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Engineering?  
Foot transplant?  
Or? You decide.  
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# THE LOOP

Vol. 3, # 21

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

October 11, 2006

## Community-wide Disaster Drill on Saturday, Oct. 21

By Bill Franz

Islanders will have a chance to answer the question “Just how ready are we?” during a pair of disaster drills coming up on the 20th and 21st of October.

On **Saturday, October 21**, the first-ever Island-wide Disaster Drill will take place beginning at 7 a.m. and ending at noon. A celebration will follow at the Village Green.



Phil Zook and Jim Boardman at the ham radio field day last summer. Ham radio operators will be setting up emergency radio stations in an emergency. Photo by Susan Sheffield

“It’s important to understand that no drill is ever perfect,” said interim Fire Chief Keith Yamane. “That’s the point of doing a drill since it gives us a chance to test ideas, measure the effectiveness of emergency response plans, and seek ways to fill the holes we discover. We’re hoping to make this community drill an annual event and we plan to learn more and make improvements every time we conduct a drill.”

**School Disaster Drill, Friday, October 20:** On Friday the 20th, Vashon High public schools will conduct disaster drills at 9 a.m.

The Vashon Public Schools have a complete disaster plan and they drill on it regularly. The community-wide drill gives them the opportunity to integrate their practice with other emergency response organizations.

**General Community Disaster Drill, Saturday, October 21**

Scenario assumptions for the Vashon community-wide drill are:

A 7.2 magnitude earthquake on the Seattle Fault has occurred at 7 a.m., with the epicenter on Bainbridge Island. There are 70

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## Dance, Dance, Dance



Ela Lamblin demonstrates one of his original musical instruments. Photo by Leah Mann

Lelavision, accompanied by the musical group Correo Aereo, will be playing this weekend, **October 12 through 15**, at the Broadway Performance Hall, 1625 Broadway, in Seattle. Fri. and Sat. performances are at 8 p.m., and Sun.’s are at 3 p.m. and 7 p.m. Admission: \$15/\$12 (www.ticketwindowonline.com) Student shows Thursday 10 a.m. and 1 p.m., Friday at 10 a.m. Admission \$10 (pre-registration required. Email: lelavision@centurytel.net). For more info call: 206-463-9548, or visit: www.lelavision.com

## Jessica Morell and Jochelle Pereña at Blue Heron

By Janice Randall

VAA New Works Series 2006 finale will feature dance and movement by two Island performing artists, Jessica Morell and Jochelle Pereña, at 8 p.m., **Saturday, October 21**, at Blue Heron Art Center.

Jessica Morell, Skyfish pre-school founder, will present *Mother Tongue: A Working Progress*. “Dance and movement are my ways of communicating things that are important to me,” says Morell.



Jochelle Pereña will perform her original work, *Shore*, at the Blue Heron. Photo courtesy VAA

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T Martino holding a scarf she is knitting from “wool from a sheep we lambed here at Wolftown.” Photo by Susan Sheffield

## Sheep in Wolves’ Clothing

By Mary Litchfield Tuel

Wolftown has a flock of Icelandic sheep.

Icelandic sheep are “a primitive breed,” said Director T Martino. “Primitive” means they have not been inbred or crossbred for specific goals, such as producing meat, milk, or wool. The long-haired, large-horned, Icelandic sheep are intelligent, and can be aggressive, making them able to fend off predators. The male sheep at Wolftown are named for superheroes: Lambo, BatLamb, SuperLamb. The females’ names run more to spices and flowers: Cinnamon, Basil, and Orchid.

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## Harvest Festival Tells Success Story

By Jay Becker

We seem to be winning our two-decade-old effort to keep Vashon-Maury Island rural, if you applied sociologist Ray Oldenburg’s yardsticks to Harvest Festival Saturday, September 23. Look back at trend lines from the 1980s and you might have expected we’d be growing condominiums now instead of cows, kids, veggies and trees on our island.

The Harvest Festival was a celebration of sustainable “farming” here. But it was more. You could see Islanders’ success in the tangibles of rurality: the riot of flowers and fresh vegetables, of free-range chicken eggs and organic rotating-

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Get in The Loop

VashonBePrepared.ORG

Saturday,  
October 21st  
  
Disaster strikes.  
  
Are you ready?

Growth Management  
Report Available

Recently the League of Women Voters of Washington State completed and published a Study of The Growth Management Act of Washington State. The Act went into effect in 1990 with an ambitious agenda covering everything from reducing sprawl to encouraging economic development to protecting the environment and historic preservation. Of particular interest to Vashon Island is the Act's goal of shoreline protection. The efforts of Glacier NW to mine on Maury are called into question under the Act's provisions. A copy of the Study is available at the Vashon Public Library. The successes and challenges of this wide sweeping act are addressed. For more information call Jennie Hodgson 463-5408.

Rhythms for Health

Active drumming and percussion with friends, old and new, will raise your spirits while you build stamina and strength. Class taught by Robert Bornn of SoundMoments Duo and DIAJ. All levels welcome; instruments are provided. Sponsored by Vashon Island Music and SoundMoments Duo. Location: above Vashon Island Music (across from True Value). **Friday evenings October 13, 20, and 27** from 6:30 to 8:30 p.m. Drop-ins welcome! \$15 per session. Contact Robert Bornn or Laura Worth at 463-4284, robert@bornn.com, www.bornn.com.

Last Chance to  
Learn About the PUD

Island residents are invited to an interactive discussion on the proposed Vashon Public Utility District on **Thursday, October 19, 7 p.m.**, at the Chautauqua Elementary School's Multipurpose room. This will be the final public meeting before the election! Come and get your questions answered! Be a part of envisioning Vashon's energy future! For more info, contact Cliff at 463-6354, or visit www.VashonPUD.org.

Taize Services at  
Methodist Church

The Vashon United Methodist Church is hosting a Taize Worship on the third Sunday of each month at 7:00 p.m. We are inviting all who are interested to worship with us. Anyone interested in participating in Taize is also invited to be part of the worship planning team. Planning sessions are in the education building at the United Methodist Church. The October worship service will be 7:00 p.m. on **Sunday, October 15**. For planning dates or other information call the church office at 463-9804.

Buon Gusto! Italian  
Dinner at St. John  
Vianney

St. John Vianney's annual Italian Dinner is set for **Saturday, October 21, 6 p.m.**, at the Parish Social Hall.

The dinner will feature a gourmet Northern Italian meal, live and silent auctions, a raffle with a cash prize, and strolling musicians. Proceeds from the dinner will benefit St. John Vianney Church and its Faith Formation program.



Nona Devonie.  
Courtesy photo

Music for the event will be provided by Nova Karina Devonie and Vicki Ault playing accordion and violin and singing.

Auction items will include a wide array of goods and services. Raffle tickets (\$10 each) will be sold throughout the course of the evening — the winner will receive half of the cash collected in the auction, with the other half going to St. John Vianney Church.

Tickets (\$20 adults, \$10 children 0-13 years old, \$160 for a table seating eight) are on sale now after weekend Masses, and at Keller Williams Realty and Windermere Realty.

VIPP Garage Sale  
This Weekend

The Vashon Island Pet Protectors Garage Sale will be held **Saturday, October 14**, from 9 a.m. to 3 p.m. and **Sunday, October 15**, from 10 a.m. to 1p.m. at the Firefighter's Association Building on Bank Road. Donations are accepted Friday, October 13 from 10 a.m. to 4 p.m. Unfortunately, we're unable to accept mattresses, computers, scanners, printers, computer text books, clothes, large appliances or televisions. For more information please call Victoria, 463-5381.

Adopt-A-Cat Days

Vashon Island Pet Protectors will host an Adopt-A-Cat Day on Saturday, October 14, from 11 a.m. to 2 p.m. and Sunday, October 15, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call Vipp at (206) 389-1085.

Featured Adoptable Cat

**Gillian:** a one-year-old black spayed female. Despite Gillian's encounter with a Neanderthal, she is an active, happy, friendly girl cat. She gets along with everyone.



Walk Without Fear

A free workshop is being offered on **Thursday, October 19**, at The Senior Center for those who would like to walk their neighborhood but have encountered problems with menacing dogs. Valerie Vigesaa, Dog Behavior Trainer with many years of experience in working with dogs, will offer useful tips and solutions to specific situations you have faced. The Senior Center and the Public Safety Committee of the Community Council are co-sponsoring this program for walkers of all ages. Please call 463-5173 to pre-register.



Photo by Hawk Jones/Kotagraphics

Henna Healing  
at the Tea Shop!!

**Friday, October 20, 3 p.m. to 6 p.m.**, henna artist Kara Jones will be at the Tea Shop doing healing henna art! Sign up sheet for appointments at the Tea Shop. \$15/person per 15 minute session. Full hand or foot can be done in 15 minutes!! Come get decorated with Kara of HennaHealing.com!

A lot of money is tainted:  
'Taint yours, and 'taint mine.

Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, October 20**



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HoOOOowlaween  
at Wolftown

Wolftown invites you to come hooOOOooooowl with the wolves at a Howlaween celebration at Wolftown on **Saturday, October 28**, beginning at 2 p.m. Besides howling, there will be many craft activities, including spinning wool, basket making, pumpkin painting, dog sled demo, and a horse logging demo. There will also be a Hawk Talk! All will depend on weather. Please RSVP to (206) 463-9113. Wolftown works on an honor system so we do not have set charge.

Seeking Inspiration?  
Meet Mindful Women

Come to Ferrara's on Friday, **October 20**, at 6:30 p.m. to connect with mindful Island women who, like yourself, are bravely facing the worries and complexities of the day...AND hear what they are doing about it! Gain insights, inspiration, awareness that you are not alone, new ideas, and hope!

Start being a part of the solution! RSVP to March at (206) 463-0870.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Marie Browne, Eric Francis, Fran Gordon, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Weslie Rodgers, Jonathan Shipley, Ed Swan, Mary L. Tuel, Marj Watkins  
Guest Writers: Jay Becker, Janice Randall  
Interns: Morgan Wegner, Rozie Royal  
Photographers: T Kindred, Susan Sheffield  
Original art, comics, cartoons: Ed Frohning, Rick Tuel, Jeff Hawley  
Ad sales and design: Troy Kindred and Marie Browne; Email: ads@vashonloop.com  
(206) 463-9207  
Editor: Mary Litchfield Tuel  
Email: editor@vashonloop.com; (206) 463-3327  
Publishers: Marie Browne and Troy Kindred  
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# Troy and Marie Say Hola!~

*Granito a granito llena la gallina el buche. Little by little the chicken fills its gullet. That is the extent of the Spanish we learned on our recent trip to Mexico. That, and how to say “no” to timeshare salesmen. We did, of course, check out the real estate market south of the border.*



- Troy:** That was a great vacation! Is there any way we can write it off on our taxes? What if we tell our readers about the booming real estate market in Mexico? Would that make it a “business trip”?

**Marie:** I don’t think so. But if you want to call the friendly folks at the IRS and ask them for permission to write it off, be my guest. Until then, I think we’ll just call it a much-needed vacation.

**Troy:** I guess you’re right. Let’s not push our luck. Those guys have no sense of humor. And we really did have fun.

**Marie:** The market is booming—especially in Puerto Vallarta and the whole Banderas Bay area. In fact, it is so booming that no one really knows how much real estate is being sold. Although there is a multiple listing service, only about 15% of all properties are sold through the MLS.

**Troy:** That’s right. The vast majority of properties that come on the market are new developments, sold directly by the developers. The best estimates that people seem to agree on are that the overall sales for 2005 were close to \$550 million (dollars, not pesos), which is an increase from the 2004 estimate of \$400 million.

**Marie:** Not surprisingly, we aging baby boomers looking for second homes are fueling the demand. We are buying second homes, and retirement homes.

**Troy:** What do you mean “we”?? I *knew* I shouldn’t have left you alone in that real estate office!
- Marie:** Leaving me alone in a real estate office is safer than leaving you alone with a timeshare salesman. Those guys are sharks! I’m glad we left the checkbook at home.

**Troy:** But it was sure fun to look. We should clear up a common misconception about owning property in Mexico. Many people think that foreigners can’t buy oceanfront property or that we can’t buy at all. Not true.

**Marie:** Good point. Foreigners can definitely buy property, even in the so-called “Restricted Zone” (50 kilometers from the coast) by forming a Mexican corporation, or through a trust. We don’t have room to explain it here, but we’ll post some links on our website at [www.kwvashon.com](http://www.kwvashon.com) under “Buying RE in Mexico.”

**Troy:** A word of warning! The real estate industry in Mexico is growing rapidly, and transactions are handled very differently than they are here. Agents are not regulated or licensed like in the US, so it is imperative to work with a trusted, established agent and a “notario”, who is kind of like an escrow officer but much more.

**Marie:** We know a few agents we can recommend. And of course, we are happy to accompany people as “consultants.” We won’t charge much—just the price of airfare and a decent room.

**Troy:** I’ll even carry their bags!

Hey, the new phone book is here! Call us if you need another copy!

(206) 463-LIST (5478)

## On Island Properties

[www.kwvashon.com](http://www.kwvashon.com)

### 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
- 2.94 Acres



MLS 26047640

### Waterfront!



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

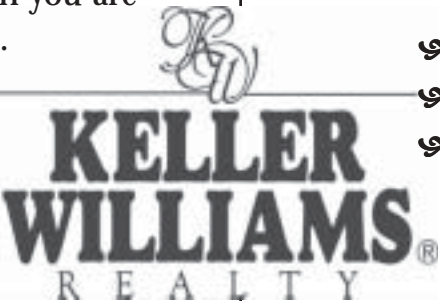
This retro chic house calls for clambakes, cocktails, and cabin cruisers! It’s 3200 square feet of living space on 75 feet of low bank inner Quartermaster Harbor waterfront. It’s picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It’s 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

### For Sale By Owner (in Puerto Vallarta)



OK, maybe you’re not interested in this one. Let’s put your house here instead! Call us when you are ready to list.



- 1 bedroom
- 1 bath
- 3.03 Acres

MLS 26156353



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Loop Letter

Editor, *The Loop*:

I can't say that I often agree with Mary Litchfield Tuel and her "Spiritual Smart Aleck" column, but I thought her recent piece "Democrats, Republicans, Eleanor Roosevelt, and World Peace" was spot on. At least the rudeness and good manners bit.

I have often read that Puget Sound residents, and Vashon Islanders in particular, are well above average in intelligence and education. But you certainly wouldn't know it for the exceptional rudeness that passes for political expression here on Vashon.

In a fun coincidence, in the same issue in which Mary's piece appeared was a cartoon by Mr. Frohning depicting what I assume was President Bush demanding to be kinged.

Yes, I am aware that it was a cartoon, with all the implications of "lighten up" that that would imply. But it wasn't funny or insightful or thought-provoking or any other adjective other than "rude."

In America, political cartooning has a long, respectable and cherished heritage. I wish Mr. Frohning would study that heritage and serve us up something a little more engaging than the cartoon equivalent of yelling "Boo Bush!" from the cheap seats. More than any other president that I can remember, President Bush accommodatingly provides would-be political cartoonists with exceptionally rich fodder with which to work. Is sophomoric rudeness really the best we can come up with around here?

In the subtly graduated spectrum that is free speech and political expression, there does eventually come a point when you go beyond sarcasm, beyond biting commentary and clever observation and even acerbic wit, and just wade into rudeness with all four feet. When you do that, you're not a free thinker or an ideological rebel or even mildly clever.

One of my favorites is that fellow who occasionally stands on a downtown Vashon street corner holding up a sign proclaiming "War Is Terrorism."

No, war is war. Terrorism is something else altogether. Why not spend some time and come up with a slogan that is both catchy and at least vaguely correct? I might even go for a good "Down with Western Imperialism."

I get that this man doesn't approve of this war, but to make such a blanket statement about all war? If "War Is Terrorism", then soldiers must be

terrorists. Was he happy and contented with the fact that he was calling every World War II veteran (or any veteran) that drove by him a terrorist, morally equivalent to Bin Laden? Did he spend even a moment to reflect upon the fact that he was insulting the very people who died to preserve for him the right and opportunity to hold up his needlessly hurtful slogan? Does he realize that he is as indiscriminate with his sloganing as some people think America is with our bombs?

The only genuine justification for legitimate criticism is from the moral high ground of a better, and genuinely viable, alternative. Does this man have one? Who can tell?

I think that President Bush should be criticized. All presidents should be criticized on general principle. And some do seem to need it more than others. But criticism that is childish and stupid simply makes us look like, well, stupid children. Add heavy doses of rudeness into the mix and what we become is an Island full of two-year-olds, angry because we aren't getting our way. We make it clear that we don't actually have any real answers; we just really enjoy being whiney and rude. We become easy to dismiss and worse, easy to ignore.

I would like to see some articles in the paper that suggest how the war in Iraq might have been brought to a favorable conclusion. Or maybe an article about how the Western objectives of Middle East stability and democracy might have been brought about without resorting to war altogether. Or how about a nice, workable five-year plan that details how we might actually and realistically and reasonably free ourselves from dependency on foreign oil without turning our entire country upside down in the process, complete with all the numbers, so we can stop meddling about with the Middle East altogether?

If the best you can come up with is drawing a mustache on a Bush poster, would you mind shutting up? You obviously haven't put any effort into your self-expression and you're just being common, dull and rude. We deserve better.

So, tip o' the hat to you, Mary. Couldn't agree with you more.

Steve Amos

*Editor's Note: This letter has been edited for length.*

The trouble with the rat race is that even if you win, you're still a rat. – Lily Tomlin

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Weekend Breakfast 7:00am-Noon

Brunch Noon- 3:00pm

463-6302



Filmmaker Julian Dahl pauses for tea.  
Photo by Susan Sheffield

Heads Up, Stage Parents and Film Production Wannabes:  
WildChild DVD Productions Needs Cast and Crew

Julian and Linnea Dahl, both filmmakers, teachers, and now creators of WildChild DVD Productions, are looking for a few good kids – four, actually — to act in WildChild's DVD, *Numbers in Nature*, the first in a series of children's nature videos which they will be shooting here on the Island.

WildChild also needs: a Production Coordinator; Boom Operator/Location Sound Intern; and two Production Assistants (1 on set, 1 runner); and musicians.



At work on a recent film.  
Photo courtesy WildChild

Starlight Beach Walk

Please join Vashon Audubon and People For Puget Sound for this Starlight Beachwalk on **Saturday, November 4**, from 8:30 p.m. to 10:30 p.m. on the north end beach by the ferry dock.

Imagine this dark and windy November night...imagine you're sloshing along the beach in rubber boots at an extremely low tide. Puget Sound sea critters generally hide from sunlight to avoid predators and desiccation during summer low tides but they remain visible for you tonight because they are happily cold and wet in the winter darkness.

All around you, people are waving flashlights and intently studying the abundant sea life. Skilled Vashon beach

All talent and most crew will receive a modest payment. Any expenses will be handled by WildChild. Everyone involved must sign legals, including locations on private property.

Julian Dahl took a break from refinishing his floors to talk about the production company and its goals.

"We are reaching out to the Island. We want these DVDs to be Island productions with Island people. We hope to start shooting in mid-October, and have something out by Christmas."

"All you will see are children, animals, plants, and nature. The children will be teaching each other. The DVDs will speak to the human yen for natural beauty."

"We hope to deal with emotional intelligence, because there is virtually nothing on that for children. In my research I have looked at thousands of children's videos, and I found exactly one that dealt with emotional intelligence."

"We also want to present diverse families. There are many families who are not mom, dad, two kids, and a dog."

WildChild will be ready to shoot as soon as they have found all their cast and crew. If you are interested, contact Julian and Linnea Dahl, producer-directors, at WildChild, (206) 463-1782; or at: dahls2828@sbcglobal.net

naturalists are on hand to help you discover Puget Sound kelp crabs, nudibranchs, sculpins and blennies — critters you may have only seen in books (or never before). You might see fabulous tube worms, sea cucumbers or glow-in-the-dark blue/green shrimp. These starlight beachwalks are magical, a much-loved activity for this darkest time of year.

For more information phone Rayna Holtz at 463-3153.

Friends of Library Meet

The Vashon Library's successful recent birthday party will be discussed along with other library business on **Saturday, October 14**, when the Friends of the Library meets at 10 a.m. in the library meeting room. All who love libraries and books are invited to attend.

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

## Vashon Library October 2006 Programs

**Toddler Story Time**  
**Tuesday, October 17, 24, 10:40 a.m.**  
Ages 21 months to 3 years with an adult  
A 20-minute program of stories and songs just right for toddlers. No registration required.

**Lapsit Story Time**  
**Wednesday, October 18, 25, 10:40 a.m.**  
Newborn to 20 months with an adult  
A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

**Preschool Story Time**  
**Wednesday, October 18, 25, 11:30am**  
Ages 3-5

Join us for 30 minutes of stories, songs and fun! No registration required.

**Slow is Beautiful:**  
**New Visions of Community, Leisure, and Joie de Vivre**

**Sunday, October 15, 2:00pm**

**Cecile Andrews, Author**

Back by popular demand, Cecile Andrews is the author of *Circle of Simplicity* and contributor to several books on living more simply and taking back our time. A community educator, she has a doctorate from Stanford and teaches at Seattle University. She and her husband are founders of Seattle's Phinney Ecovillage, a neighborhood-based sustainable community. Her new book analyzes our consumer society and offers a vision for a more fulfilling life. No registration required.



Cecile Andrews

**Felt Board Fun**  
**Sunday, October 22, 2 p.m. to 4 p.m.**

**Presented by Anita Sheneberger, Children's Librarian**

**King County Library System**

When you use felt board stories, rhymes and songs it reinforces early literacy skills and the love of language while you and your children have fun. Observe many different kinds of felt board activities and then receive hands-on instruction to create a simple felt board set to take home. Please bring a good pair of fabric scissors, felt pieces in a variety of colors, including brown, red, pink, yellow, gray, black and three shades of green. Other supplies provided. This workshop provides STARS-approved continuing education credit in Curriculum Development. Persons requiring STARS credit will need to bring their STARS registration number the day of the workshop. Adults Only! You can register now, online at <http://www.kcls.org/stars/registration> or call the Vashon Library at 463-2069.

**LateNight @ the Library**  
**Saturday, October 28, 6 to 10 p.m.**

**Grades 6-12**

It's a musical night at the library, as we welcome acoustic artist Dashel Schueler! Also, plan to limber up for DDR at the library: Dance Dance Revolution open play will be available. Participate in the Vashon Library Cyber Café and surf the web or play a game! Refreshments! Door prizes! Security will be provided. Sponsored by Friends of the Vashon Library.

## Vashon as Eden: Chill in Eden

By Tom Herring

The snake is a cold-blooded reptile and quite comfortable. Adam and Eve, though reportedly trembling with excitement, were actually experiencing goose bumps. They were waiting for the sun.

Solar energy is free once you own a collector. The best way to create a collector is to build it into your house, which costs only slightly more than not doing so. The other way, ours here, is to put a collector on the roof. This costs alot for a different reason, thermodynamics, which is a forceful word that means no free lunch. Here is a look at this fundamental obstacle.

Heat energy is available only to the degree that it is hotter than what needs to be heated. Say you go to a heat store and buy one therm, about thirty Kwh. You store

it in this rock you have. Home, you get little heat from the rock and think the store short-changed you. But the store explains that your rock was so big the therm only raised its temperature to 40 Celsius, and continues: "You say that your room was at 15 Celsius? Right, so the room was only 25 Celsius below the rock, not enough to draw all of the therm out of the rock. The heat you didn't get is still in that rock."

So the problem for a Vashon sun-user is that even the best collector cannot produce heat much above what the house needs; roughly, the heat is produced at 90 C and stored at 75 C. Because of the small temperature difference, as with the rock example above, the rate at which the collected energy is available is just

adequate. And still, that rate can only be achieved by storage tanks and plumbing designed to keep warmed water from getting back into the collector where the heat would be lost. Still, a solar storage tank is to an ordinary hot water heater as Stradivarius to fiddle. Solar energy is free; but the technology required to collect and use it is not.

The reason fossil and electric furnaces are cheaper than a solar system can be appreciated by comparing temperatures: fossil and electric heat energies leave the flame or element at about 1000 Celsius. This energy readily goes where bidden.

Collector technology is highly developed, which for our cloudy climate

reduces to one design, the evacuated tube. The choice of fluid core versus solid heat pipe core follows from system design which has to extend from site shading to the far reaches of use: The whole house warm, or room by room? Fully automatic, or

just user friendly? Heat your tap water and your space both? The contractor needs to be led through this minefield.

Judging by Web ads, a solar heating system that supplies a quarter of the annual heating load will cost about the same as the best gas furnace. But look at it this way -- solar is an investment for the future, so if you believe that later buyers will have realized Chicken Little was right, then you'll feel confident in treating solar hot water panels as lifetime roofing.

In the meantime, I hope to outwit conventional wisdom and cut the cost of hot water in half, even if it means bathing at noon.



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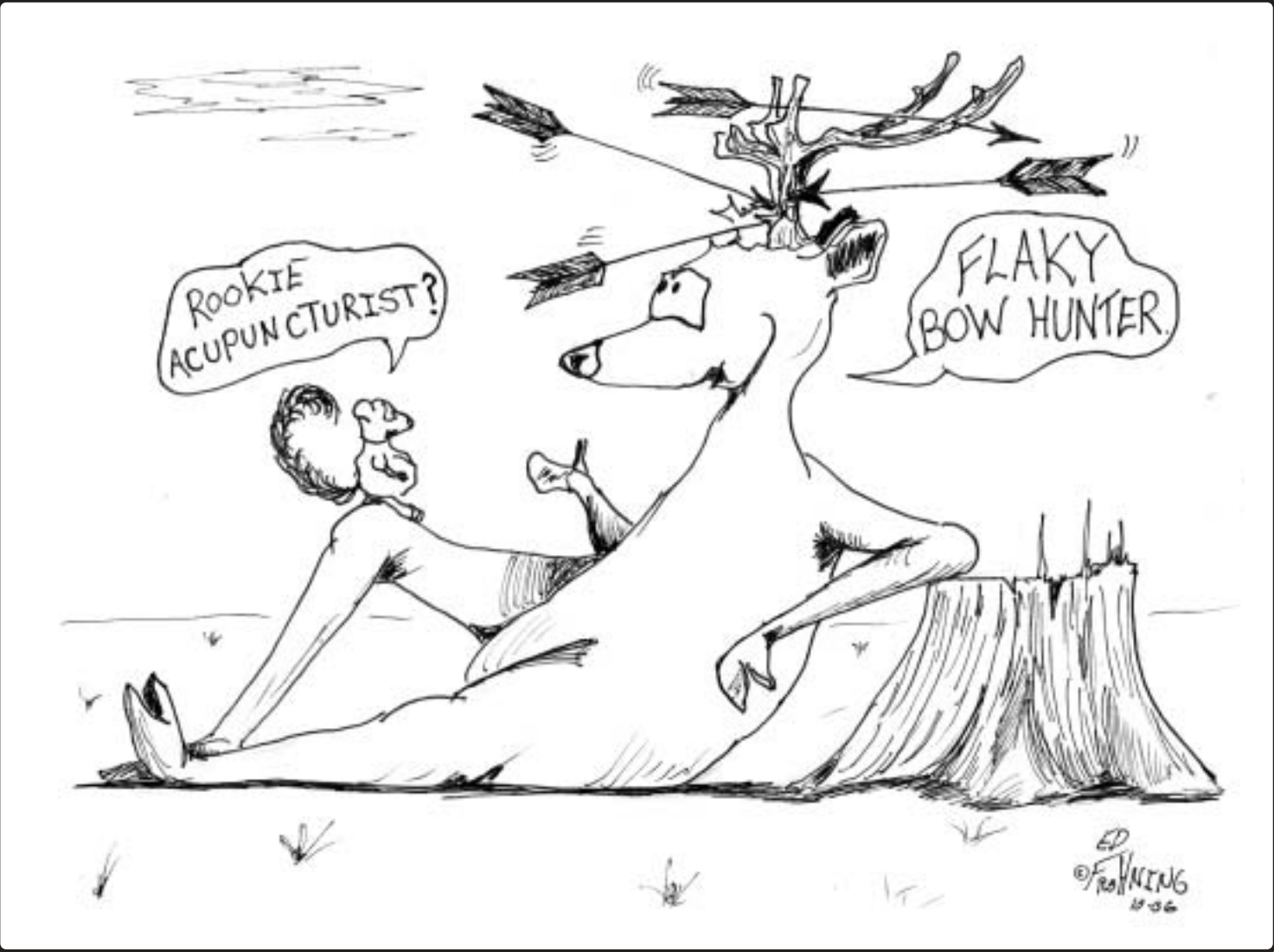
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# Spiritual Smart Aleck

## Girls Are Different from Boys

By Mary Litchfield Tuel

My husband and I are the parents of two sons. My husband is an only son. My husband's father is one of two sons. I share those facts with you in order to give you some idea of our surprise and delight when our grand daughter was born. A girl, after three generations of nothing but boys! Woo hoo!

What I learned from being the mother of two children is that no two children are even remotely alike. I knew that in the abstract sense before I had children, but living with two sons who are of such radically different personality and temperament really brought it home. So I was not expecting my grand daughter to be like her father or uncle, and she isn't like them, but there is this further wrinkle in the fabric of difference: she is a girl.

Girls are different from boys. Write that down, so you don't forget.

We who came of age at the time of what was then called the women's liberation movement were exposed to the ardently held (by some) conviction that the differences between male and female were cultural differences that were taught to innocent children, inculcated by a patriarchal society. Babies were unable to stave off the depredations of the relentless drive to divide the genders into blue and pink, warlike and domestic, masculine and feminine, and the process began so early that its insidious effects were impossible to escape.

Having now raised two boys and watched them and their friends grow up I say to that: bunk. Girls are different from boys. The first day we took our older son to preschool, we watched the boys head for the trucks and blocks while the girls headed for the play kitchen and dolls, and we looked at each other and said, "Hunh." How about that.

True, there are more differences within genders than between genders. The spectrum of temperament exists across whole genders - there are domestic boys and there are aggressive girls. I do believe, though, that those traits are present from conception. Parenthood changed me from believing in nurture to believing in nature. Like Popeye, we all yam what we yam.

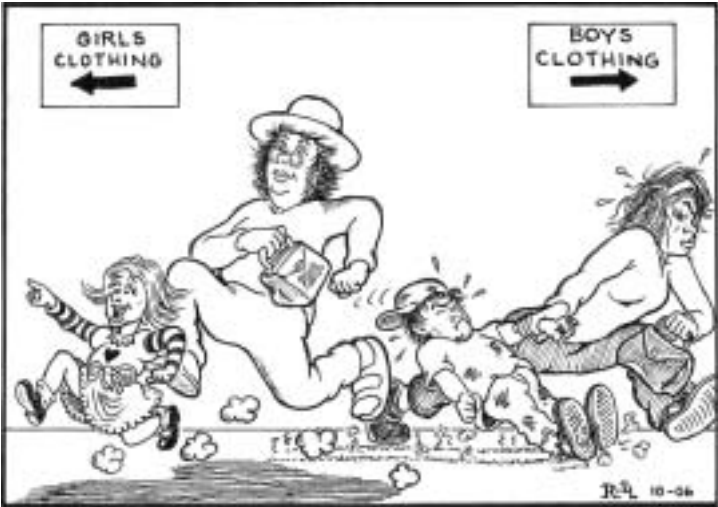
Being around a little girl after raising two sons is a revelation. One time when she was three we went up to Granny's Attic, and after checking out the furniture annex I tried to leave. When she realized that I was not taking her into the main building, she broke down and cried, "We aren't going to look at the clothes?" Sob, sob.

This never, *ever* happened with my sons.

When it came to dressing boys, it was a matter of finding clothes they would wear, period. Sweat pants and shirts were the staple for years. Comfy and easy, and they could go to school in them and then sleep in them. As they got older they went through what is apparently an obligatory teen "black" period, and the "incredibly ugly gross t-shirt" period. Death - blood - guts - rage against the standards of decency t-shirts.

Boys.

Knowing that our grand daughter was starting school, I went shopping for some new clothes to supplement her Granny's wardrobe.



I discovered the wonderful world of shopping for little girls' clothing: little skirts and dresses; pants with flowers embroidered on them, and sequins and beads; stretchy soft shirts; tights and leggings with stripes and polka dots; colors and textures and whimsy and fun...whee. Grandma is giddy with the fun of dressing a little girl.

It won't last. In a few years we'll be trying to talk her out of tattoos and nose rings, I suppose, or whatever sartorial or physical atrocity has become the rage for the newly pubescent. I can wait.

Our grand daughter started school, and she loves it, and she says she loves it. "I LOVE Chautauqua!" she exclaims. This has me reeling. My boys never loved school; they never wanted to go to school; they had to be pried out of bed and shoveled out the door, and they stopped going to school as soon as they could (free tip for kids who are fed up with school but sticking around trying to earn a Washington state diploma: a GED is worth more academically than a Washington State high school diploma, so you might as well drop out, get your Good Enough Diploma, and go to college or something).

Right now I'm wallowing in the pleasure and fun of being around a kid who loves school, and loves clothes, and, let's face it, thinks more the way I do than either of our cherished sons. She's a girl, and honestly, girls are different from boys. *Vive le difference!*

ooooo

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## Review: “Overpopulation and the Tragedy of the Commons” by Garret Hardin

By Barbara Roberts

In 1968, Garrett Hardin, writing for *Science*, called “Overpopulation: The Tragedy of the Commons.” The original article is online. Because it addressed scientific thinking, the essay is cautious. Professor Hardin defines “tragedy” and “the commons” and cites references.

Most of what he wrote we now assume. Most of us know now that population, war, a n d environmental corruption need p o l i t i c a l s o l u t i o n s . Scientific o r t e c h n i c a l progress may help, but we need helpful human values.



Garret Hardin

I think reviewing the essay could help our efforts to keep Vashon-Maury Island Green. That is, to keep the air and water clean, the earth fertile, the people healthy.

There are several models of the problem: How many people will a life boat hold? How many cattle can graze on public land before the pasture is destroyed? How many countries can harvest fish before the ocean becomes barren? How much sewage can the earth digest?

P r o f e s s o r Hardin states that as long as there is plenty, that is enough (of whatever) for everybody -- people can share land, air and water and resources in common. If one person exploits more than his hypothetical share, however, he (X) alone gains, and everyone else (Y) loses (X is greater than Y). Thus, even when a community understands long-range consequences, how does the community constrain action of an individual? Professor Hardin observed that based on the

experience of the Hutterites, about 150 individuals can be managed by shame. But numbers are the nemesis. Like one rotten apple in the barrel, one exploiter can precipitate devastating competition.

Some people still say, “The solution to pollution is dilution.” This rhyme imagines that there is plenty of clean water for infinite life. T'aint so. Already clean water is so precious that there are political strategies to corner the markets. Privatizing water in South America left impoverished people dry. Politicians in Washington State are eyeing the rain. Are we ready for regulated rain barrels?

Professor Hardin points out that we can't maximize for two variables at the same time. His point is that maximizing population — births or immigration — will not maximize goods. So how do we define optimum? We now accept many limits on our personal freedoms, but we cry “rights” at new infringements.

This old essay helps us understand that the community must restrain uses and abuses of what we have in common. Because

some things have changed since 1968, and because readers of *The Loop* are not all scientists, this report doesn't

do justice to the essay. I hope everyone who reads this will read the original online to learn more.



Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, October 20**

Ducking for apples -- change one letter and it's the story of my life. -- Dorothy Parker, at a Halloween party

# Don't Forget the Birds



Flying squirrel

Photo by Jean Richstad

## Don't Forget the Flying Squirrels, Either

By Ed Swan

Besides birds, Vashon makes a great home for another flying creature, the Northern Flying Squirrel. Jean Richstad sent me photos recently of a flying squirrel that trapped itself in Bill Musselman's house (see the accompanying photos). I've never seen one of these actually rather common squirrels because they predominantly forage and live out their lives nocturnally.

Northern Flying Squirrels receive their name from their gliding behavior. They run up a tree and then jump out into a long downward glide of up to 50 yards. These squirrels have soft, silky fur and use their largely flat tail as a rudder in flight. They possess a fur-covered flap of skin extending along the length of their bodies from front leg to back.

Flying squirrels live in both coniferous and mixed forests. Vashon's mixed woods provide great habitat for the squirrels because they include so many alders with nest holes created by Pileated Woodpeckers. The squirrels eat a wide range of foods including insects, bird eggs and some bark types. Their

preferred diet consists of fungi in summer and lichen in winter. These squirrels remain active all year round and don't hibernate like some of our other native squirrels.

Northern Flying Squirrels mate in late winter or early spring. According to Islander Ellen Kritzmann's *Little Mammals of the Pacific Northwest*, they usually produce a single litter of three young in May or June. As mentioned above, they prefer wood pecker holes for tree dens, but may use any type of cavity. They also utilize the crotches of trees. Newborns learn to glide a short ways by the time they are two months old.

Back in the bird world, we continue to have more species arrive. I found two falcon species over the last two weeks, a Peregrine Falcon September 28 at KVI Beach and an



My right side is my good good profile...

Photo by Jean Richstad

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American Kestrel at the south end of the Wax Orchards air strip October 3. Waterfowl migration is heating up

with a flock of Greater White-fronted Geese heard overhead by Kathryn True September 25, a flock of 200 or so Common Mergansers at Cove spotted by Orca Annie, a rare sighting of a female Northern Pintail at Fisher's Pond by Dan

Willsie and the return of Greater Scaup to Tramp Harbor. Alan Huggins led a great field trip for Seattle Audubon finding pipits, two Franklin's Gulls and an adult breeding plumaged Pacific Loon at

KVI Beach and Ellisport September 24. **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.**

Finally, Vashon Audubon is offering a great new opportunity to learn about birds. *The Enjoyment of Birds* class provides a unique program for adult beginning and intermediate bird watchers starting November 29. The course will be taught by a team of experienced birders with an interactive style focusing on how to enjoy the beauty and natural history of birds commonly found on Vashon. Classes will continue monthly through April on Wednesday nights and include an accompanying field trip each month as well. Call Alan Huggins at 567-5166 for more information and registration.

00000

**Across**  
1 Box  
5 Pursue  
10 Noah's bird  
14 Positive  
15 Acura's competitor  
16 Poetic "evening"  
17 Complete covering  
19 Allot  
20 Shoveled  
21 Malicious person  
23 Pucker  
26 Non \_\_  
28 Trail  
31 Gone by  
32 Talks  
33 Tree  
34 Collie  
37 Bitter herb  
39 Harvested  
40 Place  
42 Long, skinny boat  
45 Legally hunted game (2 wds.)  
49 Tinct  
50 Sausage  
53 Dredge  
54 Fashion  
55 Idiot  
56 With  
58 Rodeo bull  
60 Reporter's question

**Down**  
1 Compass point  
2 Play on words  
3 Curve  
4 Looks at a book  
5 Fly  
6 Dress edge  
7 Wood chopper  
8 Sunbonnet  
9 Lands  
10 Districts of ancient Attica  
11 Infested  
12 Animal doctor  
13 Compass point  
18 Take to court  
22 Taste tester  
23 Old-fashioned Dads  
24 Expression  
25 Seafood  
26 Raise  
27 Remnant  
29 Ship initials

61 Horse command  
63 Rome's ice cream (2 wds.)  
69 Opp. of starboard  
70 Mr. Ryan  
71 Rook  
72 Not women's  
73 Grasps  
74 Greek goddess of youth

**Down**  
1 Compass point  
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23 Old-fashioned Dads  
24 Expression  
25 Seafood  
26 Raise  
27 Remnant  
29 Ship initials

30 Scriptural your  
32 Lyric poem  
35 Self-esteem  
36 Musical "fast"  
38 Back to school mo.  
40 Furniture  
41 Caesar's three  
42 Discs  
43 Positive vote  
44 Infant  
45 Further  
46 Hubbub  
47 Not max  
48 Chicken creation  
51 Sunshade  
52 Lesson reader in church  
56 Expression of surprise  
57 Type of mob  
59 Rodents  
60 Beats  
61 Words per minute  
62 Garden tool  
64 Boxer Muhammad  
65 Swish  
66 Anger  
67 Harness horse  
68 Ram's mate

Solution on Page 17 ➡

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

**Happy Birthday Libra!**  
You have the gift of being able to see your life, and your world, from many points of view. At the same time, others have an unusual ability to see something of themselves in you. The overall feeling is one of contact between you and the people around you, and with this elusive thing called “the world.” Feel your own sense of presence, and notice how people respond to what you say and what you feel. Let it teach you that self-awareness is a valuable resource — and that freedom is the freedom of who you are.

**Aries (March 20-April 19):** Relationships now offer endless opportunities for transformation. They are likely to start as something more fun, something that lures you into a sense of celebrating life and feeling the abundance around you. But then you’re offered potential moments when you can go deeper. You might as well take them, before some other purpose takes over. True, some people don’t agree that growth needs to be the theme of loving relationships, but we could all do a lot worse. Many feel better keeping things superficial and not revealing the depths of their truth. Right now this has nothing to do with you. Meanwhile, if you’re not having fun, you’re unlikely to be motivated, so keep that on the agenda too.

**Taurus (April 19-May 20):** Something remarkable is happening in your life. Something scary, perhaps; unusually potent, for sure. Communication, with a tendency to speak the unspeakable and a desire to know the unknowable, seems to have filtered into your life. You are deeply impressionable; so much seems to carry the weight of truth. So I suggest you filter what you take in. Turn off the television. Write a deep letter to someone you care about. Dust off your diary and really listen to what you say to yourself. Share your feelings with a close friend. More is on your mind than you may imagine.

**Gemini (May 20-June 21):** This is a great time to get lost in your work. You’re likely to find something there if you do, and you’ll set off a series of developments that get you to rethink your ideas about your professional life. The question of what you aspire to, what your true ambitions are, has been nagging you for a few years now. The astrology involved tends to ask more questions than it gives answers, and many people are in a crisis over finding their mission. But yours is calling you; perhaps softly, perhaps from a direction you were not expecting; but for sure. Indulge yourself in the tasks at hand. Fortunately for your Gemini soul, by all indications, they are not remotely boring.

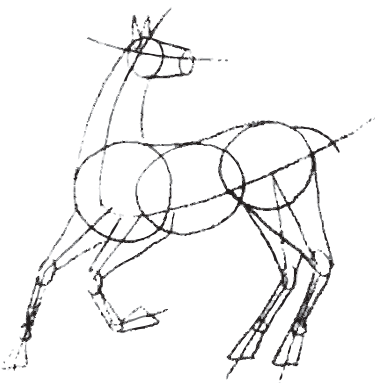
**Cancer (June 21-July 22):** Space is a metaphor for what we are feeling and experiencing within. Sometimes we can organize a space and that has the result of cleaning out our mind. We can dedicate a space to a purpose and that helps us stabilize on a particular mission. This kind of therapy or “sacred space work” will serve you well now. Start small; start with a particular focus or need and let that direct you. It can be anywhere — at home, at work, outside or indoors. You might want to consult with a Feng Shui practitioner if there is one in your area — this is the work they do, and they tend to have real gems of ideas. Experiment with this stuff and you’ll feel better.

**Leo (July 22-Aug. 23):** You learned a lot about how to have intimate relationships from your parents — for better or worse. Many people ended up getting involved in taking on adult burdens as children, particularly when the adults around us were struggling to get along. Your caregivers also gave you plenty of ideas about what to expect from your future partner, and about what kind of husband or wife you would be. Many false expectations were put into your mind, as well as false images of yourself. Developments this week are enticing you to turn up the heat and boil off those watery notions.

**Virgo (Aug. 23-Sep. 22):** Emphasis shifts to the material world: of money and resources, and how you feel about them. No matter how modest your Virgoan lifestyle is, or how modest you want it to be, you can use this time to explore both the ideas and reality of prosperity. There is a difference between greed and growth; between excess and enough. I suggest you explore the spaces between those concepts and find somewhere that represents an improvement over what you’ve been experiencing for so long. You have plenty to share, and the surest way to feel rich is to support the people around you. But that principle works for others too, so ask for what you need.

**Libra (Sep. 22-Oct. 23):** Next week’s Full Moon in your opposite sign will bring out some of your contradictory tendencies, and you’ll probably get to look them right in the face, as partners and loved ones mirror your feelings and values with startling accuracy. At the same time, you have the most awesome opportunity to shift your entire reality because you suddenly have a chance to perceive it accurately. Amazing what seeing life can do to help you change yours. Remember that if a crisis arises, just notice what’s happening, feel your feelings, and let it pass — but not without profiting wildly from what you learn.

**Scorpio (Oct. 23-Nov. 22):** Quite a bit is going on in that Scorpio soul of yours, and it would seem that you’re looking for ways to express yourself. Mercury in your sign



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could become a rather pleasurable life mission.

**Pisces (Feb. 19-March 20):** The ties and relationships you establish with others over the next few weeks are likely to stick, and they are likely to prove significant. Choose carefully which ones you pursue, because you do have options and they are not all equal. That does not mean say no to everyone — it means say yes when you really feel good. And it means be as attentive as you can be to as many points of contact in your life as you can. The weeks approaching are a time of unusual contact, and depth of contact. There is a very welcome pattern developing in the planets, and the suggestion is that you are not alone — which would be good news to any Pisces I’ve ever met.

Eric Francis has more of your astrology for you at PlanetWaves.net.



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Essay:  
Home More  
or Less

By Alice Orr

“We shouldn’t call people homeless,” my friend Marta used to say. “They should be home more.” I’d smile, never letting on that I was once one of those people. It started with a lost job. Then, suddenly, my son and I were without a place to live.

My first home was a gray-shingled bungalow in Northern New York. I was ten when I found out my parents might sell. I was eavesdropping fearfully from a stairwell at the time. I preferred fear to ignorance of what was going on. The next morning, I wrapped my arms around a dining room archway post and sobbed, “I won’t go,” grasping wrist with hand and gripping for dear life. My mother hauled at my convulsing body until my fingers slipped from their desperate clutch. That day, I pledged never to attach myself to a specific dwelling again.

This may explain how I tolerated, two decades later, the imminence of homelessness. From the job I’d lost, I knew all about navigating the social service system. Still, I arrived at the processing office late in the afternoon, never a good idea. I’d been thrashing through troubled waters all day. I was in no shape to tackle bureaucracy but had no choice. My son and I had nowhere to sleep that night. I put on a feisty face for his sake.

The caseworkers were preoccupied with a back office holiday party. Laughter drifted into the waiting room where there was no one at the reception desk and no one laughing. Green-hooded ceiling lamps tinted the room pale puce and made everyone look even more tired and discouraged than they already were. Besides my son and I, only a family of three — mother, father and toddler-in-arms — appeared to be there together.

The child’s cheeks were flushed and chapped. She looked like she’d been too long unprotected from the November chill outside. Her parents were equally the worse for wear. He clenched his fingers while she pressed her eyes closed as if to cut off tears. They’d been turned down

for benefits and didn’t know what to do. Advocating for families like this had, until recently, been my job. I told myself I was here to advocate for my own family now, but my son’s eyes disagreed, admonishing me to put my feisty façade to good use.

I approached the couple. “Maybe I can help you,” I said.

They glanced from me to the empty reception desk.

“She knows what she’s talking about,” my son piped in. “We’ve just been having a hard time lately.”

His ingenuousness did the trick. I was explaining emergency assistance when a caseworker I’d dealt with many times wandered in. She spotted me and ducked out. Her supervisor emerged next, wine glass in hand.

“Are they with you?” she asked, gesturing toward the family. She thought she was still dealing with the pain-in-the-neck advocate I’d previously been.

“Yes, they are,” I said.

Before long, my alleged clients were on their way, food stamps, rent voucher, emergency grant and job interview appointment for the husband in hand. I waited till they were

out the door.

“Now you can sign the same forms for me,” I said.

She saw she’d been conned but also that, if she wanted to get back to the party any time soon, she’d better comply. I knew the ropes and how to tie her up with them. I was about to escape relatively unscathed with my food and rent vouchers when she took her revenge.

“How does a know-it-all like you end up begging handouts?” she asked.


My son stopped watching me and stared at the melting ice in her glass. I took a deep breath and let it out fast.

“One step at a time,” I said. “Just like everybody.”

I’ve moved on, one step at a time, since then, to a life where no one would guess that once I was what my parents called “on the dole”. I still secretly have trouble calling a house a home because I know how easily that can be taken away. When I see a ragged soul on a corner or in a doorway, my friend Marta’s words drift



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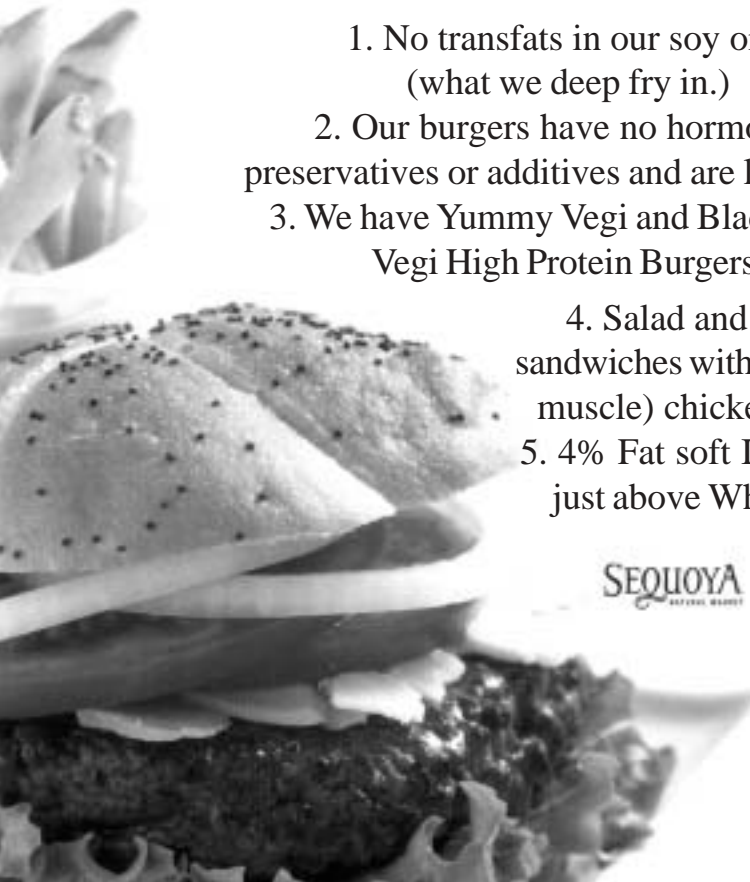
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back to me, and I think, “Instead of being home less, they should be home more.”

Alice Orr will present a free full-day workshop on **Saturday, March 17, 2007**, titled, “*Struggling with God: The Greatest Story You Will Ever Tell and How to Use It to Enlighten Your Life*,” at Church of the Holy Spirit, Vashon. Sign up now!

## Senior Center Events

**Senior Center Meeting Celebrates Harvest:** Vashon-Maury Senior Center will celebrate fall harvest time at the monthly membership gathering on **Thursday, October 19** at 1 p.m. at the Senior Center by bringing a treat for all to share from their gardens, and will tour the growing SC gardens with chief gardener Carolina Henley. Ideas for ways to share a new crop of volunteer energy and talent for making the SC a success will be facilitated by Membership Chairperson Karen Perla. Everyone’s welcome.

**Bells Ring Out at Senior Center:** “Just in Chime,” the young bell ringers group, will do some ringing of familiar and patriotic songs at the next Senior Center potluck at 2 p.m. **Sunday, October 15** at the SC. Everyone’s invited to bring a dish, socialize and join in the audience bell ringing after the performance.

**India & China Next Great Decisions Topic:** The shifting friendships-to-conflict between India and China — and how they affect U.S. foreign policy — will be examined in the next “Great Decisions” meeting at 2 p.m. **Monday, October 16**, at the Vashon Library.

“Great Decisions” is the Foreign Policy 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 questions and comments. A copy of background articles is available at the library reference desk. The series is free, and participants of all ages are welcome. It is sponsored by the Vashon-Maury Senior Center in cooperation with KCLS. Facilitators are Rhoda Karusaitis and Deirdre Petree.

## Granny’s Attic Progress Report

Following a summer hiatus, the Health Center Volunteers (the folks who operate Granny’s Attic Thrift Store) resumed their monthly Membership Meetings on September 25, 2006.

It was reported that **summer donations and sales were larger than ever**. A big thank you was extended to both staff members and volunteers for their extra efforts during a busy summer when many volunteers are on vacation.

Speaking of volunteers, **Granny’s Attic really needs to have new volunteers** join our team. Thanks to the generosity of our Island donors and shoppers, we are busy than ever before. Volunteering at Granny’s is a wonderful way to support the ongoing effort to enhance health care availability on Vashon. It’s also a great opportunity to make new friends and share the fun of working on our team. We need volunteers in all areas — clothing, books, kitchen goods and linen. Information about volunteer opportunities can be obtained by calling (206) 463-3161 and talking with Richard Lipke or Dan Richardson.

It was also reported that **Granny’s Attic has been awarded a grant** from the Boeing Employees Fund to purchase a new truck to use on our regular runs to the Disposal Site. We will be making the purchase within the next few weeks.

**We are still looking for donations of t-shirts (in good or bad condition) for our Rag Project.** We especially need white t-shirts to fulfill existing orders for rags. We also welcome all vehicle donations from the community. Anyone wishing to donate a vehicle to Granny’s Attic should call 1-800-404-8284.

Our next regularly scheduled meeting will be held **Monday, October 23** at 1 p.m. in the Sunrise Ridge conference room.

# The Dorsal Spin

## Springer to the Rescue

By Orca Annie Stateler

Oh, the inhumanity! After an atrocious spate of predatory sleaze and carnage, do we not yearn for an inspiring story about an adorable whale to boost our morale and reclaim our civility?

The American Cetacean Society/Puget Sound Chapter (ACS/PS) Speaker Series resumes this month, and I am jazzed about our speakers for October and November. These free monthly lectures are **every third Wednesday** night at the Phinney Ridge Neighborhood Center, 6532 Phinney Avenue North, Seattle. Check [www.acspugetsound.org](http://www.acspugetsound.org) or call 206-734-4737 for directions and more information.

On **Wednesday, October 18**, at 7:30 p.m., Orca Alliance founder Donna Sandstrom will give a talk called “The Orphan Orca Fund: Working Together to Save Springer.” I added a few local details to the following summary provided by Donna.



Springer spyhops her way into our hearts, 2002.  
Photo by Mark Sears

In January 2002, an orphaned orca calf mysteriously appeared at the North end Vashon ferry dock. Islanders dubbed the charming waif Keetla or Boo, long before we learned the Canadians called her Springer. In July 2002, she was successfully reunited with her pod in British Columbia. Four years later, she is thriving in the company of her family.

The Springer Project is the only successful orca rehabilitation effort in history. The Orphan Orca Fund consisted of seven conservation groups, including ACS/PS, who formed a single fundraising entity. In this talk, we will recap the project and the role of the Orphan Orca Fund, exploring lessons we learned that might help other groups and agencies as we face the next generation of issues confronting the whales and their environment.



Keetla-Boo-Springer has earned a place in Vashon lore, like the Jesus Barn, the bicycle in the tree, and the pre-Roswell Maury Island UFO sightings. If you are new to Vashon or missed the Springer saga in 2002, you should come to Donna’s talk.

The photo by Mark Sears that accompanies this article is among my favorites. You can see why this extraordinary l’il orca gal is beloved. Read more about Springer’s summer routine in Paul Spong’s eloquent update, “Springer’s 4th Anniversary,” from OrcaLab news at [www.orcalab.org](http://www.orcalab.org).

Dr. James Ha, a zoologist and applied animal behaviorist, gave a memorable presentation at the Southern Resident Killer Whale Symposium in April. I asked him at the time if he would be interested in speaking to ACS/PS, and I am quite pleased he accepted our invitation. His talk on **Wednesday, November 15** is

“Social Behavior of Resident Inshore Killer Whales in the Pacific Northwest: Natural and Human Influences.”

Our killer whales are socially and culturally sophisticated. I believe the subtleties in their behaviors contain complex information that we barely understand and, thus, readily misinterpret. The research of Dr. Ha and others may improve our ability to

recognize signs of stress and social disintegration in the Southern Residents – for example, adverse reactions to prey scarcity or the presence of whale watch boats.

No whales here yet, but Odin, Stogarita, and I spotted an intriguing critter on October 4. A handsome, chocolate brown mink swam through our cove, and then scampered into the brambles on the beach. For two years, we have heard rumors of a mink in the neighborhood, but this was our first sighting of the wily ferret/weasel cousin. California sea lions are back, cruising Colvos Pass and munching the occasional salmon. The salmon would probably appreciate more rain.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com). □□□□

# PANDORA'S BOX

Halloween attire with high cuteness factor is here - so are beds, coats and bed warmers - it may still seem like summer, but don't be caught with your pants down when the weather turns chilly.

### Horus' pick of the week:

Puking half-digested food all over Marge's desk, chair, papers and adding machine. What's better is that Cheryl had to clean it up. Good thing he's loved.



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## Community Disaster Drill

*Continued from page 1*

major injuries, with 10 designated as critical or fatal, located at 10-12 mass casualty incident sites. Both ferry docks are declared unsafe. No help can be expected from Seattle medical facilities. Some telephone and power lines will be down. Telephone service, both landline and cell, will be variable. In general, communications will be compromised at a time of greatest need. Several ancillary methods of communications will be activated for the drill. Ham radio operators will establish posts at each of the five fire stations.

Medical personnel will practice their emergency protocols by setting up a triage center. Scenarios will involve transporting badly injured people to the triage staging area. Community Contact teams of volunteers, recognizable by their brightly colored vests, will be stationed at fire stations and on the main streets of Vashon to dispel rumors and provide accurate information to citizens. Messages, such as “Don't touch downed wires!” will be placed on billboards and signs around the Island.

There will be a large message board located at the Hardware Store restaurant where people can leave messages about their location and safety for family members and friends.

The Voice of Vashon will simulate broadcasting on their cable TV channel 21 and Internet radio sites. They will post all official Emergency Operations Center bulletins on the Website [www.vashonbeprepared.org](http://www.vashonbeprepared.org).

Volunteer personnel trained to operate the EOC will arrive at 7 a.m. and set up the central communication and control center. EOC communications will utilize satellite telephones, the ham radio network, and two-way, hand-held radios.

### Community Celebration

At the conclusion of Saturday's drill there will be a celebration at the Village Green from 1 p.m. to 3:30 p.m. A soup kitchen will be set up from 1 p.m to 2:30 p.m. to serve the expected 250 participants. There will be soup, music, awards, free mugs, information, and prizes. The people of Vashon are invited and this will be an opportunity to meet and thank the host of volunteers for their efforts to make this disaster drill a success.

### Are You Ready?

A consistent message in all communications from VDPC to the Vashon community is to get prepared for a major disaster such as an earthquake. It is far better and safer to know what to do and how to do it before a disaster strikes.

Here are some ways you can get ready:  
**Individual and Business Preparedness**  
— Prepare your home or business structurally and non-structurally to mitigate hazards. Strap your propane or hot water tank to a wall; anchor bookcases. Locate and label gas, water and electric shutoffs. Assemble a disaster supply kit: 10 days' supply of food and water; first aid supplies and medications; tools, utensils, and items for your personal comfort. Develop a personal disaster plan including an escape route, a designated location where people are to meet if separated, and a person to contact who is far away from the disaster area so that someone in a better communications situation has word of you. Check the [VashonBePrepared.org](http://VashonBePrepared.org) Website for more information.

**NERO Program** — Neighborhood Emergency Response Organizations are at the core of response to a disaster. They are critical because neighbors are close to each other and will be the first available to help.

**CERT Program** — Even if a disaster initially overwhelms or delays the community's professional responders, Citizen Emergency Response Team members can assist others by using skills they have learned during training to assist others and sustain lives until help arrives.

For more information go to [www.vashonbeprepared.org](http://www.vashonbeprepared.org).

I believe in censorship.  
After all, I made a fortune out of it. – Mae West

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# Herbal Immune Boosters

By Kathy Abascal

As soon as school starts in the fall, the cold remedies start moving off the shelf. Those remedies are usually referred to as immune stimulating. But what most people need as we move into the cold and flu season is immune boosting, something that will shift their system and enhance their resilience so they do not get sick in the first place.

One of the oldest and best known immune boosters is astragalus (*Astragalus membranaceus*) which came to Western medicine from traditional Chinese medicine (TCM). Astragalus root is usually sun dried, straightened, and sliced into long thin slices that look like tongue depressors. This medicine is tonic in the sense that it is very safe, can be taken long-term, and has a particular emphasis, in this case on the immune system. These days, you can also get organically grown astragalus that comes chopped up but may not be sun dried. Of course, you can also get astragalus in capsule, or tincture form is available as well.

Astragalus has many uses and is combined with other herbs in TCM for shortness of breath, night sweats, lack of physical strength, and poorly healing wounds. The least expensive and probably best way to use astragalus is to cook with it. You simply simmer the root for a long time and then use the liquid. It is a good time of year to begin making soups and stews, and you can just drop 3-4 slices of astragalus in with the onions, garlic, etc. Just remember to fish out the slices before serving; they never get chewable. You would do well to mix in some other ingredients that also have the reputation of building the immune system: Add a little ginger, a little turmeric, a lot of garlic, some fresh shiitake, and some seaweed. If you use this as a base for soups and stews, and eat it regularly, you will not be one of those people who catches every cold and cough that makes it around. You can also use

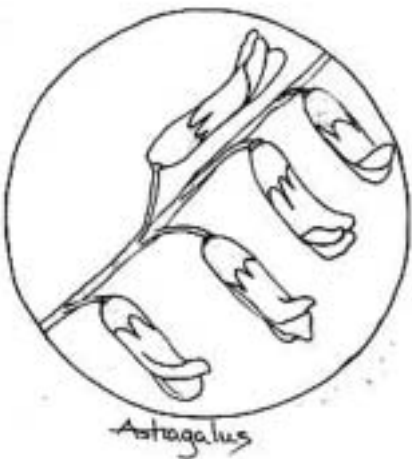
the astragalus liquid to cook your rice in.

Another great thing to do for you immune system is to start, or get back to, taking an adaptogen regularly. I usually do not feel the need for strengthening during summer months but instead start taking them again in the fall. Adaptogens like rhodiola (*Rhodiola rosea*), schisandra (*Schisandra chinensis*), eleuthero (*Eleutherococcus senticosus*), and many of the medicinal mushrooms help your immune system find an appropriate balance. Adaptogens also tend to help you deal with life's stresses, like shorter, grayer days. They usually take a while to provide a full effect but they make quite a difference in the long run.

A lot of people rely on the Wellness Formula or various Echinacea preparations to prevent colds and flu. Many swear by them but frankly I am not fond of using the more "stimulating" herbs like boneset (*Eupatorium perfoliatum*), isatis (*Isatis* spp.), horehound (*Marrubium vulgare*), mullein (*Verbascum* spp.), and goldenseal (*Hydrastis canadensis*) that way. And, actually the manufacturer of Wellness Formula does not recommend that it be taken by a healthy person either. Instead, these formulas are meant to be taken right at the onset of illness. The earlier, the better. So when colds, coughs, and sore throats start showing up in the community, watch for early symptoms: A slightly scratchy throat, a little headache, chapped lips, and general grumpiness. That is when these types of formulas are appropriate and really help.

Our immune system uses molecules called cytokines and chemokines to create various immune responses to illness. Unfortunately, many viruses (like colds and flu) trigger an imbalance in the production of cytokines and chemokines. This imbalance in turn is responsible for many of the miserable symptoms of colds and flu. Although the research is very preliminary (that means it has been studied in cells in a test tube but not in humans), it appears that herbs like echinacea restore the balance of these molecules but only when you have a viral infection. In healthy cells, echinacea actually increases the output of cytokines and chemokines, something you do not want or need when you are healthy.

So to stay healthy this season, the best thing to do is to make your food your medicine by cooking up some healthy soups that include astragalus, garlic, onions, and shiitake mushrooms. You certainly should make an effort to eat these things daily if you already managed to catch the first cold of the season



## 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>.



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book *Clinical Botanical Medicine*. You can email her at [anemopsis@yahoo.com](mailto: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.

(a sign that your immune system is a bit off). And if for some reason or other you just cannot find the time to make soup, you should probably take astragalus capsules or tincture. I cannot promise you that you will avoid all of the bugs this way but I do believe that you will not constantly be getting sick if you do.

## Sheep in Wolves' Clothing

Continued from page 1

The conventional white sheep we are used to seeing in this country have had a lot of helpful traits bred out of them, such as intelligence and aggression.

"We're trying to breed sheep that produce meat, milk, and wool, and that are aggressive enough to defend themselves against predators. The idea is to support the small, sustainable, family farm," said Martino.

Children come to Wolftown to learn how to take care of the sheep, and how to shear fleece, spin yarn, and knit items from the yarn. "I want to use everything as a teaching tool," said



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Martino as she spoke of several mentorship programs for young people at Wolftown, including working with the sheep, and also including dog sledding and horse logging.

"We are teaching compassion to the kids," Martino said. "We were talking about how commercial cows don't get to have their calves – when they calf, the calves are taken away and the milk is all taken for sale. So when we were going to milk the sheep, I asked the kids how we could have compassion for the ewes and their lambs, and being smart kids, they said, 'We'll take only half the milk.'"

"These sheep are quite tame," Martino says, "so they can be put in a collar, tied, and sheared by hand, standing up, which you can do with a few sheep on a small farm."

"We now have yarn, hats, socks, and scarves for sale that are made



Basil and Cinnamon. Photo by S. Sheffield

from the wool of sheep we lambed ourselves, here at Wolftown. The line is called Sheep in Wolves' Clothing."

"Every student who participates is given their own spindle, but they have to use it! Spinning is a very meditative activity, by the way."

"We could not do this without the help of the community," Martino concluded. "Fiber artists on the Island are saints! They, and many other artists, have given us so much! And we can't keep going without support from the community. There don't seem to be many grants for animal sanctuaries."

If you'd like to know how you can support Wolftown, give Martino a call at (206) 463-6113.

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Book Review

By Rachel Bard



By Richard Bard, guest reviewer

Poor us! We weren’t raised in the Kwakiutl tribe a hundred years ago. Consequently, we’re mere pitiful, weak shadows of who we might have been, content to let life shove us around.

Had we been more fortunate — had we been raised along the inner coast of Vancouver Island by a native father intent on producing a warrior, we wouldn’t have had to rely on the inconsistent and random school of hard knocks to get us to whatever level of toughness is appropriate (for a society of overweight consumers).

Here’s Nello, the half-native, half-Italian supporting character in Ferenc Máté’s novel *Ghost Sea*, explaining to his Captain why he’s going to skip sleeping and keep watch for a full-blooded Kwakiutl who’s likely to slip aboard with blood on his mind:

“...he was taught to be sly. Hard and murderous. And sly. When a father decides to raise a warrior, he begins by rubbing his newborn with a hornet’s nest. Handles him roughly, bathes him in ice water...as he grows, he’s taught to swim, run, dive, kill; with weapons or his hands. Taught how to insult men and seduce women. He sleeps on planks. Owns nothing. Rubs himself with snake’s blood and the heart of a grizzly. When he kills enemies, he gets to wear a necklace of their toenails...before going to war, he stands in ice-cold water and rubs his body with a hemlock branch until it bleeds. Eats little...paints himself black from head to foot with charcoal from a tree struck by lightning — for power, and to be invisible in the dark. He sneaks up on his victim just before dawn at the time of his deepest sleep. Not to fight; just to kill.”

Taken out of context, this passage might explain how various of British Columbia’s social betterment organizations (read, mostly missionaries) lobbied hard to outlaw and stamp out the customs, like the potlatch ceremony, of the people they found in the Pacific Northwest when they arrived. Of course,

by the time this tale takes place, in the 1920’s, the smallpox this more enlightened race brought with it had been murderously effective in stamping out these customs by killing eighty or ninety percent of the people who’d been practicing them.

There’s just the right amount of anthropology scattered through the book, mainly in the form of brief quotes at the chapter beginnings — enough to let you feel you might be learning something but not so much that it gets in the way of the story. And the story’s a good one, especially for those who like their fiction served with sea salt, or seemingly hopeless love, or friendships between unlikely characters. The amicable way Mate fleshes out some of the diverse members of his cast calls to mind Steinbeck’s engaging coastal tales in *Cannery Row* and *Sweet Thursday*.

In the lead role we have Capt. Dugger, somewhat of a loner as most romantic idealists must be, who has found his ideal boat in a sleek old neglected ketch he’s restored and uses as a coasting trader, and whose quest now is for the ideal woman. As the villain there’s a callous untrustworthy tycoon who sends Dugger on a danger-fraught mission into the Kwakiutl heartland north of Desolation Sound; his wife, who becomes Captain D’s love interest, must have unwittingly fallen into the scoundrel’s clutches because she’s much too splendid to have put herself there on purpose. Additionally, there’s a raft of other folks, base, and noble, and sometimes both.

Toward the end, we get to witness a full-dimensional potlatch with all its ceremonial finery, artistry, and bizarre and bloody behavior, of which last there’s a heap. Along the way, though, we learn that the Kwakiutls were masters of theatre, able to create gory scenes through illusion. Most of the actual bloodshed in this event is caused by a mass of white intruders—which calls to mind a modern instance in which a high-minded force barges into presumably savage territory and, while trying to impose its idea of civilization, winds up only aggravating the violence and murderousness — dang it, I was going to try to get through the whole day without mentioning Iraq.

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Island Market Harvest Fair

Continued from page 1

pastures beef, apples, plums, blackberry fruit, and furniture from old barn wood. You could see our success in handcrafts ranging from children’s clothes, striped cutting boards, and coffee tables from recycled windows. Hand dipped candles, too, of course.

Sponsoring Vashon Island Growers Association set a Harvest Festival first by inviting Vashon Kiwanians to serve their all-you-can-eat pancake and ham breakfast like they do at Strawberry Festival. Proceeds go to help Islanders in varying kinds of need. Kiwanians said they were pleased with results.

Not all farmers markets have such a success. For example, the farmers market in Muscatine, Iowa, one of the many such markets we’ve visited in the past 10 years while visiting most north American states and provinces, is a place where people arrive, pick the greens or squashes or flowers they want, and leave. A “non place” Oldenburg might call it. A tomato grower from Missouri was the most talkative grower in the place.

“We are...social animals,” Oldenburg notes, “... whose nature is to share space just as we share experiences. Few hermits are produced in any human culture. (When) ...people withdraw into privacy... (this withdrawal) ...denies community and leaves people lonely in the midst of many.”

In short, then, when you buy beans and chat with the grower who picked them and learn these are the last of this year’s crop you are reestablishing that both of you belong here.

You never know what or who is planning to be there unless you subscribe to VIGA’s e-mail alert.

These are all serious farmers in the Island tradition, which includes having a day job too. Caucasian pioneers rowed to Tacoma to work while mama and kids fed the cows, hoed the crops, and picked the apples. Then it was fish or log in season while farming. Obviously agriculture continues as an integral part of Island life. Among other benefits it helps owners afford open space for everyone’s enjoyment.

Still, you can’t see at the market what makes it worthwhile to declare a “win.” You hear it. There’s so much conversation the volunteer “Geezers” musical group was drowned out sometimes.

Noise level is one measure of community, Oldenburg observes. Not everyone enjoys gregariousness all the time, he adds, but almost everyone likes it sometimes. Places like Saturday market, where folks can hang out without commitment, maintain community. And the market brings people to town, a good thing for other merchants.

Now the town is jumping on Saturdays. Oldenburg would find Vashon a winning place, at least for now. Saturday Market continues through Oct. 14.



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## Island Epicure



### Hot Dishes for Fall and Winter

By Marj Watkins

Welcome to fall, the season of oven meals, of pot roasts, and casseroles, of apples and pears, cabbages, carrots and leeks, and of hot cereal instead of cold. I hardly know what to begin cooking. Except that the less prep time the better. This is also the season when activities put on hold for summer playtime resume. Who has time for complicated menus?

Also this is the season when colds go around, and we begin to think more about what we can do to keep healthy all winter. For starters, consider spices and cooking herbs. They all pitch in to help us enjoy good health as well as to produce enticing aromas and flavors.

Garlic, cinnamon, and cloves rate as champion anti-viral seasonings and spices. Raw garlic has more anti-viral oomph, but cooked garlic works also. The secret ingredient in my favorite homemade spaghetti sauce is cinnamon. Garlic has a role in it, too. Try it on buckwheat noodles, whole wheat spaghetti, brown rice linguine or polenta.

For a vegan version, choose the beans for your protein.

**Marj’s Spaghetti Sauce**

Makes 3 to 4 servings

Cook in 10- or 12-inch fry pan with cover

Prep time: 10 to 15 minutes Cook time: 25 minutes

2 Tablespoons olive or canola oil, heated

1 onion, chopped

Stir fry onion until semi-transparent

1 cup sliced celery

2 or 3 fat garlic cloves, sliced

Add:

1 (15-ounce) can diced tomatoes

1 (15-ounce) can tomato sauce

1 teaspoon ground cinnamon

1/2 teaspoon dried oregano leaves  
or 2 teaspoons fresh oregano leaves  
Bring to a low boil, reduce heat, cover and simmer 15 minutes to finish cooking the vegetables. Add:

12 1-inch meat balls or 1/2 pound thin-skinned sausage, sliced; or 1 (15-ounce) can red kidney beans

Serve over cooked pasta or polenta of your choice.

**Polenta con Salsa**

Soft polenta with tomato sauce

Makes 3 to 4 servings

Cooking time: About 32 minutes

In 6-cup saucepan bring to boiling:  
1 and 1/2 cups chicken broth or vegetable broth

2 cups water

1/2 teaspoon salt or to taste

Gently pour in, while stirring:

3/4 cup polenta or coarse cornmeal

1/4 teaspoon dried hot red pepper flakes, optional

Stir-cook with long-handled wooden spoon 5 minutes, or until thickened. Reduce heat to low and continue cooking until polenta peels away from side of pan, about 20 minutes.

Spoon into warm bowls and top with sauce. See recipe above.

Anti-bacterial, anti-viral, anti-oxidant, and anti-cancer qualities of seasonings:

Onions are antiseptic and head-clearing.

Tomatoes give you anti-oxidant vitamins A and C, and are anti-cancer.

Oregano is anti-biotic.


Cinnamon is antibiotic and anti-viral.

Garlic is anti-viral, anti-bacterial, and useful in fighting colds, bronchitis, and rheumatism.

Hot red peppers recommended against chills, fevers, and coughs, diarrhea, gout, and rheumatism.

For more about health-promoting values in cooking herbs and vegetables, see my slim cookbook, *Curry Cookery*, available at Vashon Book Store or from me.

~~~~~



Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, October 20**

# MadameToujours

Dear Madame Toujours,

While reading your last column, I was struck by a passing reference to the idea that a man can be trained to take out the garbage. I have been living with my boyfriend Rex for about two years now. We both work, and we split the cooking. The thing is that while Rex very rarely makes any effort to clean up after himself in the kitchen, he constantly complains about the kitchen being too messy to work in. I could live with that except for one thing: the garbage. He’ll take it out if I ask him, but for some reason, he won’t touch it without being told, and I’m talking about garbage heaped up in the can so high the lid won’t shut and coffee grounds are falling out on the floor. I have seen Rex carefully balance an egg shell on the very top of the mound then curse and snarl when it falls to the floor, and yet it doesn’t enter his head to actually take out the trash. He says I should just tell him to take out the trash and he will do it, but I don’t want to have to tell him, I want him to want to do it. He says, “Nobody wants to take out the trash.” and I said, “But don’t you want me to be happy?” He said “Sure, just tell me when you want me to do it, and I will.”

How would I go about training him to do this one stupid job without my having to tell him? Is there some kind of training program, or a behavioral expert like that Dog Whisperer guy on the National Geographic channel?

Sincerely,

Living Like Oscar the Grouch

*Chere Mlle. Grouch,*

*Oui*, many of the female persons over the centuries have had the puzzlement and the frustrations to understand the masculine types. They are saying, “What for are the husbands never doing the perfectly obvious tasks that are under their noses – such as taking out the saber tooth tiger bones that everybody can see are cluttering up the fire pit — while I am having my hands full with the babies and the inventing

civilization and the family dog upchucking on the floor of the cave?”

These are the very sensible questions to which the masculine persons throughout history are saying, “Just tell me to do it, and I will.” The female types are very naturally supposing that the men, they are being deliberately stupid. This is not the case. Improbable as it may seem to the sensible persons, the men, they are actually having no idea that the trash is needing to be taken out. “*C’est impossible*,” you say, but I am telling you that this is the secret to the understanding of the masculine mind.

I will be telling you how you can be using this to achieve for yourself the goals. Possibly you are being familiar with the masculine invention which is called the “memo.” This is being the written document which is being posted in the public places such as the email or the door of the local church and so forth which is conveying any new information which the manly persons may be needing to know. This may include such notices as, “We are starting the new religion. Thinking of calling it Protestantism. First meeting in the basement of the Catholic church; tea and persecution provided.” or “In accordance with downsizing directives from Corporate Headquarters, existing departments will be taking over additional duties. Rex will be responsible for monitoring and removal of kitchen trash when it reaches no less than two centimeters and no more than four centimeters from the rim of the trash receptacle. It is anticipated that this will occur approximately twice a week. Some overtime will be expected.” Be sure to include in this document any changes in the wages and benefits which *M. Rex* can be expecting to receive.

*Bon Chance, Mlle. Grouch*, and remember that the men, they are not the adaptable creatures such as ourselves. It is easier for us to learn to speak their languages than for them to take out the trash without clear directions.

~~~~~

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Liberty



Positively Speaking

A Bird in Hand is Worth Many of Us

By Deborah Anderson

The Maui Monkey store is a strange and wonderful tourist trap. Accompanying a friend who was a stroke survivor, I was seated on a stool waiting for her to make a selection when I heard the news about Columbine. Suddenly it was hard to remain in that lovely getaway mind set knowing there was excruciating heartache there.

Really we all know there's excruciating heartache everywhere. The single characteristic of 9/11 that remains with me is the fact that in other countries, they live those days everyday. Everyday they don't know if they're going to make it across town on the bus alive. They don't know if they're going to be together with their family at the end of the day, alive.

People are in hospitals getting devastating diagnosis every day. Family members are grieving the loss of a loved one everyday.

Half of Africa is starving everyday. Half of Thailand is being raped everyday. Half of the world is being exploited financially everyday.

The means to achieving meaning to life is frequently through faith. We believe life has meaning and that evil is subordinate to blessing. It gets us through.

If you have been to southeastern Pennsylvania or part of Ohio or Missouri, you know the depth of peace that comes from seeing the Amish. Our Girl Scout troop regularly took trips up to Intercourse or Bird in Hand to see the quilts, and eat the goodies and tour the farms that were open. It always seemed such a safe way of life to me.

I don't want to seem callous, but much of the sorrow we experience we bring on ourselves. I can't complain about my knees and hips aching if I don't get out and walk and put the doughnut down. We can't complain about terrorist attacks unless we understand why people hate us and put the silly bombs down ourselves. Alcoholism, abuse in the workplace, road rage, and a host of other ills are self imposed.

Beyond the devastation of the loss of life in the Amish attack, was the realization of what it would be to have the rotted world's evil drown their peace in blood. I wondered as I watched the news if we were not a little more relieved they were forgiving the gunman because it meant we didn't have to work out an antidote.

Forgiveness is of course the only recourse. But what can we do to deal with this out of control attack on each other? What can we do to make sure world is a less violent place to live?

Could we start by asking questions? I want someone to ask a question that will lead to an answer.

For my whole life, those plain clothes and buttonless shirts and even rolling buggies and darling little children have

symbolized to me that there was a small shred of decency and quiet and sanity in the world and a community committed to peaceful ways. The intercession of their lifestyle on behalf of our conspicuous consumption and hair-trigger emotions and all the rest of western civility are now covered with their children's blood.

Somebody please start asking better questions so we can find some answers. We need a picture in picture on all our TV shows with the slightly bowed bonneted head and a question mark. It's time.

Love, Deborah

Film Flam

Alexander

By Jonathan Shipley

Alexander the Great, eh? More like Alexander the Half-Baked. Uh, Oliver Stone, uh, terrible, terrible movie. Well, not horribly terrible if you put the movie up against *Clash of the Titans*. Then again, *Clash of the Titans* was pretty cool, what with the big bird thing, and that Kraken monster. Stone's movie would have been vastly improved had there been a Kraken. Krakens make any movie better. You remember all these movies that were improved by a Kraken, right?

Three Men and a Kraken; The Kraken of Oz; The World According to Kraken; Kraken vs. Kraken; Dude, Where's My Kraken?

Yes, a Kraken would have improved *Alexander* tremendously. Instead, we get Colin Farrell with gold-dusted eyebrows. That turned me off the movie straight away. If someone needs their eyebrows gold-dusted in the movie to make it more "authentic," the director has done just the opposite. Made it silly. "Look," I said, "that's not the 4th century king who conquered 90% of the known world and never lost a battle. That's Colin Farrell with funny looking eyebrows."

That's just the beginning of a laundry-list of bad things in the movie. Like having Angelina Jolie play Alexander's mother. What's the

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age difference between Farrell and Jolie? A couple of weeks? Like having Val Kilmer play Alexander's father. We're supposed to feel a little sorry for him because he lost an eye. I'm sorry I had to watch Kilmer overact. Like having all the actors speak in various accents, like Anthony Hopkin's speaking in his fine England tones; Jolie speaking something, uh, Macedonian; Christopher Plummer speaking like he always does when he's not singing in *The Sound of Music*. Like the script, that was penned by Stone himself, which is horrifically melodramatic. Like the fact that I watched the movie for the battle scenes and it took the movie almost an hour before anything resembling a battle took place. Like the fact that there's these Cute Boy Actor Guys coming in and out of scenes. Isn't that Jared Leto? And isn't that the guy in

that Woody Allen movie about the tennis player and Scarlet Johansson? And isn't Farrell from Ireland?

What's good about the movie? The end credits. The movie is close to three hours long! Other than that, the fight scenes are pretty good but you've seen it in other, better movies, like *Braveheart*, for one. The soundtrack is pretty good. Thank Vangelis for that. The cinematography is fine, also.

Alexander never lost a battle but Oliver Stone certainly has. The thing is, I LIKE Oliver Stone movies. *JFK*, *Platoon*, even *Any Given Sunday*, are fine movies, but perhaps he tried to conquer too much with this film and instead lost — lost a lot of money, for one. The movie tanked at the box office. It's no wonder why, what with the gold-dusted eyebrows and the absence of a Kraken. ∞∞∞



*The Sun Also Sets. Seattle. Early September. 2006. Photo by Ernest. “It looks like the end of something, but the start of something too. Day turns to night, breakfast turns to lunch, drama turns to melodrama, you get my drift,” Jazzy Linnelium pontified. “Ernest does great work, just like Terry, Fitzgerald, Kid Rock, Pfortner.”*

Ernesto,  
You claim to be so multicultural, as if you were bilingual in two languages. Well, I got news for you: You’re not! You don’t even know how to say Man vs. Man correctly. Last issue you wrote Mano y Mano. Man and Man? Get it straight, please. It’s Mano a Mano. You’re embarrassing some of us educated Islanders— I do live in Tacoma, by the way and my number is 253 brk fast. Pepe Tocino ps. That fish wasn’t even that big. I bet the battle lasted as long as it takes to drive from town to Lisabuela.



*Baby Hughbert displays a rare smile after memorizing the first 15 digits in Pi. He makes his mommy and daddy and aunties and grandpappies very proud with his quick wit and mathematical prowess. “Who knows,” Aunt Liza said, “he may replace the calculator by 2012. What’s his name again?”*



Pepe,  
My apologies. Maybe I’ll just stick with pictures and have my buddy Efrem write the captions. He’s like a mad scientest; that smart! Ernesto Gazpachito

*The following excerpt is from Dominatrix Wolzcito’s last stand up tour: “Hello peeps, I thought I’d give you a little humour, some funnies, you know, to break the ice. You see there’s this stool and it has shoes and walks, like a dog or a wildebeast. A stool that wears shoes without socks! I would like to see our local veteran, I mean veterinarian, Don Juan, deal with this situation. A stool with shoes, and it’s walking toward you now!”*

*Dog Sniff Off Lasts for Days. Mocha and Royal, both dogs, sniffed each other out for three days straight. “Ernest Hemingway said the world is a fine place, worth fighting for,” Mocha mused, “and that’s how I view my sniff-offs. In fact, I would change the wording a bit— the world is a fine place, worth sniffing for. You know what I’m saying, dogg?”*

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## Eagle Scout Needs Help


Greg Pendergast of Troop 254 needs a little assistance with his Eagle Scout project.  
He is renovating the Meditation Trail in the woods behind the Church of the Holy Spirit. The trail, though on church property, is open to the public, and church Senior Warden Mark Yelken says that people do walk it, when it’s passable!  
The path has been there for a few decades, and its fortunes rise and fall. The trees and brush grow over the trail for a few years, and then someone comes along who clears it and restores it, hauls in gravel, puts in benches, and re-marks the trail. Greg is doing that now. He’s about halfway through the project.

The trail was built some years ago, and unfortunately a part of it was built just over the property line. Greg has re-routed it and opened up a new portion safely within property boundaries. He is putting in steps as needed, and is trying to raise the elevation of the trail in places where the ground is marshy and difficult to walk across.  
Greg says that the trail is pretty much walkable now, but he’s only half done, and needs some donations so he can acquire materials to build the walkways – lumber, railroad ties, and gravel.  
You can speak with Greg about his Eagle Scout project and find out what you can do to help him renovate the trail by calling him at (206) 567-5442. Then, after you’ve done that, you can take a walk!

Lo'py Laffs


There are two rules for ultimate success in life:  
1. Never tell everything you know.

A bore is a person who talks so much about himself  
that you don't get a chance to talk about yourself.




I tried working in a  
muffler factory but it  
was exhausting.

The Truth is Out There—  
what are we doing here?!





A man approaches a beautiful  
woman, and says, "Want a little  
company?" And the woman says,  
"Why? Do you have one to sell?"



One Liners

You are here: **X**  
Eat, drink, & remarry.  
Nonconformists are all alike.  
I'm not cheap, but I am on special this week.  
Crime wouldn't pay if the government ran it.  
I don't have a big ego. I'm way too cool for that.  
The more things change, the more they stay insane.  
Today's mighty oak is just yesterday's nut that held its ground.  
A leading authority is anyone who has guessed right more than once.  
Nothing is impossible for the people who don't have to do it themselves.  
For every person with a spark of brilliance, there are about ten with ignition trouble.  
Sometimes love just isn't enough, and sometimes shipping and handling is too much.  
Thru the years I've noticed that conscience gets a lot of credit that really belongs to cold feet.









Did you hear about the short  
fortuneteller who escaped from prison?  
She was a small medium at large.


One day my young daughter and I were listening  
to an old tune by Simon and Garfunkel. When the song  
finished, she asked me, "Well, did he?" "Did he what?"  
Her reply: "Did Parsley save Rosemary in time?"

Two tourists were driving through Louisiana. As they approached Natchitoches,  
they started arguing about the pronunciation of the town. They argued back and  
forth until they finally stopped for lunch. As they stood at the counter, one tourist  
asked the blonde employee, "Before we order, could you please settle an argument  
for us? Would you please pronounce where we are...very slowly?"  
The girl leaned over the counter and said, "Burrrrrrrr, gerrrrrrr, Kiiiiing."




A head of lettuce  
knows something you  
don't. It knows for sure  
if the light in the  
refrigerator really goes  
out when the door is  
closed. - Sam Ewing





In ancient Egypt women used crocodile  
dung for birth control. Makes you wonder  
how many other types of dung they tried  
first. - Jay Leno

You can't reason  
someone out of  
something they  
weren't  
reasoned into. -  
Mark Twain



If you've never been  
hated by your child,  
you've never been a  
parent. - Bette Davis

I like long walks, especially when they are  
taken by people who annoy me. - Fred Allen

A grenade fell onto a kitchen floor  
in France, which resulted in  
Linoleum Blownapart.



OFFSHORE



# Loop Arts



The Comforters are Pia and Jason Robbins  
Courtesy Photo

## The Comforters Cometh

The Comforters, a folk-pop acoustic duo from Eugene, Oregon will be bringing their own brand of sweet folk-pop tunes to Vashon on **Saturday, October 14**. They are playing Café Luna in Vashon at 7:30 p.m.

The Comforters are Pia and Jason Robbins. Their debut record, *Transplants*, will be released in October, 2006. “We’ve worked hard on crafting a record that has a unified sound,” explains Jason, “Pia has such a beautiful voice that communicates so much, that it’s just painting around that with sounds and textures.”

The irony is that, while on the surface there is an air of tranquility and endless calm to the album, the songs deal with affairs, depression, heartbreak, alienation and yes, some negative things as well.

The Comforters have quickly found ears tuned to the bittersweet in life on radio stations on both the East and West Coasts, as well as on several Internet radio shows and podcasts. “The response has been great,” says Jason, “and it’s a real kick in the pants knowing ahead of time that people we’ve never met in person are looking forward to the record coming out.”

The Comforters recorded *Transplants* at their own Big Timbre Studio in Eugene. Jason has engineered and produced records by artists such as Dwight Yoakam, Pete Anderson, Michelle Shocked, Curt Kirkwood and local favorites Dan Jones & The Squids (forthcoming record), Jon Itkin and Trapped in a Minivan.

Listen to The Comforters online at [www.feelthecomforters.com](http://www.feelthecomforters.com); [www.myspace.com/thecomforters](http://www.myspace.com/thecomforters)

October at Café Luna

Thurs, 10/12 6:30 p.m.

Progressive Film Series: *The President's Analyst* (1967)

Fri, 10/13 Greg Dember & Patrick Reardon: Two Great Young American Songwriters

Sat, 10/14 The Comforters: Folk Pop Duo

Fri, 10/20 Amber Tide: High-spirited acoustic entertainment

Sat 10/21 Rachel Harrington w/ Zak Borden: Acoustic Alt Country

Fri 10/27 Great Rain: Return of Folk Rock Insurgents

Sat 10/28 The Fresh Heartbreak: Acoustic, folk-rock singer-songwriters

All music begins at 7:30 p.m.



Red Perl Courtesy Photo

## RedPerl With Egg!

By Jessa Zimmerman

Tickets are now on sale for an exclusive double bill concert featuring Kat Eggleston and RedPerl on **Sunday, October 22** at 2 p.m. at the Havurah Building on Westside Highway. Advance tickets are \$12 at the Vashon Bookshop. Admission at the door will be \$15.

Why are Kat Eggleston and RedPerl playing on the same bill? It turns out they’ve been circling each other in the musical world for a long time. Kat went to college in Spokane where Daryl was teaching and performing, and she used to see him perform. “I’ve always wanted to play with Daryl!” says Kat. Daryl saw a show of Kat’s and enjoyed the influences he heard in her music. “She was just killer!” he says. Sarah used to live next door to Kat’s parents. Kat and Daryl also happen to be my two guitar teachers. Kat will begin the show with a set of her own, which will include some new material she’s developing. Intermission will be followed by a set



Kat Eggleston Courtesy photo

by RedPerl, also prepared to play many brand new songs. Then comes a highlight of the day — the audience will be treated to the never-before-heard collaboration of all three musicians on a couple of pieces. Immediately following the concert,

there will be a reception where you can chat with Kat, Sarah and Daryl and tell them how much you enjoyed the show, as well as enjoy refreshments and fine Italian wine (available for purchase by the glass).

The Village Learning Community is sponsoring this event as a benefit. The Village is a member-driven, non-profit, cooperative group of families dedicated to pursuing interest-led learning. That means sharing what we love to do with others, creating opportunities to learn new things and develop new passions, and developing relationships based on shared interests. Come out and enjoy the show!

## Morell and Pereña Dance at Blue Heron

*Continued from page 1*

Pereña will present *Shore*, a contemporary dance piece she first performed at London’s Laban Centre. Tickets, \$11/\$14, are available now at Heron’s Nest and Blue Heron Art Center. Limited seating, Call to purchase by phone, (206) 463-5131.

Pereña recently returned to Vashon and currently teaches adult modern and choreography coaching for Blue Heron Dance. “Performing *Shore* here is my offering back to the space and the community that continues to teach and support me so much. *Shore* pays tribute to the Island.”



Jessica Morell will perform her original piece, *Mother Tongue: a Working Progress*. Photo courtesy of VAA

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## Hollywoodland

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## The Guardian

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## Flicka

Fri. Oct. 20 - Thurs. Nov. 2

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, October 20**



### Island Jazz Quintet Releases Third Album

Island Jazz Quintet invites you to a CD release party for their third album, *Who Knows*, this **Saturday, October 14**, at Crepe de Paris in Rainier Square in Seattle, (1333 – 5th Avenue). There will be complimentary hors d’oeuvres at 6 p.m. and the music starts at 7 p.m. Dinner is also available (call (206) 623-4111 for reservations). Admission is free. IJQ is Richard Person, trumpet; Tom Wilkins, piano; Todd Gowers, bass; Todd Zimberg, drums; Maggie Laird, vocals. Photo by Todd Pearson.

### What’s Happening at Vashon Bookshop

By Devon Atkins

These days you can feel the Island getting ready. The Bookshop loves this season, that which is here, and, oh my, that which is coming. Somehow this whirlwind of holiday madness fares well in a room full of readers and books, and brings the best out of everyone there!

It all begins with this month’s Poetry Salon, **Thursday, October 12** at 7 p.m. (That’s right, you didn’t miss it last week.) At the Salon, we talk about words, poetry, and poets. Some of us are and some of us aren’t, but we all love it. We’re pretty casual; folks show up when they feel like it, and we always welcome anyone new. And, this month, it’s all about tales of the dark, because the 12th is reserved for the darkest, scariest, creepiest poetry around; and, you’d be surprised to know what’s out there. Bring something of your own or another’s, or, come and don’t bring a thing but your sense of adventure. Give me a call, if you’d like to be on our emailing list, 353-9227.

A few days later, on **Sunday, October 15**, come hear Lornie Walker, an Island author, who will give a reading and signing of her book, *Argyle Park, A Memoir of My Sister’s Suicide*. But, don’t be discouraged, because this is not a book about despair. Certainly, suicide is not



Lornie Walker Photo by Jamie Craighead

an easy subject to tackle; people don’t want to talk about it; but, Lornie tells the story of the painful relationship she had with her sister, Mary, a beautiful and talented girl, who, in 1977, jumped to her death from Seattle’s 12th Avenue Bridge. It’s about the sixties and seventies, Vietnam, drugs; but mostly, it’s about a

## Vashon Bookshop

### Merna Hecht tells the Scariest of Tales!

Saturday, October 28th, 11 a.m.  
(not for the faint of heart,  
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woman and how she survived her sister’s suicide and the years of guilt and depression that followed. The book was a labor of love that involved a wealth of Vashon women writers, including Shelley Calabrese, Susan Hesslegrave, Lesley Reed, and Ruth Richstad. And, even the cover art was donated by Jacqui Lown. The book is available at the Bookshop, The Country Store, and Books By The Way, and ten percent of all sales go the suicide related programs. Lornie says that writing the book has helped her find her way back from depression, but that talking to the people who read her book has been the real gift. “It’s taught me about the value of listening to other people’s stories,” she says. The event is Sunday, October 15th at 5 p.m. Come early and mingle!

Finally, a few teasers for what’s upcoming: Merna Hecht, the storyteller of all storytellers, will be at the Bookshop **Saturday, October 28**, at 11 a.m., telling scary tales to delight and amuse. Her stories are for the whole family, although younger than seven years old, is probably just a little too young.

And, then, hold on to your hats, because Karen Fisher, the author of *A*

*Sudden Country*, will give a reading and signing **Thursday, November 2**, at 7 p.m. Which only goes to prove, once again, that there is more to the Bookshop than just books, but you’re just going to have to pay close attention see it. **oooo**

### Fire District Open House October 14

Vashon Island Fire and Rescue invites Island families, including children, to its annual Open House on **Saturday, October 14**, from 10 a.m. to 2 p.m., at its main fire station, 10020 SW Bank Road.

Displays of basic food and water storage, safety supplies and information about the **upcoming Island-Wide Disaster drill on October 21** will be available. There will be refreshments, and several bike helmets will be given away, as well as some small items for children.

The Open House culminates a week of Fire Prevention activities in the public schools, as part of the national campaign. Come join us and learn something about how to better prepare your family in case of a major disaster.

For questions, please contact Susan Wolf at 463-4466.

## 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!

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