. Steve, if two or more people decide that they want to buy a house together, it seems obvious that they would want a good solid legal agreement in place, right?

Steve: Absolutely. If two or more people are buying real property for their own residence (not purely as an investment), it is generally wise to enter into a Joint Venture (i.e. Partnership) Agreement to ensure that everyone is “on the same page” with regard to their expectations.

Marie: What sorts of things are covered in such an agreement?

Steve: The Joint Venture Agreement should cover everything including, but not limited to: a) how a person’s particular interest is created in the property (for example through a down payment, or sweat equity); b) who pays for the loan securing the property; c) who pays for repairs; d) what happens if somebody wants out or wants to sell e) what happens if the parties cannot get along or agree about anything.

Marie: I’ll bet you deal with a lot of love-struck unmarried couples who think they will be together forever, and who think a partnership agreement is as un-romantic as a prenuptial agreement.

Steve: True. But I still recommend that they have one before they buy property together.

Troy: Even I, starry-eyed romantic that I am, can see that this is good advice. If all the details are covered in a Partnership Agreement, it would drastically reduce the chances of any misunderstandings, hard feelings, and potential legal battles.

Steve: That’s right. The biggest risk to buying property as tenants in common—whether the two people are romantically involved or not — is that the parties will ultimately not get along and will be unable to agree on how to handle a situation. In these cases, which are almost certain to occur, it is imperative that there is an agreement in place to dictate exactly how to resolve the particular problem.

Troy: We know of some houses on the market right now that would be well suited for two or more people. If anyone is interested in kissing their landlord goodbye, they should give us a call at (206) 463-LIST.

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.

Your Home Team Realty

Vashon Library November Calendar

Tuesdays, Nov. 1, 8, 15, 22, 29
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.

Wednesdays,
Nov. 2, 9, 16, 23, 30
10:40 a.m. 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.

Wednesdays
Nov. 2, 9, 16, 23, 30
11:30 a.m. to 12 noon
Preschool Story Time

Join us for 30 minutes of stories, songs and fun! For ages 3-5.

Tuesdays, Nov. 1, 8, 15, 22, 29
7 p.m. to 8:30 p.m.
Talk Time

Practice speaking English in a relaxed setting. All nationalities and skill levels are welcome. Free!

Thursday, Nov. 3, 7 p.m.
The Green Bird
Presented by the Oregon Shadow Theatre. In a story told with music and shadow puppets, a boy is transformed into a fortune-telling bird by an evil magician. A brave girl journeys through Mexico to save him and encounters fantastic creatures and scenes from Mexico’s rich folkloric tradition. Performance is held in a darkened room and is not appropriate for very young children. For ages 4 and older. **Registration is required** and begins **Thursday, October 20.** Please call 463-2069.

Thursdays, Nov. 3, 10, 17
9:30 a.m. to 11:00 a.m.
The JobFind Program:
Employment Help for Adults
Your search for employment just got easier! Vashon Youth and Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection Project, to help Island residents who are seeking to improve, change, or find living wage jobs. JobFind staff work with clients in all walks of life, from those in career transitions, to those with little work experience, to professionals who are experiencing

unemployment for the first time. Co-sponsored by King County Library System.

Saturday
Nov. 12, 9 to 10:30 a.m.
Basic Computer Skills, Level 1
This class is a basic introduction to understanding what a computer is and how it works. No prerequisites. Registration is required and begins October 29th.

Monday
November 14, 2:00 p.m.
Great Decisions:
Freshwater and Foreign Policy:
New Challenges
Today billions of people around the world lack water and sanitation services that many in ancient Greece and Rome took for granted – and the U.S. lacks any kind of coherent policy to address this problem. Join us for a thought provoking discussion sponsored by the Foreign Policy Association, Vashon Senior Center and King County Library System.

Monday, November 21
11 a.m. to 12 noon(ages 5-7)

Deadline for the
November 9 issue of the Loop is
Friday, November 4

1:00 p.m. to 2:30 p.m.(ages 7-10)
Fossil Fun: Walk on the Wild Side with Barbara Gustafson

Dig into the fascinating world of fossils! Learn how fossils were formed and what they reveal about the history of life on Earth. Examine real fossils, play fossil hunting games and discover fossils through books. **Registration is required** and begins Monday, November 7- please call 463-2069. Co-sponsored by the Vashon Park District.

Monday, November 21
7:00 p.m. to 8:15 p.m.
Young Writer’s Rendezvous
Come be a part of this on-going group and experience writing for fun in a social atmosphere. Pizza will be served! For ages 10-14. **No registration required**, just come when you can. Sponsored by Friends of the Vashon Library.

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Registration for Library events is not required except as noted in event description. Library hours are 11am-8:30pm M-Th; 11am-6pm Fri; 10am-5pm Sat; 1-5pm Sun, or visit the Library online at www.kcls.org.

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Loop Political Poop





An Open Letter to the Community

By Rex Stratton

I am running for Fire Commissioner because I believe that, as a community, we losing or have lost the ability to communicate meaningfully with VIFR, its commissioners, its administration and its firefighters. The reasons are hotly debated but we all need to remember that VIFR exists for a single purpose: to provide to Vashon-Maury Island the best emergency response possible. That is the heart and soul of our firefighters and administration. However, if we lose our voices an important conversation ceases to exit and we become mired in negative, reactive rhetoric. Personal attacks and accusations do not facilitate meaningful discussion. Those must cease as personal attacks only deaden hearing. The future is where the conversation must be directed and many issues need discussion: Southend response time, equipment and facilities, dispatch, private transport, and firefighter recruitment and retention. These issues require transparency and open dialogue among the entire community, not just those who attend Commissioner Meetings. We must be able to address these issues with open, honest discussion from all sides if the decisions that will move VIFR into the future are to be responsibly made.

Progressive Night

The Backbone Campaign will host their monthly Progressive Night next **Thursday, October 27**, 6:30 to 8:30 p.m. at Cafe Luna. This month we will have: music by Robyn Landis; an improvisation by Steffon Moody; a political trivia contest (with bells and buzzers!); singing; comedy; political action and more!

We are looking for teams of two to sign up for the trivia contest. This will be a “College Bowl” style contest with questions about recent political events. Teams will be able to confer before answering the questions. Don’t be shy — sign up now! Call or email Cathy Fulton for more information: cathy@capturingmemories.com, 463-5652.

Elect Richard

BARD

Water Commission Pos. 1

• Well-rounded business sense • Conservative resource approach •

We believe Richard Bard is the best choice for Water Commission Pos. 1:

Mary Austin
Brian Austin
Tom and Karen Bean
Mark and Nancy Bennion
Joseph and Amy Bogaard
Buzz and Karen Brusletten
Kay Burrell
Gary and Grace Christopherson
Jason Culp
Frank and Alexis Daniels
Laura Davidheiser
Allen and Bonnie DeSteiguer

Jim Dignan
Terry Donnelly
Larry and Nancy Eister
Scott Engelhard
Leslie Ferriel
Bill and Bea Freese
John and Olivia Graffe
Eliza Hitchcock
Jeff and Cindy Hoyt
Steve and Joanne Kicinski
Lana Krisman
Jim and Susan McColley
Michael Meade

Dee Munson
Jim and Cindy O'Brien
Irene Otis
David and Mathilda Oldham
Char Phillips
Charles and Janis Peterson
David and MaryKay Rauma
Tim Roden
Evan Simmons
Ann Spiers
Jamie and Carrie Sikorski
Tom Skarshaug
Eugene and Nancy Studer
Susan Thompson

Lawsuit a Go

Continued from page 1

business management support for the school district there.

Middle School Spanish Program: The Board and audience members discussed how to find funds to continue the Spanish program at McMurray, and also find the time for Spanish students to meet the ten hour Health Education requirement. Michael Kappelman suggested that parents of students might be able to contribute the funds necessary to keep the Spanish program going. In response, Dr. Walker said, “We need to be careful. Money should not be running choices for student learning.” A decision will be made on Spanish and Health before March, 2006, when registration forms for Fall 2006 will be made available to students.

Bond and Levy: Jay Williamson of the PTSA said that their Board voted to support the current Bond and Levy after hearing a presentation by Director Susan

Stackhouse. Stackhouse said that a mailing would be going to all public boxholders with information about the Bond and Levy. Stackhouse continues to be available to speak to groups about the issues. She can be reached through the Vashon School District office.

Burton Elementary and Vashon Elementary Sites: Director Lorin Reinelt said he wished to pursue long term leases (20 years) of these properties, starting with the Vashon Park District signing a lease for Burton, “as a start.” Board Chair Daniel Chasan pointed out that the District needs to retain the ability to recapture use of the properties to build faculty housing in the future.

Superintendent Goals: Superintendent Walker presented a draft of goals for the next year. The goals will be discussed at the next meeting.

The next meeting of the Vashon School Board will be **Thursday, October 27 (that’s tomorrow night)**, in the Vashon High School Library. Free icewater. Come on down.

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VOTE ☒ Gayle Sommers

Fire Commissioner, Position 4

As a commissioner, Gayle will bring to the public process and to the board:

● Enthusiasm and a fresh point of view

● Conflict resolution and problem solving skills

● Experience with local elected office and non-profit boards

● Interest in close collaboration with other community organizations

Please join your friends and neighbors in supporting Gayle for Fire Commissioner

Marian Fitch
Emma Amiad
Ward Silver
David Vogel
Ray Mielbrecht
Sherry Weise
Martin Baker
Margaret Koch
Mark Slack
Deirdre Petree
Rayna Holtz
Bill Ameling
Donna Klemka
Carolyn Smith
Jack Rollo
Norman Stark
Lornie Walker
Joe Hall
Troy Kindred
Susan Nyman
Jim Houser
Pamela Schubert
Dan Asher
Nancy Steel
Naomi Goldick
Lee Miller
Mike Quenneville

Jim Dorsey
Karen Adler
Joy Goldstein
Martin Koenig
Chai Mann
Maeva Lambert
Marie Browne
Ivan Weiss
Phil Zook
Liz Straube
Lauri Hennessey
Dan Carlsson
Larry Raff
Dennis Saunders
Kate Hunter
Christopher B Bingham
Roger Fulton
Randy Smith
Arlene Hess
Joe Nurik
Joe Maier
Shelley Calabrese
Enid Dolstad
John Gerstle
Leslie Creed
Eliyahu Stahl
Hilary Emmer

Dan Schueler
Joy Mann
Dick Schubert
Sharon Metcalf
Susan White
Leslie Frye
Andrew Davis
Linda Stark
Bill Lunbom
Debra Blake
K C Pilon
Margie Morgan
Ira Weise
Dave Straube
Dorothy Bauer
Margaret Hoeffel
Jack Nelson
Mary Rose Asher
Alice Larson
J B Cole
Cynthia G. Ferrucci, MD
Doug Pine
Andrew Schwarz
Ellen Kritzman
Carolina Nurik
Nancy Silver
Roland Hanson

Jay Holtz
Ivy Sacks
Louise Olsen
Eliyahu Stahl
Sheri Reder
Jim Boardman
Steve Graham
Jane Tunnicliff
Paul Sommers
Robin Hess
Cathy Fulton
Patrice Vogel
Sally Maier
Dave Rogers
Marilyn Ome
Teresa Toole
Lynda Weinberg
Rick Frye
Barbara Gross
Norine Grace
Jolene Lamb
Gretchen Neffenger
Joel Castoriano
Susan Garlick
Harris Levinson

Thank You for Your VOTE Tuesday, November 8th!

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Gayle
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Fire
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Vashon Island
98070, Hilary
Emmer,
Treasurer

Vashon Island Fire and Rescue
Commissioner Position No. 4
Short and Full Term
Vote for One

☒ Gayle Sommers

NP



Keep our schools moving in the right direction...

☒ Vote YES for Proposition 1 and Proposition 2 on November 8, 2005

Proposition 1: a two-year \$2.48 million capital levy that will pay for immediate structural, safety, communications, and technology needs in our schools

Proposition 2: a seven-year \$4.975 million capital bond that would allow the Vashon Island School District to pay off the loan it took out to repair Chautauqua Elementary School, McMurray Middle School and Vashon High School last year.

The Vashon Education Association supports passage of the upcoming school bond and levy.

—Elsa Svensson, Vashon Education Association President

paid advertisement

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Water District 19

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- invest in conservation
- fix the district's finances



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Democrats' Picks

At its meeting on October 15, the Vashon Democratic Club voted on endorsements for the November 8 General Election. The club considered the endorsements of the 34th District Democrats and the Northwest Progressive Institute prior to our discussion and voting. (If a ballot measure or race isn't listed, then the club took no position on it.

- I-330: NO
- I-336: YES
- I-900: NO
- I-901: YES
- I-912: NO
- KC Prop 1: YES
- KC Executive: Ron Sims
- KC Council #8: Dow Constantine
- Port of Seattle #1: Lawrence Molloy
- Port of Seattle #4: Jack Jolley
- VIFR #4: Gayle Sommers
- VIFR #5: Dave Hoffman

Please consider these endorsements when you vote! For information about the Vashon Democratic Club, call Dan Schueler at 463-5423.

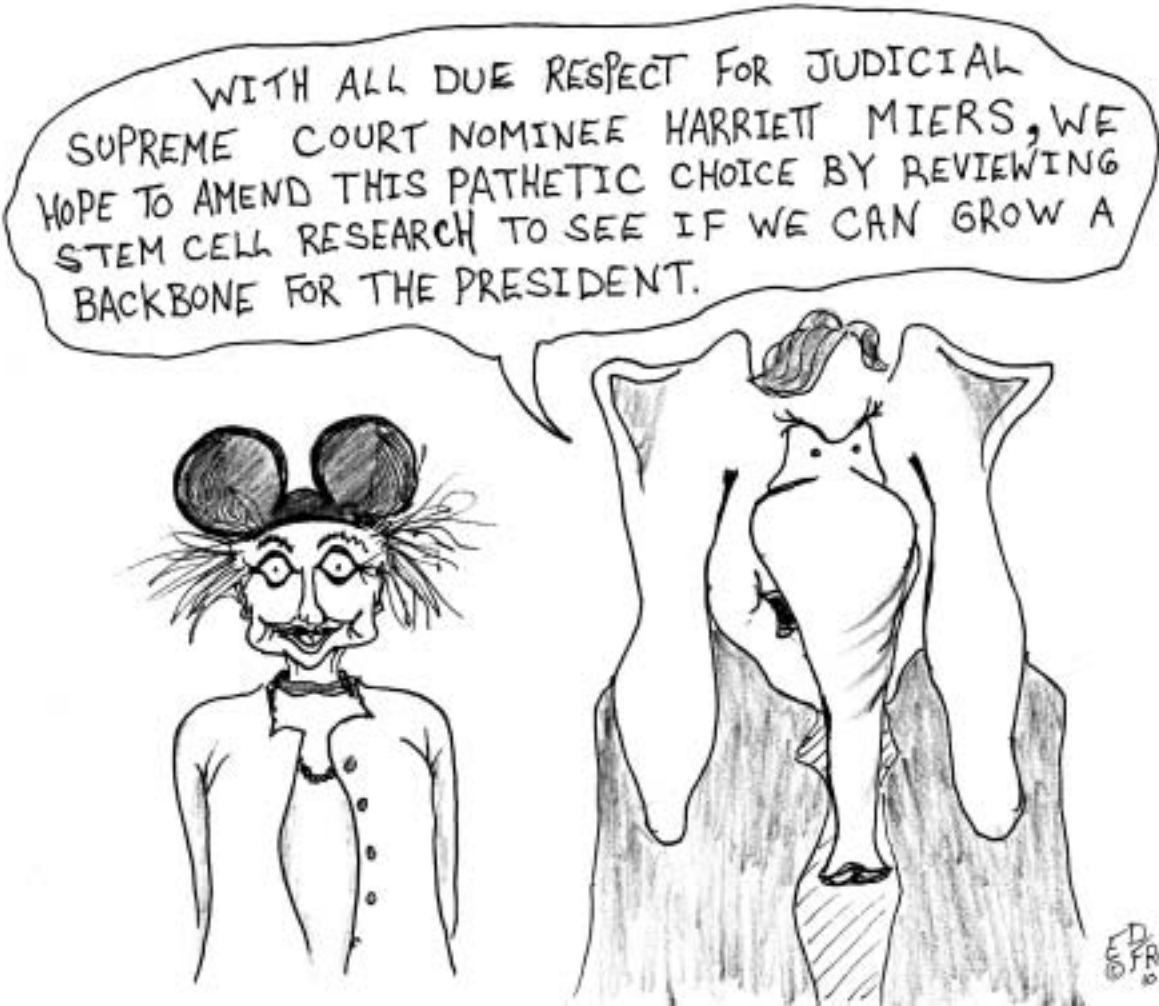
Republicans' Picks

The Republicans did not send us their picks. You're on your own.

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AND SUBSIDIARIES
IDENTIFY THEFT SHIELD
NEED WILL WRITTEN OR REVISED?
DO YOU...
Hand credit card to server at restaurant?
Sign your credit card?
Supply personal info over the net?
Keep S.S. card in your wallet or purse?
HAVE YOU EVER...
Been audited by the IRS?
Purchased a home?
Signed a contract of any kind?
Had a traffic ticket that was unjustified?
Had any type of legal question?
IF YOU ANSWERED YES EVEN ONCE
CALL WITTMAN AND ASSOCIATES
Independent associates
Everett: 567-5776, Flo Ann: 567-5006
Lauralee: 235-7015, Joe: 265-9321
Christine: 290-3941, or Josh: 356-9525
Everett Wittman
. 12522 SW 154th St., Vashon, WA 98070

Candidates Forum October 26th!

The Vashon Maury Islands Community Council and the Vashon Unit of The League of Women Voters are co-sponsoring an opportunity for Islanders to meet candidates for our local offices in the election November 8. It will be held in the courtroom at Courthouse Square at 7:00 p.m. On November 8th Islanders will be voting for directors and commissioners for School, Fire, Parks Water, Sewer, Airport, and Cemetery Districts. Becky Cox, President of The League of Women Voters of King County South will come across the water to serve as moderator.



Spiritual Smart Aleck

by Mary Litchfield Tuel

Red Hats



“When I am an old woman I shall wear purple

With a red hat that doesn’t go, and does not suit me...”

— “Warning,” © Jenny Joseph

I bought a new hat last week, a red hat, and I have been asked if I am a member of the Red Hat Society. No, but I do wear it with purple, and I think the Red Hat Society is an interesting phenomenon. It is women kicking over the traces of their lives of responsibility and respectability, however symbolically, to say, “There, I’m old enough that I can be myself and I don’t care what anybody thinks.”

Perhaps you’ve known women who were spunky, self-directed types who knew from birth that they had to forge their own paths, who had no traces to kick over — the Margaret Meads, Margaret Thatchers, Hillary Rodham Clintons, and Condoleeza Rices. Queen Elizabeth I of England was no slouch in the self-directed department.

A lot of women who are older now, though, were taught that they would live through their husbands. Their highest aspiration was to be a good wife and mother, and went on to do other things. Eleanor Roosevelt and Elizabeth Cady Stanton, for example.

These are the women you know, the moms who went back to school and back to work. In the last forty years, women’s options have opened up a bit. Before that, a woman could choose marriage, nursing, teaching, clerical work, child care, domestic service, or prostitution.

Word Freak Digression: This brings me to three words that get confused with one another: prostitute, prostrate, and prostate.

A prostitute is someone, male or female, who takes money for sexual favors. To be prostrate is to lie face down, whether out of humility or because someone has cast you there or you’ve lost your balance. The prostate is a small gland in the male reproductive system that can cause trouble for men far out of proportion to its size.

So while a prostitute might be asked to lie prostrate by a guy with a prostate, if you don’t know what each specific word means, you won’t get it. For the time being we will just say that when you fall down, you do not lie prostitute, you lie prostrate. Men get prostate cancer, not prostrate cancer. Someone who has suffered a great loss is not prostate with grief, they are prostrate. I hope this brief discussion is helpful, to me, anyway.

Where was I? Some women were blessed with truly wonderful husbands. Some were cursed with

lousy husbands. Either way, as women they were not viewed culturally and in their own minds as whole, entitled human beings. Many women who made marriage and family their career before women’s liberation and before Loretta Lynn wrote, “Don’t Come Home A-Drinkin’, with Lovin’ On Your Mind,” came into their own late in life.

I’m not saying this is every woman. You live your life as well as you can with the circumstances in which you find yourself, and the nature with which you were born. For a lot of women, however, there comes a time when you realize that your day has finally come, and you put on your red hat, or hat of any color you darn well please, and you go out and live to the fullest as many seconds as you have left.

Now. What symbol can we find for you guys, who put aside your aspirations and humbly submitted to the slavery of employment to support your families? Ah, skip the symbols – let’s just give the guys enough money that they never have to do a crappy job again.

Oh, wait, women want that, too. I’ll get back to you on this. Right now I’m going to go to bed and lie supine, not prostrate.

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Don't Forget the Birds

By Ed Swan
Photos by Jim Rosso



More wintering ducks showed up recently, with Gilbert and Jean Findlay finding a flock of about 20 Bufflehead and another group of nine Barrow's Goldeneye on October 21 in the inner harbor of Quartermaster Harbor. October 21 was the return date for both of these species last year as well. First of season reports for them in earlier years range three to five days later. With their bright white and black plumage, male Bufflehead appear quite conspicuous. Their head is dark with a bright white patch reaching back from the eye, covering about one-third of the head. The back is dark and the breast and flanks white. Females have a small white patch in the center of the head, black back and gray flanks and breast. These diving ducks look quite small and reach only slightly more than half the size of a Mallard.

Bufflehead are easily the most common diving duck seen around Vashon. Bufflehead appear in ones and twos or even large groups of 10 or 20 around the length of the saltwater shore. One or two will show up in about every freshwater

pond bigger than a mud puddle. Groups of 50 or more occur in migration. Their utilization of both fresh- and saltwater and every size of freshwater body comes from their opportunistic and omnivorous feeding habits. On freshwater, they eat water insects and bugs of many types, aquatic vegetation and numerous snails. On saltwater, they might eat fish as well as small crustaceans and mollusks.

Washington Department of Fish and Wildlife reports indicate that a 20% increase occurred in the Bufflehead population in the north Puget Sound area based on the Marine Ecosystem Analyses of 1979-



Photo by Peter Murray

80 and the Puget Sound Ambient Monitoring Program surveys of 1992-99. Numbers in the central Puget Sound, the area including Vashon, showed a smaller increase. Vashon Christmas Bird Count data for the Vashon sections of the count circle from 1999-2005 depict an increase proportionate to that reported by Washington Department of Fish and Wildlife.

The most exciting bird discovery in the last couple of weeks featured a Lewis' Woodpecker at John and Ellie Friars' place near KVI Beach on October 10. This represents the first known sighting in fifty years on Vashon. As birders flocked to see the Lewis' Woodpecker, a Mourning Dove provided some additional excitement at the Friars' place. I found another rare bird on October 12, a Gadwall hanging out with a

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wigeon flock at Ellisport. The last island observation of this big dabbling duck is about a decade old. Other first of season dabbling ducks I found were a female Northern Pintail at the KVI Beach pond on October 10, a rare bird for Vashon, and a female Eurasian Wigeon the same day. Another returning marine bird sighting consisted of a Pacific Loon reported by the Findlays on October 11. More rare birds showing up in the last two weeks included ten Black Turnstones on a floating dock by Dan Willsie's place on northwestern Vashon and a Brewer's Blackbird in the parking lot of Vashon Market noted by Helen Jennings. If you have an interesting bird sighting to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

Upcoming bird events on the island include the Audubon on-island field trip, Saturday, November 12 from 8 a.m. to 10 a.m., meeting at the Ober Park Park and Ride, and the release of my book, *The Birds of Vashon Island* in December. The book provides a site guide to finding birds on the island, seasonal abundance charts to understand what time of year each species is present, a discussion of habitat change on Vashon since 1850 and the

various ecological changes effects on birds. I'll write more about the book in the next edition of the Loop. Those interested in pre-ordering a signed copy of the book should contact me at 463-7976 or edswan@centurytel.net. **00000**

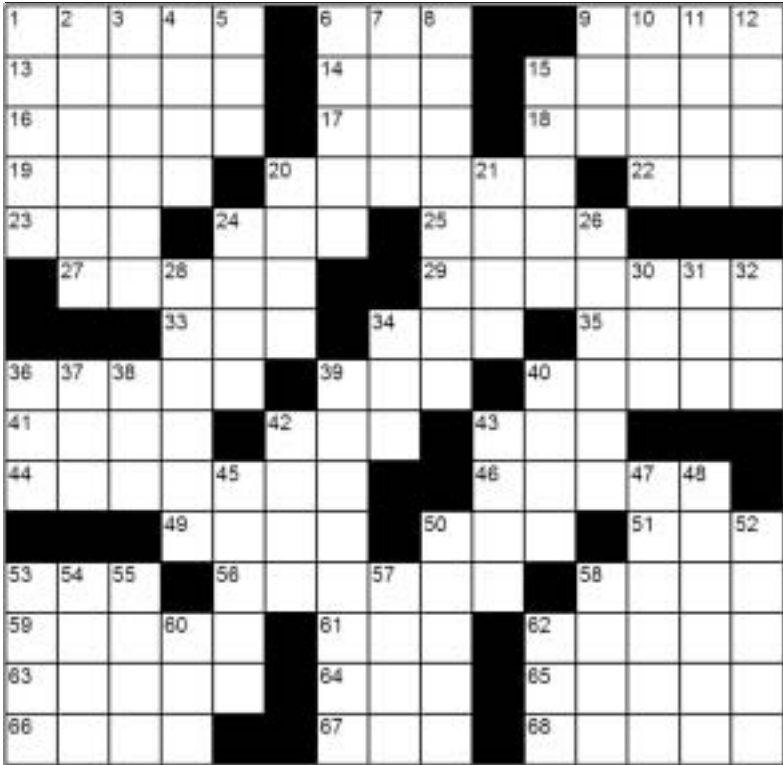
Troy's Picks for Nov 8th

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X Gayle Sommers, Pos. 4
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Solution on Page 17 

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Pedal Sense



Text & photos by *Peter Ray*
It Shouldn't Hurt

A few years back I was getting discouraged with my bike riding. Every time I finished a ride of twenty miles or more I would come away with a persistent pain across my lower back. My ride was the same bike I'd had since 1987, and I hadn't changed anything on it since then — at least nothing that had changed its overall geometry. "Could it be," I wondered, "that I'm just getting older?" This was not the answer I wanted, so I started asking questions of somebody other than that guy in the mirror.

I started with my chiropractor, who I had been seeing regularly for this problem. As it turned out, he was a cyclist too, and what he told me revolved around two words that have changed how I view preparation for and executing any physical activity these days: core strength. He gave me two fairly simple exercises to do that required no special machines or devices that might mistakenly link one with some fetish or bondage cult. Like the magical claims of the TV-ad machines, though, these exercises only require your attention for ten to fifteen minutes a day, and while they may not result in those well-oiled six packs of ab-machine fame, they will strengthen your abdominal and lower back muscles, and will build your basic core strength on which most physical activity depends.

The two exercises are basically variations on the sit-up — one done your back and the other on your stomach. The first is the crunch or crunches, which are done in a chair-sitting like position on your back on the floor. I generally use a chair to put my feet and lower legs on. The position is: back flat on the floor, thighs perpendicular to the floor, lower legs flat across the chair seat. Then you do sit-ups with your hands behind your head, raising your shoulders only a few inches off the floor — just enough to feel the strain in your abdominal muscles. Doing this exercise without the chair support will, of course, increase the benefits, as well as the degree of difficulty. Do anywhere from ten to twenty and stop and turn over. Back extensions are done flat on the floor, or what I like to do is to lay on a bed or an exercise bench with my shoulders almost hanging over the edge. From this height, the view of the floor dirt and dog hair is not so up close and personal. Then with hands behind my head, I lift my chest a few inches off the surface I'm on. Again, the repetitions you do depend on your condition. Add a few a week according to your ability. I started with twenty-five a day and now I'm comfortable with a hundred. This boost in core strength was helping in other aspects of my daily life, but I was still having pains on the bike.

At the time I bought the bike, I did go through a fitting process. This involved an inseam measurement and standing over the bike's top tube and maybe there were some incantations performed somewhere. It didn't really matter then because this new aluminum whiz machine felt way better than the steel tank I had been riding. Everything was fine for a while, but as the flexibility of youth began to wane, so did my body's tolerance for a bike that in truth was not actually a proper fit. As it turned out, my frame was too long for my torso, so I started switching out parts. I found the shortest handlebar stem I could get my hands on so my reach out front wasn't as great. I then switched the seat post to one that went straight up, rather than having a slight curve to the rear as this one did.

Then I slid the saddle as far forward as the limit marks on the rails would allow, and for the first time in a while I was riding in relative comfort once again. To avoid pain and various other problems from the beginning, get a bike that fits. In Googling "bike size and fit," the first entry that comes up is from Germany and is a site by *Basis Systeme netzwerk* (www.bsn.com/Cycling/ergobike.html). Here we find all kinds of measurements one can do in centimeters and then when you plug them into the sizing forms it will calculate the frame size that would be best for you — if you are a serious bike racer of any kind. The number four entry from Googleland, however, is from the Colorado Cyclist bike shop — www.coloradocyclist.com — and is the one I used back then to find out what my true, optimum frame size should be. If you go to their home page and click on "fit your bike like a pro" it will take you to a worksheet where you plug in measurements and are given a frame size that is right for you.

This is a starting point. From there you adjust or switch out parts according to what feels best, and making adjustments in small increments is generally the plan to follow. Cycling gods Eddy Merckx and Lance Armstrong were and are known for their obsessive saddle-fiddling, stopping in the middle of a training ride to make micro-adjustments to their sitting position on the bike. While riding like Lance is out of the question for most of us, having a bike that fits properly is an achievement to which we can all easily aspire. If the bike fits, ride it, and be assured that the pain you feel is there by training choice and not because someone said that size doesn't matter. Try telling that to a shoe salesman. **□□□□**



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Disaster Preparations Will Bond Us Together

Continued from page 1

resources? What would happen to the 15% of Vashon households, mainly working poor, who are on such tight budgets that they must use our Food Bank? What will happen to our elders and the many among us with special needs? I have noticed that when I expect the best from someone they usually give their best. So I'm operating on the assumption that, especially if we prepare, we can all give our best in a disaster. I find myself engaged with others in ways I would never have imagined a few months ago: working on the Public Information Committee of our island's Coalition. I'd like to think it will be a way to help make Vashon the kind of place where I want to continue to live: a place that would respond to a disaster well. I want to believe that community runs deep enough on Vashon that neighbors will take care of neighbors. I want to work to create a cohesive culture of community before a disaster that improves our quality of life right now and that will also serve us well when we're put to the test by a disaster. So here's what to look for from us: every month on Vashon you should see a new initiative by the Coalition's Public Information Committee. Our initial priority has been to make www.VashonBePrepared.org a household word: it's a strong source

of information before and after a disaster. During this month many community-minded local businesses will help distribute disaster supply check lists. These are items we'll wish we had stocked up on if we have no food or drinking water for 14 days and if we have no power or water. You can look for the lists at check-out counters, customer service desks, and community bulletin boards. Ask for them at the Food Bank and at the library. Ask for them at your doctor's office and your hair stylist. Print them from www.VashonBePrepared.org and pass them out. Share the lists with your neighbors. And shop locally. If ever I needed a reason to shop locally, here it is: community businesses support our community because they are part of us. If you're on a tight budget and can't stock everything at once, start small but get started today. Store a few items on the lists each week. Convince your neighbor to do the same because, guess what! If they don't, they'll be knocking on your door. That's why we say "Good preparations make good neighbors." And like my partner, Robert says, "It's Vashonable." So what's the gut reason I promote disaster preparedness? Maybe because I'm a romantic. I want to believe we can do better than Katrina. I think disaster preparedness is much more than disaster preparedness. And I think Vashon is much more than an island. **□□□□**

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The Film Thing

By Peter Ray pgr42@worldnet.att.net

Wealthy, Fat, Comfortable and Complacent



In discussions in many quarters here, the question has repeatedly come up as to why the Media has stopped reporting the news as of late. Yes, we still have news shows and, yes, events are covered. But for the most part, what we are being told is not necessarily what we need to know, at least if we want to make reasonable decisions in regard to how we can go about the business of being responsible citizens of the United States, and the world. On many more than a few occasions as of late, the blogs and chat rooms of the information superhighway have lit up with tales of scandal, abuse of power and general deception, while the same story may filter through and surface in the main stream media in the days or weeks or months to follow in some watered down form, if indeed it does appear at all. At a preview screening of the film *Good Night, and Good Luck*, it suddenly came to me, like the raven's tapping, as to why there is an astounding absence of hard-hitting journalism these days. Nobody (well, almost) uses a manual typewriter anymore.

In truth, I do not mourn the passing of that mechanical word machine. But as David Strathairn sits suited and smoking in the role of Edward R. Murrow in this new film written and directed by George Clooney, and pounds away at both his manual typewriter and at the sinister machinations of Senator Joseph McCarthy's Communist witch hunt in the mid-nineteen fifties, each keystroke translates into both the sound of a hammer pounding away at the anvil of justice, and as a slow motion machine gun in the hands of a revolutionary, warrior journalist. This isn't to say that the lie of the "liberal media" being told today by Clear Channel Mind Control Inc. and the ass-clowns like Limbaugh and O'Reilly is a major factor to be ignored in getting to the bottom of what is wrong with modern day journalism. And, I will not be waving my Royal Quiet Deluxe in the Luddite revolt for more responsible journalism. But I will say that if you only see one film this year, that you get out your connect-the-dots crayons and go see *Good Night, and Good Luck* as both a fascinating historical recreation and as a cautionary tale about the powers and faults of modern journalism.

In a lot of the pre-opening hype about this film, I heard much about how the events portrayed in *Good*

Night, and Good Luck are not meant to parallel our present day situation in the media. In fact, this film appears to be a perpetual study in the compare and contrast world. It is filmed in black and white, which was the dominant film of record for that time. The darkness and light in both the composition of the shots and the tenor of the action lead one to believe

that more is being asked of the viewer here. Indeed, the first scene jumps around and through a starkly lit restaurant with lots of smiles and chatter and smoke. It turns out that we are in attendance at a dinner honoring the accomplishments of Murrow in the Fall of 1958. As we go backstage, we find the guest of honor waiting in the wings with what we come to find is his ever-present serpent of cigarette smoke twining up from his fingertips, and the scene becomes increasingly dark. It doesn't take Mr. Murrow long after stepping up to the podium, to bite down quite firmly on both the hand that feeds him and the ones that help and nurture him. There is no flesh torn or blood let, it is merely meant as an insistent reminder of what he sees happening in a profession he obviously loves too much to let it go to the dogs — so to speak.

From there we are thrown back five years to the beginnings of the McCarthy era and are offered a behind the scenes look at how a television newsroom worked back then. In the black and white tradition, many scenes are reminiscent of Orson Welles' *Citizen Kane*, with lots of dark corners, bright lights and a gagging omnipresence of cigarette smoke. I do not, however recall a single cough being offered up by anyone. In spite of the murky atmosphere, David Strathairn shines through the din as the steadfastly determined Murrow. And as if it weren't enough to write and direct, George Clooney does a stellar turn as Murrow's producer and comrade in journalistic arms,



Fred Friendly. The bulk of the film revolves around the workings of the CBS TV news show, *See It Now*, that Murrow hosted from 1951 to 1958, and the steadfast, but sometimes uncertain, support Murrow received from then network president William Paley (Frank Langella).

Supposedly in some of the preview screenings for this picture, audience members complained of the

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overacting by the Joseph McCarthy character. As it turns out, McCarthy is played here by himself, as all the footage he appears in is archive film from that time and place. Obviously,

this mixing has been skillfully handled to yield a seamless bridge between today's acting and yesterday's actions. With some of Strathairn's monologues being verbatim transcripts from Murrow's shows, we find ourselves within inches of documentarian accuracy here. Even with some dramatic fiction added, the message here is painted in rather stark and bold strokes. Somewhere back there, someone said something about how those who fail to learn the lessons of

history will be condemned to repeat them. With this film, school is in session — here's your homework. Good night, and good luck.

Eileen at our Vashon Theatre is currently working on getting *Good Night, and Good Luck* for the finale of the Fall Art Film Series. Look for it here sometime in November. ☐☐☐☐

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Published every two weeks
Paradise Valley Press
© October 26, 2005
Volume II, Issue 21



Loop

Letters From the Edge

Editor, *The Loop*:
I have been a deck hand at Washington State ferries for fifteen years. I am presently working on the Vashon Passenger Only route. Believe it or not, I think I still have a good attitude. Almost all of my fellow workers care about doing their jobs well.

I have had passengers scream at me for putting them in an undesirable lane. I have listened to complaints about vessels leaving late, leaving on time and leaving early all on the same trip. Just this week a passenger complained to management about where we store a broom and dustpan. Management then took the time to inform us to find new cargo space for the offending cleaning equipment. Most ridiculous complaints can be shrugged off. The majority of passengers I come in contact with are reasonable, likeable people. They all deserve safe and reliable service.

On August 17th there was a front-page story mocking the Homeland Security effort that is being put forth by my peers and myself. The article was titled “Hike Up Your Skirt.” I found the piece of writing offensive. Let’s start with inaccuracies. The article states, “...but historically, in the news, we have seen that these mad bombers usually fall onto their backpacks...” I must read different newspapers than the author, wasn’t the USS Cole disaster a small boat equipped with explosives that someone steered into the ship’s side? The article that I read about the Madrid bombing said that the bombs were in abandoned backpacks. Was CNN wrong?

I’m sorry that the world has changed. The blue-shirted crewmembers will always ask that you remain with your personal belongings. We can’t keep track of who you are, where you sit, and what color your briefcase is no matter how long you have been a commuter. The orange Coast Guard escort vessels are a good thing.

I have an idea. The next time you see a crewmember doing their security patrol, checking under seats, or asking about an unattended article, try to appreciate the job that they are doing to keep you safe. You could come across a ferry worker with a bad attitude. I know that there are a few out there. You may not understand “why they are disgruntled.” Try hiking up your skirt and asking, “Why are you disgruntled?”

Chris Kennedy, Deck Hand WSF

Editor, *The Loop*:
I donated to Salvation Army for aid to the human victims of hurricane Katrina but I also wanted to help the animals involved in the disaster. I was unsure that a cash donation would actually reach the victims instead of being “eaten” by administrative fees. As it happened I received an email from a company I have ordered pet supplies from a number of times (Pet Food Direct.) I am forwarding a recent update from them for you to see. If that does not come through you can check it out at PetFooddirect.com. I am hoping you will see the benefit of offering people interested in helping our four-footed friends the opportunity to CHOOSE how they want to spend their money instead of donating blindly to some organization or another. I ordered bags and cans of dog food. Perhaps someone else would like to send cat food, litter, or some other helpful items.
Thanks for listening. Love your paper!
Michelle Harvey

Editor, *The Loop*:
There is an old adage that warns, “Never shop hungry without a list.” That is when unwise impulse purchases are made.
In recent years Vashon Island Fire & Rescue has been shopping hungry without a list and we, the taxpayers, are paying the bill. Who is responsible for controlling this spending? Our fire commissioners.
It is no secret that the fire department is expanding. We have all heard of the 6-bay facility they want to build on the south end, recent equipment purchases, and additions to the permanent staff.
Some questions come to mind. Do we need a new station? Why so big? What are the alternatives? Why the south end? What about response times to Maury or the north end? What are the tax consequences? Why add new salaried positions while at the same time predicting revenue shortfalls in future years?
I have asked many of these questions at recent fire board meetings and have yet to receive any answers.
The current fire commissioners have not done their due diligence. No comprehensive plan exists that addresses the needs of ALL of our island communities. This is unfair and irresponsible.
We need commissioners who are willing to engage the community, listen to our concerns, and respond to our questions. It is time for a change. The residents of this island deserve better.
Liz Straube

Editor, The Loop:
Your piece on what it takes to live and work on island* is wonderfully complete and factual, while being open and truthfully personal, too. This is your style, generally, which is why you are a favorite to read.
That part that gets to me, though, this time, and seems to arouse my ire, is that you seem so accepting of the conditions of which you write! How can you write of such reactionary ways without railing against them, and the political structures that allow people to live in such unhealthy conditions, as if there is nothing wrong with such a setup, and we should just all go on as peons or serfs for the wealthy, or else just leave the island to the millionaires!
Doesn’t this set of conditions arouse your ire? I can not be the only one who feels this way, can I? What I want is for people to band together and find a better way. Don’t you wish for something better? Not that I have a solution, far from it, and yet, I know there must be a way!
Rebelliously,
Ruth Dasche

**Spiritual Smart Aleck, October 12, 2005*



Editor, *The Loop*:
The following email was sent out last week by Melinda Sontgerath, owner of The Hardware Store restaurant, regarding the issues, and the candidates she is supporting, in the election for Water District 19 commissioners It is being reprinted here with Melinda’s permission to provide readers with the perspective of one community leader and local business owner. It has been minimally edited for publication. – Dean Katz

Dear fellow islander,
I’m writing to you because of a very important race this election. I know we all have plenty to juggle, and I wouldn’t send you this email unless it was a matter of the most critical importance to our island’s future.

The issue is WATER, specifically District #19 water, which serves 3,000 people and 1,400 Vashon businesses and homes on the island. We all take abundant, clean water for granted, but the largest water provider on Vashon is at risk if it doesn’t develop a new source of water. Even if you aren’t in the District, please read on, because you have the power to greatly affect the well-being of Vashon’s environment and its economy in the coming years.

Two of the candidates running for Water Commissioner, Dean Katz and Joyce Olson, have my support in this campaign. Here’s why: District 19 faces some serious fiscal and water issues that are impacting our community. As a CPA and community leader, Joyce has the experience to address these head-on, and Dean has proven in the year he’s been on the commission and in other community efforts that he’s a level-headed problem-solver.

The issues are complex. But as simple as I can make it is that we haven’t developed a new water source in District 19 for 25 years, and this is starting to have some serious costs for the community.

Cost #1 — District #19 customers are at risk if there’s an emergency. If District #19’s treatment plant or well goes down for more than a day during peak summer use, the district won’t be able to pump enough water to meet anticipated customer demand.

Cost #2 — We’re creating an island where only the rich can afford to live. With a moratorium on public water for the last 9 years, just those who can afford a private well can build. We are quickly losing affordable housing. Do we really want an island that drives out seniors on fixed incomes, working people and families with lower incomes?

Cost #3 — Local businesses already have to work extremely hard just to succeed. The lack of new water is making it even more difficult for both existing and new businesses in an always-challenging island economy. This translates to fewer job opportunities and lack of sustainability on the island.

Cost #4 — Private wells are sprouting all over the island because there’s no public water available. The abundance of private wells encourages over-use of the aquifer. It discourages conservation, since there’s no financial incentive to use less water. And private wells are not closely monitored for contamination like public water is.

Cost #5 — We’re not stopping growth by not having a new water source. Growth is just going where it doesn’t belong. Twenty years ago, our community decided that the heart of Vashon (essentially District 19) was where growth should be focused so people have access to public services like water, bus, schools, etc. By cutting off all new public water for the last nine years, we’re just pushing growth into rural parts of the island.

Cost #6 — The district has some serious work to do to fix its infrastructure and stabilize finances. The only way to address this is with people who have financial experience, are knowledgeable about the District, and have the courage to do something about it. Dean joined the Board about a year ago, and he knows the issues backwards and forward. He is a voice of moderation at a time when we need common sense and good ideas. Joyce has been an indomitable presence on Vashon for years. The current head of the Rotary, Joyce has served on the boards of the Chamber of Commerce and Vashon Youth and Family Services boards, to name just a few. With 30 years of experience as a certified public accountant, Water District #19 needs Joyce’s financial acumen today more than ever.

I personally like and respect all the candidates for water commissioner, but for the reasons above, I support Joyce Olson and Dean Katz in this election.
PLEASE VOTE ON TUESDAY, NOVEMBER 8TH!!
Melinda Sontgerath

Vote Joyce Olson for Water District 19 Position 1

"Bringing Critical Expertise When It's Needed"

"Joyce Olson can bring her 20 years plus of CPA experience to bear when Water District #19 sorely needs it. She also provides a moderate voice that will help ensure Vashon's downtown business core remains viable in years to come." -- Melinda Sontgerath, Owner, The Hardware Store Restaurant

Vote for Joyce Olson because:

A. Joyce Olson has been a CPA for 28 years, including years working on the finances of nonprofits on the Island, from Vashon Youth and Family Services to the Vashon Chamber of Commerce. Joyce will put her CPA skills to work, and help the District focus on moving out of its current difficult financial period.

B. Joyce knows the Island from her volunteer work in an array of organizations over the last several years. Currently the President of the Vashon Rotary, Joyce Olson believes in helping her community, and will bring that same dedication to her role as Water Commissioner.

C. Joyce wants to bring a reasonable perspective to the ongoing debate about Vashon's water supply. Her view is that controlling water shares is not the way to control growth, but that it only pushes development outside the core business district. Joyce will work to find a way to stabilize the water supply for Water District 19, both for the good of local businesses, and local families now critically in need of shares.

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

Aries (March 20-April 19): Mars retrograde is likely to be bringing up every doubt you ever had about yourself. I wouldn't be surprised if fears that obsessed you at the age of 4 or 14 were coming up now, in fully tangible form. But they are coming to the surface so you can see them and let them go — not to torture you. At the end of this process, you will be able to see the extent to which you've been driven forward by your insecurities rather than by your creative process — and you'll be able to make a choice as to which you want to guide you into the future. The decision is not as obvious as it may seem.

Taurus (April 19-May 20): You need to be more negotiable, which in one respect means playing your cards face up. There will be no gain in holding back your desires, needs and intentions from people who actually have a right and a need to know what they are. The quicker you admit them to yourself, the sooner you will be able to express them in so many words. You may be taking issue with certain ways that the truth has a tendency to change, but if you have the courage to offer yourself and others daily updates, you will appreciate the value of ongoing communication.

Gemini (May 20-June 21): Your ideas about partnership seem to be changing rather fast, or perhaps deeply is the more accurate word. Whatever the situation seems to be, the underlying theme is taming your emotions like a lion tamer works with a big cat. To do this you need to respect that your feelings are a kind of wild animal, and never really assume that you're entirely under control. The idea is to apply enough energy so that control is not really necessary. Start with understanding your own psychology well enough that you don't project it onto anyone else. Take responsibility for the impact people have on you.

Visit Eric at www.planetwaves.net

Cancer (June 21-July 22): It seems that lately, your good fortune has done little other than keep you safe. In our particular world at this particular time in history, you can be glad of that. But life does need to consist of more than feeling like you're going to live to see another day. Soon it will become apparent what risks you were not taking on the way to finding your own contentment. In truth, it really will come down to daring to have the experiences that have the potential to create a rich experience of life, rather than a safe one. That does involve change, but change of a kind you have not considered lately.

Leo (July 22-Aug. 23): Many things that have seemed to exist in theory are about to manifest physically, particularly where certain emotional investments or involvements are concerned. Until then, it would be unwise to push matters any faster than they are going at their own pace. The improvements and developments that are working their way into your life will be long lasting if you cultivate them gently rather than strive to make them something they are not — or not yet. You have known for a long time what would make you happy, but you have yet to experience it fully. Take it easy and let it come.

Virgo (Aug. 23-Sep. 22): Mercury in Scorpio has been stirring up what may be your deepest fear — that the world cannot be quantified or even assessed with any precision. Matters of truth and lies have lately seemed to slip around in a frightening way, and it's been difficult to assess where certain individuals are really coming from. I suggest you respond to both yourself and what seems like your outer circumstances patiently. The two are far more closely related than you can see now, though this may still take a few more days to figure out. You might want to make up your mind about what role anger really plays in your life; not the role you want it to have, but the role it really has.

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Libra (Sep. 22-Oct. 23): Why certain individuals appear to be lacking any compassion or the remotest desire to cooperate is a good question, and part of that involves really understanding what is important to you. There is no aspect of this situation that you can fully ascribe responsibility for to others. You play a part at every turn, and you will regain your sense of confidence as soon as you understand what that part is. Once the Sun and Jupiter leave your sign this week, you'll have a lot more clarity, and I dare say, objectivity. Until then, give up the power struggle and you'll feel better.

Scorpio (Oct. 23-Nov. 22): I doubt if you're able to make heads or tails of the rather strange mix of energies currently pelting the Earth like so many golf-ball-sized cosmic hailstones. But with the Sun finally dipping into your birth sign and Jupiter close behind, you'll at least be sitting under a thick umbrella. One of Jupiter's main jobs is to use its gravity to attract stray objects that might otherwise collide with the Earth. So while you can count on a few close calls in the coming weeks, you'll come through with your skin intact. But part of what protects you is treading carefully on that seemingly fine line between truth and lies; between sober and stoned.

Sagittarius (Nov. 22-Dec. 22): What you may not have noticed is that the tether you seem to be at the end of is not connected to anything. Pause and notice how your presence within a community, circle of friends or in specific personal associations is both voluntary and beneficial. The whole situation is leading to something — a creative and personal breakthrough that could only have come as a result of being so steadfast and dedicated to those around you, which you still are. Meanwhile, when you take the space you need, you will notice that friends and loved ones are more than willing to give it to you.

Capricorn (Dec. 22-Jan. 20): After what we can reasonably describe as an unusually political phase of your life, you have a chance to feel the power of the friendships around you. But other activity suggests that you may be feeling equally insecure, and one definitely has the power to subtract from the other; you are only as safe as you feel. So you would do well to raise the bar on how you feel, which will change the way you perceive the world. It would help eminently if you could give up on an old grudge that is doing little other than burning holes in your head and making your house feel like less than home.

Aquarius (Jan. 20-Feb. 19): Most Aquarians are too practical to be ambitious, but this is a fine time to start doing a little upward stretching. Some doors are about to open, particularly ones in the glass ceiling you've been living under for a while. It's true, you didn't mind so much because at least the sunshine would come through. But frankly it's been getting stuffy, has it not? Anyway, you're a lot more shrewd and enterprising than you give yourself credit for, and your unconscious mind has not been sleeping while you've been attending to other matters that have, for the moment, been more pressing than your own individual success.

Pisces (Feb. 19-March 20): Get ready to leave a whole lot of what you don't want behind you, where it belongs. Particularly the after-effects of what has been, in truth, a challenging test that goes back about a year to when you did actually manage to sink some roots down into a whole new life. However, young critters are vulnerable and there is often a struggle at the beginning of a newborn life of any kind. But you've survived; you are established, and the environment is in the process of changing favorably enough not only to notice, but also to actually be helpful.

Happy Birthday Scorpio!

In order to feel your luck or your good fortune, you may need to push both. In fact, for as far back as you can see in your rearview mirror on life, you've been protected and sheltered from some of the worst possibilities you've encountered — and from some of the more damaging effects of your fear. While relationships continue to feel unduly complicated, the more boldly you face your own inner shadows the more free you will become. The more honestly you face the self-deception of years past, the happier you will feel. The more you feel, in general, the more you will trust the wisdom of your intuition.

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Coping with Perimenopause

Perimenopause is a challenging time because it is a period of hormonal chaos with rapid shifts in levels of progesterone, estrogen and other hormones; sometimes too much of one, sometimes too little of the same hormone with too much of yet another. Diet and herbs can significantly help this transition but multiple remedies are usually needed, and most women need to switch back and forth between different remedies for their changing symptoms.

The most important fact to grasp is that menopause is not a disease. Instead, it is a wise species choice made to ensure — to the greatest extent possible — that children have a mother capable of tending them for a prolonged period. In fact, all mammals that engage in lengthy child rearing go through menopause. Elephants, for instance, gestate for 22 months and then tend their offspring for at least 3-5 years. Elephants, like human women, have a long “post-reproductive” (menopausal) phase to ensure that a mother is around for the critical early years of their child’s life. Older women, in contrast to men, cannot conceive children at a moment when they are quite likely to pass away.

In our culture, unfortunately, menopause is mostly viewed as a disease state, a precursor to wrinkles, memory loss, brittle bones, lack of sexuality, and ill health. We do not value age and wisdom, and this lack of respect for our natural life cycle compounds the difficulties of menopause. One ad (fortunately no longer in use) depicted a tired looking, wrinkled woman looking despondently at a flat brown landscape with a leafless tree. The caption boldly read: “Life without hormones.” The advertising approach to menopause has improved in the last decades but women still struggle to maintain self esteem when their reproductive cycles cease. Self esteem issues simmer under the surface and aggravate the menopausal transition for most women. Group support and a more positive vision of life after perimenopause will make the transition easier.

So, what happens in the body in perimenopause? In response to brain hormones, the follicles (eggs) in the ovaries secrete estrogen and progesterone that maintain our


menstrual cycles. It is the depletion of follicles that leads to menopause. The follicles begin aging rapidly in women over the age of 38 and the number of follicles drops dramatically. The remaining somewhat decrepit follicles are much less responsive to the brain’s stimulation. In some menstrual cycles, the brain increases secretion of follicular stimulating hormone (FSH) because the follicles do not respond to normal FSH levels and do not produce enough estrogen. At some point, several follicles may suddenly respond leading to an overproduction of estrogen later in the same cycle. In other cycles, the follicle is unable to maintain adequate progesterone leading to a progesterone deficiency. Increasingly, cycles may be anovulatory with no progesterone production at all. In between, there may be a series of very normal cycles. Cycle disturbances occur in at least 90% of women in the years before menses cease, and symptoms of perimenopause wax and wane due to the unpredictable way in which the ovaries are working in this period.

The first way to calm this chaotically fluctuating system is to eliminate xenoestrogens while increasing the amount of phytoestrogens in the diet. Xenoestrogens are man-made chemicals that bind to estrogen receptors in the body, triggering a strong estrogenic effect. Many of our insecticides are xenoestrogens. Xenoestrogens are also formed in the breakdown process of many household chemicals; they are in almost all of our body lotions and hair products in the form of parabens, and they leach into our foods from the plastic linings of our tin cans, plastic containers and wrappings. Xenoestrogens have the ability to upset our own hormonal balance, and different xenoestrogens can potentiate each other up to 1500 times when combined, a factor not evaluated when the government approved their use. I strongly believe that many difficult perimenopausal symptoms are due to these compounds.

Phytoestrogens are plant compounds that also bind to estrogen receptors in our body where they trigger a very weak estrogenic effect. Increasingly,

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studies show that phytoestrogens from fruits, vegetables, and whole grains have a very positive effect on our bodies and are a cancer protectant. Basically, phytoestrogens add some needed estrogenic effect when our own estrogen is running low, and compete with our stronger estrogen when we have too much, equalizing the expression of estrogen in our bodies. Studies show that Japanese women who eat a traditional diet have much lower rates of osteoporosis, heart disease, breast cancer, and negative menopausal symptoms than we do. The traditional Japanese diet is low in fat, relatively low in protein, and rich in fish and phytoestrogens from vegetables and tofu. It does not include sodas, alcohol, coffee, hydrogenated fats, or much sugar. We can mirror the traditional diet by eating more vegetables, especially beans, grains, and flax.



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

Of course, there are also a myriad of herbal remedies for perimenopausal symptoms, and I will cover some of the most effective herbal remedies in my next article.

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

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HOYTUS INTERRUPTUS

Podcasting for Fun and (no) Profit

By Jeff Hoyt

Hi there. Long time, no type.

People ask me all the time why I don't write *Hoytus Interruptus* anymore. Actually, it's not that I've stopped writing the column. It's just that the damn thing seems to keep morphing into forms that don't really lend themselves well to the printed word. Last year, for instance, *Hoytus Interruptus* became a theatrical monologue. I performed stories that first made their appearance in this column live on stage at the Blue Heron. It was part of the Vashon Allied Arts New Works Series.

And it was a swell time indeed.

This year, *Hoytus Interruptus* has taken the form of a "podcast." That means instead of reading it, or watching it, your only option is to listen to it. Not very freaking convenient, is it? Sorry 'bout that. Just trying to engage all the senses. Let's see, which ones are left? Taste? Smell? Hmm...something to think about for next year.

So. Podcasting. What is it? How does it work? Why should you care?

Podcasting is independent radio content, offered for free, on-demand, over the Internet.

Hoytus Interruptus (the podcast) promises "True Stories, Cool Music, and Conversation that Doesn't Suck." It can be listened to while you sit at your computer (no iPod necessary), by simply going to <http://www.hoytus.com>. It can also be accessed through the iTunes Music

Store and various other websites that list directories of podcasting content (sorted by category).

So far, I've only posted two shows. One is a collection of stories about my experiences in New Orleans (written and produced post-Katrina). The other is about the sad state of local television news. Both shows are about 12 minutes long and use narrative and music to tell their stories. It's just a different way to weave a tale and a pretty fun way for a radio geek like myself to make creative use of my home recording studio during the gaps between voiceover sessions.

By turning these shows into audio podcasts, I make them available to anyone on the planet with an Internet connection. The show is nothing more than a digital file. The listener can "click and play" right then and there or "subscribe." By subscribing (for free) to the podcast, all new episodes are automatically downloaded onto the listener's hard drive or mp3 player and can be enjoyed at the listener's convenience.

Who are these podcasters? They're just ordinary people who are using inexpensive recording technology to create and distribute radio shows that you would never, ever hear on an actual radio station. Nothing is off-limits, which also means that a great deal of the podcasting content available is crude, poorly recorded, and painfully amateurish. Yet, there are also many unique and creative



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ideas being explored by these previously anonymous "radio producers," ideas that simply can't be found in commercial radio anymore.

In fact, the technology has gained enough traction now that many established commercial and non-commercial radio programs are also beginning to distribute their shows via podcasting. A listener can click and play episodes of everything from NPR's *Science Friday* to Air America's *Al Franken Show*.

Let's face it, most commercial radio sucks in ways I can only barely begin to describe. Podcasting gives listeners more options, along with the freedom to listen whenever they damn well feel like it. Most importantly, though, podcasting gives anyone a chance to use their voice and speak their mind, without the restrictions and restraints that come from the FCC and the National Association of Broadcasters. It's the ultimate "democratization of the airwaves," without the pesky inconvenience of the actual airwaves.

In last week's *New York Times*, columnist Thomas Friedman predicted that thanks to the Web and free technology tools, "the podcasting revolution is going to explode everywhere at once." He wrote that "the

next phase of globalization is not going to be more Americanization, but more 'glocalization'...more and more local content made global."

If you have iTunes and want to see (hear) what all the buzz is about, go to the Music Store and check the podcast section. Every show is free. Listen and/or download at will. Otherwise, here are a few sites you can peruse to find something what works for you:

<http://www.podcast.net>

<http://www.podcastpickle.com>

<http://www.podcastalley.com>

Remember, patience is key. Everyone and their dog is doing this, so there's plenty of crap floating around. Me? I just find the whole phenomenon different, fun, and creatively thrilling. And there's just something pretty cool about a Hurricane Katrina evacuee stumbling across my podcast about New Orleans, only to pass the link on to dozens of her similarly displaced friends, many of whom have e-mailed me their comments and stories. The world is getting smaller, but the world's thirst for a good story has never abated.

The next *Hoytus Interruptus* will be about a certain island on which we all live. I plan to have it posted in the next week or two. Hope you can give it a listen.

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Breast Cancer (and other LTIs) and Qigong

by Weslie Rogers

Now that it’s been ten months since my breast cancer diagnosis, eight months since the medical procedure to remove the carcinoma, i.e. lumpectomy, I’m continuing to weigh the benefits of traditional intervention vs. self healing. By that I don’t mean ignoring completely what western medicine has to offer, but in self healing, as you give your body to doctors to be healed, you keep your SELF, or better yet, share your soul with your doctor. Any of Dr. Bernie Siegel’s books so profoundly imbue the reader with the essentialness of self love and life love in healing. In his book *Peace, Love, and Healing*, Dr. Siegel wrote of patients recovering from an “incurable” disease: “90% will tell you about a significant change in their life prior to healing.” (p.12)

So it seems obvious that dealing with breast cancer (and other Life Threatening Illnesses) needs to be embraced as a positive adventure if for no other reason that one’s body can function and heal much better with light affirmations rather than struggle against dark hurdles. One study in which patients were told that they were being given chemotherapy but in truth were given a placebo, in this study 30% of these patient’s hair fell out (*What To Do Between Office Visits* by Dr. Bernie Siegel). That’s terrifically hard to substantiate if one only believes in statistical cause and effect. (What is your first image of a patient being given chemotherapy?) What I believe is happening here is that one’s incredible desire to live is responding in an outward way, a way that is acceptable. They loose their hair as a way to express their healing. Now, I’ve seen many patients taking chemotherapy drugs and not loosing their hair. I know new and “better” drugs are being used, but can we attribute less hair loss to these “wonder” drugs, or to wonderful patients entering chemo? Are more and more cancer patients taking more

and more charge of their own healing, and desire to live a high quality life? (I’m gearing up to talk about *qi*, an essential vitality that embraces all life and all manifestations in this play of life.)

So then too, how we play this game defines us, gives us our role. When I first was considering options for this cancer diagnosis, chemotherapy was my first consideration. (And I’m sure my hair wouldn’t have fallen out because of my role.) I used visualizations to gather all the cancer cells in my body together, every day, for about 8 weeks before surgery. (Because I found a surgeon to “do it my way,” chemo took second chair!) And as a result of the visualizations, which I can now define as my embracement of life — my *qi* — as a result, the tumor shrank, and it appeared not as a crab (what is your first image of a cancer?!), but as a kumquat! — both results surprising me when they happened, but not so much now as I continue to experience this life force. (Darth Vader here we come!)

The most profound of my experiences have been with the *qigong* routines which I continue to do, and thus encounter more and more profundity! Soon after my cancer diagnosis, I had an acupuncture session that left me thinking about this energy, this “current” that I was feeling. And right then, I read of a *qigong* class being offered FREE at Cancer Lifeline. (In my last article I mentioned of the many free outreaches being offered to cancer patients. This is another one, and thank god! or *qi*!) I had walked past the brochure that had mentioned *qigong* at least three times previously!

Cultivating *qi* for healing is just beginning to be explained by contemporary science. I have yet to find a clinical study devoted to researching the affects of *qi* gong on cancer recovery! I have read more and more anecdotes about its effects though, and of course, witnessed them! As Roger Jahnke, O.M.D. believes,

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qigong “...could easily go down in history as one of the primary breakthroughs of the new millennium.” The discovery of *qi* in Western culture is very recent; the awareness of *qi* and self-healing occurred in China thousands of years ago, so ancient that there is no written history of the first several thousand years.

Candance Pert, neuropharmacologist of the National Institute of Mental Health has said, “We have now come to the point where the medical establishment is finally

going to have to decide what to do about the mind.” Perhaps *qigong* is the answer!

For more information about *qigong* classes, call Cancer Lifeline at 297-2100 and speak with Janet Fryberger, ext.114; go to www.cancerlifeline.org; or call me at 463-5566.

“There must be some primal force, but it is impossible to locate. I believe it exists, but cannot see it. I see its results, I can even feel it, but it has no form” — Zhuang Zi, Inner Chapters, Fourth Century B.C.E.

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Positively Speaking

By Deborah H. Anderson

“The Cat’s Meow”

As I sling the loaf of bread into the freezer, I think to myself, “How can this have happened? How did I get to that stage in life when I have to keep the bread in the freezer because I don’t eat it fast enough?” I remember looking in the refrigerator of a friend years ago and there was one jar of relish and a vegetable of some sort. I thought I had discovered she had some kind of eating disorder.

The same phenomenon happened to me years ago before I had children but was teaching preschool. This particular mother was talking about how she was up at two in the morning scrubbing her kitchen floor. I thought she must be emotionally or mentally unstable.

Then I had a baby. We had overnight guests who were particularly insensitive and there I was up scrubbing the kitchen floor at two in the morning. I was wishing I could go find that mother and repeat the conversation with a more sensitive tone.

So, my refrigerator looks different than it used to. It stays full for a long time. Snack foods are few and far between. And, like I said, the bread is in the freezer because I don’t eat it fast enough.

Another aspect of this phenomenon is the cats. When the kids first left me alone at home (oh great sadness; oh great joy) I had an unusually difficult time with the youngest little black fur ball. My son phoning home to query my constitution caught me in the middle of dealing with the little feline darling. “How are you, mom?” he asked. “I’m fine,” I replied, “But Tasha is being a brat.” There was a pause and then a few awkward sentences and then a hesitant question, “Mom, do you mind if I come home for dinner this weekend?” “No,” I responded, cheered by the possibility. “I’d love to have you!”

The weekend arrived, and about half an hour after he arrived he wandered towards me to declare in disgust, “Wow, that Tasha is a brat!” “Told ya so,” I replied. And then it dawned on me as I looked at his facial response to my reply. My wonderful son had made his way home to check on his mom whom he thought had, in her solitude, become a cat lady! A large smile made its way across my visage. Not yet, dear son, not yet. All the oars

are still in the water and pulling for new lands of adventure.

Bread, kitchen floors, cats...what does it take to understand the path of another? We have to tell each other our stories. We have to listen. We have to sit in the direction of another’s beam of light. We have to set aside our preconceived notions. The reason we don’t do it is because it is so very time- and energy-consuming. Our lives move at a hundred and ten miles an hour if we’re living life to the fullest. To stop and hear another’s story is just too hard. A few close friends, some relatives, the odd stranger who moves their way into our lives. Usually that’s all the people we can make room for in our lives. What do we do with the rest of the people we bump into? We stereotype, we box, we label, we make assumptions. Right this very moment there are probably ten people that have pegged you wrong and vice versa.

To make it worse, edited reality TV can give us the impression that reality is a sound byte; someone’s story is a careful blend of fade in, fade out.

Here’s the rub. The key to world peace is knowing people one on one and understanding what their experience is. Because we physically can’t do that, all this theory gets developed about developing the conflict management techniques necessary for covering the gap.

But what if...just what if...we had the time to take in one more story? Would it be worth it? Could we do it? For our sake? For someone else’s? I wish I had the answer to how to make it possible.

In the meantime, I’ll relish the little black fur ball on my lap that hisses at me if I dare to move to make a sandwich with bread from my freezer.

~~~~~

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27 years of research by a handful around the world established the three requirements, that if operating simultaneously, provide perfect functioning with anything alive, which the brain can never do .If this continues always when in the presence of Life, you then perform as did Lord Krishna, G. Buddha and J. Christ. But that is much more demanding. This also provides all the *breakthroughs* presented to Einstein, Newton, Galileo, others and Leonardo da Vinci in his 3 fields. We now too noisy to receive this and brain developing a myriad of programs to try to deal with Life, prevents this. Wild animals and birds depend on this for survival when food covered by snow for too many days, or at the recent Tsunami when almost all of them, but only a few handfuls of humans survived, because had 5 minutes warning to go seaward or to high ground. The Discovery Research Foundation which must do charitable works will be presenting at the Institute of Noetic Sciences meeting at 7 PM, Wednesday, October 26 at the Vashon Library. Our research findings and everything else is provided at no cost.

Q & A and Discussion Period at Library,  
Saturday October 29th, 2 to 4 p.m.

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# Loop ~ Sports



Rick's newly announced "World's Greatest Citizens" are feted in high style. (Photo also represents Ernest's heart when asked a provocative question like Liza's.)

Hello Ernest,  
A couple weeks ago you had a very insightful researcher write in to your column. His name was Rick Wheeler and made Rick's Rankings. I want to let you and Vashon know that he was right on the money with his rankings. I would be interested to see more rankings by Rick Wheeler; he's obviously a very bright guy and he articulates himself very well.

Anticipating, Liza Hoggins  
Liza,  
Here you go. You asked for it. The next session of Rick Wheeler's rankings.

## Rick's Rankings. The Greatest Citizens in the World (Part II)

11: Dr. Lottle. For making the Cure, chasing the Cure, and living for a noble cause.

12: Jan Perry. She'll know doubt move up after retirement. Can you say sweet music?

13: Kanye West. He's no gold digga and he says Maya Angela in a rap.

14: Me (Rick). I've gotta put myself in the top 15. Don't I? Huh? Don't you think?

15: Emerson. Not Ralph, but Holcombe. Spent last week in the woods, chillin' with Eminem.

16: Eminem. For rapping so fast and chillin' in the woods with Emerson.

17: Oyster and Juan. Starting the Club of Sea Dub. They're like wangsta's.

18: Veterinarians. They're just about as cool as veterans, but not quite.

19: Howard Stern. Edges David for the coolest Stern.

20: Gandhi. Edges Terrel Owens for a spot in the elite 20. No longer alive but a terrifically great citizen, of course.

## A Few Headlines Heard Around the World by Ace Shig

### Pete 'n Shirley Have a Garage Sale

Pete 'n Shirley have a huge garage sale! They sold everything from *Grammar Rock* Videos to White Snake tapes. Sales were so frantic that Pete nearly sold his son. Shirley had to set down her coffee table to stop this near disaster. "I was obviously caught up in the process," said Pete. "Don't worry, it won't happen again. I'm just happy that I was able to sell all those Diadora soccer balls that Oli loaned me." Check the Burton Coffee Stand website for more info on future Pete 'n Shirley garage sales!

### Important Notice!

Legendary wrestling fan and all-around great guy **Carl "Wannafatlip" Fox** turned 21 on Saturday. He celebrated with his friends and family at The Shop, chugging six O'Douls before his dad Darrenofski could polish off his Rainier tall can. Carl is very excited to be 21, you see, because this means he can now enter the bumper car pro circuit. His dad, as you can imagine, is very proud of his second-born. "Carl will no doubt rule the bumper car circuit for a number of reasons. First and foremost, there's no better coach out there than me, seriously. Secondly, Carl's never-say-die attitude will blow away those pansy-ass racers who call themselves professionals. And last but not least is the fact that Carl will have a secret milkshake that I've been brewing for years before every race. The secret you ask? I can't tell you." Thanks for the good quotes, Darrenofski, and, more importantly,

**HAPPY BIRTHDAY CARL!**



## The Tale of the Lake

by Karen Pruett

Sunday, October 9, found Vashon's Rowing Club on the 5:35 a.m. boat headed to Lake Union for the *Tail of the Lake* Regatta sponsored by Holy Names Academy and Lake Union Crew. Everyone was sleepy but excited for the first race of the season. Participants included adults and teens with Masters, Juniors, and Novices rounding out the team effort. The weather started out good, cloudy with little wind and calm waters on the Ship Canal and Lake Union. However, later in the morning a stiff southern wind and light rain made occasional appearances. We took it in stride, as good Washingtonians always do.

The race started from Seattle Pacific University's crew dock, proceeded east to Lake Union and then turned south and wrapped around the lake, ending at Gas Works Park. Participants then rowed back to the crew dock. We spectators drove back and forth between each Flight to pick up

kids who had finished races and return to Gas Works to cheer on our team. It was an impressive sight to see so many boats on the ship canal for the start of each race and the excitement built as each boat crossed the finish line. The crowd yelling for their teams as the coxswains yelled at their team members to pull every bit of strength out of the rowers and get them across the line in the best time possible.

The Flights were smooth, even when the wind kicked up, except for one instance when a single rower cut off our Novice 8+ boat for some unknown reason. Our kids were able to stop dead in the water and avoided skewering him, but it cost them time. They were upset, but knowing that the Seattle Police boat "escorted" the rower off the lake helped. We think the guy was a dumbass or working for the other team and are thankful that the "new kids" were able to keep him and their boat from serious damage. Funny, shortly before the near-accident, I wondered if the police ever got bored watching the races, then the little blue light started flashing. Guess not.

The First Flight consisted of Men's Masters 8+ and 2x, who took 1st and 7th respectively. Men's Junior 4+ and Novice 4+ took 2nd and 3rd respectively. Women's Novice 8+ took 5th as an Exhibition boat, meaning that the coxswain was an experienced competitor, but the rowers were not. In the Second Flight the Women's 4x placed 6th and the Men's Junior 2x placed 4th. The Third Flight, last of the day, included Women's Junior 8+ who took 6th. For some great pictures of this event, visit our website at [vashonrowing.org](http://vashonrowing.org) and under What's New, click on 2005 *Tail Of The Lake* pictures.

Not a bad showing overall, especially for the Men's Masters 1st place and for our Novices, many who were participating in their very first races. These kids were up against big clubs with a lot of support, impressive practice facilities, and a large rower base to choose from. So a big congratulations to our fine Rowing Club. We know who to call upon if the ferry system breaks down.



Bumper car aficionados mull over the impact Team Fox will have on this year's circuit.

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# Lo<sup>0</sup>py Laffs

My wife and I are inseparable. In fact, last week it took four state troopers and a dog.

## Restitution: A home for the chronically exhausted people.

# OneLiners

(more or less)

Love is blind and it's not too bright, either.

The key to happiness is stuck in the lock.

A narrow mind and a wide mouth usually go together.

The biggest disadvantage to being poor is it's so expensive.

A fool and his money are never around when you need them.

The nice thing about being senile is you can hide your own Easter eggs.

A great many people confuse their lack of planning with an emergency.

An elephant never forgets but what would an elephant have to remember?

You're having a bad day when your engine is making a strange noise and you can't find the cat.

*At a local coffee bar, a young woman was expounding on her idea of the perfect mate to some of her friends. "The man I marry must be a shining light amongst company. He must be musical, tell jokes, sing, and stay home at night! An older woman sitting nearby turned to her and said, "Get a TV."*

## Cat Haikus

You never feed me.  
Perhaps I'll sleep on your face.  
That will sure show you.

The rule for today  
Touch my tail, I shred your hand.  
New rule tomorrow.

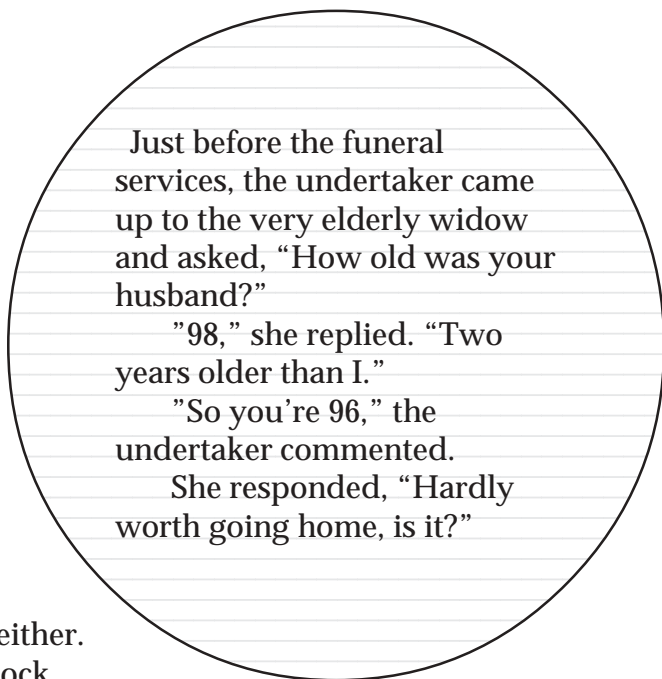
In deep sleep hear sound  
Cat vomit hairball somewhere  
Will find in morning.

Grace personified.  
I leap into the window.  
I meant to do that.

Blur of motion, then —  
Silence, me, a paper bag.  
What is so funny?

The mighty hunter  
Returns with gifts of plump birds  
Your foot just squashed one.

You're always typing.  
Well, let's see you ignore my  
Sitting on your hands.



***Don't think of it as getting hot flashes.  
Think of it as your inner child playing with matches.***

**My memory's not as sharp as it used to be.**  
**Also, my memory's not as sharp as it used to be.**



## OFFSHORE



**LOGJAM**





# Loop Arts



Pictured from left to right, cast members Chaim Rosemarin, Elizabeth Golen-Johnson, Michael Golen-Johnson, Paul Shapiro and Chris Ott. Photo by Fred Albert.

## VAA Presents *The Weir*

Locals gather at a village pub to lift a glass and trade ghost stories in *The Weir*. A staged reading of Conor McPherson's acclaimed play will be presented as a fundraiser for Vashon Allied Arts. A second performance has been added so there are now two opportunities for the public to enjoy this Irish play of ghost stories by Conor McPherson. Curtain is at 8:00 p.m. on **Friday and Saturday, October 28 and 29**, at the Blue Heron Arts Center. Tickets are available at the door for \$7 for VAA members, students and seniors, and \$10 for the general public. Due to mature language, the play is not recommended for children under 13.

## Gold Ring at Cafe Luna

On **Saturday, October 29** at Cafe Luna at 7 p.m. the Gold Ring brings us into Samhain (pronounced Sow-when, the word for November in Irish) playing sweet melodies, ancient songs, and foot stomping Celtic groove. Suggested donation is \$5.

The Gold Ring is Martin Nyberg, Steve Austin, and Marilyn Kleyn, with sometime guests Julie Mainstone and Wally Bell. The tunes are mostly ancient dance tunes from Ireland and Scotland, and a few more contemporary folk/rock favorites.

# Music & More

@

# BISHOP'S

## Islewilde Halloween Bash

October 29, Saturday @9pm

## Picoso

\$10.00 Cover at the door

---

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## Greta Matassa, Award winning vocalist performs at Blue Heron

By Janice Randall

Earshot Jazz Northwest Best Jazz Vocalist, four times over, Greta Matassa will perform a VAA Panache Jazz concert at Blue Heron Art Center, **Saturday, November 5**, 8 p.m. Three fine Seattle studio players will join her on stage: Bill Anschell, piano; Steve Korn, drums; and Clipper Anderson, bass.

Called 'fearless' by music critics and known throughout the region for her diverse repertoire, Matassa performs everything from jazz standards of Ella Fitzgerald, Billie Holiday and Ray Charles to lesser known Anita O'Day and Blossom Deary. She will release a brand new CD in November titled *Favorites from a Long Walk*. The new CD will feature more obscure material from singers Carmen McRae, Sarah Vaughn and others. Matassa adds, "I will be doing material from the new CD as well as taking audience requests!"

"Growing up, my parents were big jazz fans and we had a lot of jazz music around the house. They were happy to encourage my interest in music. We listened to all the great stuff. I used to listen to a lot of Fred Astaire, a lot of Frank Sinatra. I never took lessons. While I was teaching myself to sing, my dad and I haunted used record stores. He'd choose anybody he knew that he thought would be interesting, and we'd just pick some people we'd never heard of and bring them home."

Matassa has collaborated and made guest appearances with Spectrum Dance Theatre, Pacific Northwest Ballet, Teatro Zinzanni, Seattle Repertory Jazz Orchestra and Seattle Men's Chorus.

Tickets for VAA Panache Jazz performances include complimentary champagne and hors d'oeuvres; available now \$12 VAA members and seniors/\$15 general admission. Call 463-5131 to reserve by phone.

## Reilly and Maloney Return!

Mark your calendars now for **Friday, November 11**, when legendary duo, Ginny Reilly and David Maloney return for one night only to the Blue Heron for a homecoming concert. Tickets are available now, \$10 VAA members, seniors and students/\$13 general admission, at Blue Heron Art Center and Heron's Nest. Call 463-5131 to reserve by phone.

Known for their perfect harmonies, fine guitar work and original arrangements of favorite tunes over the last three decades, hearing Reilly and Maloney live is a treat for any and all ages. Their recent release, *Together Again*, as well as CD re-releases of earlier top-selling recordings will be available at the show.

"Without a word of overt politics, *Together Again* somehow serves as a small antidote to the fear, despair and powerlessness that is part of our current world," said one critic.

*The band **Picoso** will play for the Islewilde Halloween Bash at Bishops this **Saturday, October 29, at 8 p.m.** Costume party! Bring your own or dig into the Islewilde stash! Tickets \$10 advanced, \$12 at door. Call 463-0785 for info.*



### UPCOMING EVENTS

Sunday, Nov 6, 3:00pm: *Memory to Memoir: Finding & Writing the Story*  
A writing workshop with **Jan Walker**

Friday, Nov 18, 7:30pm: *Sacred Necessities: Gifts for Living with Passion*  
by **Terry Hershey**



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# The Dorsal Spin: Killer Whales Flirt with Vashon

by Orca Annie Stateler

On October 9, with help from our splendid diver Todd Gateman, we did Vashon Hydrophone Project (VHP) maintenance and set up a new float. A curious harbor seal watched intently as Odin worked from a skiff.



done outstanding work on the ACS web sites for National, [www.acsonline.org](http://www.acsonline.org), and the Puget Sound chapter, [www.acspugetsound.org](http://www.acspugetsound.org). Check out the new and improved chapter web site. The Vashon Hydrophone Project section has VHP updates from Whulj, the ACS/PS newsletter. Find the link to [www.vashonmap.com](http://www.vashonmap.com) for the VHP site (thank you, Andrew). Look at the Speaker Series schedule, too. Diane is also helping Odin create a dynamic artist's web site, [www.OdinLonning.com](http://www.OdinLonning.com), which we are still refining. Photos from the Killer Whale Totem dedication at Everett Community College will be posted when available. Eventually, we will have links from Odin's site to the VHP page.

The Dorsal Spin strives for accuracy. If my last article seemed outdated, it was. I wrote it at the end of September, when solar activity was wreaking havoc and transmitting the Word of the Lord through the VHP. I must also apologize for a typo I made. The Choctaw Trail began in 1830, not 1838. Now, we eagerly await the Word of Orca on the hydrophone. Blessed be.

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
[Vashonorcas@aol.com](mailto:Vashonorcas@aol.com)  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats

The new float was deployed just in time. Commercial fishing boats began lining up in Colvos Pass that afternoon. Around 6:00 p.m., VHP associate Mark Sears called from Shilshole with the happy news that he saw the blows of orcas traveling south. The whales were too far away for positive ID on the pod. We spent a sleepless night by the hydrophone listening for our tall-finned friends. Alas, they did not venture into Colvos Pass. Mark believes they turned north before reaching Vashon. If anyone saw or heard killer whales the night of October 9, please contact us. We had better luck on October 17. With the help of calls from alert Islanders, Mark, Odin, and I documented the first orca visit to Vashon-Maury waters this fall. At twilight, we observed 15-20 killer whales foraging and traveling south from Dilworth to Point Robinson, where they turned north again, disappearing into the night. Again, distance and darkness precluded definitive pod ID. Islanders Shirley and Ed provided useful clues, however: two adult males, many smaller fins. I spotted one male fin with a straight trailing edge, not Ruffles (J1) or Faith (L57), who both have distinctively shaped fins. Center for Whale Research staff told Mark that J Pod and some L Pod members were at Shilshole on October 15. Too bad our elusive visitors did not swing by the hydrophone on the 17th. Calls could have clinched the ID.

Please report local whale sightings ASAP to 463-9041. See, your reports are valuable! We are grateful for assistance and jobs well done from several people. Richard Rogers, [www.rogers-graphics.com](http://www.rogers-graphics.com), applied his wizardry to our VHP sightings box ad. Diane Allen, web mistress extraordinaire of [www.artemiscomputing.com](http://www.artemiscomputing.com), has

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Charlene Bain's Fifth Grade class at Chautauqua, with Van Ralston, author of "The Adventures of Roy," seated, smiling, center.

## What's Happening At Vashon Bookshop!?

by Devon Atkins

Wow, and Happy Halloween to you! The folks at the Bookshop love Halloween, and have a long tradition of celebrating it hugely! This year the Bookshop holiday season began with **WORDS**, our monthly spoken word open-mic, that happens monthly (**every fourth Wednesday**) at Vashon Tea Shop. The ghost stories and strange truth or fiction tales made this WORDS just a little bit more tantalizing in a creepy, crawly sort of way. (Check back with us on November 23rd for the next WORDS. If you love seeing the language performed, you won't want to miss this!) Then, after your regular **Saturday** morning routine, stop by the Bookshop, at about 11 a.m., for the lovely and talented Merna Hecht, Vashon's premiere storyteller. She's got some really ghostly tales for anyone who likes that scary sort of stuff, and who is eight years old and older. No one knows more fabulous stories than Merna, and no one can tell them better. **Saturday, October 29 at 11 a.m.**, begins her regular Saturday morning monthly storytelling. Watch for the dates on the Vashon Bookshop's window calendar, and don't miss her. So, it was four years ago, when the Bookshop sponsored an all-Island Halloween writing contest, and the anthology of seasonal picks; and, three years ago started the Radio Theater tradition. That was the year that a Seattle teacher wrote a terrific scary skit that blew us all away, and entertained the Downtown Halloween night crowd as they crowded into the former Bookshop location. Last year it was Jonathon Shipley's ferry boat ghostly, tongue-in-cheek Radio skit; our own trick'r'treating ghosts and goblins crowded into the bigger and better Bookshop and howled with laughter. But, this year might just beat them all, because this year, it's Vashon's kids who

have done it all. (And, we all know how talented this Island's kids can be!) *The Adventures of Roy* is a magical story of death-defyingness, written by Van Ralston, a fifth grader at Chautauqua Elementary School. This story will knock your socks off. It's about an elf-boy who goes on a mysterious quest and the intriguing death-defying characters he meets along the way. Alex Atkins, a long time Vashon actor, film maker, and Evergreen student (you might remember him as the romantic lead in the High School's production of *Cabaret*), has adapted Van's story into a terrific twenty-minute skit, and has done a terrific job of directing all the fabulous kids who will perform, create sound effects, and jive with the audience. You're not going to want to miss this! Check it out at about **6:30 p.m. on Halloween evening**, just about the time when you and your kids are too tired for even one last treat. And, when you can't take any Halloween any more, look forward to an evening of poetry and intriguing discussing at the Bookshop's Poetry Salon, **Thursday, November 3 at 7 p.m.** (Call me at 567-4886 for a monthly emailing), and stop by for a terrific First Friday evening for the authentic sounds of *BeSides*, a terrific Island duo, which includes Kim Thal and Rick Vanselow. Rick is a well-known for his guitar and voice, and has been in a couple local bands, including *Nettlecats* and *Lukenfranz*. Kim's the Swing Set Music and Movement teacher, and Vashon families know her violin well. Together they make music that's just a little bit different from what you usually hear, and maybe, just a little bit better. They begin the evening at 6 p.m. Don't miss them, **Friday, November 4**. Which only goes to prove, once again, that there is more to Vashon Bookshop than just books! ☺☺☺☺



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- 3 bedrooms, 1 3/4 baths
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