In This Issue:

Too many Black Tailed Deer; one week free pass at YMCA; Living Out Loud; planting seeds; starting school; quiche; tomato plants; and more!



License plates, wildlife, and a grumpy little Sheila Page 10



Take a Ride: Horse Trials Page 16



Songwriters in the Round, Michael Meade, Movies, Theater Pages 18 & 19

Vol. 3, # 20

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM



Bjarni Runolfson

Inside Leukemia: Meet a Survivor, Help Others Survive

By Susan Wolf

I met Bjarni Runolfson when he was a three-year-old in my Sunbeam class at church. He is now a slender 17-year-old with a sprinkling of freckles over a small, upturned nose. He doesn't look all that different from other 17-year-olds, but inside this scrappy kid is one brave heart.

One Saturday, when Bjarni was 7, he complained to his mother, Pat, about a pain in his knee. The next day the pain was severe, traveling up to his hips. After a blood test revealed abnormal cells, his doctor immediately had Bjarni admitted to Children's Hospital in Seattle.

A painful bone marrow test confirmed Acute Lymphoblastic Leukemia (A.L.L.). The "acute" part of the diagnosis meant it was a rapidly progressing cancer, but Bjarni's bone pain enabled doctors to make an early diagnosis. It was extremely scary time for the whole

Continued on page 15

Advice for Parents:

Promote trust by being honest: the more information the child has, the better they can cope with the illness.

Let the child know they can handle it. Keep dangerous medications out of reach of the other children.

Pull together; work together as a team; avoid selfishness.

Realize you can't help the illness or the medical procedures necessary to cure it, but you can help your attitude and what

Symptoms of Leukemia According to the American Cancer Society:

Bruising, Flu-like symptoms, Tiredness, Rashes, Weight Loss, Bone Pain



Left to right: Matthew Shorack, Gary Koch, Elizabeth Nye, and Elaine Ott rehearsing. Nye adapted and directed this production. Gary looks like he's in costume, but actually this is the way he dresses when he's not at work. Photo by Susan Sheffield

The Magic Flute on Vashon

Vashon's opera community is putting on an adaptation of *The* Magic Flute (Die Zauberflöte), by Wolfgang Amadeus Mozart. This songspiel (opera with both songs and spoken dialogue) is one of the most popular in the opera repertoire, because along with its complex plot, many characters, and Masonic subtext, it has so many of Mozart's most accessible and memorable tunes. And yes, we do have an opera community on Vashon. Story on page 18.

Vashon 101: Restless Island

Landslides, Earthquakes, Volcanoes, Tsunamis **By Mary Litchfield Tuel**

Here we are, in what many of us perceive as the most beautiful corner of God's green earth.

Paradise enow.

Well, that's one way of looking at it. If you listen to **Kevin Freeman** lay out the geological facts as he did in the second Vashon 101 class, you might want to sell your beachfront and move inland. 'Way inland. Spokane, maybe.

Vashon is a pile of glacial rubble, and the edges keep cracking and tumbling into the Sound. We call this phenomenon a landslide, and it happens a lot around here. Late Island native, historian, and author Roland Carey had a theory that the Island was sinking on the and while that's not quite the case, litter the beach Photo by Susan Sheffield it's easy to see why he thought so.



east side, and rising on the west side, Evidence of slides on Vashon's west side: trees

You don't have to look hard to see telltale signs of landslides yet to come, as enumerated by Freeman: pre-existing slides, tension cracks, toppling or bowed trees, springs surfacing mid-slope, gullies and surface erosion. You can sweat your property values, and you can do things to slow down

Continued on page 13



September 27, 2006

This solar domestic hot water system on Vashon Island is designed to boost the temperature of an existing electric water heater found in any typical home. It is situated in a separate demonstration building that is extremely well insulated. Photo courtesy www.solarwashington.org

Solar Tour: You Should Get a Little Sun

The American Solar Energy Society's Annual National Solar Tour, Vashon-style, will be a week from this Saturday, on Saturday, October 7, from 10 a.m. to 4 p.m.

The tour begins at the Farmers' Market at the Village Green in downtown Vashon. There you can pick up a map of open houses and visit them to see examples of photovoltaic systems (solar electric); solar hot water systems (see photo); green roof and rainwater catchment; biodiesel production; cob construction; and more. Take the tour and get some ideas for how to get off the grid, or at least be a little more energy independent.

For more information visit: www.SolarWashington.org or call Meg Gluckman at 463-0748.

Fall Ferry Schedule

The weather is cooler and the leaves have begun to change color, and the ferries have changed to their autumn schedule.

The new fall schedule, in a kicky lavendar and white color scheme, available is State Washington Ferries terminals and on vessels, at local supermarkets,

www.wsdot.wa.gov/ferries, by calling 511, and at the Vashon Library, or other venues where customers generally pick up ferry schedules or other information.

The Vashon Loop, p. 2

Get in The Loop

VashonBePrepared§

Saturday, October 21st

Disaster strikes.

Are you ready?

Pruning and Cleaning for Spring Extravaganza

On **Saturday, October 7**, 10 a.m. and/or **Sunday, October 8**, 11 a.m., Sylvia Matlock of DIG will present a pruning and garden cleaning workshop at DIG.

In this how-to, hands-on workshop Sylvia will demonstrate the right way to prune to clean up those fading perennials and shrubs and expose your garden's architectural elements. The \$25.00 fee will include a free pair of OXO pruners and the opportunity to practice on DIG's fabulous border garden. Please call 463-5096 to register.

Laugh for the Health of It

Free Laughter Hour, on **Sunday**, **October 1**, at 2:00 p.m., at The Human Touch, behind The Malt Shop, in Beck's Plaza (watch for balloons). Facilitated by Weslie Rodgers, uncertified (!) laughter leader. We will practice and play with some silly activities to help us "Smile, though your heart is aching..." And learn about the benefits! Questions??? Call Weslie, 463-5566.

Great Decisions Series Starts

Does adhering to international human rights standards impede the war on terrorism? What do you think? Bring your experience and opinions to the first fall meeting of *Great Decisions* at 2 p.m. on **Monday, October 2**, at the Vashon Library. Gary Knutson will facilitate questions and answers on the topic: "Human Rights in an Age of Terrorism."

Association's discussion group about issues that impact the world we live in. A short background video, prepared by the FPA, starts the meeting, followed by group comments. A copy of *Great Decisions* background articles is available at the library reference desk. The program is sponsored by the Vashon-Maury Senior Center in cooperation with KCLS and is free. Participants of all ages are welcome.

L'Shanah Tovah

Wine Tastings at Reliable Wines

Saturday, September 30, 2 to 5 p.m.: Jane Tunnicliff on Rieslings. Jane is an ace at finding amazing wines, and is well known to Vashon Islanders for her fantastic palate (further trained by the Sommelier Guild), knowledge, and her generosity with sharing those with us. Sunday, October 1, 1 to 4 p.m.: One of Vashon's most talented entrepreneurs is Marian Harris, owner of Partners Crackers. Marian and Tom Harris will be at Reliable Wines, pairing crackers with some of their favorite wines, and entertaining us (Tom is a renowned storyteller and humorist).

DOIT Board Meeting

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on Thursday, October **5** at the Sunrise Ridge Conference Room at the Voice of Vashon building. Youth and interested adults are welcome! Development of Island Teens (DOIT) is a catalyst that supports and develops unique potential and contributions of Vashon Island youth through funding of activities by and for youth, educating the community about youth empowerment, and advocating on behalf of youth. For more information, please see our new web site www.doitvashon.org. Reasonable accommodations for people with disabilities and directions are available by calling Stephen Silha at 567-4363.

Island Jazz Quintet Releases Third CD

Come to the Crepe de Paris in downtown Seattle on **Saturday**, **October 14**, to celebrate with Vashon's own cool and edgy ensemble as they release their third CD, *Who Knows*. The festivities begin at 6 p.m. with complimentary hors d'oeuvres, and a live set at 7:00 p.m. There is no cover charge. Join IJQ for a fun evening in this charming European atmosphere.

Books in Action Project Events:

Book Sale, and Vashon Reads

Books in Action is sponsoring two important community events during the month of October. The purpose of the events is to raise awareness of family and domestic violence, and to raise funds for and welcome DAWN (Domestic Abuse Women's Network) to our community as a service provider. We will be conducting a donated book sale at the Firefighters Association Building on **Saturday**, **October 28**. If you have any books to donate, please contact Lynn Blick at 463-3454. Fall is coming, so it's time to buy some juicy books and settle in for the winter.

The second event is Vashon Reads. We have chosen three books for the community to read and discuss. Exciting news!! Chris Crutcher, author of *Staying Fat for Sarah Byrnes*, will lead a discussion on his book at Ober Park on **Tuesday night, October 10**. We will also be reading *Black and Blue* by Anna Quindlen, to be discussed at the library on **Tuesday, October 18**, and *Why Does He Do That?* by Lundy Bancroft to be discussed at the library on **Tuesday, October 25**.

Co-sponsors of the project include Vashon Bookshop, Books by the Way, Vashon Library, Thriftway, Vashon Print and Design, and the Hardware Store. We would like to thank all of these sponsors for their kindness and generosity.

For any questions, to volunteer or to sign up to be a co-sponsor, contact Nan Joy at 579-6494 or Paula Madsen at 463-3707

Aaron Dixon Brings "Out of War and Into Our Communities" Tour to Vashon

With the Democratic and R e p u b l i c a n nomination of the respective pro-war candidates, the Aaron Dixon campaign for U.S. Senate is kicking off its "Out of War...and Into Our Communities" statewide tour.



Aaron Dixon Photo by David McDonald

The tour will come to Vashon on **Tuesday, October 10**, when Dixon will do media interviews and then attend a house party at the home of Maryrose and Daniel Asher.

"Maria Cantwell and Mike McGavick don't care what this war is costing and the impact it has on our communities," said Maryrose Asher. "Only Aaron Dixon is calling to end this war now and bring those resources back into our communities. We're excited that he's coming to Vashon."

This invitation is being extended to residents of Vashon-Maury Island who would like to meet the Green Party candidate for US Senate on a personal, one-on-one basis. This is not a fundraising event but an opportunity for our community to meet Dixon and talk to him about issues that are of concern to us. Feel free to drop by at any time during the evening. Light refreshments will be served. The event will be held at the home of Daniel and Maryrose Asher, 15120 Westside Hwy SW, please feel free to call 567-0593 for directions, on Tuesday, October 10, from 6 to 9 p.m.

The press is welcome to attend any event or accompany the Dixon campaign on this tour. Updated information on times and locations will be posted on the Aaron Dixon for U.S. Senate campaign website — www.dixon4senate.com.

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Conveniently located inside Pandora's Box





VIPP Dogs Up for Adoption

Clarence and Claire, two 10-year old Cocker Spaniels, a brother and sister duo, in good health and very bonded to each other. They are great with other dogs and cats and have a special affection for children. Need to be adopted together. Their life outdoors for so many years may require some attention to house training. For more information on Clarence and Claire and to meet them, please contact Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee.

Buon Gusto: Italian Dinner at St. John Vianney

Start saving your appetite now for one of Vashon's most beloved culinary traditions — St. John Vianney's Italian Dinner and Auction! This year's Dinner, benefiting Faith Formation and St. John Vianney Church, takes place Saturday, October 21. The evening will include a gourmet dinner prepared by Kathi Ferrari, live entertainment, raffle with cash prize, and incredible silent and live auctions. Don't delay in buying your tickets! This event sells out every year. Tickets (\$20 for adults and \$10 for children 13 and under) will go on sale Saturday, September 30, after each Mass at St. John Vianney, at Windemere Real Estate, and from Carolyn and Fred Steen at the Keller Williams Realty (formerly Glendale) office.

The Vashon Loop

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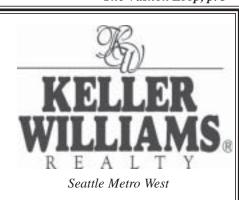
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\$50 a year gets The Loop delivered to your mailbox every two weeks. Call (463-3327) or write (PO Box 253, Vashon) or email editor@vashonloop.com!



Troy and Marie Play Rental Matchmaker



We constantly get asked about rentals – do we know people looking for rentals, do we know of rentals available? What a great opportunity to play matchmaker! We're going about it in a couple of ways. For those of you who like to get your information the old fashioned way, stop by our office and peruse our book of rentals. Just ask the friendly agent at the front desk to show it to you. If you prefer, log on to our website at www.kwvashon.com and click on the link that says Vashon Rentals Blog. You can see postings under both categories (they show up as "comments." You are welcome to add your own postings.

Also check out our other blog (go to www.kwvashon.com and click on Troy and Marie's **Blog.**). We're blogging on all sorts of stuff. We recently posted a video (compliments of Charles Reed) of the end of summer Balkan Cabaret performance and dance. What a magical evening on the beach that was! Let us know what you think of our blogs – feel free to post a comment.

Here are a few examples of rentals available:

House available mid-October. Two bedroom, office, washer/dryer, old house but completely redone, one acre, north of town, Heights water. No smoking, no pets. \$1350/ month. First, last and deposit. Pls call Nancy, 567-5267.

Charming 4 bedroom, 1.5 bath home located on acreage - available immediately, with 30 days notice. Kitchen, living room, dining room, washer/dryer. Includes carport. Smoking ok. Cats ok, dogs \$50/month. Yard work is not required; reduction of rent in exchange for yard work is negotiable. Fences for a private backyard are negotiable after 6 months. \$1500 / month. First & last and \$500 deposit. Call Barbara at 463-3418.

Incredible one bedroom private guest house north of town. W/D, microwave. No smoking or pets. \$1,000 per month, includes utilities. 1st, last, deposit. Supply references. 567-4429.

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie @kwvashon.com. And if you need real estate services, please give us a call at (206) 463-LIST. We would love to work for you.

(206) 463-LIST (5478) On Island Properties

Westside Acreage! 17921 Westside Hwy SW

Loads of charm in this Tudor-style home on a shy three acres of Vashon's highly desirable sunny Westside with a view of Colvos Passage. Inside, the well-thought out floor plan allows for plenty of private and communal space in beamed high ceiling rooms that blend outdoor and indoor spaces with French doors and balconies. The grounds include a willow-surrounded pond, cottage garden flower beds, a fenced vegetable garden, paddocks, and a separate garage and workshop with guest quarters. \$649,000

- 4 bedrooms
- 1.5 bath
- Section 9.1. № 2.94 Acres



MLS 2604/640

Waterfront!



- 3240 Sq Ft
- 3 bedrooms
- 2.5 bath
- 75 feet of low bank waterfront

This retro chic house calls for clambakes, cocktails, and cabin cruisers!

www.kwvashon.com

It's 3200 square feet of living space on 75 feet of low bank inner Quartermaster Harbor waterfront. It's picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It's a home for entertaining guests and family, with two large decks practically over the water, plenty of bedrooms and bathrooms, and a separate guest cabin.

MLS 26015188

View Fixer!

What a unique opportunity! A fabulous view, an unbeatable location, and an affordable

Yes, it needs major rebuild work, but what a reward!



MLS 25094951

2 BR ஒ

On sewer

1 bath ஒ

Heights Water

870 sq ft ஒ Built in 1923 ஒ

Rebuildable Taxes \$2,258

(206) 463-LIST (5478)



1 bedroom

Tahlequah Waterfront

Fish from your deck - literally - in this south facing beach house on 125

feet of pristine waterfront. The wide concrete bulkhead has two boat

ramps next to a solid boathouse, and a 180 degree view of the active

Tacoma waterfront backed by Mount Rainier. South end waters are prime fishing, crabbing, and oyster spots. Includes 3 tax lots, 3 acres.

Intriguing possibilities! Add on to the beach house? Rebuild on an existing

1 bath

3.03 Acres

MLS 26156353



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Now Open Every Day Noon- 8pm Fri-Sat till 9pm





Call 56-PIZZA

Now Open Every Day Noon- 8pm Fri-Sat till 9pm

Loop Letter

Vashon as Eden:

Eden Events

By Tom Herring

If in November the PUD idea remains just that, then should there be a plaque in Eden? For warm intent, yes. For hotsies, no, because being snug as a bug in a rug is also boring. Eden was, after all, a moment of excitement, even passion. Come, let's walk through a gallery of candidates for that plaque. Ready, Mussorgsky?

A Solar Barbeque Competition – Solar cookers ready, get set, go on a cloudy day. Free sun tan oil.

A Community Hall Demonstrates that sun and rain on one acre can sustain a bustling community center and good-time hall. No perc needed, but bring some firewood.

A Solar Heat Pump – Israel has from a solar hot water tank.

Logo Transport – At designated pickup points a shopping bag with a magnetic sign meet for local they went and done instead.

shopping. The donation cup on the dash has the logo. Bags and mag signs sell for nominal charge.

Three-Dee Vashon - Three dimensional model of Vashon's aquifers. And gravel mines.

Bio Vashon - Every weed, bush, critter, and bug is here on display; no flowers.

Septic Vashon - Thirty by five feet of dirt, doo, and declamation that teaches bio-degradation. Anerobic and compost spoken here.

Earth 101 - A course at the College and a section at the library that cross all disciplines to teach wonderment. What if Earth had two moons?

Recycle Retrospect - An exhibit at the dump that gives the inside skinny on how a commodity is reincarnated. Item: which paper coatings interfere, and which don't? Item: Why can't some plastics be recycled? Don't get me started.

Village Smithy - Last because it one. Grid electricity pumps heat tears at a piece of my heart. A teaching forge that makes, along with cute iron hooks, Damascus steel. I tried to sell this to the the logo and a car with the logo on hardware store and now look what

Attention Island Youth: Opportunity Knocks for You!

By Maryam Steffen

Teens of Vashon: Do you have a project that needs support? An unfulfilled dream that with some funding could take flight? A project that could help you and your community?

again (DOIT) is offering "Opportunity Knocks" grants of up to \$500 to Island teens with good ideas and good proposals.

Check out the DOIT website (www.vashondoit.org <http:// www.vashondoit.org/) for applications and information.

Loopy sez: Deadline for the next edition of *The Loop* is Friday, October 6

Applications are also available at school counselors offices, Student Link, the Vashon Library, and Vashon Island Travel.

The deadline for submission is Friday, October 27. Among the Development of Island Teens recipients of DOIT's spring, 2006 grants:

> Marcus Hernandez has built an experimental chicken coop, "Coop DeVille," to assist his grandparents with a poultry and egg business.

McKenzie Bomber, Winkler, Hannah Ranstrom, and Zach Smith took Spanish enrichment classes they couldn't afford otherwise.

Greg Pendergast, Dominic Jean Navarre at 463-4948. Wolczko, and Sam Kenyon got funding to upgrade their recording



Too Many Black Tailed Deer, Too Few Natural Predators

By Phil Mahurin

Heavy population density can and often does have a negative effect on the health of the deer population. When populations reach a certain level, the incidence of disease and parasitical infection increases, and dietary restrictions negatively affect size and health. As a result growth potential is not fully realized. Many of us who are concerned about the Black Tailed Deer wildlife of our Islands have observed



this to be true of our deer population. Proper herd management is the answer to this problem.

Hunters play a vital role in the management and maintenance of the Black Tailed deer herd. By harvesting some of the offspring-producing animals each year, hunters help reduce the number of animals born the following year. This method is far more humane and productive than the less desirable method employed by the driver of the 44 caliber Oldsmobile. The latter method usually does not result in an instant and humane demise of the animal but rather requires the creature in question to wander off and die in pain. Car vs. deer always results in victory for the car. Although the 12 gauge Buick wins, the people involved incur financial loss, inconvenience, and, at worst, physical trauma. The deer always dies, rarely is death instant. Often it is slow and agonizing.

How much property damage does our deer population cause each year? My pickup truck estimate was \$2,000. How many people have been injured in car-deer collisions? I have given up on the veggie garden. Roses just don't last. Wouldn't it be interesting to discover the economic impact the deer herd has on the human population of our community? The economics then would be balanced with esthetic, natural, and environmental value, give us a cost-benefit analysis. Black Tailed deer are beautiful, expensive, dangerous, and very good eating.

studio with professional computer software.

Felicia Saathoff received funding toward a new computer which she is using to create and maintain websites for Island organizations.

For more information, call Maryam Steffen at 463-2603 or

Development of Island Teens

(DOIT) is a catalyst that supports

and develops unique potential and contributions of Vashon Island youth through funding of activities by and for youth, educating the community about empowerment, and advocating on behalf of youth.

You don't have to superstitious to think it's unlucky to have thirteen children. -- Evan Esar

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JANNETTY FAMILY BENEFIT ~ A Community fundraiser to help defray Veronica's medical expenses

Saturday, October 28, 7:30 pm to 10 pm - Blue Heron Art Center FOOD - LIBATIONS-LIVE MUSIC-DANCING

Please bring appetizers, desserts or beverages to share

7:30 to 8 - Live Jazz with Richard Person-trumpet, Jim Hobson-piano, Marita Erickson-vocals 8 pm - Dance to LOOSE CHANGE!

\$25 per person - 100% proceeds benefit Jannetty Family

If unable to attend, please send checks made payable to John Jannetty; mail to P.O. Box 576, Vashon, c/o Vashon Allied Arts 463.5131

New Space at the YMCA One Week Free Pass **Available**

By Lindsay Aikin

the Y has opened up a lot of new opportunities and activities. This summer, staff worked on converting 560 square feet downstairs into a multi-use space they call the studio. Having the studio provides both a private area for classes and a place the community can use for meetings and events.

"The studio allows classes to accommodate more participants and allows everyone more room to move, which is fabulous." explains Healthy Lifestyles Coordinator, Kelly Straight. Yoga, Pilates, and weight training, can now be held downstairs leaving the upstairs room focused on cardio equipment workouts.

Doing what is best for you is the philosophy here and it's clear the YMCA staff work hard at supporting all levels of fitness for all ages. "It's about setting your personal goals," remarks one Y member. "I see people here who are recovering from surgeries or injuries who are taking baby steps everyday...they inspire me."

The studio also provides a place where community groups can meet, while down the hall, in Kid's Club, childcare can be provided for attendees. This fall. the YMCA hosted the first meeting of the Wellness Project which allows lower income Islanders to exchange volunteer time for healthcare services.

Starting this year, Vashon Youth and Family Services will be holding some of their parent education classes at the Y and childcare will be provided.

There's a good feeling here at the Y. All Islanders are invited to check out classes, Kids Club care, and the rejuvenated space by using a one week free pass. One free week with dozens of options for getting healthier. Come by the Y to get your pass.

The YMCA is a membership organization open to all people. Financial assistance, to the extent possible, is available to those in need.

≥ Loop Letter

Editor, The Loop:

October is Domestic Violence The opening of a new space at Awareness month. 23,000 children in King County witness domestic violence at home annually. Of those, 60% are victims. Hundreds of incidents of domestic violence occur on Vashon-Maury Island every year. Most of these events go unreported.

> At the request of the Vashon-Maury community, and the demonstrated need to serve

victims of domestic violence on our islands, the Domestic Abuse Women's Network will (DAWN) be providing direct client services to those in need in our community.

These services will administered in Vashon from a confidential office location by a trained advocate. This position is being funded in part by King County. Island services include: one-on-one advocacy, support groups (with child cared provided), safety planning, legal advocacy, court accompaniment, and identifying and accessing community resources.

In addition to the services that will be available to these clients on-Island, the entire community is able to access DAWN's resource

and crisis line (toll free 1-866-286-3296) staffed 24 hours a day. 7 days a week. All clients can use DAWN's legal services, Latina children's programs, programming, emergency confidential shelter transitional housing programs.

To enhance these efforts and to community promote understanding of this problem, several Islanders formed a group called Books in Action. We have organized two events, a book sale, and a "Vashon Reads" project,

> (see related articles on raise 2) to awareness and funds to supplement the direct services provided by DAWN.

> If you are unable to join us, yet want to support DAWN, please

send your tax deductible contribution to DAWN, PO Box 88007, Tukwila, WA, 98138. Please be sure to mention "Vashon services" on your check. If you have any questions, please feel free to call us.

Sincerely,

Nan Joy, 463-6569 and Paula Madsen, 463-3707

Co-chairs, Books in Action Project





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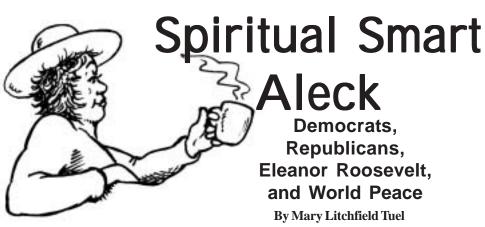
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"If you believe that a nation is really better off which achieves for a comparative few who are capable of attaining it high culture, ease, and opportunity, and that these few from their enlightenment should give what they consider best to those less favored, then you naturally belong to the Republican Party. But if you believe that people must struggle slowly to the light for themselves, then it seems to me that you are logically a Democrat." - Eleanor Roosevelt

That was how Eleanor Roosevelt defined our two major political parties about sixty years ago. I've been reading a memoir about Eleanor Roosevelt: Grandmère, a Personal History of Eleanor Roosevelt, by her grandson, David B. Roosevelt.

Eleanor Roosevelt died in 1962, so

she was around during my childhood, and even then I knew her as a moral and political giant among human beings. knew that, in spite of my mother's vocal hatred for Eleanor, and all things Roosevelt or Democrat.



ER was a shy person who was forced into public life by the fact of her marriage to a politically ambitious man. She wanted a quiet, simple life but was not allowed to live the life she envisioned. She became a Democrat, even though her beloved Uncle Teddy was a Republican. She became a tireless politician, speaker, crusader for justice, and advocate for civil rights. She worked for world peace, not the beauty contestant's answer to the question, "If you could have one wish, what would it be?" type of world peace, either. She got down with the people, listened to why. them, and worked for peace with the awareness that it is a whole lot more complex than everybody just being nice to each other (although I can't help but think that would be a step in the right direction).

As I read that definition of what it is to be Republican or Democrat, I thought it was as clear a definition as I have seen of the traditional identities and values of the two parties, and how the two parties were able to work together in the past. I think both parties have moved away from those identities and values now. Just my opinion.

Speaking of my opinion - a friend has reprimanded me for saying at the end of my last column that I'd "like to see those bums get thrown out of the White House." This was disrespectful to the president, and bad manners, she said, and the only way

Well. Anyone who's lived long enough to give it any thought knows that apologies are fine, but what you really need is atonement, and amendment. I.e., do what you can to make up for the damage you've done, change your ways so you don't do it again, and then go, and sin no more.

we'll have world peace is if everyone

is respectful and has good manners.

She has a point, and I did say "bums,"

plural, so I apologize for being rude

and disrespectful about not only the

president, but his entire cohort, and

Republican in the country, starting with Ken Starr, to write a nice

apology, in print, to Bill Clinton for

the rudeness and disrespect they

showed him when he was in office, and ever since, come to think of it. I

think that would be a good step

toward world peace. I know I'd feel

I could lend you a pen if you need

Having set that example, however, I would like every

the horses they rode in on.

Eleanor Roosevelt probably would not have approved of my glib remark. As my friend pointed out, it was not helpful. ER wanted people to get serious about world peace, and having lived through two world wars while married to a politician, she knew

Today world peace is a fantasy, a dream for which we pray and work and reach. We as a people have forgotten the price we paid for World War II; for Korea; for Vietnam; for Desert Storm, and most of us who are not directly involved with the current war don't have much awareness of the price we're paying for that. You can ask a vet, but many of them don't like to talk about the reality of war to outsiders. We don't get it.

On that thought, I end with a prayer that Eleanor Roosevelt, whose sons all served in the military during World War II, carried in her purse: "Dear Lord, Lest I continue my complacent way, help me to remember, somehow out there, a man* died for me today. As long as there be war, I then must ask and answer: Am I worth dying for?'

*Or, these days, a woman.



Intern's Corner **Parents: the Species**

By Morgan Wegner



Morgan Wegner

G'day, mate! Today, we're going to explore the vast American outback in search of the wily beast know as a "parent." Now,

much like birds or snakes, parents come in many different varieties, and it is of utmost importance that you know how to tell the different species apart, because one misstep could lead to disaster. Before we get started, be sure to look over these short descriptions of each breed, so when it approaches.

The first breed of parent is known the "helicopter parent." Helicopter parents are most identifiable by the way that they tend to hover around anything descended from them. The typical helicopter parent carries a cell phone at all times and will have a nervous breakdown if his or her offspring is even a minute late checking in. Often, these parents make their child call every couple hours to prove that he or she is still alive, and in extreme cases the when sleeping over at a friend's house, just "to say goodnight."

The second breed of parent, the "television parent", is the exact opposite of the helicopter parent. Television parents rarely know where their child is, what their child is doing or whom they're doing it with. There are two causes for this behavior. The first is that the parent wishes to be their child's friend—or to at least rank higher than the TV on their child's list of favorite things—and for that reason largely leaves him or her alone. This variety is known as the teletubby parent cuddly, cute, naïve and largely ineffective. This breed is harmless, and kind of fun to play with.

television parent doesn't know where their children are because

they don't care. Be especially careful when dealing with these parents they can be extremely dangerous when rousted from their La-Z-Boy, and head-on confrontation is risky business.

The third breed you should be wilderness of the able to recognize by the name— "bulldozer parents." This is the type of parent that pushes their children so hard that they often end up running them over. Bulldozer parents generally reside on courts and fields, or in made-for-TV movies and coming-of-age stories. The problem with this breed is that they mean for the best, even when they do the worst, which makes them difficult to domesticate.

Lastly, we have "bicycle you're sure to recognize danger parents." These are the parents who reject all things technological, and regularly drag their children along on expeditions into the wilderness regardless of their willingness to attend. Generally, these parents are mild-mannered albeit slightly paranoid when it comes to the Internet, television and cinematic activities. For the most part, bicycle parents are harmless, so long as the word "video game" is not mentioned in their presence.

One last note: there has been a recent epidemic of inbreeding, which has produced hybrids of the children will be required to call home various breeds. These mutts are possibly the most dangerous of all much like viruses, they become difficult to combat, as there is no telling which personality will emerge at any given time. For this reason, it is a good idea to always prepare for the worst and hope for the best. Remember to always have a good alibi lined up, and a makeup chore in mind, to avoid disastrous results.

> Now that you have a good idea of what we're up against, it's time to voyage out into the dangerous wilderness and watch some of these creatures in their natural habitat...remember your binoculars, and best of luck to you! Here we go!

In contrast, the second type of This column of Morgan's was run two issues ago, but as she says, "It got chomped," so here it is in its entirety. -- Editor

The Vashon Loop, p. 7 September 27, 06

Don't Forget the Birds



Two snipe

Photo by Jim Rosso

Snipe

By Ed Swan

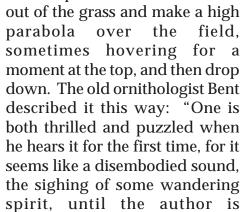
One of the Island's more reclusive shorebirds made itself easier to see lately by hanging out on the mud at Fisher's Pond. The Wilson's Snipe, formerly known as Common Snipe, usually tends to be hard to find, feeding down in the grass of marshes, wet fields and other wetlands. In fall around here, however, they like foraging in the mud at Fisher's Pond, creating a better chance to see them.

and back blend in well with grass and to some extent mud. However, they show up pretty well in the flat muddy expanse at Fisher's Pond for a shorebird because they match Killdeer in size. These snipe have a boldly striped head and a big thick, long bill that really sticks out. They use the long beak to probe the earth for worms or to drill holes in muddy and grassy areas, catching bugs as they crawl out.

Snipe live on Vashon mostly from fall through spring, apparently the wetland areas we

have fail to provide enough wet meadow or wet farm fields for breeding. The other places besides Fisher's Pond where they have been regular consist of mainly the fields at the end of Monument Road and to some extent by Mukai Pond, along Cemetery Road and Westside Highway in the Colvos area.

When they do nest in an area, they produce a conspicuous



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sweeping across the sky."

Dan Willsie found the first Wilson's Snipe of the fall this year, in the mud at Fisher's Pond right across from the parking pull off on Bank Road on September 16.

Our ducks have returning early with a Bufflehead seen in Quartermaster Harbor by

Jean and Gilbert Findlay September 18th. a Ring-necked Duck that I noticed on a pond the 23rd and a Eurasian Wigeon and 30 Common Mergansers

Lisabeula on the 17th. The Bufflehead and Ring-necked Duck were both a month earlier than normal and the Eurasian Wigeon several weeks. Fisher's Pond proved to be a magnet for several other birds with Northern Shovelers coming back for the winter and American Pipits stopping in on their migration

discovered, a mere speck, through found by Rich Siegrist on the 13th and returning Rubycrowned Kinglets and Varied Thrush arriving September 14. Gary Shugart banded another winter thrush, a Hermit Thrush, at Pt. Robinson for a first of season find September 17. migrants passing through included a single Black Turnstone observed by Sue Trevathan at Fern Cove on the 16th, Parasitic Jaegers California Gulls off Tahlequah noted by Gary Shugart also on the 16th and another Parasitic Jaeger off the north end seen by Andrea Wunschel. Finally, our winter sparrows arrived with Lincoln's Sparrows at Mukai Pond and a Fox Sparrow at Gary Shugart's place September 11th and Golden-crowned Sparrows discovered by Rich Siegrist at Maury Island Regional Park the 12th. With the Goldencrowned Sparrows were also two MacGillivray's Warblers, now rare for Vashon. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

"who who who Wilson's Snipe's brown sides who who" in an arcing courtship flight. They shoot up from a perch on One snipe Photo by Jim Rosso a fence post or out of the grass and make a high found by Richard Rogers at

parabola over the field, sometimes hovering for a moment at the top, and then drop down. The old ornithologist Bent described it this way: "One is both thrilled and puzzled when he hears it for the first time, for it seems like a disembodied sound. the sighing of some wandering

mmm

1 Advertisements

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Across

17 Flightless bird

18 Red headed orphan

19 Shred (2 wds.)

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23 Grain 26 Twelve (abbr.)

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39 Allow

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46 Self-interest

48 Time period 51 Car speed

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58 Entreaty 60 Dismantle

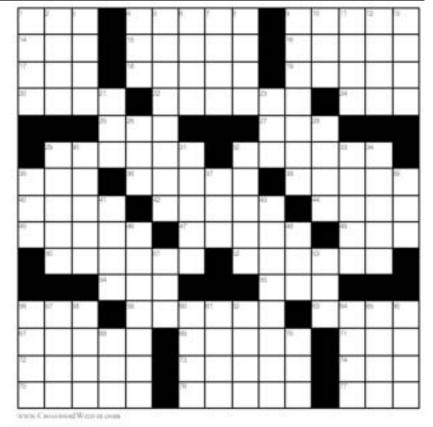
61 Wading bird

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65 Greenish-blue color 66 Not there

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The Politics of Food By Janie Starr

I recently read Michael Pollan's new book, The Omnivore's Dilemma, obsessed with corn, this overproduced, hugely subsidized plant that has propelled us into a nation gobbling up fast food cornlocally grown, pesticide-free, corn, so sweet it hardly needs cooking. But that's not the corn that has Pollan (and now me) so concerned.

promoting vegetarian diet; he is encouraging have such far-reaching effects, us to understand where our food especially one about which so few comes from and to use of us — even the most politically discernment in the way we fill our aware — know anything. But in grocery carts, and thus, our bellies. According to Pollan, we have a game played according to a become the corn people. Of 10,000 items in a typical grocery store, at by the federal government with least 2,500 use corn in some form virtually no input from anyone during production or processing. You could say we're being fed a legislators. Nothing could do load of (corn fed) bull by our more to reform America's food government's policies. What makes this subject improve the condition of particularly relevant now is the America's environment and fact that the Farm Subsidies Bill is public health — than if the rest of up for renewal.

should we care:

our kids eat for lunch in school Pollan) every day.

crops the government will joins the debate, writes/calls our support—and in turn what kinds Congressional of foods will be plentiful and encourages everyone we know to cheap: industrial corn and do the same, perhaps we will soybeans mostly.

to read this long, highly are giving our tacit support to entertaining albeit disturbing agribusiness. book, I encourage you to read Alternet's posting: www.alternet.org/stories/41131/ entitled *Slow Food Nation*. It offers informative commentary by Alice Waters, Michael Pollan, Vandana Shiva, and other folk concerned about the future of food.

Here are three opinions I found compelling:

The reason that eating well in this country costs more than eating poorly is that we have a set of agricultural policies that subsidize fast food and make fresh, wholesome foods, which receive no government support, seem expensive. Organic foods seem elitist only because

industrial food is artificially cheap, with its real costs being charged to the public purse, the public health and the environment. (Alice Waters)

Most Americans think the best and have subsequently become thing they could do to cut their personal contributions to global warming is to swap their family car for a fuel-efficient hybrid like the Toyota Prius. Gidon Eshel and fed beef, corn-based nuggets, and Pamela Martin of the University ubiquitous corn syrup. There's of Chicago have calculated that nothing I love better than an ear of typical meat-eating Americans would reduce their emissions even more if they switched to a vegan diet. (Peter Singer)

In a nation consecrated to the idea of private property and free He is not, despite the title's enterprise, you would not think any piece of legislation could fact the American food system is precise set of rules that are written beyond a handful of farm-state agricultural system — and by doing so us were suddenly to weigh Here are three reasons why we in...and put our legislators on notice that this is about us and *The farm bill determines what we're paying attention. (Michael

In short, we are subsidizing a *The farm bill determines what failing system. If each one of us make a difference. If we reduce *The farm bill writes the our consumption of feedlot meat regulatory rules governing the and our purchase of pop and production of meat in this country, tortilla chips by 10%, and spend determining whether our meat that corn-money at farmers' comes from sprawling, brutal, markets and food stands, we will polluting factories or from local certainly make a difference locally. If we merely sigh and For those of you not inclined loosen our belts another notch, we

We're all busy. We've got other important priorities to address. But really what could matter more than what we feed ourselves?

Please pass the salt.

Janie Starr is a community activist, a member of Sustainable Vashon, and an avid shopper at local farm stands and the Saturday market. (www.sustainablevashon.org)

The pig, if I am not mistaken, Supplies us sausage, ham, and bacon. Let others say his heart is big. I think it stupid of the pig.

-- Ogden Nash



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Hershey Leads Retreat on Living Out Loud: Slow Down and Experience Life

Hershey will lead a one day retreat titled Live Out Loud on Saturday, October 7, beginning at 9 a.m., in

Terry Hershey Courtesy photo

Bennett Hall, the parish hall of the Episcopal Church of the Holy Spirit. This is an ecumenical event.

Plan on spending beautiful fall day in rest and peaceful meditation. Terry will be guiding us

into new ways of understanding the meaning of our lives, the gift we are God's love for each of us already inside.

experienced personally as we learn to savor every moment of life! The message, according to coordinator Jennifer Tapley, is "slowing down and really experiencing life, well as building authentic relationships, which make us free to minister to one another."

"Life is not about is about hearing the the Gardener, philosopher and *photo* humorist, Hershey captivates his audience with *The Few* Things That Matter: Become

intoxicated with the world around

regularly on Naomi's New Morning, a show hosted by Naomi Judd

Speaker and author Terry me. Success doesn't require that I arrive. Want what I already have. Be embraced by moments of grace. Allow the child in me a wide berth. Understand that laughter is a type of prayer. And delight in my friends. There are only a few things in life that really matter. And those few things that do matter, matter immeasurably."

To hear Terry is not just to gain information. It is an experience. He is described as, "truly humorous, enlightening and inspiring all in one." There are many speakers who will gladly give proscriptions, telling you what to do to find happiness. Terry's lectures and books inspire to one another, and the depth of one to see that the happiness is

There are still some openings for the *Live Out Loud* retreat. The retreat costs \$20. A light breakfast and lunch will be provided. Sign up by calling the Church of the Holy Spirit, 567-4488, or contact Jennifer Tapley at (206) 304-2152. Episcopal Church is located at 15420 Vashon playing the right notes. It at 11 a.m. Sunday on Highway SW, across the Hallmark street from Vashon music," says Hershey. Channel. Courtesy Community Care Center, and just north of SW 156 Street.

L'Shanah Tovah



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Essay: Seeds

By Alice Orr

The house on West Main Street was tall, brown and surrounded by flowers. Beds of iris, delphinium, daffodils and rhododendron bloomed from early spring 'til into winter. I've never forgotten Grandma's roses still red against the snow. Mounds of peonies flanked the porch steps, and the scent of lilac and lilies of the valley was everywhere. An English garden covered nearly half an acre beyond the wide, green lawn behind the house. An English garden, at least as Grandma interpreted it, is a field of flowers of apparently random design. Actually, in Grandma's garden, every clump and leafy cranny was meticulously planned to be constantly in flower. One variety grew up as another faded. Colors were coordinated for maximum effect, blues graduating into purples, a deliberate shock of magenta amidst gold.

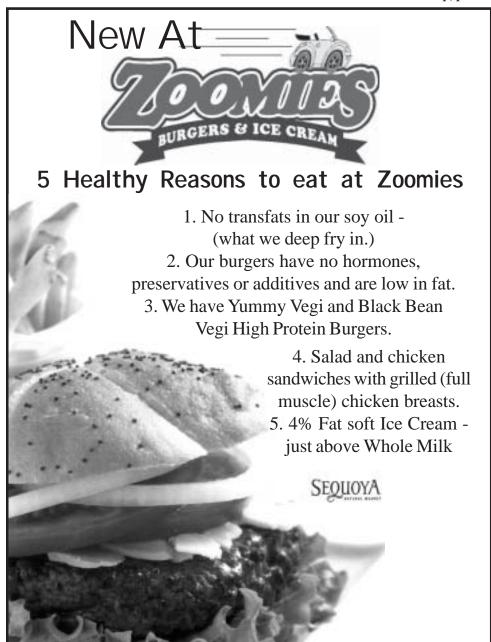
Every morning in planting and blooming season, she would take me into her garden with her while she worked her wonders. I'd run up and down the stone paths between the beds. She'd give me my own straw flower basket, which I slung over my arm by its braided straw handle. I could pick whatever flowers I chose till the basket was full. Grandma showed me how to snip them off at just the right height so the plant would blossom again. "Take the bright, full ones, Lovey," she'd say. "They bring the most light inside."

By contrast, I never once stepped foot in my grandfather's garden. Messing with his long,

narrow parcel on the other side of the brown barn from Grandma's field of flowers was the worst of all sins. My grandfather had made it very clear that punishment for such transgression would be swift and severe. His garden was regimental in design, every row marked by a string drawn taut between stakes at each end. He planted directly under those strings, one seed exactly the same number of inches from the next and exactly the same depth below the surface all the way down the row. He grew only vegetables. Flowers were frivolous in my grandfather's estimation.

It wasn't summer yet on the gardening day I remember more clearly than any other. I'd been helping Grandma plant. Planting earlier than Mother's Day wasn't wise where we lived, so far north in New York State we were almost to Canada. "You're my favorite helper, Sweetheart," she'd say as she showed me where to push the seeds into the soil. I was also her only helper. My heart swelled with joy to hear her say it nonetheless.

It was late afternoon by the time we finished that day. I was tired and very dirty. Grandma was tired, too. I could tell that by the arthritic hitch in her walk. We were headed into the house to clean up when she stopped stark still on the top step to the back stoop. I stood below her looking up from a grassy spot next to the stairs. I couldn't see her facial expression in the fading light. I began picking at my thumbnail. I still do that when I feel uneasy. Grandma wasn't one to hesitate. I was young enough to believe grownups had good reasons for the things they did. I was also old enough to sense when



Teacher Appreciation Days Sept 29, 30 & Oct 1



complications were brewing among them.

Grandma turned and walked back down the steps to the stone path she'd laid out herself, toward her garden in one direction and my grandfather's in the other. I followed as she turned down the path she didn't usually take. I kept my distance, guessing that if she took full notice of my presence she might send me inside. Grandma's step was resolute despite her rheumatism as she walked to the edge of my grandfather's garden in her sturdy Red Cross shoes. She turned her head slowly, first right, then left, observing the march of perfectly parallel strings.

Grandma also had a basket. It dangled from the crook of her left elbow and was filled with seeds. She reached into that basket now and grasped a fistful in her right hand. She pulled her hand out of the basket and lifted her arm in a straight, high arc. At the top of the arc, she opened her fist. The spray of seeds appeared to hang suspended for an instant, along

with the beating of my heart, before scattering among my grandfather's regimental rows.

Grandma walked back down the path to the porch steps and up the stairs into the house, without a second's hesitation this time. She smiled as she passed me. I was relieved to find gentle kindness in her eyes as usual, beckoning me inside for our teatime ritual of milk and fresh baked cookies. What she had just done would never be spoken of between us. Yet, to this day, I marvel at her spirit, undaunted by decades of life with a man from whom punishment transgression was always swift and severe. To this day, I search for that same spirit among those who resist despotism in any form, however subtle their subversion may be. I marvel at that spirit whenever and wherever I see it, blazing like a spray of seeds in the setting sun on a spring afternoon.

The notes I handle no better than many pianists. but hte pauses between the notes - ah, that is where the art resides. -- Artur Schnabel

The Vashon Loop, p. 10

The Dorsal Spin Big Khakis to Fill

By Orca Annie Stateler

The Department of Licensing notified me I must get new plates this year, so I replaced my boring, old ones with Endangered Wildlife (EW) plates that feature, surprise! a breaching orca on a tasteful teal background. Evidently, this is the first set of orca license plates on Vashon (call me if I am mistaken). Maybe we can start a trend. Visualize a pod of orca plates.

According to the web site, http://wdfw.wa.gov/license_plates/endangered_plates.htm, \$28 of the plate fees "benefit endangered wildlife program activities" in Washington state. These activities include habitat restoration, population monitoring and recovery, increased surveys for species at risk, and determination of candidate species' status.

Other critters like sea otters, pygmy rabbits, snowy plovers, Western pond turtles, and Northern leopard frogs could benefit from EW plate fees. Check out the list of vulnerable species in our state on the WDFW site. Those pygmy bunnies are precious. Another attractive plate design is the bald eagle, which supports wildlife viewing.



microhabitat it provides for small fish. Kelp stipes cling to the float.

Sometimes three seals will jockey for position on the platform float, an amusing display. In a gesture reminiscent of waving a hand to shoo something annoying away, the seals raise their fore flippers to warn each other of feeling crowded: "Hey, dude, you're in my space." Seals haul out on these platforms because many Puget Sound beaches have bulkheads or other unnatural modifications.

A chatty osprey pair is still fishing in our cove. They must have a nest nearby; we hear their piercing calls reverberate off the crumbling clay hillside in the cove. Odin can mimic the calls rather well, and sometimes they respond.

Though we are not proponents of the in-your-face approach to wildlife, Steve Irwin's harrowing death has been a topic of somber discussion and reflection in our household. He raised awareness in millions of people about the natural world, and for that monumental



Springer sez... Photo by Odin Lonning

A cute orca recently appeared off the Vashon Highway. Her speech balloon requests timely reports of whale sightings to Orca Annie and Mark Sears of the Vashon Hydrophone Project (VHP). Keetla-Boo-Springer is the model for the little whale's eyepatch and gray saddle patch.

Our killer whales have a good friend in Odin, who made the sign. We are deeply grateful to Dee Weedin for allowing us to piggyback our orca sign on her existing sign. The success of our project is contingent on the generosity of Islanders like her.

Please support the work of the Vashon Hydrophone Project (VHP): **REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.**

As summer ends, we are enjoying the sight of Dall's porpoise moms with babies in Colvos Pass. A curious young harbor seal is hanging around our VHP float, probably taking advantage of the

achievement, we are grateful. Wildlife conservation has lost a mightily persuasive voice.

We will miss his glowing presence and his inimitable Aussie colloquialisms: "She's a grumpy little Sheila!" In the rarefied realm of superstar naturalists, Steve Irwin leaves behind a slew of pale imitators lacking his charisma and spirit.

At his huge memorial service at Australia Zoo, Irwin's father Bob urged that we grieve not for his son, but for the animals, "...for the animals have lost the best friend they ever had, and so have I."

I think the animals still have many friends at places that may not be as well known as the Crocodile Hunter, places like Wolftown. To honor Steve Irwin's life mission as a "wildlife warrior," we are supporting local conservation causes this month. Maybe we can start a trend...

Contact Orca Annie a Vashonorcas@aol.com. **com**



The waning days of summer, fall is upon us.

Nights getting cooler — new beds are on their way and the new

fall line up of doggie fashions is due in soon. Don't let your dog be

PANDORA'S B

We've Got a Lot of Kids

Down a Kid

By Kevin Pottinger

Our eldest child Colin started kindergarten the day after Labor Day. We all went to the end of the driveway with him to see him off. He wore his brand new orange backpack that held his afternoon snack, his school supplies and a bottle of water.

We walked down to meet the bus a full half-hour early, checked and rechecked his school supplies against the list, and repacked his snack and bottle of water several different ways. We killed time posing for pictures and herding the littlest kids away from the road.

When the bus finally stopped in front of our house with a squeal of the brakes, Colin crossed the road and climbed into the bus, and took his seat in a new world. We all watched it happen. And at that moment we all changed. The bus revved up and lurched off into the afternoon heat, and we waved until it was out of sight. We walked back up the driveway in the hot sun, down a kid.

Maria cried. She often does the crying for both of us, and she did a masterful job, softly glistening eyes, precisely two tears spilling out, just a hint of a red nose. Dignified, restrained, yet compassionate: superb.

Four-year old Meredith and the two-year-old twins, the babies, gave a shout and ran into the front yard to play, for once without their older brother ruling the roost like a crabby Neptune with his pointy trident. Yet their freedom was fleeting. Meet the new boss, same as the old boss: lovely, sweet Meredith. It seems a front yard needs a boss.

Meredith began weaving bits of Colin's school-related words into her playtime activities, like newsprint with exaggerated headlines woven into a bird's nest. While Colin was away at school, she played early dismissal and recess without the smallest conception of what those

terms mean, and carried around a lunchbox full of plastic pretend fruit. "Dad?" asked Meredith. "Yes, sweetie", I replied. "Dad...I miss Colin," she said wistfully, clutching her lunchbox.

Maria and I get notes and announcements from Colin's teacher, and recently we hired a sitter so that we could both attend Curriculum Night at his school. When Colin boarded the school bus for the first time, we became school parents. We've met his teacher, and tried to impress her with our unyielding normality and non-psychopathic tendencies. I'm sure Colin's teacher was trying to impress us in much the same way; all of us striving to appear relatively sane with jobs and checking accounts and stuff.

Colin comes home with vague stories of the events of his day, hard to decipher, full of strange terms and games with complicated algorithms. He often isn't very interested in talking about school, probably deciding, correctly, that we wouldn't have any idea what he was talking about. On Curriculum Night Colin's teacher filled out the picture for us clearly, and we were impressed by her creativity and commitment. I hope we impressed her as mostly high functioning.

Something I hadn't considered until recently: Colin, and our other kids, will soon be able to read these columns. What I usually write about might embarrass our grouchy little preening cockatiels if they could read, and it will only get worse as they enter school and become part of cliquey social networks. Soon I'll have to include complicated footnotes to explain that my account of the circumstances is disputed, or just plain wrong, or completely made-up. And write paragraphs that outline the opposing view, for equal time in reporting.

It was simpler before the idea of literacy entered the picture. No more spelling I-c-e-c-r-e-a-m or m-o-v-i-e, or I-n-e-e-d-m-y-t-h-o-r-a-z-i-n-e. Most of the time Maria had to spell the words over and over for me anyway.







Planet Waves



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

Happy Birthday Libra!

What you are about to experience is a blurring of the fine line between you, personally, and all that there is. This is the boundary that we must live with every day, some of us doing a better job, others less so. We all have the need to define ourselves in the context of the world in which we live. An eclipse just on the edge of your birth sign suggests that all the definitions in your life are subject to change, and more to the point, that you have a moment of the most important kind of freedom there is: the freedom of who you are.

Aries (March 20-April 19): Be direct with others and they will be direct with you, in fact, as direct as they're accustomed to you being. You will get a potentially refreshing reminder that not everyone has the same values, nor are they influenced by the same past experiences. You will experience many different styles of encounter and confrontation. And you'll end up with a kind of cosmic opinion survey. Some people you live amongst feel more comfortable with the current changes than others do. But the fact is, everyone is changing, and everything is changing. You may not be able to please everyone, nor do you want to, but you can give yourself and everyone else room to be real.

Taurus (April 19-May 20): If you feel like you're sacrificing having fun for the sake of providing a service to those who need you, I suggest you embrace the process fully. For one thing, it's temporary; that is, something that's a factor of the current astrology, but that also represents a transition into another way of life, and another reality field. It would seem that doing things most people consider work has been a more dependable source of joy and happiness, or basic human satisfaction, for you, than trying to have fun. You may have noticed this odd quality of life, and at various times considered it a curse or a blessing. Thankfully, over the coming few weeks, an inner partition gives way and you get some relief; the ability to move more freely within your pleasure.

Gemini (May 20-June 21): You seem about ready to shake yourself loose from the last traces of insecurity that have held you back from beginning a daring endeavor that you've been wanting to try for a long time. True, one is rarely ever free of all fear or hesitation (it does happen), but you're at the beautiful threshold where any remaining insecurity simply no longer matters. So, in a sense, get ready to get over what is bothering you and to use whatever reasoning you need to take a bold step. Or, if you would rather, get ready to be pushed by the angel of circumstances. It's your choice.

Cancer (June 21-July 22): Gently state your feelings, listen to the feelings of others,

and make the decision you need to make. It's not that you're entitled to do so; rather, there is a time for everything, and this is the time to do what is right for you. We may wonder what's been stopping you; it's actually a fairly long list, including commitments, a degree of uncertainty about what you want, and rarely feeling like you have the right to claim some room for your own agenda. Which is strange, considering how assertive you are, but not so strange considering the times we're in. One reward of making your decisions will be gaining the respect of others whose respect you really need. More to the point, the selfrespect you develop now will become the foundation of your life.

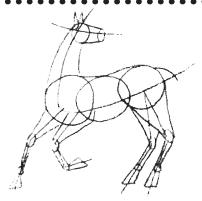
Leo (July 22-Aug. 23): You now get to close the books on a financial matter that may have been annoying you for some time. In the process, something else shifts; it's as if you get to make a commitment to yourself that sets you in a new direction. You know what you need to do, though there is a mysterious factor that seems to have been holding you back. It may be that you've been reluctant to devote your resources to little other than necessities, but the fact that you're willing to think beyond that is telling a story about your inner state more than your financial state.

Virgo (Aug. 23-Sep. 22): Something about you is changing, profoundly. At the same time, something about you is staying very much the same. This is not a paradox, but rather, a process you can trust. You may be seeking words for how you feel, and you might want to have a go at putting something on paper about what is the most important to you now. You're likely to be surprised by your own responses, and also at how they differ if you consider the question today, and one week from today. Meanwhile, know that anything you're giving up, you really don't need, and that what you do need the most, you will get to keep.

Libra (Sep. 22-Oct. 23): You may feel caught between two choices or commitments, neither of which you truly want to devote yourself to. This could be annoying because there is something in each of them you really can identify with, and another aspect that you just don't seem to have any contact with at all. The part you identify, I suggest you reclaim and make it your own. In essence I am saying claim what is yours; claim the aspects of identity you want and need the most, and do so in bold, clear terms to yourself; and you can forget the rest.

Scorpio (Oct. 23-Nov. 22): It's high time you took a break from the demands of the world. People expect a lot of you, and you expect a lot from yourself. Though this is not exactly in the standard Scorpio rap sheet,





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your solar chart tells me you're fairly well obsessed with service, and through service, you get the reward of community. What you may already sense is that pulling back potentially leads to some isolation. I assure you, however, that it's temporary, and that if you can really go inside and find yourself, just yourself, you'll come out the other side of the tunnel a lot stronger, wiser and as a side effect, well rested.

Sagittarius (Nov. 22-Dec. 22): You seem to have two choices or alternatives that have very little relationship to one another. It seems like one thing would lead your life in one direction, and another in a completely different direction. But your job right now is to hold the space for two entirely different things to be true, or at least true enough for you. There is great strength in embracing a particular contradiction rather than running from it, and as you do this, I reckon that a third possibility will present itself that not only resolves the paradox, but does so in a truly pleasant way.

Capricorn (Dec. 22-Jan. 20): Growth is a quantum process, though the small steps we take each day gradually prepare us for the great leaps that come sooner or later. Along the way, it can all seem so incredibly tedious. But beware the tendency to believe that the small steps don't add up to something, even if you just can't see what it is. The process you're in is not about addition. There is a higher form of mathematics involved. You are about to work out the equation of fear vs. desire in such a way that allows you to cancel out both, and to be left with something much more useful: volition; the ability to determine your own meaning and hence, your own direction.

Aquarius (Jan. 20-Feb. 19): True, there is a risk required in everything — and you may not have anticipated taking this particular one. True, we do things all the time that seem perfectly safe, genuinely ordinary, without realizing the often substantial danger we may have faced. For this reason it seems a good idea to live prudently — yet there is only so careful one can be in love. The lure of passion, pleasure and sharing is too much to avoid. So why avoid it? If you can think of three good reasons, maybe it would be a good idea, but there better be three and they better be good. See what you come up with.

Pisces (Feb. 19-March 20): This has been a daunting, larger-than-life time in your life. There have been many surprises — but on the whole, they have affirmed that you're on the right path and making progress, particularly in your personal relationships. Recent events have demonstrated who you can take seriously, and who you need to avoid. But it would seem they have painted the scene of something that is inevitable or at least deeply compelling. What you may be having difficulty getting used to is that this is a point of no return: but your life, at this point, is precisely that in every respect: that is the feeling.









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I can lick my weight in wild flowers. -- W. C. Fields

The Vashon Loop, p. 12



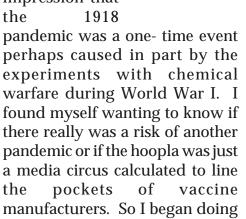
Herbs & Influenza

By Kathy Abascal

Flu season is right around the corner, hard as that may be to believe, as the tomatoes continue to ripen on the vine, the sun shines, and summer lingers a bit. Still, Autumn equinox is upon us. This year, I feel prepared to deal with influenza because I have spent the last six months engrossed in the topic.

I like to read books about medicine and disease, and a while ago read a book about tracking down the cause of hemorrhagic fevers (like Ebola) whose victims die with blood oozing from every orifice. I also read John Barry's *The Great Influenza* and was surprised to learn that pandemic influenza

can cause symptoms similar to those of hemorrhagic fever. I reread his book when the news media began warning of the coming bird flu pandemic. I was under the impression that the



Lobelia

my own research. I learned that pandemics had occurred periodically in the centuries preceding the 1918 epidemic, and concluded that the concern about bird flu was not a total media hype. There will be another pandemic and, given that we have not had a "big" pandemic since 1918, it could come soon. It is a bit like an earthquake. A big one is sufficiently likely to occur in our area that it is makes sense to have emergency supplies and a plan for how to manage in its aftermath. I



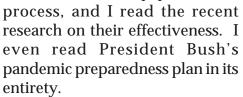
Kathy Abascal's New **Book Now Available!**

Kathy Abascal's New Book Now Available! You can now buy her book *Herbs & Influenza – How herbs* used in the 1918 flu pandemic can be effective today at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at http:// www.HerbsandInfluenza.com.

prepare for pandemic influenza as

I wanted to know exactly what an influenza virus is, what it does in the body, and what modern medicine can do to thwart it. I learned how vaccines are made,

> work, and how more form. I read the the



pandemic or if the hoopla was just learned. Essentially, despite society with the impression that spending vast amounts of money, we are not ready to cope with a pandemic. It takes time to make a proper vaccine, and while new techniques are being developed to speed up that process, there are downsides and risks attached to techniques. those The effectiveness of Tamiflu® and Relenza®, two antiviral drugs, is not well established. Moreover, they will not be available to most describes. of us in any event. preparedness plans include rationing of medical care. Most of us will simply be told to stay at home, rest, drink plenty of fluids, approved drugs. I also hope that and hope for the best.

I use herbs to treat seasonal

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the discomfort and speed the healing process. However, I doubted that they would suffice for an influenza strain that caused extremely high fevers, major pain, pulmonary complications, and in severe cases shut-down of major how well they organs and death. So I decided to go through old medical journals available they to learn what the Eclectic will be if an physicians used during the influenza virus pandemics of 1889, when some s o m e w h e r e 40% of the population caught the mutates into a flu, and the pandemic of 1918 lethal when millions died.

I expected to find that the documents Eclectic physicians had treated submitted to influenza victims, but I was the FDA during surprised to learn that the drug Eclectics reported very good approval success in treating pandemic pandemic was a one- time event process, and I read the recent influenza. I was less surprised research on their effectiveness. I that no one else was studying even read President Bush's their remedies and their successes. pandemic preparedness plan in its I already knew that the battles between the Eclectics and the I was not pleased with what I AMA at the turn of the century left **Information** herbs were useless. Ultimately, I decided that I needed to write about their remedies and generate some public awareness that there may be useful plant medicines for pandemic influenza.

I hope that my new book, *Herbs* & Influenza: how herbs used in the 1918 flu pandemic can be effective today, will spark some scientific interest in the herbal remedies it Simply put, if pandemic influenza poses the threat we are told it does, we cannot afford to ignore remedies just because they are not FDA my book will help the average person prepare better for felt compelled to learn enough to influenza, and they are able to ease influenza. People should know



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 coauthored the book Clinical Botanical Medicine.

You can email her anemopsis@yahoo.com if you have ■ questions about herbs. If you have ■ questions about herbs, call her to ■ schedule a private consultation (463-9211) or stop by The Roasterie to purchase her tinctures.

what the disease is like, and the pros and cons of the vaccines and drugs that may be available to treat pandemic influenza before the next pandemic hits even if they are not interested in using herbs.

Leukemia, Lymphoma

Continued from page 15

across the USA. Their National Neighborhood Drive is going on right now with donations helping to support research, education and patient service programs. They provide services at Children's Hospital in Seattle. Contributions should be sent to P.O. Box 9026, Pittsfield, MA 01202-9026 by October 15, or, when your neighborhood volunteer comes around, give generously to the Leukemia & Lymphoma Society. For more information about A.L.L, call the Society, (888) 345-4572 or log onto www.cancer.org.

I went skiing last week and broke a leg. Fortunately it wasn't mine.



The Books of José Saramago

The Stone Raft; Blindness;

Seeing; and many others.

Book Review By Rachel Bard On Seeing, Not

Seeing, and Sailing out to Sea

José Saramago, a towering if controversial figure in his native Portugal, won the Nobel Prize for Literature in 1998. Don't let that intimidate you. No lofty theoretician, he's a subversive just like the rest of us and spins tales of people we can relate to as they struggle to make sense of everything.

A dozen of his books have been translated into English, including The Stone Raft and Blindness. Now he's given us a sequel to

the latter, titled Seeing. Blindness, which stands alone very well, but appreciation of Seeing is greatly enhanced by reading *Blindness* first.

Saramago is a master of the surreal. Yet he portrays characters and settings in such realistic detail that before long even the most fantastic and improbable events become credible. All you have to do is accept an initial outrageous premise.

How outrageous? Well, in The Stone *Raft* the Iberian Peninsula splits off from the rest of Europe and floats off into the Atlantic. Think of that! (Some have called this a groundbreaking work.) Naturally this causes panic. Residents and tourists scramble to escape. Others assemble on cliffs to watch as the island sails out to sea. Bureaucrats dither and wonder what to do. The international community is quite excited, especially in countries toward which the island seems to be heading. The polite squabble between the U.S. and Canada over which will assume sovereignty if it settles off their shores is a marvelous parody of how diplomats deal with unprecedented problems.

Meanwhile, five people and a dog, thrown together by chance, set out like a band of pilgrims to wander the peninsula that has become an island. They're all eccentrics in their ways and their adventures and interactions become the core of the narrative, while the "stone raft" continues its erratic voyage.

This book would be a good choice to get acquainted with Saramago. It's one of his wittiest and gives you a chance to

get accustomed to his unique style, which is more pronounced in later novels. He scorns punctuation. Commas are his mark of choice. The occasional period is ok but that's it. Paragraphs go on for pages. He segues into authorial opinions without warning. All this takes some getting used to but before long you're caught in the flow and glide right along. Or most do, I know people who gave up after ten pages or so, what a mistake, if only we could force others to like the books we like, but we can't so let's be content with our own enjoyment and write the occasional review, maybe it will nudge someone in the right direction.

In *Blindness*, which came nine years after The Stone Raft, the entire population

> of an unnamed city inexplicably goes blind. The sole exception: the wife ophthalmologist. Lawlessness takes over the city and

sightless gangs descend to ruthless primitivism. But a small group that includes the doctor and his wife struggle to keep their civility. By the time the mysterious ailment disappears they're taking small steps to learn to live with the situation over the long term.

Saramago's epigraph for the book is: If you can see, look. If you can look, observe. — The Book of Exhortations

But besides being an exhortation to really look at the world around you and draw lessons from it, the book is a fable that dramatizes the human spirit's ability to surmount the direct of circumstances.

Seeing takes place a few years later in the same city. In a national election 80 percent of the voters turn in blank ballots. The city fathers, incredulous, call for a second election. This time 83 percent are blank. Can this be a vile conspiracy of subversives and anarchists? The governing bodies move out and wall the city off from the outside world. They send spies to ferret out the conspirators, in vain. No one is talking about the odd events, just carrying on as usual. "That's a good sign," say the police. "Proof that there's a conspiracy lies precisely in the fact that no one talks about it." They conclude that the doctor's wife, the one person who didn't go blind in the previous catastrophe, must be the ringleader. A police investigator gradually sees how misguided and restrictive of freedom the government's methods are and changes sides. By now we realize that the citizens had been

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seeing the trampling of civil rights and attempts at thought control in their city all too well and chose a novel way to rebel. It's not hard to draw parallels. It could happen anywhere.

Not until the whammy in the last sentence is it clear how truly this is a sequel to Blindness.

Many of Saramago's books are less harrowing. For example, The Cave has a happy ending and also features a dog called Found because he was a stray. Baltasar and Blimunda is a beautiful love story of the 18th century. No dogs, but Domenico Scarlatti makes an appearance. Look Saramago up on Wikipedia for a good overview.

Questions? Suggestions? Email me at rrbard@comcast.net.

Vashon 101: Restless Island

Continued from page 1

the process, but the fact is, according to Freeman, that the Island will eventually erode away.

Jim Simmons spoke about water resources on the Island. First: our entire water supply comes from rainfall. There are no deep tubes to the Olympics delivering snow melt, contrary to what the old timers believed. No. Non. Nyet. The amazing thing about our rainfall supply is that we use only 3% of what falls for our water supply. The problem with wells is the possibility of breaking through the fresh water aquifer and having salt water infiltrate from the Sound, making the water undrinkable. It happens.

So, we have our landslides, and we have our delicate water balance. Then there is our seismic neighborhood.

Vashon is situated on the Seattle Uplift, a section of earth between the Seattle Fault and the Tacoma Fault which is being compacted -"squeezed" – by the movement of both and is rising in response. This is caused by our subduction zone.

Our subduction zone is the result of the Juan de Fuca tectonic plate sliding under the continental plate which we call home. As it moves east, and the upper plate moves up, the plates stick to each other, but every once in a while they break loose and we have an earthquake.

Oh, yeah – the subduction zone is responsible for our volcanoes, too. This is one area where we sort of luck out: the prevailing winds do not bring ash our way. At least not much, very often.

Finally, tsunamis. We had a big, sad lesson about tsunamis when the earthquake in Indonesia on December 26, 2004, created tsunamis that wreaked havoc all around the Indian Ocean. The expected subduction quake, The Big One, will probably cause tsunamis that travel across the Pacific, hitting Oregon in two hours, California in three hours, the Aleutian Islands in about four hours, and Japan in nine hours. And so on.

That's The Big One. How about a Small One? According to Kevin Freeman, if, for example, the Seattle Fault breaks with enough force and displacement to cause a tsunami, that tsunami would hit the North End of Vashon in about four minutes after the beginning of the quake.

All in all, Freeman summed up, "Ya pays your money and ya takes your chances." I guess there's a downside to every paradise.



Island Epicure



Cooking for Small Households: Quiche for Two

By Marj Watkins

To food shop and cook for a tiny household of one or two, yet keep menus interesting, varied and healthy day after day, can be a real challenge.

Most of the time, I'm cooking for two myself, sometimes three, and occasionally for a family gathering or a dinner party of eight to twelve people with assorted food allergies and dislikes. Multiple challenges there, but not uncommon in this world of omnivores, carnivores, vegetarians and vegans.

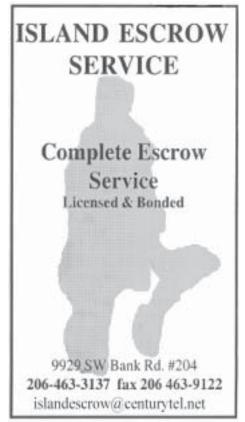
As for quantity buying, I divide those humongous low-price-per-pound meat packets into meal-size lots, and freeze all but one. We buy a loaf of whole-grain bread, cut it in two or three sections, put them in plastic bags and freeze all but one. Our freezer is tiny. We stuff it to the max.

Fresh vegetables, too, often come in bunches larger than we can use before they spoil. This week's pick was a huge bunch of turnip greens, not a favorite vegetable, but not bad when eaten with a dash of rice vinegar or a vinaigrette of Dijon mustard and balsamic vinegar. I blanched, freezer-bagged and froze the excess. It's easy to slice off some greens to add color while cooking a stew or a bean dish, for instance.

The fall run of wild salmon ends soon. We love it, but a fillet is much too large for us two light eaters. The leftovers make great salads, or a made dish when added to cream sauce and peas. A little more effort produces a beautiful, delicious quiche.

A standard size quiche yields at least six portions and should be eaten within a couple of days. The small quiche below, made with cold salmon left over from a poached fine wild salmon fillet, gave us delicious warm quiche for dinner, and equally delicious rewarmed quiche for lunch the next day.

Poached Salmon Fillet 4 to 6 servings 1 Tablespoon butter or olive or canola oil



1 (12 to 16 ounce) wild salmon

3 or 4 slices lemon

Dill weed

In a frying pan with a lid, melt the butter or warm the oil. Add the salmon. Sprinkle with dill weed, salt and pepper. Lay the lemon slices on it. Cover and cook 15 to 20 minutes, depending on thickness of the meat.

Small Family Salmon Quiche Makes one 8-inch pie Serves 2 hearty eaters or 4 light eaters Low-gluten crust: 1-1/4 cups barley flour

1/3 teaspoon salt

3 Tablespoons olive oil

1/3 cup water

In a small mixing bowl, stir the flour and salt together.

In a measuring cup, put the oil, then add water to the ½ cup mark. Fork beat to a froth, pour into the flour, and mix well. Form the dough into a ball or mound. Cover with plastic wrap. Let rest 30 minutes. Use the time to prepare the filling below.

Pat dough evenly into buttered pie baking dish. Either a metal or glass pie pan, or an oven-proof soup plate will work. Heat oven to 450 degrees. Place pie pan on a baking sheet. Bake 7 minutes to firm the pie shell, but not brown it. Carefully pour in the filling. Reduce oven heat to 350 degrees. Bake 25 to 30 minutes, until a knife inserted at the center comes out clean.

Filling:

2/3 to 1 cup chopped cooked salmon 1/4 cup chopped green onion, leaves

1/3 cup half-&-half cream

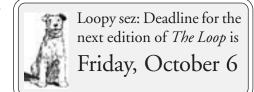
1/2 cup milk

1/4 teaspoon salt

2 eggs, well beaten

Combine all ingredients. Pour into half-baked pie shell and bake as above.

Vegetarian Zucchini Quiche. Make the filling above, omitting the salmon. Grate one small zucchini. Distribute it in the pie shell. Scatter over it about ½ cup grated Swiss type cheese or Parmesan. Pour in the filling mixture above. Bake as directed. Note: When the run of firmtextured, red, flavorful wild fresh salmon ends, opt for canned over farmed. Canned salmon began as wild fish, well-flavored and generous with those essential omega-3 fats, which farmed salmon skimps on.



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Dear Madame Toujours,

I have recently become single again due to an unfortunate circumstance — okay, to be honest, after twenty-six years of marriage, my husband was about to divorce me so he could run off with his twenty-year-old bookkeeper so I poisoned his morning Danish, dragged his body to an undisclosed location and buried him in a shallow grave. So far nobody has missed him, not even the bookkeeper who is sleeping with her new boss and seems very happy.

The problem is that unlike little miss bookkeeper with her little, round fanny, I'm not twenty anymore, and it seems like the whole dating thing is different now. When I was a girl, you met a nice pre-med or engineering student at a sorority mixer, went to a few parties, necked at the drive-in, got married and lived more or less happily after that. Now, not only would I have no idea how to dress for a sorority mixer, but I see on the television that modern dating seems to be done mostly on the internet. I don't know, maybe I was a little hasty in parting ways with my husband. Is there a romantic future for me, or am I doomed to spend the rest of my life adopting stray cats and watching "stories" on the television?

Sincerely, Reluctantly Single

Chere Mme. Single,

Congratulations to you for the prompt and decisive actions with the straying husband. Here you are spending half of the lifetime to mold *M. le* Husband into the useful person who is taking out the garbage and not scratching himself in public, and along is coming le petite Mlle. Bookkeeper with the bouncy derriere who is taking advantage of all the hard work you are doing. She will convince M. le Husband to do all of the things that you were always nagging for him to do such

as taking the Viagra and the testosterone pills, and to exercise and have the fitness. He is doing this so that he can be keeping up with her. He was never being worried about keeping up with you. This is naturally being very annoying for you to see, so it is being much better to be so conveniently disposing of *M*. *le* Husband before he is causing you to have the very dangerous bloodpressures. It was practically the selfdefense. This is the excellent argument to be keeping in mind in case M. le Corpse, he is being discovered.

However, this is not solving for you the immediate problem which is that you are not having *l'amour*. I recommend that you are taking for yourself the example of Mlle. le Bouncy-Bottom. While Mlle. le Derriere, she is seducing the respectably married men, there is being out there somewhere the earnest, young fellow who is eager for the teachings of the experienced, older woman. Possibly the youthful artist — the writer, the painter, the performance person. Even the young street mime, these persons would happily ornament for you the home and share with you the benefits of the youthful, male physique. Consider yourself the patron of the

Bon Chance, Mme. Single, and remember that you are the mature, powerful woman, and the interesting young man, he is the ornament to your life.



Remodeling ideas and installations



Tomato Plants and Despots

By Deborah Anderson

developed, the background of the Wedgwood Edme pattern was perfect for showing off the red and green and yellow of my summer harvest. In all there had been thirteen cherry tomatoes although there were only three of them on the plate. Two zucchini, a yellow crookneck squash, and a pale green pattipan. Wow! The pride I felt in them was enormous. The decision to garden had been deliberate, the fastidiousness with which I tended them was compulsive and my yield far exceeded my expectations.

That was summer of 2004. Summer of 2005 was spent in industrious endeavors over town. This summer, I decided to plant a different crop. I to ask them, "Who are you sowed the seeds of fun. This past summer, I refrained from as many trips over town as possible. My job allows me to go to beaches and be outside. It also involves poopy diapers so don't start the envy train out of the station. Nevertheless it does afford the opportunity to be aware of sunshine and hold a hose over a wading pool.

In the after hours, I decided my daughter, son and I would be summer people this season. You know, use the Island for our own good pleasure and recreation. We attended free concerts, did the gallery cruise, played outside, went to parks. The whole nine yards. I found at the end of the summer I had an abundant harvest of most unexpected delightful and ...contentment.

Fifteen years ago I started asking troublesome questions and playing the part of the small boy in the The grow?" are the two most connected *Emperor's New Clothes* who tells the crowd, "He hasn't got anything on." There are consequences for that. Mostly it yields a lifestyle of having to scramble with too few resources in a world that wants to play pretend. I never thought it would end. It did. Remember the story? Eventually the crowd begins to say, "Right! He hasn't got anything on."

This summer was the summer of freedom from struggle. Ironically, during this same season I was reading quite a bit about despots and people who had endured them. I thought about Hitler and Mao and the Khmer Rouge and Jim Jones (think Kool Aid in Guyana). I was reading the stories of people who had survived the injustices of being the targeted ones.

My thoughts began to drift to the other nameless voices and faces. I

the pictures were began to think about the people who supported them, followed them, ran with the tide of hate and hurt. It made me think a lot about the question, "Who do we follow?" The thing about despots is that they always have thousands of people supporting them. In the beginning there are thousands of "yes people."

> Contentment, I find is directly related to what we sow. The fruit of our harvest is a reflection of who we have followed. In my case I kept trying to follow a still small voice. But I could have sold out at any time. I could have chosen to follow the popular leader at the time, or the popular culture.

> When I meet people now, I want following?"

> We're growing into a new age on this Island. There are new leaders. There is a new culture. Leaders need followers. Who do you follow? Or, if you have become a leader, will you now be the leader you didn't like in the first place? Once you become one of the haves will you forget what it was like to be a have not? Does, absolute power corrupt absolutely? Is that a truth?

> I want my harvest of contentment to continue. I want the bright greens and yellows and reds of my life to be as brilliant against a white background of integrity and honesty and a willingness to work hard despite all odds to shine as vividly as my small crop of vegetables. I discovered when the summer was over that the questions, "Who do you follow?" and "How does your garden questions anyone could ask.

> We do indeed reap what we sow. May your table be a bounty of life affirming decisions. May you follow good, kind, generous, loving people who reach out to better the walk of others in constructive ways.

Love, Deborah $\omega\omega\omega$

Here is how you can help Bjarni Runolfson with his Eagle Scout project:

Children's Hospital & Regional Medical Center Foundation and Guild Association

Attention: Maureen Wilson for Bjarni Runolfson's Eagle Project

M/S S-200 PO Box 50020

Seattle, WA 98145-5020

Or you can contact Bjarni at: bjarnirunolfson@aol.com

PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

Open llam to 8pm Monday-Saturday 12am to 5pm Sunday



Surviving Leukemia

Continued from page 1

family, but, "God bless our friends," they say now.

Bjarni had to have a sub-clavicle port, which would allow medication to be inserted directly into his artery, close to the heart. When he awoke from surgery he asked his dad, "If

I'm going to die, why are they hurting me more?" "That was the saddest thing for me," Bill said. "I told him, 'You're going to live; they're going to treat it but it's not going to be any fun and it will hurt.'"

At the time a 75% five-year survivability rate sounded encouraging to his parents until they realized that

meant one child in four would not make it. So the family began a threeand-a-half year regimen of chemotherapy, doctor visits, blood tests, medication and monthly spinal taps. Once home, Bill began a spreadsheet, noting Bjarni's temperature, a schedule for medications, weight, reactions and so forth. Pat would check it off as she administered meds, making a complicated schedule easier. She also home-schooled Bjarni when he became too ill to attend public school. Bill conducted research on the Internet.

"Children's Hospital wonderful," says Pat. Children practice a procedure on the bear before undergoing it themselves to help reduce fear and promote understanding of what is happening to them. Bjarni became so adept at taking his spinal tap that the hospital made a video of him to prepare other children.

"Being bald wasn't so bad," said Bjarni, "I actually liked it." His slightly balding father Bill chuckled, "We cut his hair so it wouldn't be

so noticeable and he brought me a handful of it saying, 'Here, Dad. You need this more than I do!"

The entire community helped. Bjarni's teachers visited and school friends sent cards and toys. His church held prayer fasts. The teenage girls at his church made him an activity book. One family brought over an entire

> Thanksgiving dinner after a hospital stay. A local advertised blood drive for Children's Hospital, organized by Bjarni's older brother Dean as his Eagle Scout project. A friend brought over a hospital package snacks and box juices. "So many people were just wonderful



Bjarni Runolfson, cancer warrior, age 8

us," says Pat, "and of course we can't forget the Make-A-Wish Foundation". Make-A-Wish sent the family to Disney World in Orlando, Florida for Christmas. 'We were treated like kings!" says Bjarni delightedly.

I asked Bjarni what advice he'd give to other children and he said, "I know what you're going through. It's hard, but take your medications because it's either bad taste or death! If you do what they say and take your medication, you'll probably make it." Wise advice from a playful young man, but then bravery sometimes comes in small packages.

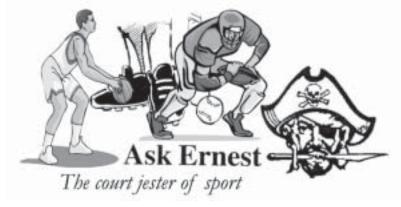
Bjarni is putting together his Eagle Scout project now. He is raising donations for board games, toys, G- and PG-rated videos, etc., for patients at Children's Hospital. See box to left for information on how you can contribute.

Also...

The Leukemia & Lymphoma **Society** is a national voluntary health agency with local offices

Continued on page 12

The Vashon Loop, p. 16 September 27, 06



Hey Ernesto!

I went to a concert last weekend and saw the Brian Jonestown Massacre rock the Showbox. They were pretty tizight, and, of course, far superior to the (Candy) Dandy Warhols. I did learn a lot that night, as well. And, as always, my new knowledge applies directly to your column. Check it: the BJM's have a song titled "talk - action = sh*t." Back up your words, homeboys. Anyhow, this relates to your column in the following equation: captions + pictures = brilliance! No swear words necessary!

Sincerely, Your Local Logician, Ashtown Kutscher

Mr. Logician,

I will now heed your advice and provide this column with true brilliance. -- E.



These two cute baseball fans in Oakland don't even need binoculars to see that the A's will beat the M's, again. "Sometimes I just go to the game as a social event because we already know the outcome when Seattle comes into town."



Local legend Efrem Wojicowski shows off his 95-pound salmon. "It was like in The Old Man and the Sea," Efrem claimed. "A mano y mano battle, and we both loved each other, respected each other like we were brothers. It was kind of like that arm wrestling match in Over the Top, except that I'm a lot taller than Stallone."



William Blake had visions and so did Ann Boleyn, Jim Morrison, and Allen Ginsberg. Check out Ali (X) Daniels' vision: "I saw a white boy in Munich, walking on his hands to the beat of Brazilian drums. I'd never seem something so beautiful as that before. So, I put the X in my name to represent the unsuspected magic in this world."

People who want by the mile but try by the inch should be kicked by the foot.



Tri State Wrestling Champion Freight Train Gateman, coming to a Gym near you this December 1st!

Boys' Gymnastics Class Forming

Boy's Gymnastics Team forming at Auburn Gymnastics! Join with other carpooling Vashon Families! Daytime Classes miss commuter traffic! Preschool and Mom & Tot Classes available at the same time! 10:30 a.m. to 11:30 a.m. Call (253) 876-9991 and ask for Coach York!



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Horse Trials Promise Equestrian Fun!

You are invited to join Olympus Pony Club and all Island horse lovers for the annual Olympus Pony Club Horse Trials at Paradise Ridge Equestrian Park this Sunday, October 1. Riders and spectators are welcome at the club's season-finale equestrian show.

The trials will include dressage, stadium jumping and a crosscountry course. Riding begins at 9:00 a.m. Vashon's 4-H club will serve snacks and grilled goodies.

The cross-country course will be reversed and there will be several new jumps! Nationally certified instructor Fran O'Reilly has even if you have ridden the crosscountry course at Paradise Ridge before, you'll be tested afresh. For information, contact secretary, Donna Baxter dncnbear@centurytel.net or (206) 463-4632.

Vashon Island's Olympus Pony Club teaches youngsters riding, mounted sports, and the care of contact Steve Davis at 463-2997.



Catherine Hennessey Courtesy photo

completely redesigned the course, so horses and ponies. Its members participate in the care of the Park and Island trails. The club's shows during the summer give all horse lovers a chance to demonstrate their at riding skill and are open to the public, riders and spectators alike. For more information on Pony Club, the Horse Trials or the Club's educational and civic activities

Bike Fit: Back by Popular Demand

The YMCA is offering another Bike Fit Clinic open to all Islanders on Monday, October 2, from 6 to 8:30 p.m. Reservations required. Call 463-0551 to reserve your time. Cost is \$8.

This is an opportunity to ensure that your bike and your body are working together at an optimal and pain-free level. Kathy Snyder, physical therapy assistant for 22 years, fitness instructor at the Y, and avid cyclist, will help you get the most out of your cycling time. An appointment usually takes 20 minutes. Bring the bike you ride, your tools if you have them, and wear your normal cycling gear. It only takes a few minutes and could make all the difference between bicycling and loving bicycling.

YMCA Offers Group Cycling

The YMCA is offering a six week group cycling class to all islanders. Class meets in the Y's new studio space using a unique type of stationary bike which functions very much like a traditional road bike. Our instructor leads the class through a warm up and moves into an increasingly more strenuous ride, ending with a cool down. Each person works at their own level. Group cycling is a fun and supportive way to increase your leg, abdominal and cardio strength. It is a fabulous way to stay in shape for your winter activities. First session: November 6 through December 13 on Mondays and Wednesdays. You can choose a morning class from 7:00 – 8:00 a.m. or evening class meeting 7:00-8:00 p.m. \$85 for Y members/ \$120 for nonmembers. Pre registration required. Register now. Class size limited! Come by the Y to sign up or call 463-0551.



It is no harm to be an ass, if one is content to bray and not kick. — Mark Twain, from Personal Recollections of

A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop. The surgeon was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage, "Hey Doc, can I ask you a question?" The surgeon, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?" The surgeon paused, smiled and leaned over, and whispered to the mechanic, "Try doing it with the engine

Only in America do we have a general in charge of the post office and a secretary in charge of defense.

> Condoms should be used on every conceivable occasion.

There is a guaranteed way to get what you want: want less.

Four-year-old Scott was spending the afternoon on his grandfather's farm. He coaxed Grandpa into letting him ride on the tractor while plowing. After several hours of plowing, the hot sun brought them up to the house for a drink. "What are you doing down in the field, Scott?" Grandma asked.

Scott replied, "I don't know whether we're taking the dirt out or putting it back, but we're making it wider."

People in cars cause accidents. Accidents in cars cause people.

Irreverent One-Liners

(and the famous people who said them):

He has Van Gogh's ear for music. — Billy Wilder

He is a self-made man & worships his creator. —John Bright

He loves nature in spite of what it did to him. —Forrest Tucker

He has the attention span of a lightning bolt. —Robert Redford

He has no enemies, but is intensely disliked by his friends. —Oscar Wilde I've just learned about his illness. Let's hope it's nothing trivial. —Irvin S. Cobb Some cause happiness wherever they go; others whenever they go. —Oscar Wilde I feel so miserable without you, it's almost like having you here. —Stephen Bishop In order to avoid being called a flirt, she always yielded easily. —Count Talleyrand

He has all the virtues I dislike and none of the vices I admire. —Winston Churchill You've got the brain of a four-year-old boy, and I bet he was glad to get rid of it. —Groucho Marx I have never killed a man, but I have read many obituaries with great pleasure. —Clarence Darrow He can compress the most words into the smallest idea of any man I know. —Abraham Lincoln

He uses statistics as a drunken man uses lamp-posts—for support rather than illumination. — Andrew Lang

Law of Cat Acceleration: A cat will accelerate at a

constant rate, until he's

good and ready to stop.

GUMMERS BY ED FROHNING

HONEY, THE LITTLE DOUGHBOY IS FREAKING OUT. DOES THE RECIPE CALL

FOR HIM TO NOT BE BAKED

THINK —it gives you something to do while the computer is down.

class the mean of the word "difference" as it is used in arithmetic. She drew seven circles on the blackboard and said to her students: "Watch as I erase four of the circles. Now, Billy, tell me, what's the difference?" Billy spoke up quickly, "That's what I say, what's the difference? Who cares?"

The teacher was trying to explain to her

The most expensive vehicle to run, mile for mile, is the shopping cart.

> It's no use having a good memory unless you have something good to remember.

> > Clothes make the man. Naked people have little or no influence on society. — Mark Twain







HE WEARS A WIG MADE













Loop Arts

Magic Flute on **Vashon Island This** Weekend

If you are an opera aficionado, and you feel that you are deprived of your opera here on the Island, this is your weekend.

Vashon currently is the home of many high caliber singers, and they are appearing together this Friday, Saturday, and Sunday at the Methodist Church to perform an



Kalie Heffernan, Leigh sung by the Huggins, and Anna Rose best classical Warren play three singers fairies, boy angels in the Vashon has to original producion. Photo by Susan Sheffield

adaptation of Mozart's opera, The Magic Flute. The show has been adapted Nye and is

offer. The opera be will

performed on Friday, September 29 and Saturday, September 30, at 8 p.m., and on **Sunday, October 1**, in a Matinee performance at 3 p.m. Advance tickets are on sale at Books By The Way.

Nancy Bachant, who has long been the standard bearer for opera on Vashon, is producing this show. It will be starring Gary Koch, (Doctor Gary) as Tamino, Elizabeth as Papagena, and participating as Nye, (Voice teacher and opera fairies are Anna Rose Warren, Kalie



Left to right: Gary Koch as Tamino, Mathew Shorack as Papageno, and Jennifer Krikawa as Pamina. When Ms. Krikawa sings an aria, it stays sung. Photo by S. Sheffield

2nd Lady, Elaine Ott (professionally Island singers, and accompanying and directed trained alto and Chris Ott's wife) as all these highly talented people will



Director Elizabeth Nye checks the score Photo by Susan Sheffield

opera singer) Director) as Elizabeth groups. Ripley (Seattle Opera Singer) as The Queen of the Night,

Matthew

Shorack (pastor of the Bethel Church) as Papageno, Julea Gardener (Maria of Sound of Music) singer) as 1st Lady, Marita Ericksen Heffernan, and Leigh Huggins.

(Voice teacher and Opera singer) as There is a large chorus of familiar by Elizabeth 3rd Lady, Jennifer Krikawa (NYC be Evan Stults, professional accompanist and pianist for the as Pamina, Seattle men's chorus. Carolyn D a v i d Candy will be performing her own K a p p y magic on the flute and Gaye Detzer (Choral will play violin.

> After production costs, this will Sarastro, be a benefit for Island animal



Left to right: Evan Stults, piano; David Kappy as Sarastro, Gaye Detzer, violin.



Michael Meade

Poetics of Peace: The Water of Life Michael Meade comes home to Vashon

Storyteller, author and social activist Michael Meade brings his vital blend of storytelling, poetry discussion with and the presentation Poetics of Peace: The Water of Life on Vashon on Thursday, September 28, 7 p.m., at the Land Trust Building. This evening celebrates the new and revised edition of *The Water of Life*, the classic text about the importance of awakening the inherent nobility

of the human soul. Starting with the dual nightmare of global terror and global warming, Meade elucidates connections between finding purpose in personal life and returning culture to a context of psychology to PhD level graduate myth and meaning.

A mythologist and gifted performer, Meade weaves the wisdom of ancient tales into useful commentary on today's cultural and political dilemmas, including: fundamentalism, the extremes of monotheism and literalism. Meade takes up the arguments that the human soul requires multiplicity and diversity of beliefs, images and

"Finding meaning contemporary life means avoiding the trap of cynicism as well as the prison of simple belief. Amidst mass confusion, the soul winds its ancient, wily way to meaning and purpose," says Meade.

A New York native with a razor sharp wit, Meade, has always been drawn to the edges of society. His insights are especially valuable since they have been hard won through decades of work in the trenches of mentoring youth, visiting prisons, assisting Vietnam vets and fostering dialogues between genders and races. Through story, poetry and discussion, he is able to find common ground on hostile turf, the Way.

working with Chicago gangs, in barrios in LA, on Native American reservations, and with Sudanese refugees.

Meade teaches mythology and students while directing the Seattlebased non-profit organization Mosaic. Meade frequently addresses psychologists, educators, ministers, health care practitioners and youth advocates throughout the United States and Europe.

Dracula Opens October 6



Drama Dock presents Dracula, in the story of a down-to-earth guy (at least in the daytime).

> This production is directed by James Roy, and stars Jeff Woollen as the fabulous count.

> Jeff is joined by Peter Kreitner as Professor Van Helsing and Brian Quakenbush as Renfield, a role which asks the player to eat flies. Talk about suffering for your art.

> The show runs October 6, 7 13, and 14 at 8 p.m. and on October 8 and 15 in 2 p.m. matinee performances, all at the Vashon High School Theatre. Tickets are \$15/general admission, \$10/ students, seniors, and are available at Vashon Bookshop and Books by

Dinner and a movie for \$25 every Wednesday night! **Dinner at Sound Food** 5 - 6 p.m., Movie at the Theater 7:30 p.m.

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YFS Concert

Saturday, Oct. 7

Iraq for Sale

Monday Oct. 8



For show times, check www.vashontheater.com or call (206) 463-3232



Iraq for Sale Poster Courtesy photo

Iraq for Sale Shows on Vashon

Robert Greenwald's much anticipated film Iraq for Sale: The War Profiteers will have a Vashon screening Sunday, October 8, sponsored by trick dog films, David Rothmiller and LD Thompson. It joins thousands of other Iraq for Sale grassroots screenings across the country participating in a weeklong push called "Patriotism over Profit."

The documentary Greenwald's follow-up to his critically-acclaimed Wal-Mart: The High Cost of Low Price, and is a searing indictment of the war profiteering perpetrated by four companies — Blackwater, CACI, KBR/Halliburton, and Titan operating in Iraq.

The screening will take place at the Vashon Theatre and will be preceded by a showing of Simple Song of Freedom, a documentary short by Rothmiller and Thompson which premiered at the Global Peace Film Fest in Orlando, Florida.

Iraq for Sale takes you inside the lives of soldiers, truck drivers, widows and children whose lives have been changed forever as a result of profiteering in the reconstruction of Iraq. From Army

Continued on page 19

JANNETTY FAMILY BENEFIT ~ A Community fundraiser to help defray Veronica's medical expenses

Saturday, October 28, 7:30 pm to 10 pm - Blue Heron Art Center 59 FOOD - LIBATIONS-LIVE MUSIC-DANCING

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If unable to attend, please send checks made payable to John Jannetty; mail to P.O. Box 576, Vashon, c/o Vashon Allied Arts 463.5131





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> 567-5618 from beginner to advanced



Robin Landis

Songwriters in the Round at Blue Haron

Three guest songwriters, Linda Waterfall, Larry Murante and Robyn Landis, will celebrate the craft of songwriting in an informal, front-

porch-style concert on **Saturday**, **October 7**, 7:30 p.m. at the Blue Heron. Expect to hear solo gems from each as well as collaborative tunes.

Gifted Island wordsmith Robyn Landis has garnered comparisons to Dar Williams among others and earned a number songwriting competition honors for her pure, understated vocals and articulate lyrics. recently, LInda Waterfall Most

Landis received first place in the 2006 Woody Guthrie Songwriting Competition. She has performed for the past five years with Steve Amsden in the acoustic



duo Short & Sweet. They released their CD *Love and Other Words* in November, 2004. For the Heron show, Landis will perform her own songs and debut new, unreleased tunes. She plans to record a new CD in 2007.

Singer, songwriter, guitarist, and pianist Linda Waterfall has played on the Seattle acoustic/folk circuit for over 30 years. Waterfall has recorded nine albums of her own compositions and earned numerous grants and commissions to compose solo and choral music. She teaches songwriting at Cornish College of the Arts. Her critically acclaimed CD release, *Place of*

Refuge (2006), was recorded entirely live and highlights Waterfall's powerful voice, her own arrangements of traditional songs, a Beatles tune and or i g i n a l compositions.

Larry Murante, a Northwest treasure, has released two CDs to critical acclaim. He has earned a number of songwriting awards in the last decade, including first place in the 1998 and 2002 T u m b l e w e e d

S o n g w r i t i n g Contest. His tunes are essentially stories set to song, and Murante delivers them in a distinctive, rich warm tenor that has been compared

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to Lyle Lovett, Hal Ketchum, and Michael McDonald. Murante says he loves to perform (evident from his enthusiastic live shows) and he constantly tours throughout the Northwest and the East Coast. He plays a mean guitar, hot harmonica and even throws in some hand drums. "Larry is one of the most highly-regarded singer-songwriters in the Northwest, with a growing following across the country," says Bill Fisher of *Victory Review*.



Larry Murante

Iraq for Sale

Continued from page 18

soldiers outsourced from their military jobs by contractors making five times what soldiers do, to truck drivers abandoned by their company to die in the desert at the hands of insurgents; from the mother of a former Navy Seal who blames corporate negligence for his violent death in Fallujah, to the truck driver from Oklahoma who watched his employer literally burn brand new trucks to the ground in a bald attempt to rake in more money. Iraq for Sale is a movie about corporate traitors stealing American money and spending American lives – exploiting the Iraq War to make a killing for themselves.

More information is available at www.iraqforsale.org.

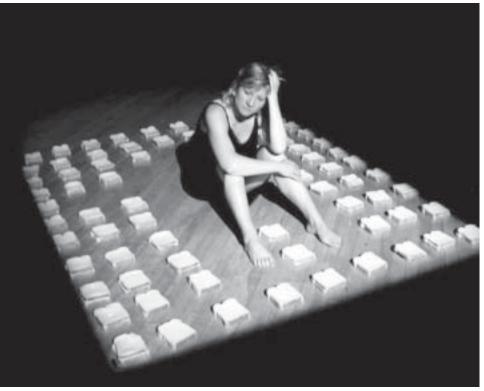


Photo by Duncan Berry

Mik Kuhlman in Split Second

Don't miss VAA New Works '06 performance of Mik Kuhlman's one-woman show, *Split Second*, on **Saturday, September 30**, at 8 p.m. Kuhlman, a theater veteran, uses characterizations of Rosa Park and Jackie Kennedy, a literary work of Raymond Carver and a childhood memory to depict how a moment in time can change our lives and maybe the world. Tickets, available at Blue Heron, Heron's Nest and Vashon Island Music are \$11 VAA members, seniors, students/\$14 general admission. Call 463-5131 to reserve by phone. Seating is limited for this one-night only performance.

The Vashon Loop, p. 20 September 27, 06

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