



# THE VASHON LOOP

Vol. 2 #22

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

November 9, 2005



*Vashon Household anticipates high demand on Vashon for affordable cottage-sized homes, similar to this 998 sq. ft. house designed by Ross Chapin Architects, a Seattle-based firm.*

## How Small Can We Get? Vashon Household Considers Cottage Housing

by Sam Hendricks

At a time when new homes are growing ever larger (and pricier), Vashon Household is looking closely at the concept of cottage housing. Nationwide, there is a small but growing movement to simplify living spaces, reduce square footage and get back to the basics.

The VHH board and staff are considering the creation of small “village neighborhoods” featuring affordable homes sized at a modest 1000 square feet or less. The aim would be to create modest homes that are attractive and affordable for individuals,

couples and others with small households.

Islanders are invited to attend an upcoming presentation on cottage home development — the centerpiece of Vashon Household’s Annual Meeting on **November 17**, 7 p.m. at the J.G. Commons Building, 17300 96th Place, just north of Bank Road.

Mike Luis, director of the Housing Partnership, a regional housing think-tank, will discuss recent trends in the development of small-home communities. He will share photos and site plans of cottage projects completed in the area.

Expect a lively and informative discussion as we look at the pros and cons of cottage living, as well as the potential demand for such housing on Vashon Island.

“Our most important goal is to insure that regular folks will have a place on Vashon decades from now,” said, Executive Director Sam Hendricks. “Choosing quality over quantity is one way to achieve that.”

All Islanders are invited to come on the 17th to help Vashon Household envision the future of affordable housing.

For more info, contact Sam Hendricks, 463-6454.

## Vashon-Tompotika Connection

By Marcy Summers



*Maleo bird*

natural and human communities of the lands and waters of Mount Tompotika, Sulawesi, Indonesia, including the remarkable Maleo bird. At this event, you will sample authentic Indonesian refreshments, view slides of the extraordinary terrestrial and marine wildlife of Mount Tompotika, and find out how you can take part in a new conservation project being initiated on behalf of the endangered Maleo and its neighbors. Admission will be \$5 for adults and \$2 for children, with all proceeds going directly to support

*Continued on page 6*



### *Well, I Never Did Get Over Those Blue Eyes...*

*Bacon Brothers Michael and Kevin do a benefit for Vashon Allied Arts at the Vashon Theater December 3. Tickets available now. More information on page 15.*

Q: What country has the richest biodiversity in the world?

A: Indonesia (the total number is unknown, but terrestrial and marine species number in the millions and exceed those of any other country).

Q: What country has more threatened and endangered species than any other in the world?

A: Indonesia (1592 currently listed, and climbing).

Q: In what country are Vashon Islanders forming a new partnership with local people to provide direct help for some of those endangered species?

A: Yep, you guessed it. In Indonesia, on the island of Sulawesi, in a very special place called Mount Tompotika, local people are beginning to discover a new awareness of and pride in their rich and unique biodiversity, and they have asked our help in finding ways to protect it. Come and be part of the answer: on **Saturday, November 12**, 2 to 4 p.m. at the Vashon United Methodist Church, the Tompotika Conservation Alliance launches its first informational event in support of the



*“Pardon My Dust,” photo by Cindy Koch.*

*Ray Pfortner surrounds himself once again with fellow photographers in his annual photography exhibit and sale, In Good Company, hosted by Vashon Community Care Center. Story and more photos on page 18.*



# Get in The Loop

## VashonBePrepared.ORG

Joe Ulatoski is Vashon’s new NERO coordinator!

To learn about forming a Neighborhood Emergency Response Organization in your own neighborhood, contact Joe at 463-1321 or [jbigranger@cs.com](mailto:jbigranger@cs.com).

### Vashon Island Pet Protectors Has a Cat, a Wreath, and a Calendar for You!

The VIPP Holiday Wreath Sale will be at the Firefighter’s Association Building on **Friday, Nov. 25, 12 noon to 4 p.m.; Saturday, Nov. 26, 10 a.m. to 4p.m.; and Sunday, Nov. 27, 10 a.m. to 4p.m.**

Each year VIPP’s all volunteer crew creates the locally “famous” wreaths from fresh fir, cedar, pine cones and holly along with traditional red bow and ornament accents. Great for gifts or to dress up your home for the holidays! Wreaths & swags are \$20 and up.

Vashon Island Pet Protectors will host an Adopt-A-Cat Day **Saturday, November 12** from 11 a.m. to 2 p.m. and **Sunday, November 13** from 12:30 to 3 p.m. at Pandora’s Box. Please stop by or call VIPP at 206-389-1085.

The Vashon Island Pet Protector 2006 Pet Calendar is **now available** for \$15 at the following locations: Pampered Paws, Fair Isle Animal Clinic, Pandora’s Box, Books by the Way & the Vashon Bookshop.

### Dance/Auction for a Good Cause!

Vashon Community Scholarship Foundation has its annual dance/auction on **Saturday, November 12, 6:30 p.m.** at the Sportsman’s Club. Dance to local band *Loose Change* and take a chance on auction items from local businesses and supporters of VCSF. Tapas, drinks and desserts are included in the ticket price. Tickets available at Pharmacy, Vashon Bookshop, Books by the Way and at the high school. Questions call 567-5244. Support your local high school student in their quest for higher knowledge!

### Birth to Five Learning

Everyone is invited to attend the meeting of The League of Women Voters on **Thursday, November 17**, from 2:30 to 4:00 p.m. at the Vashon Library meeting room.

The League is proud to present two excellent community resources in the field of early childhood education. The focus of the discussion is *High Priority Early Care and Education of Young Children Birth to Five*. Dan Kaufman, Director of Student Services for the Vashon Island School District will address the needs of young children and tell us what is available through the school system.

Ursula Schwaiger, Children’s Librarian for the Vashon Public Library will tell the audience about the King County Library’s *Ready to Read* program.



### Petey 1992-2005

Morgan Snyder of Pt. Townsend notified *The Loop* of the passing of Petey, beloved character and former resident of Vashon, after a final struggle with lymphoma. He was thirteen years old. Petey was born on the Island in 1992 at The Company, and lived most of his life on the Westside. His companion person Morgan said, “He was happy to the end.” Petey is also survived by Sweetpea, Olive, Bentley, and Duke.

There will be a Memorial at the Village Green on Saturday, November 12, starting at 7:30 p.m. Good dog.

### Rumor Control

The Chamber of Commerce Office got a call last week from Vice Principal Mel Cooley at the high school. Someone was going around the Island offering box seats to the high school basketball games. THERE ARE NO BOX SEATS! The high school does not offer box seats at any basketball game. Please be aware that this is not true.

*Editor’s Note: When I received this email, I couldn’t believe it. We have a Vice Principal named Mel Cooley?*

### Jonathan Graber to conduct new VM Chamber Orchestra

After an approximately three year break, Vashon’s resident chamber orchestra is back in business with a great new conductor. Jonathan Graber earned a Doctor of Musical Arts degree from the UW and has been teaching and conducting for several years at Allegheny College (PA). Recently returned to our area, he also has local ties as a former coach for Seattle Youth Symphony and Cascade Youth Symphony.

Our first concert is planned for **Sunday, January 29, 2006**. The program will include Britten’s *Simple Symphony* and works by Holst, Warlock, and Purcell.

All interested string players are welcome (youth and adult). We particularly need violists and basses. Rehearsals are at 7:00 p.m. Wednesday evening at the McMurray band room. For further info, contact Russ Nelson, 463-9603 or Annie Larson, 463-5090.



### Hospital District Forum

Supporters of a Vashon-Maury Island Hospital District will hold a community meeting on **Thursday, November 17, 7 p.m.**, at Courthouse Square. Islanders who have questions about the Hospital District will have a chance then to meet with the organizing committee. The creation of the Hospital District will be on the ballot in February. The King County Council met to consider the Hospital District on Monday, October 31st. For more information on the Hospital District, contact Joan Coulson at 463-7993.



Priscilla Schleigh Kimmel demonstrating a singing bowl to Chris Fournier at last year’s Ten Thousand Villages sale.

### International Craft Sale

On November 17 through 20, the Episcopal Church of the Holy Spirit offers the Vashon community the opportunity to invest in the lives of artisans around the world by selling exquisite, handcrafted gifts and home décor items. The event, which will be held at the church at 15430 Vashon Highway SW, offers a unique opportunity for people on Vashon to invest in their world by shopping fair trade.

Church of the Holy Spirit has hosted the festival for the last three years, each year showcasing handcrafted items marketed by Ten Thousand Villages. Sale organizer Priscilla Schleigh Kimmel says, “For more than 59 years Ten Thousand Villages has worked with talented artisans around the world providing vital, fair income in exchange for their beautiful handcrafted items. By holding this sale we give people in the Vashon community a chance to help others feed, clothe and educate themselves and their families.”

Ten Thousand Villages, a non-profit, fair trade organization promotes environmentally sustainable production, pays fair prices and provides healthy working conditions for its artisan partners. The organization fosters relationships with artisan partners based on dialogue, mutual understanding and respect.

### Christmas Bazaar

Soroptimist International of Vashon-Maury will hold their 16th annual Holly Daze Bazaar on November 19 at the Vashon High School Commons from 10 a.m. to 4 p.m. Vendors and local craftspeople will have gift items and food items available for purchase. Baked goods are sold throughout the day, and lunch — homemade soups, chili, hot dogs, baked potatoes and drinks — will be available as well. Raffle tickets will be available to purchase for several raffle baskets, which will be awarded on this day; plus guests may purchase tickets for the drawing for the Michael Spakowsky watercolor, with the lucky ticket to be drawn on December 13th. The Vashon Community Birthday calendar will be for sale or ready for pickup if residents have already placed their order for the 2006 calendar.

Proceeds from this event go to support Soroptimist contributions to the Vashon community.

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# Troy and Marie Go to Austin

We recently had an opportunity to visit Austin, Texas for a little business, a little fun. It is rare to find a city that we like as much as Seattle, but Austin made the grade. It has a vibrant music scene (who hasn't heard of Austin City Limits?), it's a university town, it's the state capital. Bill Clinton and Salman Rushdie were both in town for the annual Book Fair, but surprisingly, neither of them had time for an interview for our Tips for Homeowners series, so we have no tips for you this week. However, we thought you might be interested to learn that in the great state of Texas, macaroni and cheese is considered a vegetable. Troy was in heaven.



## Business For Sale



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## From Seattle to Siberia (via Finland)

By Tim Morrison

The first thing you should know about the gentleman from Finland is that he is not Finnish. A quick glance at him will convince you of that, although it might not allow you to guess his Mexican-Russian-Jewish heritage. He doesn't know a word of Finnish, and his native English is spoken with an American accent. The gentleman from Finland has never even visited Finland, but in the bureaucratic nightmare that was the Soviet Union in the late 1980s if your travel documents were from Finland, then you were from Finland. The papers that allowed Bob Goldstein passage on the famed Trans-Siberian Express originated in Finland. This made him the gentleman from Finland and set the stage for a memorable, mid-winter journey through Siberia.



Bob has written about his adventures on the Express in the acclaimed memoir *The Gentleman from Finland*. He will be discussing his book and showing slides from his trip at the Vashon Bookshop at 7:30 p.m. on **Friday, November 11.**

The Soviet authorities are not the only ones confused about Bob's status during his trip. Bob himself, knowing all of five Russian words and equipped with a phrase book of doubtful quality, is frequently befuddled. In fact, he starts his journey on the wrong train, one that gets him to his first overnight stop, Novobirsk, a day early. Here he learns that if your official itinerary says you haven't arrived, then clerks and other officials will pretend you do not exist. This presents a challenge,

but Bob is up to it with a little help from an alluring fellow traveler named Nina, prompting Bob to wonder if she is a good Samaritan or a KGB agent.

Nina is one of many engaging characters that Bob encounters on his journey. There are fellow travelers like Svein, a lovelorn Norwegian on his way to Beijing who has a problem common to many foreigners in the dysfunctional Soviet economy — too many rubles — and who is hunted by a Russian temptress dubbed “the condor.” There are locals like the cabbage-toting ancient Bob calls “Mother Russia,” whom Bob regales with his fractured phrasebook Russian and to whom Bob almost loses his boots. This episode is typical of the many recounted in the book, by turns hilarious, suspenseful, absurd and touching. The book reminds us that trips are built around places, but the meaningful ones end up being about people. Bob shows a deft touch at presenting people caught in a troubled and soon to be turbulent time. One can't help but wonder what became of Fedor the desperate moneychanger or Andrei the farm boy with the looks of a worker-god from a Soviet poster but the spirit of an innocent Iowan.

The best travel stories are about the traveler as much as they are about his or her destinations. In addition to satisfying a desire to experience the great train “Rossiya” as it is nicknamed by Russians, Bob's purpose was to learn about his origins. About his Russian heritage Bob knew little more than that his Father's family left a small town on the present day Russia-Poland border in the early 1900s, at about the same time the Great Siberian Railway (as it was originally known) came into existence. The surprising and tantalizing connections Bob makes during and after his journey are best learned by reading the book itself, but it is not giving away too much to say that *The Gentleman from Finland* is a book of surprising and satisfying discoveries, not only of places and people, but of aspects of the author himself.

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**Broke and Broken  
Part 2: Real Wealth  
vs. Illusion**

by Mark A. Goldman  
*From Part 1: Contributing to a corporation's profits, say by allowing that corporation to postpone the installation of anti-pollution devices, might contribute to corporate profits, but it is also likely to diminish the wealth of everyone who lives downstream...the real costs will not be measured or show up on any official document...*

In fact, to later clean up the accumulated mess might require relatively huge amounts of resources, which economic activity will then also be added to GDP even though the entire clean up effort would have been unnecessary had the original anti-pollution devices been properly installed in the first place.

The savings that would accrue to a corporation in such a case will likely never balance out the long term cost. This is the squandering of real wealth and it takes its toll on real people who otherwise might have lived sustainable lives had those economic resources been properly spent in the first place, with the surplus invested at improving education, health care, or any number of other socially beneficial endeavors. And of course if the product or service that the corporation was involved in was really of little value to anyone anyway, that's even worse.

So what does GDP really mean in terms of real wealth? Not much...in fact, it can mislead, misinform, and outright lie.

So when we spend billions of dollars on uncalled-for tax cuts or on military adventures and weaponry, which then proliferate around the globe causing death and destruction everywhere, while at the same time diverting funds away from the building of adequate levees around New Orleans, for example, we are left wondering, why are we so far in debt? And how come we have to rebuild an entire city now when some of that money could have been used to keep the city dry and the rest used to help the poorest of New Orleans' citizens become independent contributors to society?

The American economy is mature now, home of the world's largest corporations. The economy as a whole can be expected to grow perhaps at a sustainable annual rate of 3-6%. But the investment

community is looking to invest in corporations that will grow 15-20% per year. There is tremendous pressure on executives to meet these targets. How are they all going to do that year after year? Well most can't...at least not without cheating.

Remember a corporation's true function in life, and the reason they were granted a charter to do business in the first place, was theoretically so that they would contribute something of real value to the economy and to society. Real growth accrues through innovation, improvements in efficiency and ends with consumer wealth and satisfaction...what we used to call progress. You find examples in every industry, but it's becoming harder and harder for some companies to be good corporate citizens and still grow at these high rates.

A computer you buy today is vastly superior to what you could have purchased just ten years ago. You can get thousands of songs on a portable player that fits into the palm of your hand. A telephone now weighs just a few ounces and doesn't require a hundred thousand telephone poles and a million pounds of copper to complete a call to your mother. These are examples of what progress and the accumulation of real wealth looks like.

But if a company has to cheat in order to grow...if it actually produces a net loss to society...that's not real growth. That's just a stealth transfer of wealth from the weak and vulnerable to the rich. So when a corporation installs TV sets in schools where they use stealth advertising to promote unhealthy foods or other products to impressionable youngsters who then develop lifetime consumption habits that will shorten their lives, increase their medical bills, dim their intelligence and corrupt their values...that might look good on some corporate balance sheet, but it leaves society with such unimaginable, immeasurable and unmanageable costs, that if we directed all of our available resources to make up for the losses incurred, we would never have enough money to do it...and we don't. This is an example of an economy and a society cannibalizing itself in the pursuit and production of illusions.

This is the second installment of a three-part essay by Mark Goldman. You can email him at mark@gpln.com, and see all three parts of Broke and Broken at: www.gpln.com/broken.htm

*Come to a*  
**Community  
Forum**  
*on a possible*  
**Vashon-Maury Island  
Hospital District**  
**Thursday,**  
**November 17**  
**7 p.m.**  
**at Courthouse Square**  
For information, call Joan Coulson, 463-7993  
Paid for by Citizens for a Vashon Public Hospital District

**Land Use Committee  
Discusses Plans for  
Island Center Forest**

The next meeting of the Land Use Committee will be **Wednesday, November 16**, at 7 p.m. at the Land Trust Building. The evening will be devoted to a discussion/review/edit of the Management Plan for Island Center Forest.

Since last November, a group of Islanders, representing those who most use those lands (e.g., Audubon, Forest Stewards, Land Trust, Equestrians, mountain bikers, Sportsmans' Club, neighbors) have been meeting with Benj Wadsworth from King County DNRP to draft a management plan for the forest and adjoining land trust property that would retain current uses and maintain the health of the ecosystem. Wadsworth and those who have been working this past year will be present at this meeting so that we may all have input to the draft proposal. The draft for review is at the Vashon Library. Please take advantage of this opportunity to make your voice heard regarding this varied habitat in the center of Vashon.



**Arlo of Burton 1995-2005**  
*Arlo's obituary ran in the last issue, but I forgot to include his picture, so here he is. Condolences to his family.*



# Disaster Preparedness: Focus on Neighborhoods Wallace Elected President

By May Gerstle

When Joe Ulatoski moved to Vashon, he, along with a number of others, realized that the Island was woefully unprepared for a major disaster such as a big region-wide earthquake.

“I would like to have every neighborhood on Vashon organized so that neighbors know each other well enough to help one another in an organized manner whenever there is an emergency,” as Joe put it in announcing that he would step down from the Presidency of the VDPC. He’s now focused on developing a new emphasis on building disaster preparedness on the island. Using the model called the Neighborhood Emergency Response Organization (NERO), Joe is now spending his time developing a team that will have as its objective raising the level of disaster preparedness in a majority of Vashon’s neighborhoods by the end of 2006.

At the annual organizational meeting in October, Rick Wallace was elected president. Rick is an award-winning broadcast journalist and international crisis communication and strategic planning consultant. He said, “My plan is to build on the foundation

that Joe and his dedicated colleagues have created. I think of them as Vashon Heroes. In addition to neighborhood preparedness, our next big challenge for the organization is to obtain the volunteer staff we need for the Emergency Operations Center. We need to recruit enough new volunteers to deal with the “Big One” when it inevitably strikes. We will need the help of many others to navigate the course that Joe has charted.”

Michael Cochrane, co-manager of the Community Emergency Response Team (CERT) was elected vice president. Long time Islander and well known photographer, Pete Murray is the new secretary. Matt Sullivan, Director of Finance and Administration for Vashon Fire and Rescue is the new treasurer.

The VDPC holds monthly meetings to which the public is invited. If you have an interest in finding out more, please call our volunteer coordinator, Mary Swanson at 463-3645 or check out the web site:

[www.VashonBePrepared.org](http://www.VashonBePrepared.org).



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**11 a.m. to 6 p.m.**  
**Sunday**  
**12 noon to 3 p.m.**

Tuesday, November 15  
is America Recycles Day

## Scholastic Book Fair

This year’s Scholastic Book Fair will run from **Monday, November 14 through Wednesday, November 23**. A special Family Event is planned for **Tuesday evening, the 15**, to run in conjunction with the Family Science Night.

This year, organizers say you can take advantage of *One for Books*. Donate one dollar when you shop at the Book Fair. Money collected will go directly to meeting the “Wish Lists” put together by the Chautauqua teachers. In addition, Scholastic Book Fairs will match the *One for Books* dollars with a donation of up to a million books to three non-profit programs devoted to improving reading skills among children: Kids in Distressed Situations, National

Center for Family Literacy, and Toys for Tots.

This year there is **free child care** to any and all parents who need to attend teacher conferences **Thanksgiving week**. The child care will be supervised by one adult at all times, plus some “Mother’s Helpers” who will offer their 5th grade expertise in running the child care. The child care will be offered in the Lunch Club Room. from 9 a.m. until 2 p.m., Monday until Wednesday. You must **pre-register your children for the child care by Friday, November 18**. Contact Book Fair Chair Lauri Hennessey at 463-1388 or [Lauri@hennesseypr.com](mailto:Lauri@hennesseypr.com) to register.

If you would like to volunteer at the Book Fair, please call Ellen Call at 567-4011.

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# Spiritual Smart Aleck

by Mary Litchfield Tuel

## Radical Acceptance

Two issues back I wrote about living and working on the Island. In response, a reader wrote: “*The part that gets to me...and seems to arouse my ire, is that you seem so accepting of the conditions of which you write!*”

The key phrase here is “seem so accepting.”

There is a difference between anger and resentment. Resentment, the revisiting of anger over and over, renders me non-functional. I can get stuck in resentment, and that does me no good, or anyone else, either.

Does the way working people get treated on the Island and in general make me angry? Well, sure. I have worked at plenty of soul-killing jobs, and not only on the Island.

There is more than one side to the work story, though. I have seen workers who expected a great deal of money for doing a great deal of not much. I have also seen business owners getting ulcers and losing sleep trying to figure out how to make it financially, but no one has much sympathy for them.

Perhaps if more business owners refrained from taking out their stress on their employees they would get more sympathy. Just a suggestion. A low wage can be more palatable when it is coupled with decent treatment and respect for the working person’s dignity and abilities. The bosses I have knocked myself out for were the ones who said things like, “You’re doing a good job!” and “I really appreciate the work you do!” and meant it. Kinda makes you feel like getting up and going to work, and it’s a shame and a pity that attitude is so rare. I guess it is not taught in Boss 101. Employers are afraid that “respect” means “I have to pay employees more,” and that might be true, but it does not mean that disrespect coupled with low wages is going to make your business more successful or your employees better workers. *Au contraire*. That’s French for, “Oh, Honey, are you backing the wrong horse.”

Am I as accepting as I seem? Not really. I’d like to see living wages and decent treatment and health care and a safe home for everyone, here on the Island, and everywhere.

Perhaps I seem accepting because I’ve chosen to live a radical life. Long, long ago, in a Baptist Sunday school far away, I accepted Jesus as my savior, several times. In my teens I couldn’t wait to stop going to church, and stayed away until my mid-30s, when Jesus showed up in my life and said, “Hi! Remember me?” and so began my adult conversion, a process that continues to this day. Anyone who has become a follower of this troublemaker from Nazareth can tell you that a life of faith is a radical life, a life that makes no sense by the standards of the world we live in.

This radical life calls me to strive to be better than I am; so the goals I shoot for are to live a life of faith and prayer, to tell my truth, to listen to other people, to laugh a lot, to sing a lot, to love as many people as unconditionally as I can as often as I can, and to have compassion for everyone, even those mean old employers. Even people I have pegged as just plain jerks. Even myself.

It is natural to get angry and rail against injustice. My calling seems to be to tell the stories as truly as I can, to listen to the cultural hum and try to put it into words. It takes more than one smart aleck writer to change the world, but this is how I do my part. I’m as amazed as you are.

I don’t rail against things most of the time. I try to behave myself. Every once in a while, though, I completely lose my mind, blow a major gasket, and scream, write nasty emails, and pace around the house muttering to myself. Stick around for the entertainment, but don’t stand too close. You’ll see some major non-acceptance that day.

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## Strategies for Success for Middle Schoolers!

Once again, the popular “Success Strategies” workshops will be offered by Devon Atkins, Island tutor, mentor, and workshop creator, in partnership with McMurray Middle School. These two-day classes, which are designed for all Island sixth, seventh, and eighth grade students, will begin **Friday, November 11** and will focus on organization, time management, study and learning skills; and life strategies that can contribute to middle and high school success.

The Workshop schedule is as follows:

Sixth Grade Session: Friday, November 11, 9 a.m. to 12 noon and Saturday, November 12, 9 a.m. to 12 noon.

Sixth and Seventh Grade Session: Saturday, December 3, 12:30 to 4:30 p.m. and Monday, December 5, 2:30 to 4:30 p.m.

Seventh and Eighth Grade Session: Friday, November 11, 1 to 4 p.m. and Saturday, November 12, 1 to 4 p.m.

These workshops fill quickly, and are limited to just twelve students each. Tuition is \$65, and scholarships are available though McMurray counselor Carolyn Zike (463-9168 X211) to children who receive Free and Reduced Lunch. For registration and information, phone Devon Atkins, 567-4886, or email her at: oyuijf@aol.com.

These workshops were often filled to waiting list capacity last year and last summer. Since then, input from students, parents, and teachers has made the curriculum even more effective. The workshops have been hand-tailored by McMurray principal, Greg Allison, Counselor Carolyn Zike, and MJ Hartwell, the School District’s Family Advocate, who worked with Devon Atkins on the curriculum. A popular and practical feature of the Success Strategies Workshops is the daily emails of the day’s activities which are sent to the children’s parents, so that parents can better understand and support their children’s learning.

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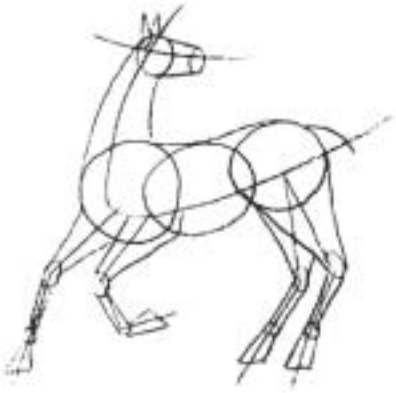
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**Reilly and Maloney** will perform one night only, **Friday, November 11**, 8 p.m., at Blue Heron Art Center. Tickets are available now at Blue Heron and Heron’s Nest, \$10 VAA members, seniors and students, \$13 general admission. Call 463-5131 to reserve by phone. Seating is limited.

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## Tompotika Connection Continued from page 1

conservation efforts in the Tompotika area.

Islander Marcy Summers became aware of the plight of the Maleo, and the natural wonders of Mount Tompotika, while living in Indonesia working for The Nature Conservancy. The Maleo, *Macrocephalon maleo*, is an odd-looking bird slightly larger than a chicken that nests in communal nesting grounds in Sulawesi. Adult Maleo pairs live most of their lives in lowland tropical forests, but travel to these communal nesting grounds to lay a single, enormous egg, which is incubated by solar and/or geothermal heat. Although the eggs are not needed for subsistence, most Maleo eggs are dug up and sold for cash by local people. Maleo populations have declined by over 90% since the 1950s, causing them to be red-listed as endangered by the IUCN.

Roughly half of Sulawesi’s animal species, including the Maleo, are endemic—that is, they are found only on Sulawesi and nowhere else in the world. By assisting the people of Mount Tompotika in protecting their natural heritage, at that one roughly 400 square mile site we can make a huge contribution toward preventing the extinction of dozens of endangered species, including Sulawesi macaques, a dwarf buffalo called the anoa, magnificent hornbills, a giant civet, and the tiny primate tarsier.

You are invited to participate, at whatever level you choose, in helping to conserve it. Perhaps you would like to join the group that will be traveling to Tompotika next summer (2006). Whatever you can offer, your support will help build this grassroots partnership, and money raised will be used to fund Maleo Fridays, a weekly moratorium on egg collecting, coral reef blast fishing patrols, and other direct local conservation and awareness measures. The Tompotika Conservation Alliance is about connections between the world’s people and nature, and it’s about hope—please come on November 12 and be part of it!

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# Don't Forget the Birds

By Ed Swan

Photos by Jim Rosso

## Goldeneyes

Recently I spotted two Common Goldeneye in Quartermaster Harbor, signaling that both goldeneye duck species have returned to Vashon for the winter. These diving ducks appear predominantly along the shorelines of the island. A few occasionally turn up at Fisher's Pond or Mukai Pond in the Island Center Marsh. Goldeneye possess omnivorous feeding habits. They eat small fish, slugs, snails, mussels, frogs, and both freshwater and saltwater vegetation.

The two ducks often prove difficult to tell apart. Male Barrows have a dark head that shows purple iridescence when struck by the sun and a crescent moon white patch between the eye and the bill. Male Common Goldeneyes have a dark head that shows greenish iridescence when struck by the sun and an oval white dot between the eye and bill. The color of the head is rarely useful because the lighting often doesn't pick out the color but the patch between the eye and bill is noticeable. They both have white bodies with black backs that have white specks. The noticeable difference is that the Barrow's has a stretch of black extending from the back down to the waterline between the breast and sides whereas the Common is white all the way to the black patch both have at the tail. The females of both species are very similar with dark brown heads, white necks that

aren't always visible and grey bodies. The only somewhat easy difference to describe is that the Barrow's female's bill is yellow for most of the year while the Commons is dark grey or black.

Washington Department of Fish and Wildlife reports indicate that a 23% decline occurred for both goldeneye species considered together in the north Puget Sound area based on the Marine Ecosystem Analyses of 1979-80 and the Puget Sound Ambient Monitoring Program surveys of 1992-99.



Numbers in the central Puget Sound, the area including Vashon, showed a gradual decrease. Vashon Christmas Bird Count data for the Vashon sections of the count circle depict a small increase or at least maintenance of existing numbers from 1999-2005 for Barrow's Goldeneye. The Common Goldeneye data showed a steady increase for threes years followed by a fall in numbers for three years, providing an inconclusive picture.

Little else of interest has showed up lately, but islanders John Friars

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and Rick Sanders led a Seattle Audubon Society field trip on Vashon recently with some success.

They had a rare sighting of a Thayer's Gull by Fern Cove and equally unusual, a Ring-billed Gull at KVI Beach. Both of those locations had interesting shorebirds with a Greater Yellowlegs at KVI Beach and Black Turnstones at Fern Cove. They also found the first Black Scoters for the season at Manzanita. Other than the field trip, the most interesting bird consisted of a Dunlin mixed in

with Sanderling on the beach at Dan Willsie's place on northwest Vashon. 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.

Several good bird related events are coming up in November and December. I will be discussing the status of Vashon bird habitat and presenting my new book, *The Birds of Vashon Island*, at the Land Trust building at 7 p.m. on **December 7**. If you would like a signed copy of

the book, come to the talk and I will have books available afterward. If you would like to pre-order a signed copy contact me at 463-7976, email edswan@centurytel.net or view more about the book at my website, www.theswancompany.com.

Other 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 an important event organized by the Tompotika Conservation Alliance. (see related article on front page )

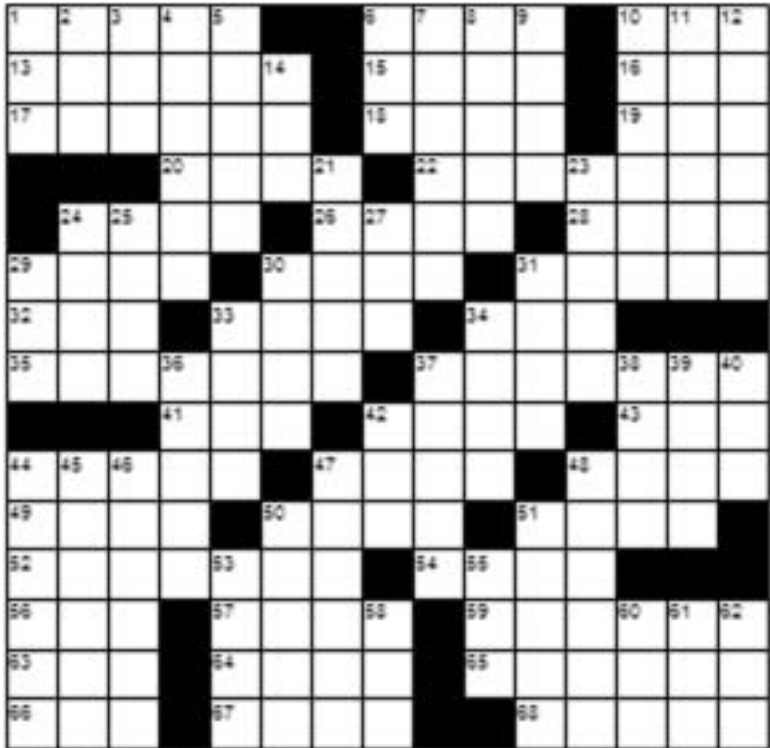
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- 5. Visionaries
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- 7. Prophet
- 8. Old TV show
- 9. Wound seriously

- 10. Tourist attractions
- 11. Bodies of water
- 12. Tolerance
- 14. \_\_\_ Lanka
- 21. Snow slider
- 23. Attach
- 24. Island
- 25. Vile
- 27. Unusual
- 29. Bunny movement

### Across

- 1. Lavish parties
- 6. Mold
- 10. Sun's name
- 13. Acmes
- 15. Domain
- 16. Frozen water
- 17. Performing artist
- 18. Dress
- 19. "To the right!"
- 20. Part of the eye
- 22. Tip or gratuity
- 24. Baseball team
- 26. German city
- 28. Volcano
- 29. Hold
- 30. Assistant

- 31. Timid boy
- 32. French "yes"
- 33. Bedroom furniture (2 wds.)
- 34. Rate
- 35. Tall, thin beer glass
- 37. Facile speech
- 41. Picnic pest
- 42. Part of speech
- 43. Ogle
- 44. Synthetic fabric
- 47. Tail-less cat
- 48. Association (abbr.)
- 49. Shine
- 50. Sobbed
- 51. Golf swing
- 52. Tack
- 54. Coin machine
- 56. Tree

- 57. Upon
- 59. Avoided
- 63. Body of water
- 64. Scent
- 65. House
- 66. Cooking measurement
- 67. Harp
- 68. Express contempt

- 30. To incite
- 31. Eschew
- 33. Green Gables dweller
- 34. Part of the "KKK"
- 36. Quoth
- 37. Letter styles
- 38. Bird's home
- 39. Saclike structures filled with fluid or diseased matter
- 40. Shekel
- 42. Snooze
- 44. Meal
- 45. Entertains
- 46. Misfortune
- 47. Instructor
- 48. Fall
- 50. Gusty
- 51. Spars
- 53. Chip in
- 55. Lower limb
- 58. Miner's goal
- 60. Casino roller
- 61. Compass point
- 62. Directory (abbr.)

Solution on Page 17

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# Island Life

Text & photos by *Peter Ray*

I was presented with a quandary the other day. There arrived in the mail an envelope with a request and a check. The return address was in California, and the note stated that the sender owned a house on the Island, but was not yet living here. My mission, described therein, was to send south some postcards with views of Vashon that would remind them of this place until their arrival at some unstated time in the great diurnal advance.

My first thoughts were those of inadequacy, since I do not consider most of my photo work to be about all that is good and proper in a scenically memorable sense.

In the week or so of useless fretting between the time I got the request and when I finally sent the packet back out, I wandered the streets looking for things that memories are made of, and all I saw were holes of memories now being filled with the new and the corporate and the correct. There is the real estate regrade and the submarine slab and the bad choice in color on what was perfectly good old brick.

We have proof now that old tool museums have no place where people are truly hungry, even if the special is still the same, and that old farms are better paved under so that we can better supply the bigger homes to come. There is of course some good news in all of this, since there is now no question as to where the Jesus Barn was, or is, since somewhat like the man Himself it has arisen from the rot and decay to present itself in new, full metal splendor. None of these images made it into my digital recorder, however, and I was still perplexed.

Gardens are always memorable photo subjects, and I thought that since I had a fairly extensive record of my latest project at Roseballen it might make an interesting assemblage sequence of a garden installed and un-installed. Since it appears that the thieves are still working on their part of the devolutionary process, I figured that it would be best to wait and see what other plants might become memories so that the piece as a whole would have some sense of closure. It was also noted that a landscape by a former Islander, Judy Rhodes, had been wiped clean from the environs of the local branch of Washington Mutual. I was particularly interested to see what the crew from Minnesota (at least that was what the sign on the side of the truck said) had in store as a replacement. To be fair, in asking I found that the decision to go with this crew came from corporate headquarters. To be just, they got a crapscape that they seem to be not so happy about. I did not take a picture.

Along these lines, I thought about following up on a friend’s suggestion of digitally recording all the off Island contractors lined up at the dock to come on and do Island work. As well, it would be educational to photograph all the midday and weekend shoppers lined up on this side to go off Island to spend their monies elsewhere. For the most part though, these are not the Kodak moments that memories are made of...

I toyed with the idea of asking permission to get in to see the rumored beginnings of a multi-million dollar garden starting to happen behind the gates of a large hobby farm above Burton. While new garden beginnings always make for at least a bit of excitement, some have suggested that this may be a potential water disaster in the making. Vast expanses of flower beds — acres of roses have been hinted at — require large amounts of fertilizer and water, depending of course on what one chooses to plant. The increase in water usage could possibly lead to an increase in saltwater intrusion in the deep Island aquifer. The leaching effects of an increase in surface watering could also lead to an increase in nitrate and garden chemical intrusion in neighboring wells. Wrecked wells and water systems would leave people looking for other water sources. Since our current water districts seem to be at maximum capacity, this would mean an off Island source would be needed. This would imply that getting more water out here would require a pipeline, and a bridge to bring it here, and well, it’s just amazing where alarmist thinking tends to lead one — certainly not to places that make for memorable postcards.

So, one might ask, what views and, well, views did I finally choose for a packet of memories of Vashon, sent on its way to southern California?

There were the requisite number of sunsets over Puget Sound. I did find a rather strangely monochromatic study in blues of that big volcano over Tacoma. There was a ferry motion shot, and a rather odd and slightly comical view that I chose to title *Contrail* that involved a long thin cloud, a sunny day and a chance positioning of a fly on the window of one of the boats. One certainly must not forget the large terrestrial mollusks when digging for memories of the Northwest. There were a number of flower and plant shots, and a composition involving a collection of umbrellas at one stop on this past year’s garden tour. For some reason, the Thriftway parking lot has been particularly photogenic this year — don’t ask me why.

While shapes and forms and colors and textures make up a good deal of my work, people somehow do not fit well into the mix. I did include a shot of the Whulge Gang, suited up in neoprene and getting ready to take on the swimming course at Burton beach- the beach, the water and a chunk of Maury are the major elements here however.

A boldly cloudy day out on the bike found me stopping for a quick shot of the statue of the guy with the hat and the chain saw on the main highway south of town. It has almost been seven years now since the predecessor to this paper kicked itself into gear with a party at the Grange up at the north end. It was at that party that I learned that Gary Lynn,



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the guy that statue depicts, had been hit and killed near the spot where the statute now stands. A piece about my memories of Gary was the first thing I specifically wrote for the *Ticket*. I can’t say that I knew him well, but I’d given him a number of rides around the Island and had learned a bit about him through our brief, occasional conversations. I’m not sure that he would have approved of the hat, or the random outfits that he sometimes has to suffer through. I will say that as I just began to write about him, the power cut out, only to return a few seconds later, taking out just one of the sentences I’d written. I rewrote it a bit differently — I hope that’s okay now.

The only portrait of sorts that was included in the bunch was a shot I took recently of Sean Cahill. He is someone who I have seen around town for years, but only recently had the chance to get to know while helping him move. I think part of the reason I don’t like to take a person’s picture is a feeling I get about invasion of personal space with a camera. In this case I did ask to take the shot, and there is a spirit revealed that makes the photo feel more like an extension of being rather than an invasion into it. This is a part of where my memories of Vashon are coming from — we’ll see on what wavelength the rest might arrive upon.

Postcards this time- #3- one or all available at one dollar each. Send inquiries to 10322 SW 165th St. Vashon Island, WA 98070

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## City Boy, City Boots

by Rex Morris

In a previous issue, I recounted a story from a packing trip I was on into the mountains of Northern Idaho. There are many stories from that trip and I have been encouraged to tell another of them.

In order to do that well, I will have to tell you about swimming on horseback. Just like people, horses feel differently about swimming. Some do not much care for it—as some people I know do not.

Most will do it if they have to but do not seek it out. There are a few who love it. When you find one who loves it, it is about the most fun you can have horseback that can be described in a family newspaper.

Near the Arizona ranch where my father worked, there was a dry wash and in that wash was a sand and gravel mine—our “gravel pit.” In the process of mining sand and gravel, great pits were gauged out in the bed of the usually dry wash.

I say “usually dry” because on those rare occasions when it did rain in the mountains above, massive amounts of water came rushing down that wash on its way to somewhere. When it had passed, those great pits in the wash were filled with water for a few days and my brother and I couldn’t wait to get the horses down in there to take them swimming.

If a good horse really really trusts you, it will jump off a 15 to 20 foot cliff into a deep pool of water just because you ask it to—it will forego its own common sense and accept that you know better. You might have to convince it you really mean it the first time but if it turns out to be one of those horses that loves to swim, it will race back to the high place to do it over and over after that. Mules, on the other hand, do not seem to care for swimming so much. Perhaps because they are so damn smart and don’t like to work that hard—or, perhaps the fact their hooves are often so much smaller than horses and they can’t dog paddle as well has something to do with it. I have seen horses swim so strongly that only the bottom half of their belly was getting wet—but most of the mules I’ve seen don’t usually swim that high in the water.

Anyway, we crossed a lot of rivers and streams in the mountains of Idaho and the horses and mules all had to swim whether they liked it or not, usually with riders and/or full packs. Swimming horseback was an almost daily occurrence, although seldom just for fun. One weekend this guy came up to camp—Ben, I believe his name was. He was nice enough and he brought provisions but he was what we called a Urbane

Cowboy (NOTE to Mary; yes, I meant urbane and not urban)—he had Jordache™ jeans, a cowboy hat that had never been rained on and cowboy boots that had never smelled horse manure let alone walked in any. We put him on a sensible little mare and took him riding (incidentally the same mare that almost fell on me and killed me). He was a bit prissy about it but he knew how to sit a saddle. Naturally, at one point, the course of our day’s ride took us across a deep little creek. I looked back to see our weekend cowboy with his feet up on the shoulders of that little mare. She was doing a fierce dog paddle and swimming so strongly that he did not even get his jeans wet let alone his city boots.

Our packer, a rugged outdoorsman named Paul, was inexplicably put off by that. Nevertheless, we rode on. I recall it being a fun afternoon. At one point we saw a bull elk about a mile away, up on the mountainside. He was mad that we were there—snorting and pawing and working up a lather. Let me tell you—if an animal is a mile away and you can tell it’s mad at you, it’s really mad.

We found a gorgeous place to have lunch—which consisted of tuna sandwiches on the leftover pancakes from breakfast, icy stream water, and gallons of fresh huckleberries for dessert. As we prepared to mount up, the packer said, “Ben, why don’t you ride Ginger on the way back,” pointing out a sweet-riding white mule in the string. Ben, of course, said, “Sure.”

We went home in a more round about way but ended up crossing the same stream at the same place. I knew what to expect so I watched, from behind, as Ben put the heels of his city boots up on the shoulders of that little mule.

When Paul glanced back, a look of expectation on his face, Ginger was not doing the dog paddle, she was doing what I’d have to call a modified breast stroke. The only parts of her that could be seen above the water were her ears, eyeballs and nostrils. All you could see of Ben was his floating hat and the toes of his city boots. Paul turned away, satisfied, and I laughed all the way back to camp.

A circa 1116 B.C. Chinese imperial edict claimed that the use of alcohol in moderation was required by heaven.





# The Film Thing

By Peter Ray [pgr42@worldnet.att.net](mailto:pgr42@worldnet.att.net)

## The Triplets of Birdville

Back in media class, we came to know Robert Flaherty and his classic 1922 “documentary” *Nanook of the North* as a standard of sorts by which the modern documentary film is measured. This was also the model around which raged the great debate over that holy grail of filmmaking, achieving true *cinema verite* in one’s work. The question was, if you introduce a camera into any situation, could one expect that the actions captured have not been influenced by that intrusion? In Flaherty’s case, he went as far as to direct many of the actions portrayed as indigenous activities. One could argue that the old TV show *Candid Camera* was a grand example of *cinema verite* in that the hidden camera did not alter the subject’s behavior in any way — it was however the situational set-ups these cine-victims encountered that caused aberrant (and the hoped for embarrassing) behaviors. It was perhaps that very first stab at “reality TV”, the seventies documentary series *An American Family*, that brought to question whether a camera and crew thrust upon a family in suburbia did anything more than record events as they otherwise would have transpired. As I recall, one might be able to cite Lance Loud’s muggings on camera as evidence that knowledge of a visual recording device being in close proximity tends to throw the likelihood of capturing true *cinema verite* right out the nearest window.

Coming to our Vashon Theatre we have three documentaries that give us rather uncommon views of our winged friends. From November 15th through the 17th, plan to be transported to the avian world with *Winged Migration*, *March of the Penguins* and *The Wild Parrots of Telegraph Hill*. The first follows an array of birds from around the globe as they trace their yearly migratory ramblings. The second takes a warmly cold look at a year in the mating cycle of the emperor penguins of the Antarctic. And lastly, we come in from nature to explore an urban tale of man and bird, or birds as the case may be. This last screening will also feature the human side of the film’s subject matter, Mark Bittner, who will be on hand to talk about his fifteen year

association with a group of escaped parrots in San Francisco and to sign his book about this experience.

My experience with *Winged Migration* is still solely through the trailers. At the time of its release, I was interested in seeing it to try and answer the question: “How DID they get those shots up there with those birds?” One side of the answer is simple — cameras mounted on ultralights. The other side I have yet to see mentioned anywhere but in a newsletter from the animal rescue organization Primarily



Primates, who ended up with a flock of crippled and flightless Canada Geese, unwitting victims of *Winged Migration*’s cast training program. As it turned out, the stars of this show were the survivors who had made it through caged starvation (in order to get them to return to the shooting site) and imprinting — the hand-raised chicks were taught to follow people dressed in yellow. It comes as no surprise then that the wings on the ultralights were yellow as well. A debate could rage over how fraud and abuse of power is trumped and covered over by lies and deception at the expense of the lowly masses, but since we see enough of this daily from our own heads of state, I will once again pass on this screening.

As far as I know, no such question of ethics is swirling around the production of *March of the Penguins*. In reading some of director Luc Jacquet’s statements about the filming, it sounds as though every precaution was taken to avoid



disrupting the Emperor Penguins in their eleven month mating and rearing cycle. The footage of their seventy mile trek across the ice barrens of the Antarctic is amazing enough, but when one steps back to think about the hardships that the film crew must have endured in this process it makes this accomplishment all the more astounding. In film school terms, it is also a study in production *faux pas*. Apparently as originally produced in France, the soundtrack gave male, female and childlike voices to the penguins, an ill-conceived redundancy meant to play up the already quite obvious

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anthropomorphic actions of the birds. The musical score that backs up Morgan Freeman’s droning narrative in the American version hints at the triviality of the director’s initial concept. The penguins and their imagery triumph here, however, making this an amazing journey that should not be missed.

Then we come to *The Wild Parrots of Telegraph Hill*, which seems to violate all kinds of rules, but comes up as a must see as well. We have an escaped band of non-native birds flying around in nothing like their original habitat. We have some guy with nothing better to do than feeding and encouraging them. And then we have a filmmaker who comes along and crosses the objectivity line. I won’t say what that line is — that would be telling. Everybody here, however, tells their own story — including the birds. It will be interesting to hear what Mr. Bittner has to add to this simple and fascinating tale. Perhaps I will see you there.

□□□□

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**Deadline to get in The Loop is Friday, November 18. Email [editor@vashonloop.com](mailto:editor@vashonloop.com) or drop off at Flash Photo and call us at 463-3327.**

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# Letters From the Edge

Editor, *The Loop*:

Recently I experienced a theft that frankly outraged me — someone entered my property in the Sunnyslope/Tahlequah area at the south end of the island, dug up a row of tecate cypress and removed these trees; trees that I had planted two years ago. The cypress were just starting to take solidly; they stood between 4 and 5 feet tall. I was at the house — and so were the cypress — on October 16th. I returned to the house again on October 30th; the plants were gone. Oddly, there were 4-6 small (18") hemlock planted in a few of the holes where the cypress were previously. I don't know why, don't know what would possess someone to do this (unless they already had these hemlock in pots, ready to plant for some reason...?). Further, to access the cypress, the person(s) had to fully enter my land and go over/behind a fence into the meadow and dig them up.

I have spoken to a few of the neighbors in the area; one person noted there had been a strange van at a new construction site in the area at around 2 a.m. the night of Oct 22/23; words were exchanged. *Readers please note: this may or may not be related.* It does, however, outline that while most of us are asleep, activity does occur here on Vashon. And some of that activity is performed by people whose value systems seemingly don't match the majority of this Island's population (assuming that "thievery" is somehow considered a value).

I have filed a report with the King County Sheriffs Office, and have notified numerous people across the island. I would also like to make a request of those people involved in the construction and landscaping trades here on the Island: be aware of foliage coming in or going out of areas you regularly work. This theft wasn't the first (as noted in recent publications); I would love to see it be the last. I'm also willing to pay a small reward for facts that lead to the arrest and conviction of the guilty person(s). If you have related information, you can call 206.296.3311, and reference case number 05-320802. For you Islanders with warm hearts and generous souls, thanks for your support around this event. For the new owner(s) of my cypress — please move on. I know I speak for the majority of the Island when I say you are not wanted here.

Brent L. Magstadt  
Vashon Island

Editor, *The Loop*:

Travel Synchronicities: Earlier this year, I was invited by the Higher Technical Colleges in the United Arab Emirates and the Edward de Bono Foundation to come to Abu Dhabi to participate in the Festival of Thinkers. The UAE government is aware of the need to focus their economy from a petroleum-based one to other options. The World Thinkers were there to discuss global issues and assist in the education of their next generation of leaders in the Middle Eastern region.

There were 25 World Thinkers including ten Nobel Prize Laureates, the likes of Murray Gell-Mann (physics) and Paul Crutzen (global warming) and Kary Mullins (genetics). Other participants included CEOs, not-for-profit executive directors, research scientists and educators from around the world.

A day before the conference began, one of the students took me to the local tourist shopping mall for some last minute items. As we rounded the corner, I saw the familiar color: the red of a Seattle's Best Coffee Shop. "Let's go in there" I suggested, and what we discovered on the two of the walls of the coffee house displayed Vashon Island history. We turned to see a large black and white photo of the SBC building on Cemetery road hanging over the entrance.

I pointed at the photo. "I live a few miles away" I mentioned.

"NO way!" the student responded.

"Yes, here are the people in the photograph. As I started naming names, the business student challenged me: What color is the pickup truck?

"Green." "No way!" "Yes—green."

And, about a month ago, I was invited to the Dalai Lama's address in Sun Valley Idaho. There were 250 of us in the crowd of 10,000 who traveled by bus from Boise to the Valley. I didn't know a person there, but quickly assimilated into the crowd going though the security screening. Looking up, there was Dave Potter and his wife, Professor Lauren Fins, from Moscow, Idaho in the line right ahead of me. This meaningful coincidence happened without us planning to meet each other and wondering who we would meet. Did I mention that Dave was one of the CEO's interviewed for my book about Synchronicity?

Jessika Satori, The Present-Minded Professor




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## Travis Hartnett at Luna

Seattle-based musician and composer Travis Hartnett will be appearing in concert at Café Luna on **Saturday, November 19**, starting at 7:30 p.m. Hartnett currently he divides his time between solo acoustic guitar and accompanying singer-songwriter David Bavas. Using a foot-controlled sampler, he records his own playing and then loops that as a backdrop for melodic improvisation. He performs regularly in the Seattle area, and more information can be found at his website, [www.travishartnett.com](http://www.travishartnett.com).



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**Happy Birthday Scorpio!**  
***Making precise observations and practicing a yoga of direct communication will prove to be your most reliable tools this year. Though from one point of view, many factors seem far from certain, you have to rely on your own mental and intuitive faculties, because in the end, that's all you have. Even when you consider the advice of another person, in the end, you have to trust yourself. What you can put your faith in the most easily is the tangible record of an ongoing conversation; having put others on notice of your intentions; and ultimately, using what you know.***

**Aries (March 20-April 19)** You have the power to turn a potential confrontation into a moment of accord and agreement. The essential ingredient is feeling safe doing so, and recognizing you have nothing to lose by trying. But from the perspective of psychology, your ability to make peace with another person is closely related to your ability to be at peace with yourself. Some may say the world is more dangerous now than ever. This is not really true. The world is always as safe as it is for the individual having the experience, and for you, at the moment most of the rules that others insist on living by are suspended.

**Taurus (April 19-May 20)** One of the more interesting traits of Taurus is a kind of orthodoxy. I've never read this one — I've just noticed it. Venus now making its way across Capricorn may offer you a few clues as to what you feel must exist for you as an absolute matter of right vs. wrong. Other factors emphasize this point — particularly this week's exact alignment of the Sun and Mars involving your sign. But be forewarned that what seems to call for exact moral precision today might seem a matter of relative truth tomorrow. So you may not want to pound the bully pulpit — just knock on wood.

**Gemini (May 20-June 21)** You are about to discover how simple a particular decision really is. However, you may be feeling like you're under pressure, while

at the same time you're not working with an entirely clear set of facts. Try writing this on your hand: "Move from the general to the specific." If you do that, you will gradually figure out what is going on and regain some power in a situation that seems to be more at the mercy of another person than you would prefer. Also, bear in mind that your fears are likely to be the most aggressive factor in the situation. Talk to them and they'll calm down.

**Cancer (June 21-July 22)** A partner or loved one is under some influence that you may not be fully aware of, and the main factor is unlikely to be something that you can see clearly. However, you would be wise, mature and truly cool not to let your fears run away with you, or to imagine that you are a negative influence of any kind. For everyone involved, there is an element of imagination at work, and this can exaggerate things. I strongly suggest you stand back and allow honoring the unknown to work as a healthy and creative force — and to allow this person to respond to their own situation in their own way.

**Leo (July 22-Aug. 23)** The truth does not change, but our perception of it can squirm all over the place. Still, it's not always a good approach to quantify or define an absolute version of reality. Rather, we need to let things come out in their time, and in their own way. You will know when you reach the threshold where you have enough information to make a decision, or to speak up about a certain situation that does in fact deserve attention. But you may want to put a 24-hour delay on each step in the process, and let your own mind and soul settle down a bit before moving forward. This is not a time for exaggeration.

**Virgo (Aug. 23-Sep. 22)** By now, you've probably figured out how to completely ignore the notion of worldly security and go entirely on faith. I probably should have suggested this plan in a Virgo horoscope around 1995. However, events have conspired to make the point abundantly clear. With Mercury about to go retrograde in the emotional

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security angle of your chart, you're about to take a three or four week tour of all the reasons you had not to be faithful, all the reasons you had to ignore them, and all the ways you finally came to the conclusion that you really are safe on this planet. Essentially, you're safe because you don't let anyone or anything intimidate you out of taking care of yourself.

**Libra (Sep. 22-Oct. 23)** If you're inclined to stay out of the way of a conflict that has nothing to do with you, I would say that's a good move. The dogs and cats can work it out for themselves; you are human and prefer the comforts of home. Yet it would be a wasted opportunity to think that the morality play does not somehow reveal a picture of your psychological state, or one of the classic dramas that always seems to affect the human race. This is a father and son situation, it involves someone having the courage to grow up, and someone else having the courage to let them do so without admitting defeat.

**Scorpio (Oct. 23-Nov. 22)** There is a matter of integrity at stake, and you should know that you're not the only one doubting yourself. But there's a tendency for everyone involved to maintain a bluff or act more confident than they really are. I suggest you take matters one step at a time. Certain developments over the next few weeks will reveal to you that this subject matter actually really has nothing to do with anyone else, and only to do with you. What the universe is calling for is a moment where you acknowledge what is right for you, and commit to acting on that decision, now and in the future.

**Sagittarius (Nov. 22-Dec. 22)** The situation is aligning such that you can come to a quick agreement — but don't expect it to stick for long. Still, any level of commitment is better than none, and what you decide on over the next few days will provide a starting point. A lot of information is going to come percolating out, so a handshake will be worth more than something etched in stone. The important thing is that

everyone understands the name of the game is to keep the money flowing. But you might also want to keep the information flowing. This is a good time to be unusually honest.

**Capricorn (Dec. 22-Jan. 20)** Events that began over the summer, particularly around July, are now beginning to have a real presence and a beneficial effect in your life. It's always interesting what combination of ingredients works to make something into a reality, and in this case one of those happened to be time. I suggest you maintain this policy. You are now involved in something that's going to take a full year to come to fruition. This may seem like a long time, but it's going to be a very interesting year, and at the end of it you will be more than impressed by your progress.

**Aquarius (Jan. 20-Feb. 19)** The planets are aligning such that you will have the perfect mix of confidence and ambition to do something rather unusual, particularly where your professional activities are concerned. But there are two other factors. It's my understanding that few Aquarians embark on careers that take them down the mysterious, taboo roads they crave traveling. It's too easy to get involved on the purely intellectual, technical or esoteric levels of reality — but you now possess the confidence to have a go at the truly unusual; the inappropriate; the squishy and fishy and unspeakable. Please speak up.

**Pisces (Feb. 19-March 20)** It's rare that you can see a clear reflection in a mirror, but we don't usually think it's possible to see our reflections anyplace else. But the best information right now may be what you're inclined to doubt the most. Your intuition may be warning you that you're really not experiencing a certain inspiration or idea in the way it's intended, or as something safe to pursue. This is a situation where you're going to need to trust something more powerful than your intuition. You know what you want. You know what is right. And for some strange reason, you know what is possible. Listen to that.



# LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



## Coming to Grips with Perimenopause, Part 2

sweats interfere with sleep and often interfere with one's partner's sleep as well. My favorite formula for night sweats combines four different herbs. Black cohosh, Leonuris cardiaca (motherwort), Taraxacum spp. (dandelion), and Salvia spp. (sage). Motherwort has a long history of use for heart palpitations that are not caused by a malfunctioning heart. It calms the thyroid which helps because the brain agitation involved in trying to wake up tone deaf follicles may disturb other brain centers and cause a momentary overproduction of thyroid hormones. Dandelion is a good liver herb and tonic, while the sage is drying and its use thwarted night sweats in one small

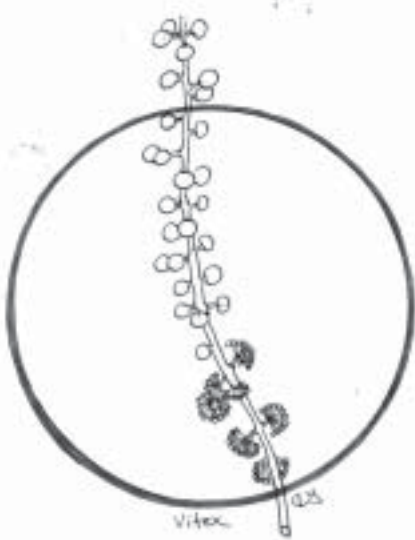
The first symptoms of perimenopause usually involve menstrual irregularities combined with increased PMS symptoms. These are rooted in much the same causes as PMS symptoms in younger women, and are treated similarly. Vitex agnus-castus (chasteberry, vitex) helps conditions that arise from corpus luteum insufficiency such as breast swelling, breast tenderness, bloating, and crampy menses. In one large study of women with PMS, 45 drops of vitex daily improved symptoms in over 90% of the participants. In another study, vitex equaled the drug Fluoxetine, an antidepressant often prescribed in perimenopause. Both diminished irritability, breast tenderness, swelling, food craving and cramps but the drug also had the side effect of sexual dysfunction and loss of libido. Usually vitex will begin to improve symptoms right away but it sometimes takes 2-3 menstrual cycles before the hormones are stabilized as each cycle sets the stage for the next cycle.

These PMS symptoms are often soon joined with hot flashes and perhaps night sweats. At the most inappropriate times, one's face will turn bright red and sweat will start pouring. Actually, these hot flashes are not as obvious to others as most women think, but they are real and uncomfortable. The best overall herbal remedy for hot flashes is Actea racemosa (black cohosh). In clinical studies, it consistently helped reduce hot flashes and other uncomfortable symptoms such as vaginal dryness. Black cohosh appears to work by calming the brain centers that are frenetically trying to get the ovaries to function "normally." Studies conclude that it does not have an estrogenic effect which is important for perimenopausal women also struggling with breast cancer. Most of the research has been done on black cohosh capsules but I prefer the tincture. The capsule provides a steady dose while the tincture allows a woman to take more frequent, small doses on bad days and less when there are no negative symptoms.

Night sweats are a bit more challenging. Many women will wake up several times a night sweating profusely only to be chilled a few moments later. Sometimes they combine with heart palpitations and anxiety. Night

study. Often, the night sweat formula can be used for a few days running. Then things calm down for a while. When and if the night sweats recur, the formula can again be used to calm things down.

Many of the other symptoms attributed to perimenopause are commonly experienced by all people from time to time: Anxiety, irritability, insomnia. These are addressed with calming herbs and the usual sleep formulas as needed. The only herbs that I think all perimenopausal women should take are the adaptogens. Perimenopause is stressful because a reproductive pattern that has been in place for decades is changing, and this change occurs at a point in life when various midlife crises often add to the stress. Adaptogenic herbs, used long term, enable us to handle stress better and are highly useful in this phase of life. My favorite adaptogens in perimenopause are Rhodiola rosea (rhodiola) and Schisandra chinensis (schisandra). Rhodiola improves mental functioning under stress and has been studied in professionals under a lot of intellectual pressure.



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It is a good choice for a woman worried about brain fog and poor memory. Schisandra is pleasant tasting and was used traditionally for ailments involving nightsweats making it well suited for the perimenopausal women.

I like the advice of an MD who in the 1930s told his perimenopausal patients to wear loose, comfortable clothes and not to do things they did not want to do. It is hard to follow this advice but it is wise. Menopause is a real reminder that we are not immortal. From the other side of perimenopause I can say from personal experience that this time can be an opportunity for change not only in reproductive patterns but in how you live your life. Using herbs and diet to prevent perimenopausal symptoms from raging out of

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

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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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# Book Review

## A Novel to Get your Teeth Into

by Rachel Bard

It takes a brave author to cram all these issues and themes into one book: The immigrant experience in 20th-century London (Jamaicans and Bengali); ties that bind comrades in arms; alienation of children from their parents and vice versa; the ethics of genetic manipulation (mice now, humans later); animal rights; sexuality of teenagers; Muslim extremism; relations between twins; Armageddon.

Zadie Smith was brave enough to tackle it. She succeeds brilliantly in *White Teeth* (Vintage Books, 2000), her best-selling, award-winning first novel. Fear not, the book is not a polemic full of the author's opinions and analyses. It is, rather, an absorbing, witty, inventive story of three families in London whose paths cross, intertwine, diverge and come together again between 1945 and 1999.

Archie Jones, London-born, employed in a print shop, leaves an unhappy marriage at just the right moment to catch the eye of Clara Bowden, a striking black Jamaican who wants to escape from the clutches of her mother and her mother's zealous group of Jehovah's Witnesses. Archie's and Clara's daughter, Irie, doesn't resemble her gorgeous slim mother, is in fact plump and kinky-haired and hates the way she looks. One of the more hilarious episodes in the book is her disastrous effort to have her hair straightened. But Irie is smart and becomes adept at adjusting, until she falls in love.

Archie's best friend is a pal from World War II days, Samad Iqbal, a Bengali who was sent by India to fight for the British in Europe. He and his wife Alsana (an arranged marriage) settle not far from the Jones family in North London. Samad worries about his twin sons as they enter their teens. He fears they'll be corrupted by pop English culture. He wants to send them to Bangladesh so they can put down true Bengali roots. But he can't afford to send both. It's like Sophie's choice. Finally he sends Magid, the more serious boy. Millat stays in England and by 17 is a heartthrob and a rebel.

The third family, the Chalfens, are something else again. Marcus Chalfen, using "embryonic stem cell-mediated gene transfer," breeds mice which he can alter at will, for good or ill. His adoring wife Joyce writes about flowers' inner lives. Their four brainy children go to the same school as Irie and Millat. Through the younger generation's transgressions and attachments, the Chalfens get mixed up with the lives of the Jones and Iqbal families, seldom harmoniously.

Smith is a master at capturing the vernacular of her characters, whether a bartender's Cockney, Clara's Jamaican patois, Archie's earnest cliché-ridden English, Samad's pedantic but shrewd disquisitions, or the Chalfens' intellectual pretentiousness. She's also very funny. And she keeps us guessing as to where all this is leading.

Well, Magid comes home, not at all as his father had envisioned. He's become more English than the English and is stuffy and pompous. He's an enthusiastic supporter of Marcus Chalfen and his genetic experiments. Millat has gone the other way and gotten mixed up with Muslim firebrands who are determined to do away with Chalfen as well as his *FutureMouse*®. Poor Irie, in love with Millat, tries to get the twins to talk to each other, in vain.

At about this point, when we're on tenterhooks waiting to see how it all comes out, Smith takes an inordinately long look at the activities of KEVIN (Keepers of the Eternal and Victorious Islamic Nation), in which Millat has risen to a commanding position. We're already overwhelmed nowadays with news of the dire doings of Muslim Fundamentalists and underwhelmed by any evidence that the situation won't just keep getting worse. Why throw more doomsaying at us?

However, Smith must have thought the build-up necessary to make the dramatic dénouement plausible. And dramatic it is. Will the world end on New Year's Eve 1999, as Clara's mother and her Witness comrades expect? On that same night, when Marcus Chalfen unveils *FutureMouse*® to an eager crowd, will KEVIN succeed in assassinating him? Will the mouse get caught in the crossfire? Will Irie find out who the father of her unborn child is?

If Zadie Smith had set out to write a soap opera, she'd have had no trouble coming up with a compelling plot. Fortunately, she chose to write this dazzling, wide-ranging, rollicking novel. Even more fortunately for her hooked readers, she's just written another: *On Beauty*. After I've given *White Teeth* time to settle, I'll have a go at it and tell you what I think.

Note: I've revised and added to the list of historical novels that I offered a few issues ago. If you'd like a copy, e-mail me at [rachelb@raincity.com](mailto:rachelb@raincity.com).

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## Island Epicure Flu-Proof Yourself

by Marj Watkins

Are you guarded against the flu and colds this winter?

Like last year, we're hearing that there may not be enough flu vaccine to go around. A flu shot as late as December, will help you dodge the flu, says an article in a recent AARP bulletin. Flu hits from December through March. Build up your immunity now.

Anti-flu shot manufacturers could make enough vaccine to flood Skagit Valley, and it wouldn't help those of us allergic to eggs, rabbits, and horses, mediums for serum culture. Also both Dr. Jonathan V. Wright of Tacoma and Nan Fuchs, Ph. D. in their health newsletters, have said that vaccines have proved less protective in people over 65.

So, is there a natural way to avoid the colds and flu, or fight them off fast? You bet your *Joy of Cooking* there is!

Raw garlic, fresh oranges, and chicken soup are three of your best food friends for boosting resistance to cold and flu viruses.

### Garlic and Lemon Tea

1 garlic clove, finely chopped  
Juice of 1/4 lemon  
1/2 teaspoon dried sage or peppermint leaves, crumbled, or 3 fresh peppermint leaves, slivered  
Honey to taste  
Mash the garlic inside a teacup with the back of your teaspoon. Add lemon juice and peppermint leaves. Pour in boiling water. Cap the cup with a saucer. Steep 3 minutes. Stir in honey.

### Tzatziki (Say: Jah-JEE-kee)

1 small cucumber  
1 fat garlic clove  
1/4 teaspoon salt  
1 cup plain yogurt  
3 Tablespoons washed, minced fresh parsley

Thinly peel the cucumber and chop it finely. Peel the garlic clove and chop it even more finely. Sprinkle the salt on the minced garlic. Mash it to a paste with the back of a teaspoon.

Combine yogurt, cucumber and garlic.

Tzatziki can be a thick soup, salad or a salad dressing, or used as a dip with crackers, potato chips or corn chips. Makes 2 servings as soup or salad.

### Marj's Chicken Soup

Flavor and healing power make it worth your time; actual effort required is minimal. A food processor cuts vegetable chopping work to seconds. Long slow cooking brings out the minerals in the drumstick bones. Don't skim off the fat;

nor remove the skin. Their protein cysteine is especially good for you and bad for viruses.

Chlorophyll in the deep green spinach and parsley adds another healing dimension. The salt and pepper bring out the flavors and stimulate flow of digestive juices. Salt, in moderation, helps the soup's liquid get to the right places in your body. Pepper helps thin the mucus in your nose and sinuses, clearing your head.

Inhaling aromatic steam from your soup bowl also helps clear your head and soothe your sinuses.

A dash of vinegar in the simmering soup helps bring out the minerals in the chicken bones and counteracts the carbohydrates in the rice, which provides B vitamins and energy.

Makes 4 to 6 generous servings

4 Chicken drumsticks or carcass from roast chicken

1 teaspoon dried tarragon or marjoram leaves

1/2 fresh onion, chopped, or 2 Tablespoons dried onion flakes

1 carrot, grated or sliced

1 celery rib, sliced

1/4 teaspoon coarse ground pepper

4 shiitake mushrooms, soaked 30 minutes, slivered, tough stems discarded.

1 teaspoon salt

1 or 2 Tablespoons sherry wine or 1 tablespoon vinegar or lemon juice

2 fat garlic cloves, sliced or crushed and allowed to rest 5 to 10 minutes before cooking

2 quarter-size slices ginger root, slivered

6 cups water or to cover

A handful of brown rice

1/2 cup diced spinach leaves, packed

1 Tablespoon dried parsley flakes

Place all ingredients in stockpot.

Bring to boiling. Reduce heat. Cover and cook until the meat is almost falling off the chicken bones and rice grains turn to Xs. Remove bones, return meat to pan. Bring again to a boil. Reduce the heat to medium low.

Stir in spinach leaves and parsley flakes. Cook 3 to 5 minutes.

Cool if desired with carrot juice. Add two shakes of red pepper flakes, or a few drops of hot pepper sauce, to taste.

Refrigerate soup in glass jars with lids. Reheat and eat as needed, up to four days. May be frozen in sterile yogurt or cottage cheese boxes.

Bon appetit and good health, everyone!

~~~~~

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## Madame Toujours

Dear *Madame Toujours*,

Last year, I learned that my husband had an affair with a woman at his office. The affair was over by the time I learned about it, and he apologized and promised never to do that kind of thing again. Then we went to counseling and Mike dealt with his mid-life issues, and we have been doing very well ever since.

The thing is, my friends all think I let Mike off too easy. They think I ought to have punished him for months. They think I ought to at least have got a diamond tennis bracelet out of the deal.

I don't really want to torment Mike with guilt, but I have to admit that even though I have forgiven him, and we have done the counseling and all that, I still sometimes feel hurt and sad and afraid that he will do it again, and it's kind of tempting to just rub it in a little. Am I a horrible person?

Sincerely,  
Horrible

*Chere Mme.* Horrible,

*Mais non*, of course you are not the horrible person. You are possibly the saint. You may even be the martyr. Your friends, they are entirely correct. It is all very well to be forgiving everybody and having the good advices from the modern psychological persons, but there is being nothing like the comfort of the diamond tennis bracelets.

The thing which your friends are understanding is that you have had the terrible betrayal, and there is no longer the trust and the security with

the marriage. Now you are needing to have the security from the other things. The diamonds, they are the investments in case you are being forced for the future to crush him and seek for yourself the new lover. Also, conveniently, if he is giving for you the diamonds, then he is not having the monies for spending on the mistresses in the future. This is the little insurance for yourself, *non*?

Also, you are possibly not considering the guilt and the shame that *M. Horrible*, he is suffering. Just as you are feeling the hurt and the sorrow, he is having the moments of the remorse. You must be encouraging this. It is the very wholesome and improving emotion. Now you are giving him the means by which he can be relieving the painful emotions.


I am having only the one warning. It will be very tempting for you to be letting *M. Horrible* "off the hooks" by allowing him to give you the flowers and the dinners at the elegant restaurants. This is very amusing for you, but do not forget that these things are depreciating in the values the moment you are leaving the restaurants. Better are the automobiles and the large, household appliances, but I am recommending that you are holding out for the liquid assets.

*Bon Chance, Mme.* Horrible, and if *M. Horrible*, he is being the faithful husband for the future, you can be cashing in the diamonds and funding the comfortable retirement, so you see it is being all for his own good.

~~~~~



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# Positively Speaking

By Deborah H. Anderson

## Let It Rain

For a long time I lived in a place where I couldn't hear the rain on the roof. I lovingly referred to our collection of abodes as "The Ant Farm" Apartments, lovely little pieces of square footage, excellent in form and function, which provide practical solace for the busy urban dweller. Vashon urban dwelling means you hear traffic occasionally, but still get woken up by the rooster that crows at three in the morning. But on the bottom floor, you can't hear rain on your head, if you know what I mean. I missed it terribly. The silence reminded me I was under confinement.

Now, I revel in the sound of drenching, steady rainfall. If it rained from now to April, I would not stop cherishing the cleansing, percussive rhythm on the roof and windows.

In the third grade, I had my first conscious moment of harmony with the rain. Rainy day recess was my favorite experience. I nestled into the warm buzz of classmates playing board games, reading silently for pleasure, working casually on assignments without the pressure of a deadline or otherwise amusing themselves quietly. I have often thought it was too bad rainy day recess was not offered more often at Chautauqua, tough guys that we are to prevailing droplets. We must pass on the tradition of living wet, if need be.

Back in third grade, rainy day recess taught me to sometimes let the rain stop me. It taught me to live a little more contemplatively on occasion.

It's time to hunker down again. It's that season when we can get all

the things done inside we didn't get done while the sun was out. Short dark days when it's inconvenient to be outside. Hot soups on the stove. Fires burning. Good books. Music. Friends. Slower, less expansive living. If the bulbs are in, it's time to go indoors. Fix a squeaky door. Rewire a burned out socket. Line those shelves and drawers that never got lined.

We can have a stronger sense of who we are when the concentric circles of our responsibilities are smaller. It's easier to run into ourselves. Time spent with family is sometimes chummier. Better than a snow day because no one is worried about when one can get "out" again, rainy days are comfort days.

If one does have to venture out, sitting at a soggy football or soccer game, cruising through First Friday Galleries, or going to Open Houses all seem more festive. People are more drawn to sharing. Enduring the weather gives us something in common to easily reference. Someone will help you take your coat off so you don't get all that moisture on the clothes underneath.

As the rains begin and we see the pattern indicating this will, perhaps, be a wet winter, let us give up the urge to grouse or gripe and instead follow the ways the rain defines us. Soon enough we will be doing our chores outside.

If you are holding a cup of hot chocolate, tea or other comforting beverage while you read this, you score extra points. You've already got the concept. Sit with it. It adds depth to your walk in the sun when it inevitably comes out again. ☺☺☺☺

## Lorien and Friends at Café Luna



Vashon's Jeffrey Lorien is being whisked away to upstate New York soon to continue his studies, and is producing a concert on **Saturday, November 26, at 7:30 p.m.** at Cafe Luna.

This show will feature Jeffrey's band *The Elementals* with his girlfriend Candice on keyboards, Dan Cunneen on drums Heartstone Center and Sea Breezer Mary McCabe on bass and vocals), along with a set accompanying

fellow Vashonian Will Van Spronsen, paying homage to a wonderful and fruitful seventeen-year collaboration. Lorien will also play a set with a couple of his music students, Aidan Morrison and Logan Malczyk. Which brings us to Jeffrey's new band, *The Elementals*. After functioning in a support role for the last couple of decades, Jeffrey decided to step out as a lead singer in his own band. They have a fresh and poppy sound that combines the groove of 70's soul with the punch and fun of the best of the 80's dance bands. Lots of chemistry in the band that is very tangible.

This should be a great night to say goodbye to Jeffrey (and Candice!) and also to enjoy some great music at good 'ol Cafe Luna. ☺☺☺☺



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## Bacon Brothers Benefit VAA

By Janice Randall

Tickets are still available for The Bacon Brothers VAA Benefit Concert slated for **Saturday, December 3, 7:30 p.m.**, at Vashon Theatre. The Vashon Island performance will be their only Western Washington gig. Tickets are \$40 VAA members, students and seniors, \$45 general admission. All proceeds benefit Vashon Allied Arts.



Although Kevin Bacon is internationally-known as a talented actor, his musical ability is also gaining fame. He and talented musician/composer brother Michael Bacon and their core band perform 50 to 60 gigs every year. They have recorded five CDs to date, their most recent entitled *White Knuckles*. They call their eclectic musical stylings *forosoco*, an acronym for folk, rock, soul and country.

Kevin Bacon and Michael Bacon have been a working band since 1995, but their musical partnership stems from childhood. "We're doing the exact same thing. Nothing has really changed. We haven't gone astray from what our original intention was with music, which is communication," says Michael.

Tickets are available at Blue Heron Art Center, Heron's Nest and Vashon Island Music. Call today to reserve by phone, 463-5131. ☺☺☺☺



# Loop ~ Sports



People travel several days to attend the PAGCC, and Anske makes sure they are not disappointed.

Hey Ernest,  
Can I be in *The Loop*? Can I, huh? Please! I just came to Vashon from Tokyo and met a cool girl (I can't name names) and I love *The Loop* and all it stands for. Humour, Wisdom, what else does our world need? Can you at least just put my name in the next edition?

Yours Truly,  
Preston Bentley

Preston Bentley,  
Sure. Your name is in this issue. Congratulations.

Ernest  
*Hola* Ernesto,  
I was recently in Nicaragua and read about a young man of many schemes. A Latin American Odysseus, if you will. He won many competitions of late, most notably the Grass Cutting Championships. His name is Adam Anske. Adam is not a native Nicaraguan, but he may call it home someday. Someday. Señor Anske is fluent in Spanish even though he is ¼ Italian, ¼ Polish, ¼ American, and ½ Red Sox. Don't ask me about the math.

Ernesto, please do me a large favor and translate the following Press Release from the Nicaraguan News.

Hasta Luego,  
Jon E. Knoxville  
Man Wins Grass Cutting Competition

MANAGUA, NIC— Adam Anske mowed down the competition, quite literally, in winning the 2005 Pan American Grass Cutting Championships. The final heat was made up of Jose Durante (Cuba), Julio Martino (South Africa—attended in part by special invitation from The Pope), and Gustavo Gustafino (Panama). “I knew the competition would be fierce and that’s even before the Pope invited Martino,” Anske claimed. “I think the Pope realized that I needed someone to push me. Last year I won with an electric weed-eater.” Anske was quick off the blocks and it soon became a close race between he and Martino. Gustavo’s mower failed to start and Durante had to stop for a bathroom break. “Nature was calling,” the young

Cuban claimed, “but at least I broke a sweat in a process.”

Back to the race. Adam Anske clinched the victory in the final lap when he edged over into Martino’s inside lane and voraciously cut his grass. He danced the final 50 metres as his mower grinded to a halt. The race was only seen via Pay Per View and reports are that there were not many television viewers. “I would like to thank my trainer, Enrique Moses, and my countries of Italy, Poland, America, and the Red Sox Nation for their financial and moral support,” said Anske before celebrating his victory behind locked doors.

*Gracias, Señor* Knoxville, We *mucho* appreciate Latin American News!

Ernesto  
Hello Ernest,

I’m an avid supporter of *The Loop* Sports Section. It promotes activism and free thinking. Also, Rick, of Rick’s Rankings, helps encourage positive role models with his Greatest Citizen’s of the World Rankings. I, for one, would love to see the next ten greatest citizens, according to Rick.

Dr. Ingrid Johannesen  
Dr. Ingrid,  
I’ve downloaded Rick’s Rankings for you.

E.  
Rick’s Rankings  
Greatest Citizens of the Worlds (Part III)

21. Scatch Lens, aka Snap Dog. For being the best photo-journalist this side of *The Beachcomber*.

22. The Ghetto Boys. Who puts on a concert in Caracas, Venezuela? They do! (Plus, Bushwick Bill kicks a\*s on a longboard.)

23. Lenny Dykstra. “London is the best country outside of Philadelphia.”

24. (tie) Kurt Vonnegut. He has the ability to make anything funny. Even cold cereal.

24. (tie) Holden Caulfield. Who says he’s fictional? I met him in Vegas at the black jack table.

24. (tie) Maria Sharapova. For hitting a tennis ball with a racket like thing.



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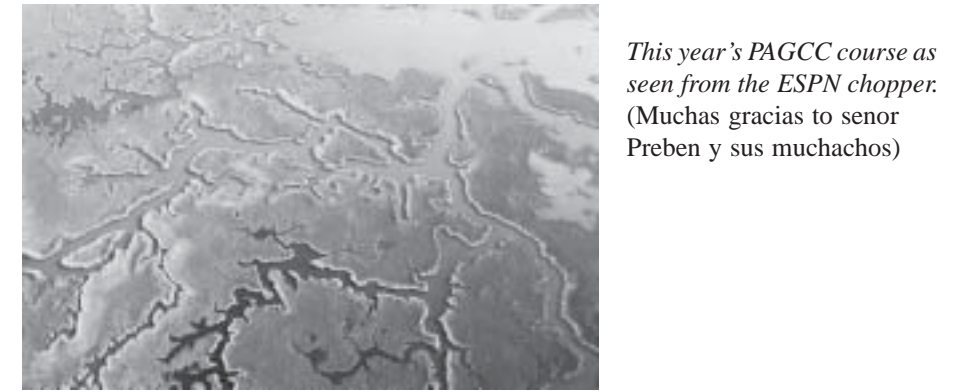


Parker Plaza 17232 Vashon Highway

27. Adam Anske. He won the grass cutting competition and he’s an animal tamer.

28. Sofia Coppola. She wrote and directed the action movie *Rost in Tlansration!*
29. Randy Moss. He’s so honourable!

30. My wife, Shastasha. Edges out her dad, Capt. Hoggins with her tuna recipe.



This year’s PAGCC course as seen from the ESPN chopper.  
(Muchas gracias to senior Preben y sus muchachos)



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# Lo'py Laffs

If you wanted people to eat something would you name it succotash?

An Eskimo asked the local missionary, "If I did not know about God and sin, would I go to hell?" "No," said the priest, "not if you did not know." "Then why," asked the Eskimo, "did you tell me?"

The phone rang at the firehouse. "It's a terrible blaze at my house," the voice frantically cried. "The flames are licking through the basement and the first floor. Pretty soon they'll ravage the entire place." "Did you try throwing water over it?" asked the dispatcher. "Yes!" cried the distraught homeowner. "Well," said the fireman, "no point our coming over then. That's all we do."

Don't accept your dog's admiration as conclusive evidence that you are wonderful.



## OneLiners (more or less)

Women are the kind of problem I don't mind wrestling with.  
Is wearing a toupee a lie, or is it just a funny-looking near-truth?  
Schedules are like pinatas. Their ultimate destiny is to be broken.  
Love may not make the world go round, but it sure makes us all dizzy.  
Hard work is its own reward, but wouldn't you rather have the money?  
The truth will never hurt you unless you're talking to the parent of an ugly child.  
Stress is waking up with a warm, furry body next to you, and you don't own a pet.  
Early to bed, early to rise, will not give you enough time for everything you need to do.  
It is much easier to repent of sins that we have committed than to repent of those we intend to commit.

As I was browsing through an old newspaper, I read aloud to my wife a news item about men losing their memory cells faster than women do. "It must be true," she said. "This is the second time you've read that article to me."

### 17 Signs That You Have Grown Up

1. Your houseplants are alive, and you can't smoke any of them.
2. Having sex in a single bed is out of the question.
3. You keep more food than beer in the fridge.
4. 6:00 a.m. is when you get up, not when you go to bed.
5. You hear your favourite song in an elevator.
6. You watch the Weather Channel.
7. You're the one calling the police because those %&@# kids next door won't turn down the stereo.
8. You feed your dog Science Diet instead of McDonald's leftovers.
9. Sleeping on the couch makes your back hurt.
10. You take naps from noon to 6 pm.
11. Dinner and a movie is the whole date instead of the beginning of one.
12. If you're a gal, you go to the drug store for ibuprofen and antacid, not condoms and pregnancy tests.
13. A \$4.00 bottle of wine is no longer "pretty good stuff."
14. You actually eat breakfast food at breakfast time.
15. "I just can't drink the way I used to" replaces, "I'm never going to drink that much again."
16. 90% of the time you spend in front of a computer is for real work.
17. You read this entire list looking desperately for one sign that doesn't apply to you and can't find one to save your sorry old butt.



## Offshore





# Loop Arts

## Photographer Ray Pfortner Is In Good Company



“Feather” Photo by Emily Gage

By Christine D. Beck

Ray Pfortner surrounds himself once again with fellow photographers in his annual photography exhibit and sale, *In Good Company*, hosted by Vashon Community Care Center. This year Pfortner has invited former students and photographers Kim Farrell, Cindy Koch, Emily Gage and Christine Beck to participate with him in the group show which will run through November and December. The show, which opened November 4, will expand for the Art Studio Tour in December to include not only the artists’ images but also photographs, note cards and other gift items.



Photo by Christine Beck

Pfortner has worked as a professional photographer and teacher for over thirty years. He has been recognized for his achievements by the North American Nature Photography Association, the Vashon Mary Island Land Trust, Vashon Allied Arts and others. One of Pfortner’s current and well known efforts on Vashon has been the workshop series *Making a Difference with Your Photography*, each of which has documented an important, and sometimes vanishing, facet of nature and life on Vashon Island. For this year’s *In Good Company*, Pfortner selected three of his former students. The work of some of these photographers, like Cindy Koch, whose Point Robinson lighthouse and Mount Rainer image graced this year’s cover of *Destination Vashon*, will be instantly familiar. Koch began her career in fine art photography five years ago with a photographic road trip that took her to Katmai National Park; Churchill, Manitoba; points in between and back to Vashon. Her stunning photograph of a pair of eagles in Homer, Alaska appeared recently on the front page of *The Beachcomber*.

Familiar also to Islanders is Kim Farrell’s work. Her macro images of flowers contain rich saturated color and detail. Farrell captures the essence of each flower, frequently from an unusual perspective or use of light. In addition, she photographs people, varying cultures and landscapes with the same attention to and love for color and light. Published in *Nature’s Best* and *British Heritage* magazines, she has also shown in the *World In Focus* Exhibit in Seattle, the Blue Heron, Barnworks and the George Wright Gallery.

Emily Gage, one of Pfortner’s recent students, is also the youngest of this year’s exhibitors and is currently a freshman at Vashon High School. Gage says that she “came into photography rather randomly” but there is nothing random about her dramatic and signature images. Gage exhibited in

Pfortner’s *Making A Difference With Your Photography: Dockton* show which was for her a stunning debut. She is currently applying for a North American Nature Photographer Association

scholarship. Pfortner’s most recent student included in the show, Christine Beck, returned to her early love of photography only a few years ago after a 15 year career as a potter followed by 18 years in her current profession as an investigator. Beck is a self-proclaimed “color junkie” when it comes to her photographic images, seeking out unique compositions bursting with saturated colors. In the past few months she has shown in the Blue Heron’s juried group show, *Uncommon Views of Vashon*, and Pfortner’s *Making a Difference with Your Photography: Glacier* at The Hardware Store. This is Pfortner’s second year exhibiting at Vashon Community Care Center for November and the December Art Studio Tour and his affection for this warm and welcoming elder residence is evident. Pfortner particularly enjoys the appreciative and interested residents and staff of VCCC who welcome the artists and visitors alike, the wonderful display walls the facility offers, and its convenient location on the highway just north of Vashon. Don’t miss *In Good Company!*



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Meme Garcia as Queen of Hearts and Yusuf Griffin, King of Hearts rehearse for “Alice.”

### Alice in Wonderland Staged at Heron

By Janice Randall

Blue Heron Youth Theater, comprised of actors ages 10 to 15, will present Lewis Carroll’s beloved tale, *Alice in Wonderland*, at Blue Heron Art Center, **Friday and Saturday, Nov. 18, 19, 7:30 p.m.**, and **Sunday, Nov. 20, 2 p.m.** Under the able direction of Patricia Kelly, see memorable characters including Alice, Cheshire Cat, Queen of Hearts and a host of Carroll’s colorful creations come to life. A show for all ages, Kelly says they will perform the “classic” version. “There’s a lot of humor. Adults will get all the layers of it; kids will love it.”

Actors include: Iris Spring as the inquisitive Alice; Meme Garcia, Queen of Hearts; Haley Mosteller, Duchess; Isaiah Mosser-Rohe, cook; Halla McManus, Dormouse; Hannah Higginbotham, Cheshire Cat; Grace Dzyacki, Mad Hatter and production assistant; Jack Summers, White Rabbit; Erica Walker, March Hare; Yusuf Griffin, King of Hearts; Nicholas Konrad, dual roles as Knave of Hearts and Executioner; Sage Everett, Griphon; and Annelise Bogue, Mock Turtle.



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The Dorsal Spin:  
J Pod’s  
Catch of the Day

by Orca Annie Stateler



The Southern Residents gave the Vashon Hydrophone Project (VHP) several juicy treats this Halloween season: a visit from L Pod, a ghoulish gift from J Pod, and this FALL’S FIRST ORCA RECORDING!

On October 26, thanks to an early morning call from Nancy, we found L Pod traveling north at Klahanie, under superb viewing conditions and undisturbed by boats. This sighting is remarkable because we had no verified L Pod visits to Vashon-Maury last fall/winter season.

At 45 members, including numerous mature males and sprouters with tall dorsal fins, L Pod is always a glorious sight. Mark Sears photo-documented the stately procession as the killer whales cruised by the Fauntleroy ferry dock.

Later that day, Mark learned from Brad Hanson of NOAA Fisheries that J Pod joined up with L Pod north of Seattle. Judging by how far south the L’s were when we found them, it seems likely both pods traversed East Passage during the night.

**Please report local whale sightings ASAP to 463-9041.** Several Island observers and ferry commuters helped the VHP document another valuable sighting on November 3. Hats off to Dennis, Lesley, Tom, Bob, Ed, and Melanie.

That day, we toiled to keep our binoculars dry and our ears warm as J Pod’s 24 members did the East Passage shuffle. In the morning, the orcas meandered south from the ferry lanes. They were extremely spread out and actively foraging. The Anna’s Hummingbirds and rooster-tailing Dall’s porpoises at Dilworth offered a pleasant diversion as the killer whales took their sweet time.

J Pod turned around at Luana Beach. The orcas were less spread out and closer to Vashon as they traveled north in the afternoon. To our delight, they were just offshore at Dilworth. They made it easier to determine that all matrilineal lines were present.

Elders Granny (J2) and Ruffles (J1) were in the lead. We heard Spieden’s (J8’s) distinctive wheezy blow. We saw J41, the new baby discovered on July 4th. 26-year-old Shachi (J19) is J41’s mother. Her last known baby died in 1993, and we have been rooting for her to have another. The sprouters Mike (J26) and Blackberry (J27) followed shortly.

We relished the late afternoon sun break, and perhaps the whales did, too. Near Dolphin Point, Ruffles rolled over and raised his enormous pec flipper toward the sun, holding it aloft for several seconds. Another orca did a cartwheel. Two more were porpoising. Some were still casually foraging, as Mark soon discovered.

Mark’s permit this year allows him to approach orcas to take ID photos and collect scale samples or prey remains with a dip net. He saw a youngster head-butting a chum salmon and went to investigate after the whale appeared finished with it.

Never mind a few measly fish scales, Mark retrieved a male chum torso, minus the head and tail, with orca teeth marks on it! Mark, Odin, and I admired the awesome prize (awesome to whale geeks, anyway). Despite jokes about barbecue potential, the headless chum is going to NOAA Fisheries for further study.

The excitement did not end with the catch of the day. J Pod returned to forage in Colvos Pass after dark. Beginning about 7:50 p.m., the VHP recorded hungry orcas emitting intense echolocation clicks, along with a few calls and whistles. We could hear killer whales on the hydrophone for nearly an hour. Thank you, J Pod.

I will see if our ACS/PS techies can post VHP sound samples on the chapter web site at [www.acspugetsound.org](http://www.acspugetsound.org). Contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com) or 463-9041.

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We’ve Got  
A Lot of  
Kids

by Kevin Pottinger

Mealtime

We are huddled around a long wooden table with food and plates and silverware in chaotic, drifted piles. As my wife and I discuss our day, a toddler pounds her high-chair tray and whines. Finally, tired of whining, the toddler screams and leaps from her highchair, doing a belly-flop on the table, spilling plates and glasses of water onto the floor, to grab two fistfuls of mashed potatoes. Apparently she wants more potatoes. Two other kids slug one another. Another toddler watches the action slumped in his highchair, distractedly putting slices of cooked carrots into the water pitcher. My wife and I discuss politics and chop vegetables into little pieces to pass to the babies, and every minute or so shout “Get down!” to kids standing on their chairs, trying to climb onto the table. This is supper at our house. It’s probably like supper at your house, but louder.

Our kids love noodles, and they complain about everything else. If we serve them anything but noodles, then the bite counts are tallied. You must have four bites of meat to get a Popsicle. Bite counts are wampum, a sort of Chinook or pidgin trade language; to facilitate negotiation. Two bites of the yucky zucchini to leave the table. No noodles until you have three bites of your carrots. OK, two bites. No, Dad did not invent yucky zucchini. Yes, we will have noodles soon.

If the babies, the twins, don’t like something in their supper, they hold the odious scrap by their thumb and forefinger, and while looking away from it with nose high in the air, they let it drop it to the floor with a ceremonious flourish. “Leave our sight, you piteous scrap of beetle dung.” Then they smack their highchair trays and make braying



noises for new and better food. If it’s all judged to be sorry, sad, inadequate and entirely unforgivable, they’ll make a clean sweep of everything, pushing all the food on their highchair trays onto the floor at once, and sweeping off the crumbs with their fingers.

If the twins like something, they have a word, “Dupp.” Dupp means more, either soon or now, depending on inflection. Dupp is usually eggs, fries and potato chips. Pot roast is not usually dupp. Carrots are never dupp. Mashed potatoes are sometimes dupp, sometimes swept clean. It just depends.

I do all the mealtime cooking in our house, which explains why we eat out so much. My wife is a wonderful cook, and she lets me cook because I love to cook and she loves me. I try my best not to cook like a man: recipes involving 100 year old brandy pounded into two and a half pounds of fresh truffles using every pot in the house, as Betty Macdonald once wrote. I cook ordinary things so they taste good, and I wash the dishes after. But my love of cooking is conditional: in return for actually doing the cooking, I expect two to three heartfelt compliments per non-cooking, married-to-me adult, per meal. If no compliments are received from the adult-that-cooks-no-meals-and-is-my-wife, or the compliments are judged insincere, the meal is finished quickly in a tense, stony silence, interrupted only by the clatter of plates and glasses falling to the floor and screaming babies lunging for food, which after all, we can easily ignore in favor of the tense, stony silence between us.

My wife and I have mealtime rituals we grew up with, and after having argued about them for several years, nowadays we have each learned not to accuse the other of growing up eating with bare hands from a piece of Visqueen on the floor. But, as a new family we need new routines of our own. So, we say the rote grace concordant with our religious beliefs before every meal, the oldest kids call it “Blessolore.” We have the ritual Spilling of the Water All Over Mom. And the absolute favorite ritual prayer, the “I Hate This Why Do We Have to Have This Again” recited by the eldest male child, standing on his chair, every night for a fortnight.

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