



THE LOOP

Vol. 2 #23

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM November 23, 2005

The Worm Guy Gives Back

By Rex Morris

Mark Yelken, affectionately known as The Worm Guy, and his wife Jolene, began Jonesy Enterprises in October of 2004, to raise earthworms and develop a line of organic fertilizer from worm castings. They started with 12,000 worms, a truck full of two gallon buckets and a mechanical sifter.

The Yelkens were tired of moving around the country every time the company he worked for restructured—it was too hard on the family. At his wife's urging, Mark looked into vermiculture (raising earthworms) and, the more he did, the brighter the light of inspiration became. They decided to begin their worm farm on Vashon because they feel that there are more organic farmers and gardeners per capita here than anywhere in the Northwest.

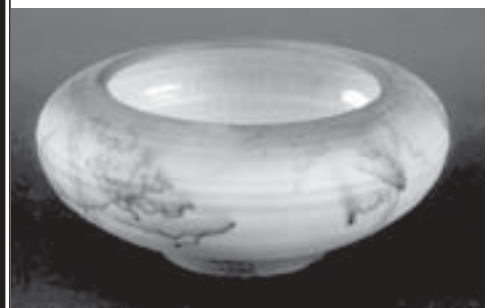
To quote him; "I used to work for an oil company and I decided to do this until I have given back as much as I've taken." This could be a guideline for all of us. We all take (use) so much, often without thinking about the true cost to ourselves and to the Earth—and with insufficient consideration for what happens to it all when we are

Bacon Brothers Here



The Bacon Brothers, Michael and Kevin, will be do a benefit concert for Vashon Allied Arts at the Vashon Theater on Saturday, December 3, at 7:30 p.m. See story, pg. 18.

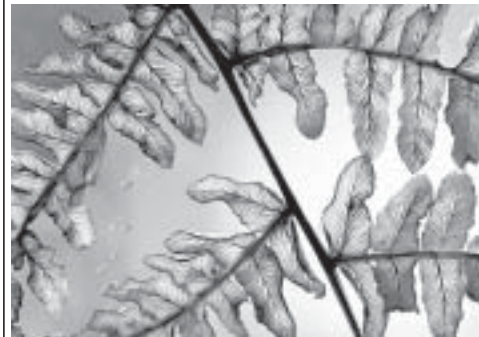
Holiday Art Tour



Creative Handmade Gifts

The Holiday 2005 Vashon Island Art Studio Tour will be held **December 3 and 4, and December 10 and 11**, from 10 a.m. to 4 p.m., just in time for a unique holiday shopping excursion. This free, self-guided tour features 38 open art studios and several Island shops and galleries displaying the creative work of over 100 Vashon artists.

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Point of View Photography

Photographers of Vashon (POV) join Arts Tour -- see story, page 19



Mark Yelken, The Worm Guy, tends to one of the large bins where some of his 300,000-plus head of worms do, and produce, their stuff, vermicompost.

done with it. The Yelkens wants to change that.

Why worms?

As they say on their web site, vashonwormguy.com, worms are the intestines of the earth. They eat dirt and change it physically and

chemically. Their normal activities homogenize the soil so it looks like coffee grounds when it leaves their body. The end-product of worm activity—called vermicompost—has no odor and doesn't burn plants at

Continued on page 4

Schools and Parks Close to Lease Agreement

By Mary Litchfield Tuel

The Vashon School Board gave tentative approval for the Vashon Park District to have 20-year leases of the old Vashon Elementary and Burton Elementary School sites at a meeting on November 17, according to Director Dan Chasan. The approval was subject to several changes in the language of the leases. The 20-year length of the lease will give the Parks District time to get grants for the maintenance of fields and other facilities at the sites. The leases include a "recapture" clause should the School District need to break a lease and take back the land in the future.

The VES lease would not cover the Old Gym. The School District is hoping for the community to take on the task of making repairs and upgrades to the historic structure; otherwise, the building will be torn

down. Neither the School District nor the Park District have enough money in their budgets to cover the necessary expenses.

In other discussion the School Board reached a consensus that they should move toward placing an operations and maintenance levy on the ballot in March, 2006. The Board will have a special meeting on **December 1** to discuss and perhaps decide on this. The District is facing the prospect of having to lay off 10 teachers and 12 other staff. ☐☐☐☐

In This Issue: The Theatah, the Dahnse, the Arts, Sports, Movies, Plants, Three New Island Businesses, and at least one fact you might not have known about George W. Bush, **and more!**

Get in The Loop

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Note 1 - Using an FRS/GMRS radio on the GMRS channels requires an FCC license.
Note 2 - Use marine channel 71 only as a "go to" channel. Monitor channel 16 at all other times. Use Marine VHF only for ship-to-ship and ship-to-shore communications.
Note 3 - Not all FRS/GMRS radios assign Channel 2 to the same frequency. Check your radio's manual for the frequencies assigned to each channel.

Holden Vespers for Advent

Beginning the fourth Sunday before Christmas, Advent is observed in many ways. At the Episcopal Church of the Holy Spirit, Holden Vespers will be **sung each Sunday evening of Advent** at 6 p.m. This is a simple time of worship with easily accessible music. Some choose to participate in silence.

Advent is the traditional time of preparation for the coming of Immanuel, God With Us. At this time of year when it is darkest, join with fellow islanders to kindle the evening light and thank God for his love and care.

Next VMICC meeting

The agriculture on the island will be the topic for the Vashon Maury Island Community Council meeting on **Monday, Nov. 21**, at 7:30 p.m. at Courthouse Square. The speakers will be Jasper Forrester of the Vashon Island Growers Association, Dr. Bob Norton and Chris Greenlee of the Vashon Island Fruit Club and Dave Warren of the Forest Stewards.

Forrester says that the growth of VIGA this year was explosive with more than double the sales at the Saturday Market and over 50 families participating. The fruit club, only two years old, has nearly 100 members, says Greenlee, due in large measure to the monthly meeting information from Norton, an expert on fruit trees. The Forest Stewards will start selling wood at the True Value store, are making saw horses to sell at Christmas and are actively involved with the saw mill, says Warren.

In addition to these presentations, committee updates will be given and the annual budget presented for approval.

DOIT Board Meets

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on **Thursday, December 8** at the wheelchair-accessible Sunrise Ridge Conference Room, in the Voice of Vashon Building behind Granny's Attic. Youth and interested adults are invited. Reasonable accommodations for people with disabilities are available by calling Stephen Silha at 567-4363.

Photography Slide Show



Photo by Ray Pfortner

Kick off the Holiday Arts Tour with Ray Pfortner and friends. Join the artists of *In Good Company*, an exhibit of photographic images, in an evening of slides, discussion, question and answer period, and refreshments with photographers Ray Pfortner, Kim Farrell, Emily Gage, Cindy Gage and Christine Beck on **Thursday, December 1**, at 7:00 p.m. at Vashon Community Care in the main dining room.

Pfortner and his companions will show additional samples of their work, using a slide show format, and will discuss their artistic philosophies, techniques, equipment, and some of the stories, both serious and hilarious, behind the images. Open to the public and free of charge, guests will have the opportunity to enjoy the slide show, view the over 60 images on display at Vashon Community Care Center, and preview the note cards, calendars and other holiday items available during the Holiday Arts Tour, starting December 3. Brochures for the Art Studio Tour with clear directions to the studios and locales all of the exhibiting Island artists will be available.

Vashon Youth Chorus in

Don't miss what will surely become a Vashon tradition! Marita Ericksen's Vashon Youth Chorus will be presenting for the first time the *Charlie Brown Christmas* at its annual winter concert. The play will be performed, along with some wonderful Christmas songs, at the Vashon United Methodist Church on **Saturday, December 10**, at 7

VIPP Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day **Saturday, November 26** from 11 a.m. to 2 p.m. and **Sunday, November 27**, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

VIPP Xmas Wreaths

Vashon Island Pet Protectors Holiday Wreath Sale Firefighter's Association Building **Friday, November 25**, 12 noon to 4 p.m.; **Saturday, November 26**, 10 a.m. to 4 p.m.; and **Sunday, November 27**, 10 a.m. to 4 p.m.

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

2006 VIPP Calendar

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

Rumor Control

Did you know: Dan Quayle is on the Board of Directors of K2. Yes, *that* Dan Quayle, and yes, *that* K2.

Madrona School Benefit

The story of the village that gathered together to make Stone Soup is coming alive on Vashon, **Friday, December 2**, during the Vashon Artwalk, from 4:30 p.m. to 7:00 p.m. at the V a s h o n P r e s b y t e r i a n Church Social Hall. The Madrona School students, aged 5 to 9, have hand-painted soup bowls for the event. For only \$15 you'll receive a one-of-a-kind bowl, and two stones, which entitle you to two bowls of delicious soup generously donated by Express Cuisine, Nana's Woods Catering, The Hardware Store, and Emily's Catering, and bread donated by Bob's Bakery and Sound Food Bakery. Westside Highway will provide music. The Madrona School is a 501(c)3 organization.



Charlie Brown Christmas

p.m. Tickets are \$6.00 for adults, \$18 for the family, and kids under five are free. Tickets will be available at the door the night of the concert. The Youth Chorus is also scheduled to perform at the lighting of the town Christmas tree on December 2nd. Stay tuned to *The Loop* next issue for a story about the Charlie Brown Christmas.



Thanksgiving Irish Ceili Dance at the Grange Hall

The Vashon Celtic Dance Society is hosting a Thanksgiving Irish Ceili Dance at the Grange Hall on **Saturday, November 26**. Past Thanksgiving dances have been high-energy gatherings with lots of folks dancing off the holiday meal — don't miss this one! The dance starts at 7:00 p.m. at the Grange Hall located in the north end ferry dock parking lot. Don't worry if you've never danced a step in your life — you don't need any experience to have a great time at a ceili dance. You don't even need a partner. Kathleen O'Grady-Graham will teach and call all the dances and live music will be provided by The Gold Ring. The suggested donation to participate in the dance is \$8 (\$6 seniors and students), and the dances are suited to adults and children over 12. Photos of past dances can be found at www.hoilands.com. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Malczyk at (206) 463-6917.

Wrestlers Wash Cars!

Polar Bear Car Wash! On **Sunday, December 4**, from 10:00 a.m. to 3:00 p.m. at Island Lumber. Five Bucks a car or truck. Pay for your wash at the time or buy pre-paid tickets from a high school wrestler near you! This is a fundraiser for the wrestling team for hotels, uniforms, road trips and future scholarships!

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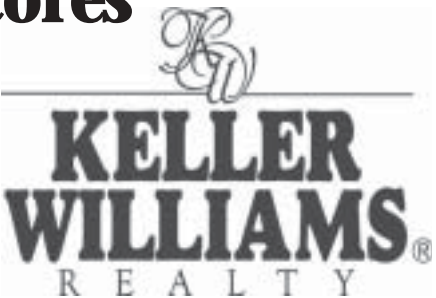
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Troy and Marie Explain Credit Scores

Most people know that it's important to maintain good credit. If you are planning on buying real estate in the near future it is especially important to know how your credit looks, and to take steps to clean it up if necessary. As we get into the holiday season, keep in mind that all those companies offering you credit cards and higher credit lines do not really have your best interest in mind. Read on to learn about how **more** credit can actually give you a **worse** credit score.



Troy: The holiday shopping frenzy season is upon up. It's a tough time for people to control their spending, especially if they've been getting credit card offers and increases in available credit. But if people are planning on buying real estate in 2006, it is more important than ever to keep credit card debt under control.

Marie: That's right. People should even think twice before agreeing to sign up for one of those store credit card deals that offers you an immediate discount on your purchase. When you sign up, you are agreeing to let the store run a credit inquiry on you, and too many inquiries is considered a bad thing by the companies that track your credit history.

Troy: That's one of the Big Three national credit reporting agencies: Equifax, TransUnion, and Experian. They may call your score something different, but they all basically use a mathematical method of analyzing your credit history to spit out something called a FICO score.

Marie: Trivia buffs might want to know that this stands for the name of the company that invented the method: Fair, Isaac, and Company. The exact formula is a secret, but it's been around for years, and virtually all lenders use it when deciding whether to give you credit and how high an interest rate you will be charged. Unlike your blood pressure, a higher score is better. According to Fair Isaac, 27% of people in the US have a score between 750 to 799. 13% have an even better score, and rest of the citizenry is below 750.

If you have questions about how to interpret items on your credit report or are wondering whether you can get a loan to buy a home, feel free to give us a call at (206) 463-LIST (5478) or send an email to marie@kwvashon.com. We have some excellent resources available that can answer your specific questions.

Troy: The factors that determine your FICO include obvious things like whether you pay your bills on time, whether you've been sent to collections, whether you've declared bankruptcy, and so on. Other less obvious factors include things like how many credit inquiries have been made on you (like each time you apply for a credit card), how much credit you have available, and the mix of credit. A mix of mortgages, auto loans, and credit cards would be considered more favorable than just a lot of credit card debt.

Marie: A good credit score will help you save money. Karen Bratten, a mortgage loan consultant with Wells Fargo, tells me that as a general rule, a FICO score of less than 620 puts you into a so-called "subprime" loan, which means the bank will be willing to give you a loan, but you'll be paying a higher rate, you'll need a bigger down payment, and will probably pay higher fees for the loan.

Troy It's totally possible to fix your credit, even if you've had problems in the past. Negative things like having a bill sent to collections stays on your report for seven years, but if you start to establish a better bill paying track record now, that will bring up your score even before the seven years are up.

Marie: The first step to checking on your own credit is to request a copy of your credit report. Do this even if you think your credit is OK. Mistakes happen, and sometimes reports include things that are not correct. Thanks to the recent Fair Credit Reporting Act you are entitled to get one free report every twelve months. The easiest way is to call 1-877-322-8228, or visit www.annualcreditreport.com. This is the ONLY source of free credit information that is authorized by the Federal Trade Commission, and the only site where I would personally be comfortable entering my social security number.

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LoOp-Ed

Hospital District: Who Cares?

By Mary Litchfield Tuel

What if you held a public forum and the public didn't show up?

The Citizens for a Vashon Public Hospital District held their first community forum on November 17 to share information, and 25 people showed up. They were almost all proponents of the Hospital District, and maybe a half dozen of the "public."

The goodness, and the good intentions, of the people in the room, was palpable. The fact that they wish to have full and open disclosure of what they are proposing, and why, was reiterated several times. You can find information at their website, www.vashonhospitaldistrict.com, and the people involved wish you would go there and read up on what they're doing.

However, as one person I spoke with the next day said, the Hospital District "...may be the best thing we can come up with, but I'm not comfortable with it."

There is no problem with supporting the Community Care

facility, or the Vashon Health Center.

These very good people consistently present the Vashon Health Center as the *only* health care option on the island. It isn't. There is no talk of dealing other Island health care providers into the Hospital District, although "losing health care on the Island" is the fear bite that gets repeated again and again as the rationale for the Hospital District.

Other repeated points are that the Health Center is the "only urgent care" provider for 100% of the Island's population, and that they care for the indigent.

Some years ago I was informed that the Health Center is *not* an emergency treatment provider, and if that's what I want, I should go to an emergency room on the mainland.

Swedish and Highline have good ones.

As for caring for the indigent: in the name of fiscal responsibility, the Health Center treats 100% of people with insurance; people who are willing to submit full financial disclosure to prove their need; and (I assume but could be wrong) people who have ready cash. This is standard practice, I believe, for medical clinics these days.

One last thing: the supporters of the Hospital District wish to promote and preserve the common good. A Hospital District would be one more demand on a supply of tax money that is limited by the state. The School District, the Parks District and the Fire District are hoping for pieces of this tax pie.

Deep in the meeting someone finally said that this proposal is a local effort to deal with our part of the broken health care system in this country.

So, Mr. and Ms. Voter, what you need to ask yourself is, which parts of the common good do you want to support, and how? Is this Hospital District proposal the one we need?

Check out that website (www.vashonhospitaldistrict.com). The election is in February. ☺☺☺

Worm Guy

Continued from page 1

any concentration and, because of the way worms' digestive process changes soil, it can deliver nutrients to plants in a very natural way. Worms themselves help aerate and improve soil structure, and the materials they leave behind retain moisture in the soil, provide a medium for significant microbial and bacterial activity that creates an optimum environment for plants, and contains natural growth hormones.

The worm-raising process mixes compost with some natural additives—grains ground to the consistency of meal—and then layers that mixture into buckets with the worms. After two weeks, the contents of the buckets are sifted and separated into worms, seed cases or castings, and finished vermicompost—the products the Yelkens market. Castings that are not sold go into incubators to grow more worms which, naturally, feed back into the system. The worms that are not separated for sale also go back into buckets to begin the cycle again.

Just a year after their modest beginning, they have filled a building to the rafters with buckets of worms and compost, they have started a second project in another building and are in the process of obtaining a third—a greenhouse—and will fill that before they know it. Yelken estimates that he has over 300,000 of the useful little creatures in hundreds of buckets and his big bins. In addition to the castings and fertilizer, they also produce and sell worms for worm bin composting and for fishing—although they haven't sold too many for that particular purpose. They have sifted, bagged and marketed tons of vermicompost and set up numerous composters for processing household waste. They provide education on the benefits of worms and worm bins, instruction on becoming more self-sustaining by processing food and yard waste via vermiculture and composting, and they promote organic gardening.

The second project the Yelkens have begun involves processing pre-plate food waste from a variety of Island sources and, at the same time, they are exploring options for processing post-plate waste. The

current food waste project involves two 3 foot by 5 foot by 8 foot bins that, combined, can process 100 pounds of food waste a day. They get waste and wilted produce from several restaurants—The Hardware Store, Express Cuisine, Homegrown, The Tea Shop and The Malt Shop thus far—as well as waste from the Wednesday Night dinner at the Episcopal church, grounds from the coffee stands, and trimmings from Vashon Market. They layer it into the bin with the worms—about 75,000—and composted horse manure. They bins are virtually odor-free and finished vermicompost comes out the bottom.

The Yelkens feel that Vashon, as an island, is the perfect environment to demonstrate the value and viability of such a waste processing system and they envision a full, sustainable circle here—where the organic waste we generate is turned into extraordinary fertilizer, which goes into gardens to grow increasingly exceptional food, which we eat and, in turn, generates organic waste which we can turn into more fertilizer. When asked what message he had for his fellow Islanders, Mark replied, "Just do it." Many people pay lip service to recycling and waste management but don't feel like they have the time or energy for things like vermiculture. In reality, it isn't that difficult. Even a wheezy old hippy like me can manage it. In the future, for those Islanders who are unable to use a worm box for whatever reason, Yelken envisions more of the big worm bins to process everyone's food waste into the best fertilizer on Earth.

When you think about it, the idea of recycling all the organic waste on Vashon means a net gain for Island soils and ecosystems—much of the produce we process and consume comes from off-Island. If we put the waste from all of it (or even a significant portion) back into the soil here, our soil will steadily increase in fertility, we can grow more and more of our own food and, at the same time, our soil can just get better and better. I agree with Mark—we should just do it. We could all make it our life's mission to give back as much as we've taken. ☺☺☺

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Island Thyme: Not Just Another Gift Store!

By Devon Atkins



Have you noticed? Vashon’s got a new store. It’s called Island Thyme and it’s in the old Windermere Building. There have been intriguing messages in the windows, but when I drove over to take a look, I almost didn’t want to. It was months ago, when Tami Renno and Shelly Davis first asked me to write about their venture, and to tell you the truth, I wasn’t looking forward to writing about just another gift shop. But, from the moment I walked in, I knew Island Thyme was something very special. As I told Tami and Shelley, it’s kind of like I always wanted the Laura Ashley stores to be, but weren’t.

Tami and Shelley have taken complete advantage of the lovely old Windermere Building that’s all rooms and archways and windows. And, what a relief; it is completely different from any other store on Vashon. It is definitely a woman’s store, although they are eager to shop for any man who needs them. (A good thing to know these holiday months!) These two women have made it their

business to fill the place with all the things that they’d love to have in their own homes. “My dream,” says Tami, “has always been to have rooms that draw you in.” And, they do!

At Island Thyme, every room is different and wonderful, and is filled with housewares and gifts for every pocketbook. One room is all elegant Tiffany lamps, the best of linens, and lush bedspreads, comforters, .and throws. There’s vintage-inspired furniture mixed with authentic antiques, lovely trays and prints, frames, and rugs. In the Tuscany Room, the accent is French and Italian; gifts, cookware, and housewares that are either European in origin, or in flavor. And, there’s so much more! The Garden Room features a wrought iron gazebo, garden-inspired textiles, and antique prints. There’s the Tea Room, with its gorgeous tea sets, pots, and accessories, and then there’s the Spa area, opulent with soaps, towels and robes.

Tami and Shelley have created exactly what they promised; a gift store that is different from any other on the Island, and it opens on **Friday, December 2** for the Gallery Cruise. That night, Tami, and her daughter, Taylor, will show off their art and photography for the entire Grand Opening, **Saturday and Sunday, December 3 and 4.** There’ll be refreshments and gifts all weekend long, and you’ll want to add your name and address to their mailing list, to be eligible for the drawing for a fabulous gift basket. Hey, take a good long look; this is definitely not just another gift store.



Old & Funqui Opens

Old & Funqui recently opened on Vashon with antiques, art, and collectibles. Owner Judi Blaze, who is also a local author, offers more than just the old and funky in her store, though.

There is also The Aquarium Gallery, run by Arius Blaze and Rebecca Price, that is currently featuring mixed media work by Arius. The World Gallery features ethnic art from around the world, including: African, Indonesian, Native American, Tibetan, and Mexican pottery and Chiminias from Guadalajara. And of course, antiques and collectibles arriving daily.

Old & Funqui, located at 17311 Vashon Highway SW, next to Pandora’s Box, is open every day except Monday from 10:30 a.m. to 5 p.m. and will be part of the First Friday Gallery Cruise.



Eco Shopper!

About fifteen years ago, Islander Robyn Landis became aware that how she spent her money, and what she bought, was important. She began looking for environmentally friendly and low-impact products.

The more she searched for eco-friendly products, the more she envisioned a way of life which, she says, can literally change the world.

“I want people to care, and not think it doesn’t matter. It really does matter! This is our only power.”

For the last five years, Robyn has done an online shopping guide for friends and family every year before



Christmas. She did one this year, too. You can find it, for free, at: <http://www.theecoshopper.com>.

This year, she realized that she was so good at finding earth-friendly products, and there are so many people who would like to buy these products, that she decided to start Eco Shopper.

“I would like to educate people,” she says, “that they can make a big difference to the environment and to other people, and why not?”

“Some people know how to find things, but others get overwhelmed and give up. Enter — me!”

“I help people vote with their dollars for a cleaner, safer, more peaceful planet.”

She finds organic cotton, hemp, vegan, recycled, reclaimed, fair-trade, non-toxic versions of many common items.

She also excels at finding used items. She showed me the gorgeous dresses she wore to her brother’s wedding and wedding rehearsal dinner. They were \$9.95 each!

Check out theecoshopper.com and if you need help, call Robyn!



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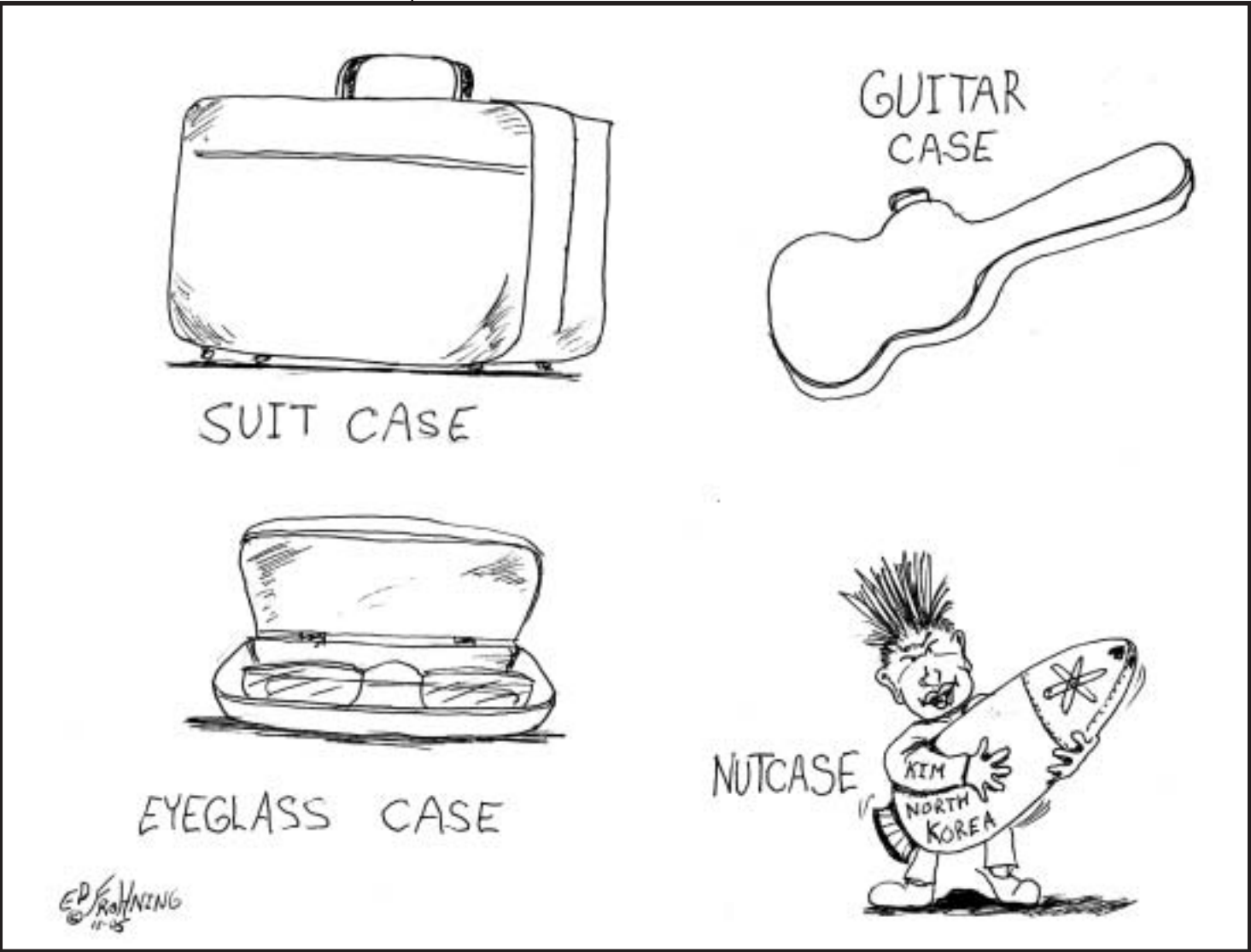
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Spiritual Smart Aleck

by Mary Litchfield Tuel

Dummies, Bastards, and Publick Occurrences

Heigh ho, boys and girls. Greetings from the Editor Plenipotentiary.

I've been the Managing Editor of *The Loop* for three, no, four, issues now, and since I can't get my mind to shut up about it, I'll share some of the experience with you.

I was a Journalism major in college. The college was Cal Poly at San Luis Obispo, and the years were 1965 to 1969. Around 1967 I changed to a *de facto* double major of Rock and Roll Band and Snack Bar. Before I lost interest, though, I took courses in copywriting, editing, proofreading, and photojournalism.

After college I kept writing, and found my voice in letters, journals, and songs, so that skill stayed shiny and bright, but everything else slipped away. My grammar Nazi tendencies stayed with me, to the annoyance of many, but that character flaw has become an asset in editing *The Loop*, so there's an example of G o d ' s economy right there.

T h e learning curve in my new career is steep, a n d newspaper layout and editing have gone through the same technological revolution as the rest of the world, so everything I learned forty years ago has been supplanted by new skills and methods.

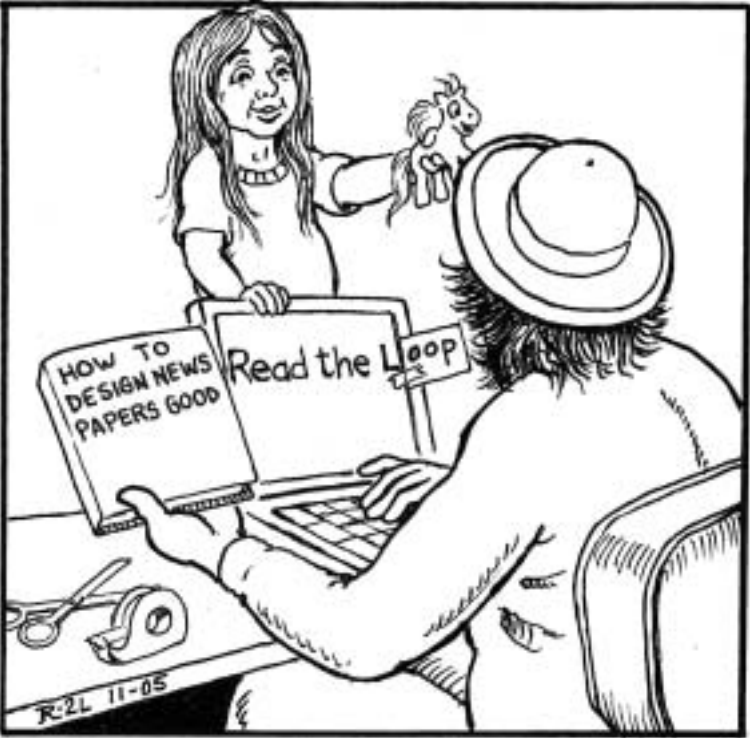
When I learned to do layout, you took an actual piece of paper with the actual article printed on it, and you put it through a machine that coated the paper with sticky wax. Then you placed the article on the page. If you didn't like the way it looked, you picked the article up and moved it. This method was standard until the early 90s, and in some places it's still done this way, but the rest of the world has become computerized, and now you lay out the pages on the screen.

So okay, here I am, the aging Journalism major, becoming a Managing Editor. I kind of feel like someone large and strong picked me up by the heels, swung me around in a circle a few times, and then tossed me into the deep end. How's that for a visual? After four issues I've come up spluttering and gasping, and since I haven't drowned, I've decided to take a few swimming lessons.

I have acquired a book titled *The Newspaper Designer's Handbook, Fifth Edition*, by Tim Harrower (© 2002 The McGraw-Hill Companies, Inc.). In the preface I read, "...most journalists stumble into design by accident. Without warning," and I knew this was the book for me.

One of the first things I've learned is that it is wise to do a dummy. A dummy is a drawing of the page you're going to lay out which you can use as a guide when you get to the page on your computer screen. Bastards are columns of type set in a different width than the paper's standard column layout. *The Loop* is a tabloid that runs four columns to a page. If I decide, just for the heck of it, to run a story in three columns, those columns would be bastards. *Publick Occurrences* was America's first newspaper, published in Boston, Massachusetts, in 1690.

So I'm reading up on how to lay out a newspaper, though I find that at 2 a.m. the night before the file is due at the printer's I revert to throwing things on the page as fast as I can, which I call the



"Jackson Pollock school of newspaper design."

I'll check in occasionally with the further adventures of the Editor Plenipotentiary. Meanwhile I'm going to set up my new printer-scanner-copier, my new mouse, and my new shredder. I go through electronics these days like I go through Kleenex. It's OK. Until the credit card bill arrives, I'll feel like a kid on Christmas morning. After the bill arrives I'll feel like the kid's mother in January.

Ah, life is rich, even if I'm broke.

You might not know: George W. Bush is a great kisser. A woman whom Island artist Penny Grist met on a bus in Mexico said she dated W briefly during their college years, and he was, "a great kisser" (thanks, Penny).

Joanna Gardiner

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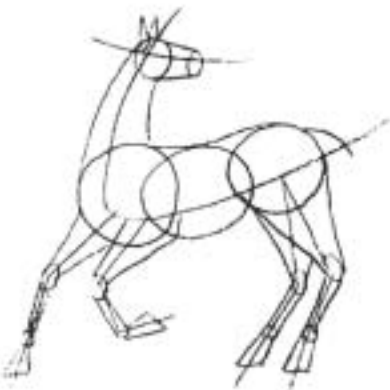


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Photo: Surf Scoter by Peter Murray

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Don't Forget the Birds

Winter Sparrows

By Ed Swan

Photos by Jim Rosso

Vashon's winter "crowned" sparrows have all arrived making it time to take stock and look through them for something unusual. These birds form the *Zonotrichia* genus: Golden-crowned Sparrows, White-crowned Sparrows, White-throated Sparrows and Harris' Sparrows. The White-crowned Sparrow actually inhabits Vashon more commonly in spring and summer to breed and then mostly migrates south for the winter months. The others begin arriving in mid to late September and stay through April.

In winter, all of these sparrows live along the edges of fields with blackberry or other hedgerows. They like bird feeding stations, especially when the seed is spread on the ground. Small winter flocks usually congregate at Raab's Lagoon, the bend in the road where 220th turns into Lisabeula Road, the hedgerows around central Vashon and the horse pastures along the highway. The Tahlequah parking lot usually has a flock, the Island Center Marsh attracts others and more utilize the fields along the north end of Westside highway.

The habitat preference of these birds means that their populations on Vashon have waxed and waned considerably. Before the 1950's only six records of White-throated Sparrow and five of Harris' sparrow existed for all of Washington State. Now, that many records and more turn up each year across the region. As forests were cut causing open areas and shrubby thickets to form across Western Washington, many sparrow species expanded their range. Vashon's original forest cover would have provided little living space, so the sparrows discussed in this article all likely were merely shoreline migrants. The clearing of the forests and the new agricultural period on Vashon created breeding area for the White-crowned Sparrow and winter foraging area for other sparrows. It's likely that winter numbers are somewhat lower now that so much forest has re-grown on the island.



Ed Swan will be discussing the status of Vashon habitat and bird populations for an Audubon Society program open to the public at the Land Trust building at 7 p.m. on December 7. Books will be available after the talk and each purchase will provide a donation to the Vashon-Maury Island Audubon Society.

Golden-crowned Sparrows appear the most common on the island with flocks of 5-25 developing. They sing their "Oh Dear Me" throughout the winter wherever they gather. The other three species almost always show up mixed in with the Golden-crowns. Each year, one or two White-crowns might remain from the breeding season. Usually, four to five reports of White-throated Sparrow occur with one or two birds staying for the whole winter season. Harris' Sparrows prove to be very rare, with birds showing up only every 3-5 years.

The Golden-crowned, White-crowned and White-throated Sparrows all have clear gray bellies and breasts and

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brownish backs. The Golden-crowned has a yellow forehead, framed in adults with black to either side and light brown with first year birds. Adult White-crowns possess a bold white-black-white striped head. First year birds have brown and gray striping that unless looked at closely can resemble first year Golden-crowns. The bills for each are differently colored, providing a clear differentiation with the Golden-crown having a gray bill and the White-crown an orange-pink or yellowish bill. White-throated Sparrows developed into two forms, one with dark



brown and tan stripes on the head and the other with a black and white pattern similar to the White-crowned. However, the white throat patch that gives them their name easily distinguishes them from the other birds. Harris' Sparrows visiting Vashon usually consist of immature birds. The immatures have the brown back of the other species, but their front is a pure white with a spotted black bib across the top. As winter moves toward spring, the bib becomes the solid black of the adult Harris' Sparrow and a black forehead develops.

This year, we have only one White-throated Sparrow report, a bird at Gary

Shugart's place just west of town. Gary does some banding of the birds in his yard, and this bird has a band, indicating that it has visited in past years. Other recent interesting bird sightings include the continuing movement of shorebirds along Colvos Passage. Dan Willsie has had continual visits from a Sanderling flock with occasionally one or two Dunlin mixed in. A flock of Black Turnstones seems to be visiting Fern Cove regularly. Recently, two Surfbirds, very rare for Vashon, associated with that flock. The monthly field trip turned up some good birds in Quartermaster Harbor. Along the Vashon Highway straightaway south of Burton were 10 or so Black Scoters right up to the surf, a number of Eared Grebes and two Brandt's Cormorants on one of the floating docks by the end of Shawnee Road. Pacific Loons and Greater Scaup were at Manzanita and a big Western Grebe flock was off Dockton. 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.

Also, my book, *The Birds of Vashon Island*, has arrived early from the printer and is now available. For more information and to order the book, check out my website, www.theswancompany.com. You can also order a signed book for delivery to your door by calling me at 463-7976 or email at edswan@centurytel.net.

Across

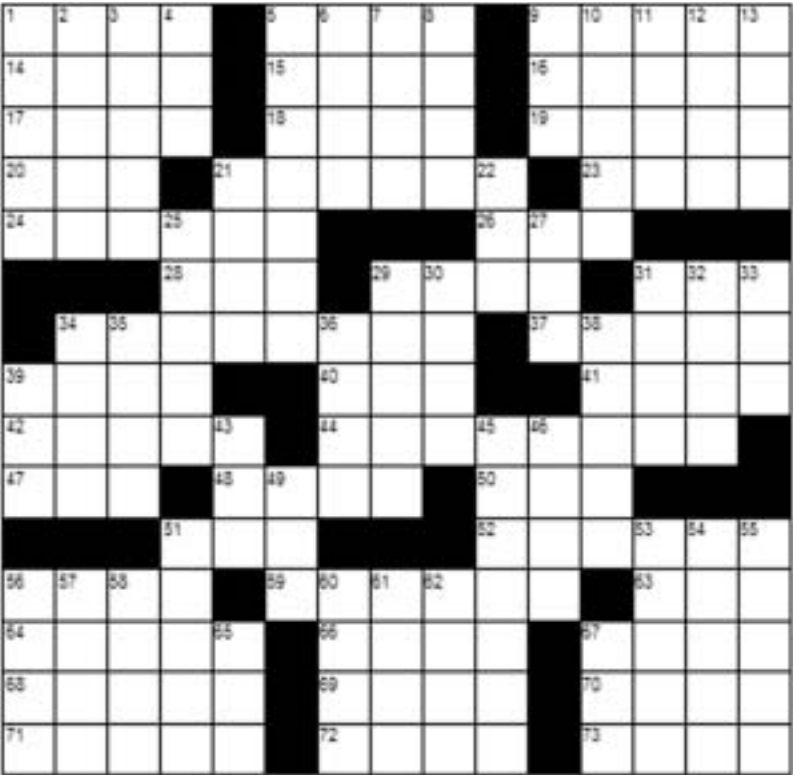
- 1. Sold at a discount
- 5. Data transmission rate
- 9. Spanish 'friend'
- 14. Russian ruler
- 15. Church part
- 16. Architecture style
- 17. Sports channel
- 18. Yield
- 19. Eat away
- 20. "Raven" author
- 21. Lady's title
- 23. As well as
- 24. Pastry
- 26. MI
- 28. Limited (abbr.)
- 29. Adjoin
- 31. Compass point
- 34. Navy fleet with warships
- 37. Descendant
- 39. Swerve
- 40. Peaked
- 41. Gawk
- 42. Brazen woman
- 44. Indian tribe
- 47. Extension (abbr.)
- 48. Some (2 wds.)

- 50. Food and Agriculture Organization (abbr.)
- 51. Slide on snow
- 52. European nation
- 56. N.A. Indian
- 59. Cleg
- 63. Vase
- 64. Concerning
- 66. Indonesian island
- 67. Ran
- 68. Hustle
- 69. Little Mermaid's love
- 70. Type of dressing
- 71. Theme
- 72. Department (abbr.)
- 73. Island

Down

- 1. Plains
- 2. Association (abbr.)
- 3. Jacket part
- 4. Sea eagle
- 5. Alcoholic Brand
- 6. Imitated
- 7. U.S. Department of Agriculture
- 8. Believe
- 9. Dined

- 10. Wall painting
- 11. False god graven image
- 12. Heavenly beings
- 13. Brand of sandwich cookie
- 21. Baseball glove
- 22. Flightless bird
- 25. Soothing agents
- 27. That (possessive)
- 29. Suffer
- 30. Unguent
- 31. At hand
- 32. Tree trunk
- 33. Compass point
- 34. Flowing
- 35. Desire
- 36. Aphids
- 38. Hot chocolate
- 39. Her
- 43. Talk
- 45. Damage
- 46. Not any
- 49. Fruit
- 51. Moses' mountain
- 53. Voids
- 54. Fish basket
- 55. Empower



- 56. Poetic "has"
- 57. Upon
- 58. Peek
- 60. A piece of bedroom furniture (2 wds.)
- 61. Challenge
- 62. Toss
- 65. What a nurse gives
- 67. Federal Bureau of Investigation

Solution on Page 17



Island Life

Text & photos by *Peter Ray*

Tree of Light

It's that time again — the lights are starting to appear, and some might say it is none too soon. For some reason — no, for a lot of reasons — it seems darker this year. As one friend put it just yesterday in one of those local food aisles, "...there seem to be a lot of evil spirits out there — more so than usual..." I would have to agree, which is why I am finding that while holiday decorations have come to symbolize, for me anyway, religious intolerance and crass commercial exploitation, it seems that right now almost any additional light in our lives is a good thing. One would have to draw the line at those parade-o-lights extravaganzas that round out the rest of the empty news being pumped out by local network TV affiliates. These are mostly vainglorious attempts at filling holes in spiritually empty lives — for the most part. I would grant a large exception to the display that has been happening for years in the hollow between Bank and Cove on 115th. Here one is able to find a true fantasia on the spirit of the season, a space as far removed from all that is bad about this time of the year as Willy Wonka's chocolate factory is from a Wal-Mart built on a wetland.

I hope he does it again this year — we need it.

One does not necessarily have to turn to our friend the agitated electron in order to find some seasonally festive stimulation. This has been an exceptional year for Fall color, with the reds, yellows, coppers and oranges seeming to be a bit more vibrant than in recent memory. I have heard that environmental stress can result in greater color intensity in deciduous foliage, so with our hotter and drier Summer, this bolder leaf palette could maybe have been anticipated. The maples around my yard, for example, have been a bit more colorful than usual. The Japanese maple seedling at the end of my front garden path showed a much wider range of yellows and oranges than I have seen before. Just up the way from there, a striped-bark maple, *Acer capillipes*, that has been known for brilliance and diversity of colors, did mostly a rich yellow this year. Another maple that I have been watching has gone to a surprisingly intense shade of yellow with shades of copper scattered about its crown. This was a sole surviving seedling from an as yet unidentified source — I can't find its tag or a record of where I got the



seed from. I've tentatively identified it as *Acer sterculiaceum*, a smallish tree from China that leafs out a deep bronze-green in the Spring, stays a dark glossy green through the Summer and has turned to its current shade of radiant yellow just a few weeks ago. It has produced seed for the first time this year, but all the ones I've opened are barren of viable germ. We'll just plant all the rest and see if anything comes up.

There is a row of some other striped-bark maples that I have been watching as well. While they have been somewhat neglected and have taken matters into their own limbs by rooting out of their pots, they don't seem to be any worse for the benign neglect they have survived through.



These siblings came from a seed cluster gleaned from a favorite maple in the courtyard at the Center for Urban Horticulture. Since there are a number of species and varieties planted there, I was hoping for some random hybridization magic to occur. While it is still a little too early to get excited, there is one tree that exhibited a rather bold, luminous orange color in its Fall turning — we will see where that leads to. And then there is the color group outside my writing window, one that I have just recently thought to call the stoplight trio. There are two maples at either end that account for the red and the green, with a *Corylopsis* — one of the Winter Hazels — holding up the middle with its brilliant yellow color. Along with being the bookends in this grouping, the two maples are at either end of the maple range of characteristics. One is the striped-bark type with its trunk being smooth and green with whitish stripes running vertically along its surface giving it a reptilian look that



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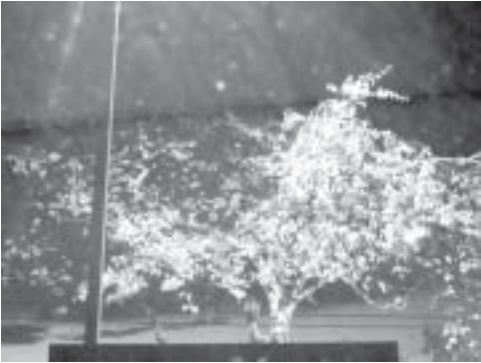


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inspired one its other common names: snake-bark maple. This one traditionally holds its green color the longest of any of the maples, and is only now showing hints of the bright yellow it will be in a few weeks. At the other end, the paper bark maple is everything its name suggests, with brown and coppery peels and flakes happening the entire length of its trunk. Combined with the bright red that its leaves turn about now, it does put on a spectacular show. The Hazel in the middle is mostly a mild yellow foil for these two right now, with its big showtime occurring in late Winter when its branches light up with pale yellow clusters of slightly fragrant flowers.

What actually got me going on all of this was an inadvertent dalliance with sodium lights. I was sitting in my car in a parking lot looking west. With the bright, orange glow beaming down from the light pole in front, a birch tree with its yellow Fall leaves took on a radiance of its own, however deceptively reflected that might have been. As opposed to their mercury vapor cousins, sodium lights tend to warm scenes in a slightly more extreme way than yellow filters used in photography to warm up skin tones and make colors pop in garden shots. The birch leaves and branches were being tossed about by a southerly wind, and the whole crown of the tree danced in front of a dark cloud that sat above a post-sunset strip of blue sky — a combination that we often see this time of year. Pulling out the camera, I snapped a picture through the windshield with the flash off and the top of the steering wheel as an improvised tripod for



the longer exposure. While there is some motion indicated, most of the vibration here is between the dark, cloudy background and the sodium yellow leaves.

I got out of my car for the next picture from a few days later. It was another parking lot and more sodium lights, but earlier in the day, and the tree was a cherry. The sodium intensified the orange-yellow of the leaves whose color was accentuated by the complementary pale blue of the building in the background. But what attracted me to the scene was the orange glow that seemed to be coming from the tree trunk itself. In contrast to these first two shots, I offer up a third snap from almost a year ago of a tree that is both warm and fuzzy and stark and cold, all at the same time. It emits a brilliant light, but it seems to come from a place that is cold and lifeless. In the dark it is a glowing beacon, but in the light of day it's just a white plastic fraud that is irrelevant to the nature that surrounds it. Perhaps there is a lesson here, but that could just be me.

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





The Film Thing

By Peter Ray pgr42@worldnet.att.net

Family Feudalism



Associate — n., 1. friend; partner; colleague; fellow worker. 2.a member without full status or privileges, as of a society, institute, etc.

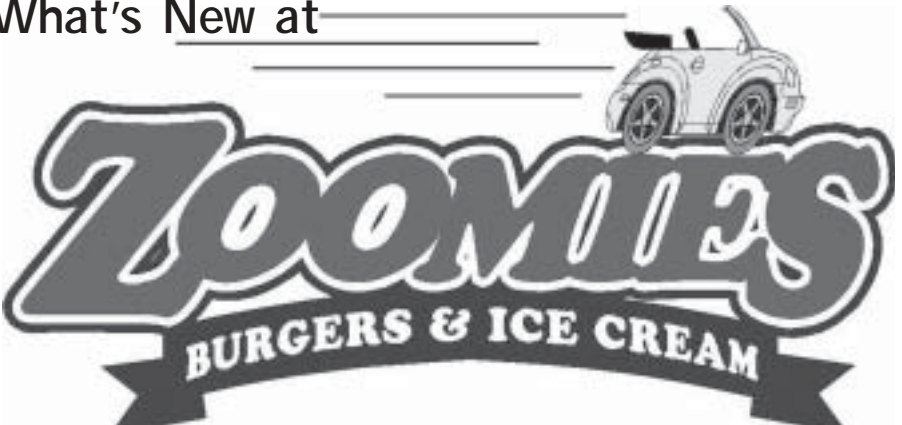
I think that one of the best gifts I ever received was my Webster’s New World Collegiate Dictionary of the American Language, copyright 1960. It is, more than likely one of the most used and useful things that I have. It helped me win an argument with one of my high school English teachers, and it just helped me out here. While it was published eleven years after George Orwell wrote his forward-looking treatise on the Republican strategem for the twenty-first century, it does refrain from defining war as peace, freedom as slavery or even that ignorance is strength. This trusty dictionary does manage to show a bit of prescience, though, in the excerpted definition of associate that appears above. What we are shown by documentarian Robert Greenwald in his latest film, *Wal-Mart: The High Cost of Low Price*, is that each and every Wal-Mart “associate” is granted this kind of dual citizenship in the family of man, as defined above, upon joining this hallowed corps of retail legend. While management likes to spin the first definition as how they view their workers, what becomes more than apparent from this in depth look behind the giant smiley

face is that existing without full status or privileges while in the employment of this big box is a gross understatement.

This past Saturday, a packed house at the Land Trust was treated to one of the more than seven thousand grass roots screenings nation-wide of this new documentary about the retail behemoth. What we are offered throughout the hour and a half of run time is a yin and yang of perceptions about how Wal-Mart sees and is seen by the rest of us. Each of the loosely structured chapters of the film are defined in a call and response kind of form, with file film statements by Wal-Mart CEO Lee Scott followed by interviews with employees, former employees and others affected by the spread of the Wal-Mart gospel. If one has been paying attention, it will come as no surprise that the view from the top and the realities felt everywhere else are, one could safely say, at odds with each other.

The film starts out in the American heartland (as opposed to homeland) town of Middlefield, Ohio. What we get to see in a few short minutes here is the dissolution, no, the annihilation of the American dream by way of corporate indifference to anything but omnivorous attention to profits and the bottom line. The brief example we become a part of here involves the H & H Hardware. We meet the mom and pop team that built it up from scratch, hear the warning shots across the bow as a new Wal-Mart is built at the edge of town and watch as the property values drop, the customer base disappears and the H & H Hardware becomes a hollow shell in town history. If this film were a shampoo, rinse, repeat regimen, we would have very clean hair by the end of it. But instead, as we watch more family businesses go away, associates struggling to get by on government health and food

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subsidies, and workers in China, Bangladesh and Honduras being paid eighteen cents an hour and forced to work twelve to fourteen hours a day, seven days a week so that the collective worth of the five Walton family members can total over one hundred billion dollars, one can’t help but feeling a little dirty by the end. You can shop at home, or you can eat at Subway. Connect the dots, and have a nice day.

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Deadline to get in The Loop is Friday, December 2. Email editor@vashonloop.com or drop off at Flash Photo and call us at 463-3327.

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Published every two weeks
Paradise Valley Press
© November 23, 2005
Volume II, Issue 23

Garden Design

by Peter Ray

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567-4542
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The Dorsal Spin:

Southern Residents
Chat Up the VHP
and Get an ESA Listing
by Orca Annie Stateler

On November 9, we got our BEST VHP RECORDING YET! K Pod generated a sonic masterpiece while traveling south in Colvos Pass that night. We heard the orcas, on the hydrophone and by blows, from 6:30 to 8:30 p.m. They were extremely vocal and used a greater variety of calls than we have detected previously.

In addition, we recorded many echolocation clicks and buzz trains, which sound like a bug zapper. Salmon are probably getting zapped when we hear a buzz. Gill netters were working off the Kitsap shore and we recorded a few clanking sounds from them, too.

For twenty minutes, a power boat and a tug and barge completely drowned out the killer whales on the hydrophone. I wonder how orcas perceive such noise with their considerably more sensitive hearing.

Our tech whiz Joe Olson has a sick two-year-old, so please bear with us while we work on posting VHP orca sounds on the web at www.acspugetsound.org.

Hey, you on the boat, watching killer whales frolic in the ferry lanes: you make a difference when you **report local whale sightings ASAP to 463-9041**. Hint: the Vashon Hydrophone Project (VHP) is local, so we do not need a toll free number.

We missed a valuable opportunity to document IDs on November 8 because we were not contacted right away when commuters saw orcas on the morning sailings. Center for Whale Research director Ken Balcomb was in Seattle on the 8th. That afternoon, Mark Sears and Ken both tried in vain to get within range to ID the mystery whales sprinting up the Sound at 10 mph.

The pod's identity could have been easily verified when the orcas were apparently in no hurry in the



Vashon-Fauntleroy ferry lanes. Confirming IDs is critically important to researchers who are trying to understand how much time each pod spends in this area and what the orcas are doing when they come here. We thank the anonymous male caller who left a message that he saw orcas from the 12:20 sailing.


A growing body of research implicates boat-based whale watching as a source of stress on our Southern Residents, just declared endangered. The VHP, therefore, does not disclose sightings to whale watch boats.

On November 15, NOAA Fisheries announced it will list Southern Resident killer whales as an endangered species under the federal Endangered Species Act (ESA). Last year, the agency proposed "threatened" status under the ESA for these orcas.

"Recent information and further analysis leads our agency to conclude that the Southern Resident killer whale population is at risk of extinction, and should be listed as endangered," said NOAA Fisheries Northwest regional administrator Bob Lohn in a press release.

The Southern Resident population declined by 20% in the 1990's. Nearly sixty members were captured or killed by the aquarium display industry in the 1960's and 70's. These killer whales are also at risk from vessel disturbance, oil spills, disease, military sonar, toxins like PCBs, and limited food resources, especially salmon. The population peaked at 98 in 1995, declined to 80 in 2001, and is now 90 according to the Center for Whale Research.

Southern Residents were listed as depleted under the Marine Mammal Protection Act more than two years ago. A proposed conservation plan mandated by the depleted




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designation was published in October, specifying measures necessary to restore the health of Puget Sound's top predators.

An ESA listing requires federal agencies to ensure their actions will not harm orcas. Ongoing efforts by NOAA Fisheries to restore salmon stocks are expected to benefit killer whales. Other federal efforts will focus on toxic chemicals and vessel traffic.

Despite thirty years of research on J, K, and L Pods, crucial information is still lacking about their winter distribution, what they might be eating besides salmon, and other issues. Available data does not cover the life span of older whales like Granny (J2) and Lummi (K7), both thought to be almost 90. NOAA Fisheries will continue to support research to address significant data gaps. Read the full press release about the listing at www.nwr.noaa.gov.

Now Congress must cease attempts to gut the ESA of meaningful safeguards for species facing

extinction, or our killer whales will remain imperiled.

Of particular interest to Vashon-Maury is how the ESA listing may influence the recent encroachment of commercial winter whale watch boats into local waters and the pending decision by the Army Corps of Engineers on whether to grant Glacier Northwest a permit to expand their dock to barge gravel across the Sound.

Southern Residents forage, socialize, rest, give birth, and nurse their young in Island waters. Noise and other disruptions from increased vessel activity could undermine vital fall/winter habitat for our fragile orca population.

The VHP applauds the decision by NOAA Fisheries to list the Southern Residents as endangered rather than merely threatened. Our exquisite and beloved orcas deserve nothing less than full protection under the ESA. Contact Orca Annie at Vashonorcas@aol.com or 463-9041.

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FOR ORCAS AND FOR ISLANDERS PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041

Vashon Hydrophone Project

Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com

Support Vashon-Maury Island Whale Research Sightings NOT Disclosed to Whale Watch Boats

Loop Letters From the Edge

Editor, *The Loop*:

On behalf of the children of this community, the Vashon Island School Board together with the District Administrative Team would like to thank all Vashon Island voters this election season. As of the time of this writing, the passing of the school bond and levy is uncertain, but we remain hopeful. We are very proud of our island and our school district, and we appreciate the sincere interest demonstrated by islanders on our behalf.

To those who voted in favor of the propositions, we say THANK YOU SO MUCH.

To those who voted no on either of the propositions, we say THANK YOU for your participation in the process and your feedback. We want to hear what you have to say about our district and the steps we are taking to move it forward. Please feel free to contact us at www.Vashonsd.org, or at 18850 SW 103rd Avenue, Vashon, WA 98070.

To all Islanders, we assure you that we will keep moving ahead with our lawsuit to recover the costs of repairs for the Chautauqua water intrusion damage. We will also continue to move forward in our efforts to create a long-term capital plan for district facilities for the future of enhanced student learning in the Vashon Island School District.

Thank you, and please consider attending school board meetings. The schedule is posted at www.vashonsd.org.

Sincerely,

Dan Chasan, Susan Stackhouse, Jake Jacobovitch, Gene Lipitz, Lorin Reinelt, Dr. Mimi Walker, Dr. Dan Kaufman, Susan Hanson, Mel Cooley, Greg Allison, Amy Eveskcige, Ian Home, Dr. Stephanie Spencer, Janine Ducharme, Peter Serko

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Planet Waves

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

Aries (March 20-April 19): It's not customary for you to deny your sexual nature, but circumstances may prompt you to pass up an opportunity despite a strong desire to open up and share yourself — or to use a certain situation where strong feelings are involved to your advantage. I cannot tell you what is right or wrong, only that you are thinking strategically, considering the larger situation, and maybe making an attempt to leverage or consolidate your power. There may well be a matter of ethics involved in this. I suggest you ask yourself what your feelings, your senses and ultimately what your body, are really for.

Taurus (April 19-May 20): You need to decide for yourself if someone close to you is being sincere or is really a lawyer dressed in lover's clothes. But then, you can't blame anyone for being cautious, since you have not exactly been such a star when it comes to making up your mind for more than a day. And you seem to be announcing with every cell in your body that you have your limits, and you're not going past them. I would argue to the contrary. You do have your limits, and you intend to go beyond them. If you're going to kid other people, you had better not kid yourself.

Gemini (May 20-June 21): You seem to be escaping the perils that everyone around you is going through, but then you've learned to monitor your fears and do the ever important reality check on a regular basis. Any difficulties of your own can be worked out by doing what therapists describe as "calling in your projections" — that is, taking responsibility for what you're thinking and feeling and not pretending it's someone else's materials. This will be particularly true (and useful) if you notice other people acting like family members used to. If so, they are just performing your scripts in your play. Turn on the lights and stop the drama — should be that easy.

Cancer (June 21-July 22): I suggest you try it — whatever it is — before you lose your nerve or talk yourself back into run-of-the-mill morality. The cautious side of your nature is a little behind the times, and has not quite caught onto your higher energy level, better than usual luck and moreover the necessity to dare that are the themes of your life right now. It is true that you're dealing with a concern

involving your health, but what you really need is to eat better and refrain from consuming combustible liquids for a while; then your mind will feel better, and the past won't seem so sticky.

Leo (July 22-Aug. 23): You seem to be reaching the turning point involving a professional matter, though this is a calling to leadership. It might not be the bound for glory leadership that you get in a movie, but it's the kind that calls for character, for working with structure and for keeping a firm sense of your responsibilities. Often, being responsible means taking some responsibility for others, and there's always a risk involved in doing that. But you're in the process of making some extraordinary discoveries about yourself, particularly as regards your strength and integrity.

Virgo (Aug. 23-Sep. 22): Have you ever looked into someone's eyes and thought, Wow, there's nobody home. Well, the prolonged message of the stars has been to make sure that you're home all the time. And at the moment, you need to keep the front porch light on and some food on the stove for whoever may arrive for a visit, be it a thought or memory from the past, a friend, or someone in your family who needs your assistance and attention. Many moons and even long years of work have brought you certain healing gifts; now is likely to be a time when you put them to use.

Libra (Sep. 22-Oct. 23): There are times when feeling good about oneself has a way of drawing wealth, abundance and assistance; there are times when feeling badly seems to do the same thing. There is energy contained in both, and you in particular can be certain that someone will always respond, no matter how you define your needs. At this point, you have a choice in how you live; in which side of the equation you emphasize. The real question is not how you feel about yourself as much as it is what you feel you have to offer. What, exactly? That, in essence, is how you feel about who you are.

Scorpio (Oct. 23-Nov. 22): This has not been a simple time in your relationships, and even if you're experiencing things that have happened over and over again, you don't have reason to be concerned. The important thing is that you notice, even if you notice what you've noticed many times before.

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But you are free to worry your head off if you choose to ignore the patterns. The best you can hope for is to be bored with what is genuinely boring and deserves to be so. That's your cue that you're ready for something entirely new — and you are.

Sagittarius (Nov. 22-Dec. 22): If there was ever a time when you could bust out of your genetic destiny and throw yourself free of all the weird things your family tattooed into your mind, this is it. The main tool is awareness, and at that, specifically awareness of how you're responding to a particular person. Here's the identikit: he/she reminds you of your mother. You're not sure if he/she is treating you this way, or if you're making the whole thing up. It does not matter. What matters is your reaction. If you react like somebody is your mother, they are your mother. If you don't, they are not. Sometimes life is that simple. But not usually.

Capricorn (Dec. 22-Jan. 20): It is now a matter of days before Chiron makes its final exit from your sign for the next four-plus decades. So you have been through something unique, some form of concentrated experience that set in around December 2001. Every dark corridor in your mind has been illuminated. Every angle of your past has been presented to you — in what may have been one of the most unusual and indeed bizarre sequence of events of your life. And you are, for certain, a different person. I dare say you know more, you've learned something about what you want, and you've learned who you are not. Very good start.

Aquarius (Jan. 20-Feb. 19): Aquarius is the sign of individuality. Everyone is an individual, sure, but it's the energy of Aquarius pouring into every chart that, at the very least, pushes us to be truly real. If you want a clue how this works for people other than natal Aquarians, note that Leos have Aquarius as their relationship sign and can deal with just about anyone. But you are an actual embodiment of this energy, and you rattle the charts and energy fields of everyone

around you, instigating them to be authentic, real and in the moment. A lot of this energy is about to come your way — from somewhere deep in the center of yourself. And this will have a more than mildly shocking effect on the world, so get used to it.

Pisces (Feb. 19-March 20): This can, if you allow it to, be a week of some of the most amazing transitions of your life. The planetary picture makes the best illustration — Jupiter, Pisces Planet #1, is approaching a perfect trine to Uranus, the planet of invention, revelation, revolution and illumination of the mind. This occurs in the water signs (Scorpio and Pisces) so the event is tuned exactly to your frequency. The process goes on over the next few weeks; I am alerting you to it a bit early, so you can relax and get your mind into the "let it flow" mode. Because right now, despite many troubles elsewhere, your universe is a big milky cosmic cow.

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Text and drawings by Kathy Abascal (AHG)



Turkey Tails in Cancer

Mushrooms generally, and their long-chained sugars in particular, show a lot of promise in cancer treatment. In Japan, physicians prescribe a turkey tails (*Trametes versicolor*) extract as part of their standard treatment for cancer. But despite decades of use, these mushroom extracts are largely unknown to US physicians and cancer patients.

The story goes that a Japanese engineer saw his neighbor go into cancer remission after he started taking turkey tails mushroom. Intrigued, the engineer began studying turkey tails extracts and developed a proprietary process for extracting one of its polysaccharides called PSK or Krestin. Studies showed that PSK was non-toxic, and in the 30 or so years it has been used clinically, the only adverse effect reported is an occasional darkening of the fingernails.

PSK was first used clinically in patients with advanced stomach cancer who went on an immunochemotherapy regimen (PSK combined with oral chemotherapy) after having surgery. More than twice as many of those patients were alive two years later compared to patients treated with surgery alone. Larger studies followed on patients in all stages of stomach cancer. Adding PSK to the chemotherapy doubled the 5 year survival rate in a large study of patients with advanced, metastatic stomach cancer. Other studies found that it also significantly increased 15 year survival. Today, the standard Japanese protocol for stomach cancer includes the use of PSK before, during, and after surgery combined with long-term, post-surgical chemotherapy.

As the benefits of PSK in stomach cancer became known, studies began on its use in colorectal cancer. PSK, again used with chemotherapy, increased the 3 year survival rate from 40 to 74%

compared to chemo alone. Although the treatment did not cure, it prolonged survival, prevented recurrence, and improved quality of life compared to chemo alone. Similar benefits have been shown in small studies of esophageal and nasopharyngeal cancer. In breast cancer, the results were more varied. However, in breast cancer patients with an HLA-B40 positive type of cancer, patients treated with immunochemotherapy had a 100% survival at 10 years.

Today, Japanese researchers are trying to determine how best to administer PSK and to learn which cancer patients benefit the most from its use. They are also trying to figure out how PSK works. It appears that PSK helps patients retain a healthy immune system in cancer and after standard cancer treatments.

The human immune system is incredibly complex and uses a large number of chemical messengers to communicate between the billions of immune cells. In essence, these messengers are used to maintain an appropriate balance between two types of T-helper (Th) cells and the chemicals they release. In healthy individuals, Th1 cells mobilize a defense against cancer cells. However, if cancer cells evade detection and grow, they secrete compounds that create a Th2 dominance making the host less able to challenge cancer cells. Th2 dominance is also triggered by other

events, such as exposure to heavy metals. Surgery also causes a brief period of immune suppression. Japanese researchers think that this short period of Th2 dominance post-surgery may give residual tumor cells an opportunity to evade the immune system.

PSK, and other plant polysaccharides, help the body shift back to Th1 dominance which leads to a more effective response to cancer. Japanese physicians now prescribe PSK prior to cancer surgery, hoping to prevent metastasis and recurrence by helping to maintain the immune system balance. Their primary goal is to use PSK is to prevent allopathic treatments from depressing their patients' immune systems.

Researchers are also finding that, in the test tube, PSK has many beneficial effects on tumor invasion. It appears to prevent cancer cells from invading cells at distant sites and may inhibit cancer cells that have migrated from attaching in new locations and may inhibit the growth of new blood vessels (angiogenesis) needed for cancer growth.

Frustratingly, there is no research on whether the whole



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turkey tails mushroom has the same, or greater effect, than PSK – even though the PSK story began with a man using the whole mushroom as a cure. The Chinese use a different turkey tails extract, PSP, which also shows benefit in cancer. It is possible that the whole extract, which contains many long-chained sugars, will have a greater effect on the immune system than the isolated extract. It is also possible one cannot get a high enough dose using the whole mushroom.

Yet more frustrating is that fact that US physicians seem unaware of the clinical research done in Japan, and are not telling their patients that PSK might improve their responses to chemo, radiation, and surgery. Of course, until and unless PSK becomes part of standard practice medicine, it will not be covered by insurance as it is today in Japan. The expense of PSK



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

falls on patient shoulders and it is not cheap (a recommended 3 gram dose costs about \$8.50). Nonetheless, cancer patients should consider whether PSK or a turkey tail extract might help them respond better to cancer treatments. 00000

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Dear Jayne (AKA Organic Goddess Lady),
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Book Review

Easy Learning

by Rachel Bard

Sometimes we read for fun, sometimes to educate ourselves. When a book comes through on both counts, what luck! Here are a few recent ones that do, splendidly. They’ve done very well on the best-seller lists, but don’t let that stop you. These are page-turners yet they’re solidly researched. The authors bring their subjects so alive that learning is not only painless, it’s a delight.

Warriors of God by James Reston, Jr. is a brisk and bracing tale of derring-do in the thirteenth century. Reston wrote it just as the uptick in interest in the Crusades came along. He concentrated on the Third Crusade, led by Richard the Lionheart. Richard’s forces are pitted against those of Saladin, the wise and wily Kurdish-born leader of the Muslims.

Reston’s style is lively, not least in his chapter headings, any one of which would make an attention-getting title for a novel. For example, “Lovers and Kings,” “The Fruit of Aphrodite,” “Angst and Delirium amid the Pomegranate Trees.”

In that chapter Richard is taking time out in Jaffa where life is pleasant and fig and pomegranate orchards clothe the plains. Richard, weary of what looks like a hopeless battle, sends a mad proposal to Saladin. He suggests a truce, to be cemented by the marriage of Richard’s sister Joanna, former queen of Sicily, to Saladin’s brother. Saladin demurs. Extended polite negotiations ensue and rich gifts such as camels and tents are exchanged. Belatedly, it occurs to Richard to tell Joanna of the brilliant future he’s arranged for her. She shrieks and swears she’ll never marry a Muslim. So much for that.

Presently the war resumes. Saladin retains Jerusalem, which remains Muslim until the 20th century, despite a half-dozen more Crusades.

The book abounds with colorful characters. There’s even a moment for Robin Hood at the end. It’s a gripping story that leaves the reader with a grasp of events that played out 800 years ago—and are echoed in today’s East-West tensions.

On to Darwin

If you’re intrigued by the current interest in creationism vs. evolution, pick up *Evolution’s Captain: The Story of the Kidnapping that Led to Charles Darwin’s Voyage aboard the “Beagle,”* by Peter Nichols. As the title implies, this is really three stories. The first is about Capt. Robert FitzRoy and his two voyages to South America on the *Beagle*. (Darwin was on the second.) Fitzroy, an aristocratic, proud and possibly mad Victorian sea captain,

sank agonizingly into obscurity after his first heady acclaim. Then there’s the sorry tale of the four natives of Tierra del Fuego whom FitzRoy brought back to England and attempted to convert and civilize. Two came to tragic ends, two went back and re-assimilated into their tribes. But well-meaning English missionaries never stopped trying to make Tierra del Fuego an outpost of British benevolence. Finally, interwoven with all this is the story of Charles Darwin, the long gestation of his theory and his resultant fame.

These were epic voyages, not just for their eventual fruits in Darwin’s theory, but also for the seafaring adventures of the brave little *Beagle* in the notoriously dangerous waters at the tip of South America, dramatically narrated by Nichols. Patrick O’Brian could hardly have done better.

Three by Bill Bryson

How can one man write with such erudition yet humor and lucidity on so many subjects? Best known as a travel writer, he’s charmed us with books like *A Walk in the Woods: Hiking the Appalachian Trail*, which combines hilarious accounts of his misadventures with sad reflections on lost species, coal-mining degradation and the decline of small towns.

Read *Down Under* and you needn’t go to Australia, it covers the ground so well. Bryson is curious about everything, from the benighted aborigines to strombolites: fossilized organisms dating back 3.5 billion years. He assures us that, like coral, they’re still growing.

Bryson is still growing too. He’s moved on to a daunting subject: the history of science. In *A Short History of Nearly Everything*, he surveys physics, chemistry, geology, astronomy, mathematics, atomic science—every field that explains our world and us. We meet the giants (Isaac Newton, Lavoisier, Marie Curie, Edwin Hubble, Einstein *et al*) as well as unsung heroes whom Bryson rescues from obscurity. Such as the German experimenter Hennig Brand who was convinced he could turn urine into gold. Instead he got phosphorus, which he didn’t much want. Another forgotten man, the Swedish chemist Karl Scheele, perhaps more fastidious, found a better way to make phosphorus, and a use for it. Hence Swedish dominance in the match trade.

Bryson is a superb wordsmith who writes for the layman but never writes down. And how can you not trust a book with 37 pages of notes and a nine-page bibliography? Attaboy Bill!

Rachel Bard may be reached at rachelb@raincity.com.

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Among Our Piers:

KVI Radio Tower

by Jonathan Shipley

Don’t cross the KVI Radio Tower. He’s got a short fuse, Vashonites. Don’t say anything about his more famous cousins and, whatever you do, don’t try and climb him. He’ll throw you off like the Titanic did with John Jacob Astor. I sat down with the KVI Tower at the Sportsman’s Inn over corned beef and talked about the beach, the tides, and those famous cousins of his.

LOOP: First off, KVI Radio Tower, thanks for meeting with me.

KVI Tower: This better be quick, dude. The only reason I’m here is for the free food. I need to be out on the beach to help broadcast KVI. I mean John Carlson is on weekday from 3 to 6 and everyone loves John Carlson. Rumor has it, he’s got stink breath.

LOOP: Interesting. Carlson has stink breath...So, do you like it on the beach out there at Heyer Point?

KVI Tower: What do you think, you big oaf? I’m on a beach all day. It’s beautiful out there. Except when the dogs poop in the tidal flats. People — don’t have your dogs poop in the tidal flats. It’s unsanitary for one thing. How would you like me pooping in your tidal flat?

LOOP: That would be bad I would think...I guess...Well, uh, about the tides. What’s your favorite? High tide or low tide?

KVI Tower: Low tide. I get to see all the stuff that gets washed up on the beach, like Styrofoam. I love Styrofoam. It’s so fun and floaty!

LOOP: How did your love affair with Styrofoam begin?

KVI Tower: That’s personal. Leave me alone.

LOOP: I’m sorry, KVI Tower. I didn’t mean to pry. Let’s shift gears here. How do you feel about your cousin, Eiffel?

KVI Tower: I knew you’d bring that up. The Eiffel Tower is an abomination. It’s ugly as sin. You know that, right? *“The Eiffel Tower, pshtt. Or should I say, “la Tour Eiffel?”* Man, that guy is uppity with all the French chit chat. “Oh, no,” he says, “I’m not the Eiffel Tower. Goodness, *non*. That’s so, so, pedestrian. I’m *la Tour Eiffel* and don’t you forget it.

LOOP: So you have some issues with the Parisian landmark.

KVITower: Yes. To put it bluntly, he’s vile. He looks vile, too. I mean, look at me. I’m a nice happy tall tower on Vashon, and no one says anything great about me. Not that I’m bitter. I’m not, but if you’re going to mention the Eiffel Tower as some amazing piece of architecture you’re as dumb as a stump. Sure it has 1665 steps and weighs 10,100 tons but so what? So does my mom.

LOOP: Okay, uh, you have issues with the Eiffel Tower. Is there any tower out there that you DO like?

KVI Tower: Oh sure. The CN Tower in Toronto is really great. It’s the world’s tallest building and yet he doesn’t boast. No, no, he just stands there unassuming against the Toronto skyline and, through that, 2 million people visit it. Well done, CN Tower. He’s Canadian you know. They’re very nice, the Canadians. Very sweet up there. They like Molson beer also.

LOOP: Any other towers you want to comment on?

KVITower: “*Go to, let us go down, and there confound their language, that they may not understand on another’s speech. So the Lord scattered them abroad from thence upon the face of all the earth: and they left off to build a city. Therefore is the name of it called Babel; because the Lord did there confound the language of all the earth: and from thence forth did the Lord scatter them abroad upon the face of all the earth.*” That’s in Genesis.

LOOP: Good book, that book. Yes, well, now, has anyone tried to climb you?

KVI Tower: Numerous times. The barbed wire helps keep them out but still they come. I don’t know what it is about wanting to climb up me. I’m tall, sure, but why don’t you all just climb a tree or something? Leave me alone. It’s against the rules to climb me, anyway. KVI gets really mad when they hear about someone climbing me.

LOOP: The radio station keeps tabs on KVI Tower climbers?

KVI Tower: Sure they do. They talk about it at board meetings. There everyone is from KVI, like Kirby Wilbur, Tony Snow, Brian Suits, and Sean Hannity. They all sit as far away from John Carlson as they can though. He’s got stink breath.

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Note 1 - Using an FRS/GMRS radio on the GMRS channels requires an FCC license.

Note 2 - Use marine channel 71 only as a "go to" channel. Monitor channel 15 at all other times. Use Marine VHF only for ship-to-ship and ship-to-shore communications.

Note 3 - Not all FRS/GMRS radios assign Channel 2 to the same frequency. Check your radio's manual for the frequencies assigned to each channel.

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Island Epicure

by Marj Watkins

Pad Thai

A couple of readers requested my recipe for Pad Thai, my epicurean version of a favorite street food when we visited Chiang Mai, Thailand. You can make it quickly and simply for a hurry-up lunch or supper, the way most restaurants serve it. Or dress it up with a border of halved cherry tomatoes and English cucumber slices, plus toppings of chopped cilantro and green onion, toasted garlic flakes and chopped roasted, unsalted peanuts for a beautiful and delicious one-dish Oriental meal.

The version below contributes the most health-making vitamins, enzymes, chlorophyll, and flavor. Either version goes together in little more than 20 minutes with dried noodles and canned shrimp from your emergency shelf, garnished with stuff we usually have on hand.

- Pad Thai** — 4 servings
- ½ cup peanut oil or olive oil
 - 6 cloves garlic, minced
 - 2 (4-ounce) cans small shrimp
 - 2 teaspoons sugar (optional)
 - 2 Tablespoons ketchup
 - 2 Tablespoons fish sauce* (Nam Pla)
 - 2 eggs, well beaten
 - ¾ pound thin rice noodles, soaked 15 minutes. Drained.
 - 2 Tablespoons lime or lemon juice
 - Garnish, choose a few:
 - 2 to 3 tablespoons chopped cilantro
 - 2 to 3 green onions, thinly sliced
 - 1 lime sliced in wedges or disks
 - ¼ cup roasted peanuts, chopped
 - ¼ to 1/3 teaspoon red pepper flakes
 - Cherry or grape tomatoes
 - English cucumber, slices
- *Lacking fish sauce, you could substitute 1 Tablespoon soy sauce.

1. Start the noodles soaking in cold water.
2. Beat the eggs in a small bowl.
3. Heat the oil in a wok or 12-inch frying pan. Add garlic and fry it until

- golden (not longer or it turns bitter), add shrimp and stir fry 2 minutes, add sugar if using, add fish sauce, and ketchup. Stir.
4. Add beaten eggs, stir to scramble. Add half the chopped peanuts.
 5. Drain and add noodles. Stir-cook 2-3 minutes.
 6. Add bean sprouts. Stir-cook 1-2 minutes, just long enough to take the raw taste from the bean sprouts. Stir in lemon or lime juice and half the minced cilantro.
 7. Turn the Pad Thai out onto a platter. To garnish: Ring the Pad Thai with either the sliced lime or the tomatoes and cucumber slices. With the latter, I usually put a few wedge-cut lime slices on the platter or, if it's too crowded, I offer them on a small plate so people can squeeze the juice onto their portions to perk up flavor as desired.
- Top the Pad Thai with the other garnishes in this order: green onion slices, rest of minced cilantro, chili flakes, remainder of chopped peanuts.

Happy cooking and good eating!

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Madame Toujours

Dear Madame Toujours,

I have been married ten years to a terrific woman. Angie is the most beautiful woman I have ever met, and she has many other wonderful qualities. The thing is, ever since college, my buddies and I have been getting together once a month to play poker, eat pizza and drink beer. Angie hates the whole pizza/beer thing. Before we got married, she said she loved me, but she didn't want to be married to someone who did the beer and poker thing more than once a month.

At the time, I said that would be no problem. After the wedding, though, the guys started meeting once a week and hassling me if I didn't show up. I started giving in. Every Friday night, I told Angie I was taking a management training course at my company. When I got home, I always smelled like beer and cigarettes and pizza, so I would sleep on the sofa and take a shower before Angie got up in the morning.

I know that what Angie doesn't know won't hurt her, but over time, our sex-life has started to suffer. I'm not sure why exactly. I mean, sure I feel tired after a night with the boys, and for some reason, I feel really guilty whenever Angie and I spend time together, so I've started staying late at work and staying up late at night so she'll be asleep when I come to bed.

Or maybe it's not me. Angie seems withdrawn lately. Can she smell the beer and cigarettes even after I have showered, or is it possible she is cheating on me? The guys from poker night think she is. I often stay out until two or three in

the morning on Friday nights, so she would have plenty of time to have an affair.

I am terrified of losing my wife. What can I do to get her back?
Sincerely, Terrified

Cher M. Terrified,
Oui, possibly, you are losing the wife to the extramarital infidelities, but *Mme. Terrified*, she is not being the unfaithful one.

What for are you wanting to cheat on the beautiful wife with the uncouth, barbarian fellows? *Oui*, it is being all very well to cling to the manly habits of the unmarried youth, but *Mme. Terrified* is being perfectly correct to suppose that one evening in the month is being entirely sufficient for this purpose.

Instead, you are liking better to stay out all night with the disgusting manly fellows than to have the sex with the wife. Naturally, *Mme.*, she is supposing that you are not loving her anymore, and this is the reason that she is avoiding you.


Divorce the slovenly barbarians, and stop being unfaithful to the wife. Soon you are finding that you are once more having the manly strength to entertain *Mme. Terrified*, and she will be happy again.

Bon Chance, M. Terrified, and forget about seeing the hairy, beer-swilling Neanderthals every month. You are losing the privilege when you are deceiving the wife. ☺☺☺☺

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Positively Speaking

By Deborah H. Anderson

Girls Will be Girls

My wintertime peek a boo view is returning. I love that time of year when I can begin to see a little of the water from my kitchen window. I'm blessed with one of those cottage type houses where there's just green everywhere you look out the windows. During the winter, some of the green falls down in the form of brown leaves and the view expands.

I like being able to have a different view. Much to my surprise, I find I am able to still have a happy desire to look at things differently in life. I thought by this time I would be kind of stuck with certain desires and likes to the exclusion of all others. But whether it's new vinegars and sauces and spices or new ways to converse with friends, I find I'm still pretty attached to change. I like it.

Otherwise, it seems that life is too much of a power struggle. It takes so much to maintain rigid likes and dislikes. That's not to say I don't appreciate my rituals and comforts that make life a little more fun. My Saturday night glass of Merlot, for example. I can't honestly remember if I've told the story about not drinking during my daughter's high school years to prove that it was possible to have a full fun-filled life without recreational drinking. When she graduated, I had to decide what and where I wanted to drink. With a mom who succumbed to metastasized breast cancer, alcohol is not high on the list of things to consume. I settled on one (and sometimes two) delicious , slowly consumed glasses of Columbia Crest Merlot on Saturday night. That and the ounce of dark chocolate a day to stave off heart disease (hey researchers say it's a must) are my two rigid moments in life. Well...and the bowl of oatmeal to start the day.

But, most of the rest of life is up for grabs at anytime. Change keeps life interesting.

There is one thing I thought might have changed by now. Girl on girl crime. You know, cat fights, *Mean Girls* comes to life. Call it what you will, those opportunities when instead of supporting each other, women find themselves competing for precious few spots of attention and power. Remember the movie *Working Girl*?

I was sitting in a workshop on body image a couple of weekends ago. And towards the end, because of a recent life experience, I wanted to ask these thirty-something women about why cat fights still exist. Why, I wanted to know, when this generation had everything my generation had hoped to have: autonomy, options and the open opportunity to express who they are, would they still attack each other?

"Because," the moderator intoned. "We still receive our power from men." I was so sad. Now, don't jump ahead. I have very traditional relationships with men. I raised a wonderful, now spectacular white male. That's not the place I'm going. This is not about going up against the men.

But I was sad because, (A), it's maybe kinda sorta true; and (B), that's no reason for us to be mean to each other, and (C) because we're still thinking power instead of position.

I don't receive my power from a man, or any men for that reason. There's a whole theological ideology I would have to go into to explain, but the fact remains, no woman receives her power from a man. We receive our power from how we care about ourselves, how much love we put out there, how well we use our gifts and our talents, and how good we are at letting ourselves be loved. And you know where else? We receive our power from how much we help other women.

One of the things I like the most about this Island is that Sisterhood is so powerful here. We really are very good at supporting each other in our journeys as women. I know there's a lot of emphasis on what activities we do well on this Island. I would say that one of our most unique strengths is the way women care for each other here. We encourage each other, invite each other into adventures, congratulate each other, and travel with each other.

The workshop was held over town and I can't fault them for not knowing how good it is to be sisters in the corporate world. Why, just before I started writing out this article, a sister stopped me at the library to remind me of ways to be encouraged about life's changes. "Atta girls" and hugs were included. My load was lighter as I walked away. When women are strong and loving together, the world is changed for good.

There are many things that could be advertised about living on Vashon. I don't think you'll ever see it on a brochure anywhere but we could definitely advertise that in addition to all the other good things we do and have that make Vashon a safer place, we have one of the lowest Girl on Girl crime rates in the universe.

Let's keep it that way and build on it. THAT is power. THAT is strength. THAT is change that lives at our fingertips as we reach out to each other.

Sisters, you know who you are. I love ya. And if you're ever up for a Saturday night glass of Merlot in front of the fire I've got one to share.



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Vashon Library

December 1-15 Calendar

JobFind:
Employment Help for Adults
Thursdays, Dec. 1, 8, 15
9:30 to 11:00 a.m.
JobFind can help you whether you are unemployed or underemployed. Vashon Youth & Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection Project, to help Island residents who are seeking to improve, change or find living wage jobs. Typical discussions include: networking, uncovering the hidden job market, dynamite resumes, marketing yourself with a great cover letter, polish your pitch, road blocks, and getting past "no." No registration required.

Family Story Time
Thursday, December 1
7 to 7:45 p.m.
This cozy evening Story Time includes stories, songs and a simple craft for children and parents to enjoy together. No registration required.

Holiday Nature Crafts
Walk on the Wild Side
with Barbara Gustafson
Saturday, December 3, 1 to 3 p.m.
Ages 5-11
Are you thinking about the upcoming holidays and wondering how you can possibly buy gifts for everyone on your list? The solution is to come to the holiday nature craft workshop. All materials will be provided for you to create wreaths, glitter cones, woven ornaments and more! Please call the library to register beginning Saturday, November 19, 463-2069.

Young Writer's Rendezvous
Monday, December 5
7 to 8:15 p.m.
Come be a part if this on-going group and experience writing for fun in a social atmosphere. Pizza will be served! No registration required, just come when you can.

Lapsit Story Time
Wednesday, December 7,
10:40 a.m.
Newborn to 20 months
with an adult
A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

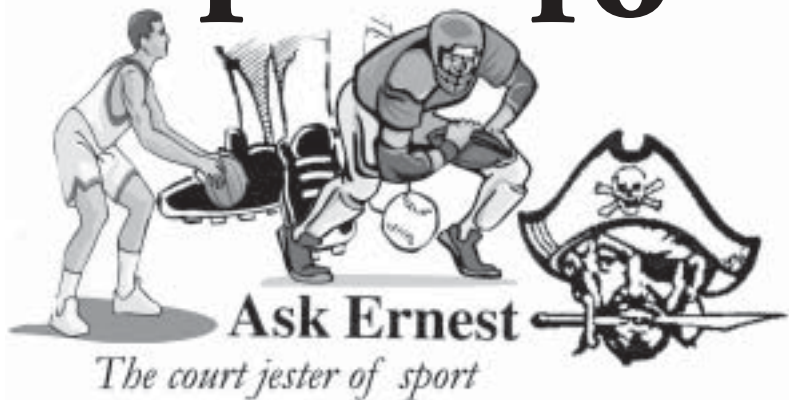
Toddler Story Time
Tuesday, December 6, 10:40 a.m.
Ages 21 months to 3 years
with an adult
A 20-minute program of stories and songs just right for toddlers. No registration required.

Preschool Story Time
Wednesday, December 7,
11:30 a.m.
Ages 3-5
Join us for 30 minutes of stories, songs and fun! No registration required.

Finding Money for College
Thursday, December 8, 7 p.m.
Presented by Doug Breithaupt
of the
College Planning Network
Adults and young adults
Doug will help identify sources of financial aid for college, evaluate the costs of specific schools, and review the process of applying for financial aid. Each family will learn how to fill out the Free Application for Federal Student Aid (FAFSA) and estimate their "family contribution." Please call the library to register, 463-2069.

Late Night @the Library
Saturday, December 10,
6 to 10 p.m.
Be architect and builder of your own gingerbread house! Materials will be provided. Join in the Vashon Library Cyber Café. Surf the world wide web or play a game of chess, cards, Magic, or Monopoly. Refreshments! Door Prizes! Security will be provided.

Loop ~ Sports



Hey Ernie, Can you give me some seriously serious upcoming dates? Like, when is the first Boys Basketball game? When does the Girls' Team grace the courts? And when do those Young Pirate Grapplers take the mat here on Vashon? That's all. Thanks mucho, The Tour Dogg

UPCOMING HOME EVENTS:

Girls Basketball: Tuesday, Nov. 29 at 7:00, vs. Stadium Wrestling: Friday Night! Dec. 2 vs. Foster (5:00) and Puyallup (7:00) Boys Basketball: Tuesday, Dec. 6 at 7:00, vs. Seattle Academy

Quick News:— Vashon High Girls Cross Country Team places 5th in State!—McMurray Football Team ties for Rainier Valley League Title.— McMurray Soccer Team conquers more opponents. — Little League Football teams win games and eat tons of ice milk sandwiches.— Rockbusters win some, lose some, and take in the beautiful Olympia gym aroma.— Winter Sports teams started practice on Monday, Nov. 14th. **Nietzsche's Great Great Grand Daughter Sues Athlete for Plagiarism**

Britta Schultz, great-great-granddaughter of German Philosopher Friedrich Nietzsche, sues Terry Owens for plagiarizing her distant relative's words. T. Owens was first notified of his violation last Sunday at Red Lobster. "I didn't know that I was quoting anyone in particular when I said "If it doesn't kill me it will make me stronger." I didn't even really know what I was saying when I said it, that's the really funny thing, you know what I'm saying," Mr. Owens said. Ms. Schultz, a young pharmacist, had



Grapplers emulate Mexican wrestling great El Conejo in order to prepare for their dual meet in Guadalajara, one week after Dia de Los Muertos.

an interesting counterpoint. "T.O. said that he didn't know he was quoting anyone, but I saw a Portable Nietzsche in the dash of his Hummer. I find his previous statement a bit suspicious with such evidence intact." You make the call. The case will go to trial next February.

Hold Your Horses, and Feed Your Dogs: Stay Tuned for more Rick Wheeler Rankings in Upcoming Issues! He was really busy finding the reason why one in the hand is worth more than two in the bush.



Reflecting on T.O.'s plagiaristic intent helps young athletes stay in peak condition, mentally and physically.

~~~~~



The latest craze on Vashon officially becomes a sport at VHS this winter—the Pinata Pirates swing out. Schedule appears next issue.

## Volleyball Club Forms

Great news for Vashon's volleyball players! There is a new volleyball club team forming on island! That means no commute for practices, fundraising, etc.! It means you get to play with girls from your school!

We have a great coach in Julie Potter. She has played at high school, club, and collegiate level, she has coached at all those levels, and she is a fantastic player and person. Our Director is Neal Jellison, who knows the organizational side inside and out. Peter Bonow is assistant coach, helping Julie.

On the 13th of November we got a good core of players together, with well-rounded skills, years of experience, and lotsa spirit! This is going to be a fun club!

Our goal is to get the VHS team to State.

We'd like to put together a U-14 team and two U-16 teams. We need a few more players to round out our roster. We have scheduled a second tryout session on Sunday, December 4, at Chautauqua Elementary, at 4 p.m. We'd love to see you there!

Go to the website for more info: <http://www.vashonvolleyballclub.com/>



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## Great Showing for Vashon Rowing

By Karen Pruett

Saturday morning, November 12, our rowing club met once again on the 5:35 a.m. boat to attend the Frostbite Regatta on Green Lake.

The day started clear, but by mid-morning, a cold side wind came up, so the officials shortened the course from 1000 to 500 meters.

Junior Rowers were the main participants in this regatta and earned both medals and ribbons. Our first race featured the Women's Intermediate 8+, coxswain Eddie Protzeller, Hannah Jackson, Morgan Wegner, Emily Hyde, Sylvie Shiosaki, Johane Krogness, Chelsea Edgecombe, and Nell Welch, who placed sixth. Next came the Men's Intermediate 4+ and then the Men's Open 4x who each placed 4th in their races. The Women's Open 4+ took 5th, followed by the Men's Open Novice 4+, with coxswain Eddie Protzeller, Elliot Scherer, Jeremy Basurto, Will Kicinski, and Steven DeWalt, who took 4th. Women's Novice 4+, commanded by Coxswain Susannah Bard, Sylvie Shiosaki, Chelsea Edgecombe, Claire Green, and Amy Pruett, took third.

The Men's Intermediate 8+ was a crazy race as all the teams fought the wind, but the powerhouse rowers Sam Kenyon, Tom Kicinski, Kyle Pringle, Josh Corliss, Kiyo Egashira, Spencer Lacitis, Elliot Scherer, Jeremy Basurto, and coxswain Eddie Protzeller, took 1st. In our last race of the day, the Mixed 2x, with Hannah Jackson and Tom Kicinski, took 2nd, losing only to a college team. The parent-parazzi went wild.

Sunday, the 13th, our Varsity rowers attended The Head of the Lake. Our kids competed at the Junior Varsity level.



Rowers Tom Kicinski, Sam Kenyon, Kyle Pringle, Josh Corliss, and Coxswain Nick Bordner, our Men's Junior 4x+, once again proved their worth by earning a Gold Medal. Women's Junior 8+, with Vivian Lyons, Lauren McKallor, Johane Krogness, Alena Courtney, Susannah Bard, Emily Hyde, Moran Wegner, and coxswain Hannah Jackson, and Men's Junior 4+, with Jeremy Basurto, Nat Clarke, Spencer Lacitis, Kiyo Egashira, and coxswain Eddie Protzeller, were in the middle of the pack for their races.

Said coach Claire Lichtenfels, "The kids worked really hard and we learned a lot from all of the races that we participated in." It was a great finish to the fall season.

I would like to mention the excellent coaching of Clair Lichtenfels. Claire is accomplished, experienced, and has one of the finest conditioning programs that I have seen in a sport. These kids are not only stronger in body, but also in spirit because of her. On behalf of the team and their families, I say "thank you Claire" and I hope for many more years of your leadership.

Sign-up for the Spring 2006 season will occur in February or March and don't forget to check out our website, [vashonrowing.org](http://vashonrowing.org), for highlights from the fall 2005 season.

~~~~~

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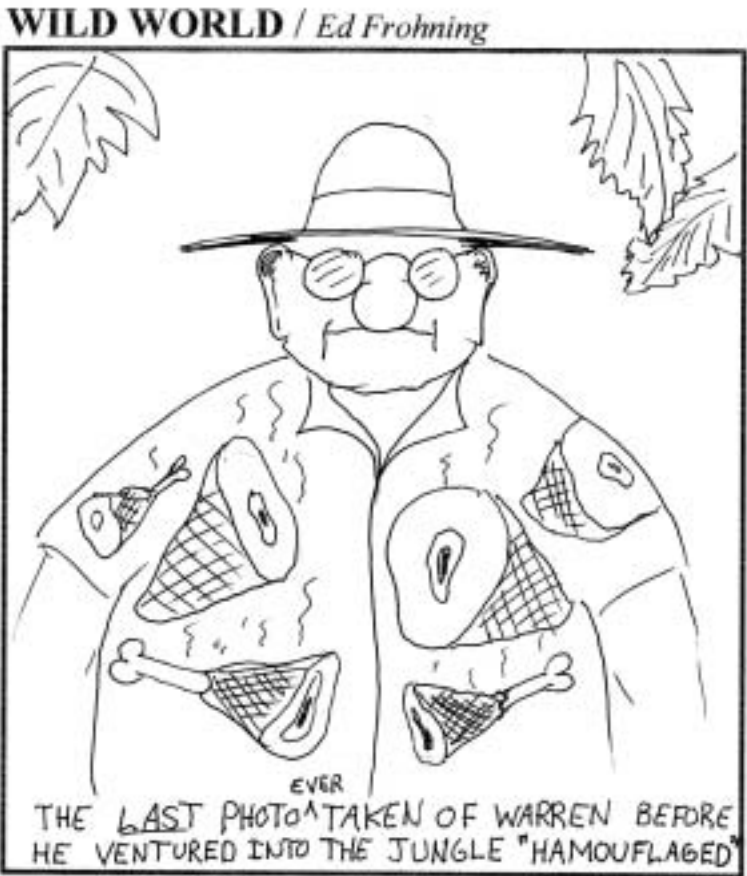
Hunting is the only sport where the other side doesn't even know it's playing. —David Crowe, Seattle comedian

OneLiners

(more or less)

Opinionated One Liners:
She has a keen sense of rumor.
There's no doubt he's trying...very trying.
She is so nervous that she keeps coffee awake.
He's always down on everything he's not up on.
When she meets another egotist, it's an I for an I.
The only thing she's ever achieved on her own is dandruff.
He's the real decisive type...he'll give you a definite "maybe."
He's a second-story man; no one ever believes his first story.
You could make a fortune if you could buy him for what you think of him and sell him for what he thinks of himself.

I figured that at age seven it was inevitable for my son to begin having doubts about Santa Claus. Sure enough, one day he said, "Mom, I know something about Santa Claus, the Easter Bunny, and the Tooth Fairy." Taking a deep breath, I asked him, "What is that?" He replied, "They're all nocturnal."



Faith, hope and love can work wonders, but ruby slippers can't hurt either.

Some entries in the recent contest to find a new state motto for New Jersey;
"New Jersey; Most of our civil leaders are not under indictment."
"New Jersey; You got a problem with that?"

He's a man of convictions and he has served time for each one.
Weekends are a tool that lazy people use to drag us down to their level.
Management has created a wonderful solution, now they're looking for a problem to go with it.
Our goal is to establish language that is gender neutral, ethnic neutral, and age neutral while celebrating our spirit of diversity.

Benefits Of Growing Older:
Kidnappers are not very interested in you.
In a hostage situation you are likely to be released first.
No one expects you to run into a burning building
People call at 9 p.m. and ask, "Did I wake you?"
People no longer view you as a hypochondriac.
Things you buy now won't wear out.
You can eat dinner at 4:00 p.m.
You enjoy hearing about other people's operations.
You get into a heated argument about pension plans.
You have a party and the neighbors don't even realize it.
You no longer think of speed limits as a challenge.
You quit trying to hold your stomach in, no matter who walks into the room.
Your eyes won't get much worse.
Your investment in health insurance is finally beginning to pay off.
Your joints are more accurate than the National Weather Service.
Your secrets are safe with your friends because they can't remember them either.



OFFSHORE



Did you ever notice that the first piece of luggage on an airport carousel never seems to belong to anyone?

LOGJAM



LoopArts



Join Tom Rawson for some humorous stories, user-friendly songs, and acoustic folk philosophy that's guaranteed to leave you smiling. Armed with long-necked banjo and other weapons of mass delight, Tom will have you singing along in no time. Tune up your vocal chords; you'll need 'em!

Come and sing Along With Tom Rawson at Cafe Luna, 7:30 p.m., **Saturday, December 3.**

Who is this guy? Let him speak for himself:

Dear Vashon Islanders: So they found out who Deep Throat is. Well, whooped-dy doo! I'm not impressed. Next thing they'll probably figure out is who killed JFK. Well, I don't care about that either. I want some answers to some real mysteries. What I want to know is this: WHO WAS IN THE KITCHEN WITH DINAH?? And what exactly was going on in the kitchen anyway? Did they inhale? Was the CIA involved? And why were they playing in tune? Whose D.N.A. is on the cookie crumbs found inside the banjo case? On December 3rd I'll be playing at Café Luna, and I'm hoping you'll come out join me for an evening of humorous stories, user-friendly songs, and acoustic folk philosophy that's guaranteed to leave you smiling. Come on down and sing with me. Bring your family and friends. I guarantee a good 'ol sing-along time. Hope to see you at the show!

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Liberty, Equality, Buffoonery!

Come citizens all, and join in UMO Ensemble's *Revolution a La Francais*, an artful benefit complete with subversive politics, fabulous wigs and cake.

On **Monday night December 5**, UMO will hold its annual fundraiser at the Blue Heron Center for the Arts. Doors open at 7 p.m.

If you have attended any of UMO's previous island benefits, you will know to hurry and get your tickets. This one is a quick sell out and truly too good to miss.

This year the stage will be graced with performances by such greats as Teatro Zinzanni's own Kevin Kent, the fabulous Can Can dancers of the *Royal Famille Du Caniveaux*, our Parisian guest artist Mik Kuhlman (ok, ok, she's island grown, but she's been footloose and fancy in France for several years now), as well as the inimitable Steffon and Arlette Moody making their musical magic and of course UMO's beloved and brazen buffoons. Rumor has it that there may even be a few visits by Madame Guillotine.

In addition to the stage highlights, there will be tantalizing raffles, an auction of delightfully naughty items, fabulous food by the Hardware Store Restaurant and Bobs Bakery, and a cash bar.

So, let's have a revolution (isn't it about time!?!). For only \$10 you can have a tremendous evening and support the arts. For reservations call UMO at 463-2128.

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The Bacon Brothers Talk about life

by Janice Randall

"I never expected music to be a big part of my life -- it was frustrating," says Kevin Bacon. "I would play music for my wife and kids, but I wanted to do more. When we put the band together, ten years ago, I was terrified. We played for a group of friends and family and when I got off stage, I knew I had to do it again. With acting, there's always a character between you and the audience. With music, it's different. I like the feeling of backstage butterflies I still get, even though The Bacon Brothers have played hundreds of gigs; that moment in the dark, singing and playing on stage the song I wrote — it's a vulnerable place."

Kevin says his big brother Michael definitely influenced his interest in music. "I remember sitting on the basement steps watching him play. Growing up in Philadelphia, I was very lucky; I started seeing rock concerts at an early age. I loved the Beatles, the Stones, Led Zeppelin, and Motown music was a huge influence." Kevin adds that he now listens to everything from rap to alt country. Some of Kevin's current favorites include White Stripes, The Killers, Franz Ferdinand and Audioslave. Michael names Stravinsky, Pete Seeger, James Taylor, the Beatles and more recently The Jayhawks as some of his favorite music. "I like Stravinsky

because he wrote beautiful melodies and terribly intense story pictures. That's who I would listen to if I had to listen to one composer for a year."

Multi-instrumentalist Michael Bacon, an emmy-award winning film scorer and classically trained musician says, "I'm awed by Kevin's ability to write songs. He's very prolific, a poet really. He has an amazing gift of communicating with people through his songs. And he's a great percussionist." When asked how Kevin's fame has impacted their relationship, he said, "He's been famous for so long, it is what it is. I'm proud of him."

Their fifth and current CD, *White Knuckles*, offers an eclectic mix of tunes written by both Kevin and Michael. "Having two writers in the band tends to make for a more eclectic sound, although we were striving for cohesiveness with this CD; we wanted it to feel like organic rock. I'm more prolific because songwriting requires a lot of sitting around time. I have down time when making movies. But I've never written a poem in my life," Kevin laughs, "I write songs." Michael adds that naming a CD is always difficult, but that Kevin really came up with the name. Kevin adds, "*White Knuckles* addresses issues — everyone's working so hard and everyone's moving so fast and after all that, you're crawling again."

Both Michael Bacon and Kevin Bacon live in New York City. They are both in long term marriages and say they love what they do in their respective successful careers. Both brothers agree that retiring to Vashon Island is likely not in the cards for them, unlike their sister Kira Bacon who makes her home here. But if they like it, perhaps they will visit more often. "I can't wait to play on Vashon," says Michael. "I like that size venue."

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Chorale and Strings Perform Vivaldi's *Magnificat*, Songs of the Season at Yuletide Concert

By Gerry Feinstein

The first musical event of the Vashon holiday season is in final rehearsal as Island musicians prepare for Vashon Island Chorale's annual Yuletide Concert, a program of masterworks and seasonal songs, on **Sunday, December 4**, at 5:00 p.m. and again at 7:00 p.m. at St. John Vianney Catholic Church. Accompanied by a 16-piece chamber orchestra, the 60-member Chorale will perform Antonio Vivaldi's *Magnificat*, a well-known choral masterwork that, according to conductor David Kappy, reveals the mastery of the composer best known for *The Four Seasons*.

"Because we are fortunate to have so many fine soloists," says Kappy, "we are

going to feature as part of the *Magnificat* some rarely performed, but beautiful pieces that Vivaldi wrote for specific members of his choir in seventeenth century Venice. We are particularly pleased to introduce Jennifer Krikawa, an outstanding soprano soloist who moved to the island from New York City last year." Other soloists will include sopranos Anne Terry and Gretchen Woods; altos Kim Farrell and Elsa Svensen; tenors Gary Koch and Don Wolzcko; and basses Marc Fitchette and Dick Paulsen.

The Chorale will be accompanied by an all-strings chamber orchestra coordinated by Gaye Detzer. Mary Walker is the concertmaster. Organist and Chorale accompanist Craig Hanson will accompany the group on other program selections.



Photo by Mike Feinstein

Featured soloists in the Vashon Island Chorale's annual Yuletide Concert on December 4 include (second row, from left) Linda Hatfield, Elsa Svenson, Ann Terry, Jennifer Krikawa; and (in front) Dick Paulsen, Kim Farrell, and Gary Koch. Not pictured are Don Wolzko, Marc Fitchette, and Gretchen Woods.

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Dreamer
Good Night & Good Luck
Friday 11/25 -- Thursday 12/1

The River Wild
Where the Truth Lies
The Woodsman ~ Tremors
Friday, 12/2

VAA presents



Bacon Bros Band
Saturday, 12/3

My Dog Skip ~ Apollo 13
Where the Truth Lies
Sunday, 12/4

Balto ~ Where the Truth Lies
Monday, 12/5

Diner
Tuesday, 12/6

Footloose ~ Where the Truth Lies
Wednesday 12/7

Mystic River
Thursday, 12/9

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Call 463-3232 or
www.vashontheater.com for times

"We try to make each program as rich and varied as we can," adds Kappy, "to give the Chorale as well as our Vashon audience music that represents a variety of periods and compositional styles." This year's program includes *Ave Maria*, a composition by Islander Charles Lovekin, John Rutter's arrangement of *O Holy Night*, Amy Grant's *Breath of Heaven* featuring soloists Gretchen Woods and Linda Hatfield, and a work written in 1609 by M. Praetorius. The program will conclude with the Chorale's traditional audience sing-a-long.

Tickets are \$10 and are available at Books by the Way and at the door.

Artist's Way with Darsie Beck

Rediscover your creative nature through the tenets of Julia Cameron, author of *The Artist's Way* with Darsie Beck. Experience the joy in discovering more of who you are and what you are capable of doing to improve the quality of your life through art.

Join Darsie in the next class of *The Artist's Way* at his studio, Waterworks, located on Maury Island. Starting **January 7 and 8, 2006** and running for eight weeks, classes are in the evening from 7:00 to 9:00 p.m. and space is available for either the Tuesday or Wednesday night sessions. Call Darsie for class details and tuition information at 206/463-5633 or email at darsiebeck@earthlink.net.

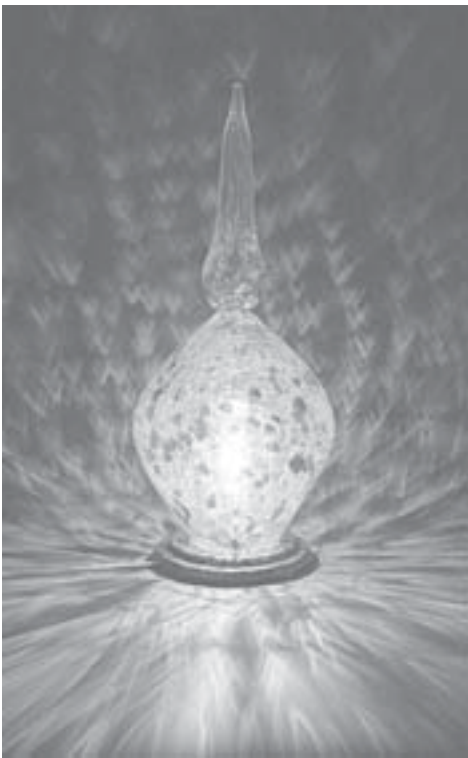
Continued from page 1



Color maps with studio descriptions and photos are available at Island businesses and at: <http://www.vashonislandartstudiotour.com>.

Now 23 years old, the Holiday Vashon Island Art Studio Tour is an Island tradition. One-of-a-kind gifts in all price ranges are available. See original paintings and photographs, printmaking, blown and fused glass, pottery and ceramics, garden art, sculpture, silver bells, jewelry, handspun weavings, native art, cards, and more. Visit with the artists, see where they create, watch demonstrations, and of course, buy direct and save.

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Photographers of Vashon Join Art Studio Tour

Photographers of Vashon (POV) are proud to join in the Art Studio Tour for **December 3 — 4 and 10 — 11, 2005** from 10:00 a.m. to 4:00 p.m. at I.N. Your Eye Art Farm. Fourteen Vashon photographers come together in a most beautiful and unique island setting, combining their artistic talents to enhance your holiday experience as you travel around Vashon, visiting and viewing some of the best art in Puget Sound. The I.N. Your Eye Art Farm is located at 10931 SW 238th, Look for #17 on the Art Studio Tour brochure.

Please be sure to note we will be open for the first Friday art walk on **December 2** as a grand opening.

Artists presenting photography in their medium specialties are: John Anderson, Mary-Liz Austin, Michelle Bates, Harve Bergman, Amber Cole, Terry Donnelly, Anne Gordon, Ed Holmes, David Lynch, Brent Magstadt, Ric Peterson, Jo Robinson, Nancy Scott-Wienker, and Andie Styner.

Vashon has a strong and vital photographic community with extraordinary vision and diversity. In 2005 alone Vashon has hosted photography shows in several different venues. All have been stunning statements about the artists' ability to convey to the viewer a moment in time and place.

The venue for the Art Studio Tour exhibit, I.N. Your Eye Art Farm, is itself a stunning statement. The I.N. stands for Ibsen Nelsen, who was a renowned Seattle architect. The Art Farm is the home Nelsen built on the hill above Burton. Based on the inner courtyard style of Danish farm houses, the courtyard walls are glass brick bordering on a 80' entry gallery. The



inner gallery spaces are flanked with wall to ceiling window walls that overlook the Dockton waterfront and beyond to Mt. Rainier. Nelsen's early work was modernist with Bauhaus influences utilizing flat roofs and ultra simple design. His work culminated with the award winning Weeks' residence with an all steel frame. Later he moved more toward the "Northwest" style using lots of wood, long overhangs, and narrow vertical openings. In the 1960s Nelsen began what would amount to the redesign of the campus at Western Washington State University. A beautiful example of his work is the Boeing Space Flight Museum. He and his wife Ruth moved to Vashon in the mid-80s. To be allowed to show work in this inspirational space is a gift. To open it to the island as visitors come into the space during the Art Studio is a shared gift.

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Annie Auditions for Drama Dock

"Tomorrow, tomorrow, I love ya' tomorrow, you're only a day away!"

That's right, Annie, Drama Dock Theatre will be holding auditions for the beloved musical *Annie* and we want you to try out! The show will be presented the last three weekends in April and will be directed by Libbie Anthony. Auditions will take place **December 10** 12:00 noon to 3:00 p.m. and **December 11** 2:00 p.m. to 5:00 p.m. at the Burton Church Annex

with call-backs on the 17th and 18th from 4:30 p.m. to 6:30 p.m.

We encourage children to audition on Saturday and adults on Sunday but that is not a requirement. What we need? Girls with energy and lots of them! Annie should be in the 10 to 12-year-old range with a strong singing voice. To audition please bring a piece of music you're familiar with to sing. Bring your enthusiasm, too. We want that!

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Vashon Bookshop



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For Our Community

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The Blue Heron Dance presents The Nutcracker

By Juli Goetz Morser

The Blue Heron Dance Company's forty-member troupe presents The Nutcracker to Vashon audiences on **Friday and Saturday, December 9 and 10** at 7:00 p.m. and **Sunday, December 11** at 2:00 p.m., when they dance to life Tchaikovsky's seasonal favorite at the Vashon High School Theater.

There is something magical about The Nutcracker that must speak to our collective imagination. It's performed every year in all manner of venues, in major cities and small towns across the country, and has been since the San Francisco Ballet premiered its full-length ballet in 1944. It's an event that seems to be more than just a holiday tradition, more than the sum of its musical and dancing parts.

For one Blue Heron dancer, the enchantment comes from, "the whole experience, from the friendships with the other dancers to running around backstage to finally getting on stage and dancing for the audience. The true magic comes from showing the audience what you really love."

That passion for dance motivates the youngest members of the company — who delight the audience as the scurrying little mice and happy party attendees — all the way to the most senior dancers — who perform the solo roles and most difficult of the dances. "This year," says Artistic Director Christine Juarez, "our core group of dancers is stronger than ever. The skill level of these fourteen dancers is very good, so many of the dances are done completely on Pointe."

Since its inception in 1999, The Blue Heron Dance Company has performed The Nutcracker in December and a full-

length ballet in May, fulfilling the company's mission to stage classical ballet for the benefit and enjoyment of the Vashon Community. In the ten years that Juarez has directed Blue Heron Dance, she's raised the quality of the productions from dance recitals to pre-professional performances. An audience member last

year remarked that she came to The Nutcracker not because she knew any of the dancers, but because she wanted to see the ballet. "I was impressed with the quality of the dancing. The beautiful sets and original costumes were an unexpected surprise!"

This year, Sami Ressler performs the role of Clara; of the six Queens, Chelsea Clark is the Snow Queen, Marja

Purrington is the Arabian Queen, Amanda Zheutlin is the Sugar Plum Queen and Doll, and Rebecca McMakin is Waltz of the Flowers Queen, while Clarissa Boyajian and Molly Crosby share the role of the Mouse Queen. Chad Richardson and Daniel Juarez return as The Nutcracker and Fritz. John Miesel and Tatum Schmidt share the role of the smallest soldier, and Sally Walker opens the show as a mischievous mouse.

As the Holidays approach, when visions of the Sugar Plum Fairy start to dance in your head, let the Blue Heron Dance Company capture your imagination. Let these dancers transport you to Drosselmeier's Land of the Sweets. Let them show you what they love to do.

Tickets are \$8 for seniors, students, and VAA members and \$11 for general admission. Tickets are on sale at The Blue Heron Art Center, the Heron's Nest, Books by the Way, and Thriftway. For more information, please call 463-5131.

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