In This Issue: Sustainability defined, The Spiritual Smart Aleck's off to the fair, the Mother of all Corn, Soup for the Season and much, much, much, more...



lights Vashon

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Dollar

Bulb for a

VashonSolar Tour

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Drama Dock presents "Talking With..." Oct. 5-7 and 12-14

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Vol. 4, #20

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM October 5, 2007

### Forest Thinning

by Dave Warren

The first forestry project of about 20 acres in Island Center Forest (ICF) will occur in the next few months. The harvest from this work just sold to Fritch Mill in Snohomish in late September. It will be about the same size as the thinning done in Agren Park in 2003 - about two hundred thousand board feet (or about 50 logging trucks worth).



A worker felling logs as part of the earlier Agren Park thinning operation. Photo courtesy Forest Stewards.

#### **CERT Member Aids** Fallen Rider

by Susan Wolf

When Sharon Danielson took the CERT training course, sponsored by Vashon Island Fire and Rescue, she just wanted to help the community in case of a disaster. She never thought she'd need it right on her own property until Sharon's older, usually wellmannered, horse stumbled and her friend tumbled off.

Continued on page 6



Sharon Danielson (right) responds to an incident in CERT training. Courtesy photo



Vashon's future? A house on Sustainable Vashon's Solar Tour utilizing solar panels. Courtesy photo.

# Sustainability... What Does It Mean?

This edition of *The Loop* takes an admittedly rather quick look at some of the ideas and issues revolving around sustainability. Islanders in the group Sustainable Vashon put together this definition of sustainability: "Sustainability means meeting our needs today without compromising the ability of future generations to meet their needs. Further, sustainability is fundamentally an issue of justice; that no community can meet its present and future needs at the expense of others and the health of the natural systems on which we depend without compromising the whole." Beginning on page 4, articles by Emma Amiad, Melissa Bangasser, Rita Schenck, Janie Starr, Kathleen Fitch and Marcie Summers start the work of fleshing out what sustainability can mean and a few specific steps Vashon households Continued on page 4



Cub Scout rocket action. Photos by Deirdre Grace

### ...3 2 1 Blast off!

Vashon Cub Scouts had a blast building and launching kit rockets at Paradise Ridge on September 29. The rocket day is the annual kickoff to the Cub Scout year. Cub Scouts get together bi-weekly in grade level groups to hike, do woodworking, art and science projects, gain environmental awareness, and lend a hand to community groups.

#### Zanzibar Chocolates **Opens**

By Ed Swan

Last week Jodie O'Kelly opened Zanzibar Chocolates. Jodie first learned about chocolates and candy making from a woman she met on an allwoman Habitat for Humanity build in Malawi, East Africa.



"Liesel Reilly had her own shop in Des Moines, Iowa, and brought us each some of her chocolates, Jodie says. "I was wowed. She let me spend time with her in her candy kitchen, and I learned to hand-dip from a video (and lots of practice). A couple of candy conventions later and I was in business as Cocoa Safari Chocolates in Oakridge, Oregon ."

Continued on page 15

#### **Pete Murray Offers Nature Photography Class**

by Sue Trevathan

Nationally known island photographer, Peter Murray, will be offering a two-day nature photography class on Saturday and Sunday, October 13-14. On Saturday, participants will spend from 3 to 6 PM learning the basics of camera operation, how to look at the landscape, what makes an image, dominant elements of an image, etc. Participants will also learn about F stops and depth of field, and how to photograph birds. On Sunday, after a 1 to 2 PM session, Pete will take students into the field until 5 PM, to practice what was taught in the classroom. Continued on page 15



Continued on page 16 Bald Eagle landing, Pete Murray photo

## Get in The Loop

#### Submissions to the *Loop*

Do you have an announcement or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the Loop, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

#### **VIPP Garage Sale** October 14

Vashon Island Pet Protectors will hold its fall garage sale on Saturday, October 13th from 9a.m.-3p.m. & Sunday, October 14th from 10-1p.m. at the Firefighter's Association Building on Bank Road. Donations are accepted on Friday the 12th from 10-4p.m. Unfortunately, we're unable to accept: mattresses, computers, clothes, exercise equipment, televisions or large appliances. For more information, please call Victoria at 463-5381.

#### **Bring your Pets**

The third annual "Blessing of Animals" ceremony will be conducted at Vashon Lutheran Church (18623 Vashon Hwy SW) on Thursday, October 4 at 7 P.M. All people who love animals, along with their pets and human friends, are invited to this service, which focuses on God's gifts of animals and our responsibilities as stewards of God's Creation. Please make sure that all animals are on a lead or in a secure pen for the safety of other animals.

On October 4, the Church commemorates the feast day of St. Francis of Assisi and remembers his love for all creatures. For more information contact Vashon Lutheran Church at 463.2655.

#### The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley Ad sales and design: Email:

ads@vashonloop.com

Ed Swan; Email: editor@vashonloop.com

Publishers: Marie Browne and Troy

PO Box 253, Vashon, WA 98070 Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal

with it. Published every two weeks by Paradise Valley Press © October 5, 2007 - Vol. IV, Issue 20 Don't miss an issue!

Subscribe to The Loop! \$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

#### **Students** Commended

Susan Hanson, Vashon Island High School Principal, announced today that Aidan Murphy and Natalie Hoyt have been named Commended Students in the 2008 National Merit Scholarship Program. Α Letter Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, will be presented by the principal to these scholastically talented seniors.

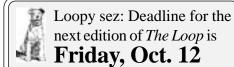
About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2008 competition for National Merit Scholarships, Commended Students placed among the top five percent of more than 1.4 million students who entered the 2008 competition by taking the 2006 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/ NMSQT).

"The young people named Commended Students in the 2008 National Merit Scholarship

Program are distinguished by their strong academic performance in this rigorous competition," commented a spokesperson for NMSC. "Our nation's pursuit of educational excellence can be furthered by publicly honoring these outstanding students and by acknowledging the important role members with loved ones in the schools play in fostering their burn unit can reside while helping development. We hope that this the burn victim recover. NW Burn recognition will contribute to their Foundation also runs a summer educational opportunities and encourage all students to strive to every year where kids get to be kids realize their potential."

#### **Lutheran Church Joins Gallery Walk** Friday, October 5

Local artists affiliated with Vashon Lutheran Church will exhibit their art work at Vashon Lutheran Church (18623 Vashon Hwy SW) from 7 through 9 P.M. The showing will include paintings, photographs, quilts, and mixed media. Live music (by Marsha Morse) and refreshments will be provided. For information, contact Vashon Lutheran Church at 463.2655.



#### www.vashonhorseproperties.com



The Northwest Burn Foundation is hosting its annual fundraiser to help families and burn victims. For instance, the foundation owns an apartment near Harborview Medical Center, where family camp for children burn survivors and have a fun time. According to their website, www.nwburn.org, burns are the second leading cause of accidental death to children under age five. Nearly 24,000 children are treated in hospital emergency departments every year for scald injuries alone. Vashon Island Fire & Rescue members will be volunteering their time on Sunday, October 7th from 10:00-2 p.m. at Thriftway. We invite the public to come by and help us "Give Burns the Boot!"

#### Help is On the Way!

Because the Middle School better experience demands learning, preparedness for Strategies for Success, a four-day after-school workshop, will be offered to sixth, seventh, and eighth graders at McMurray Middle

#### Give Burns the Boot Senior Center Needs **Brainstormers and Volunteer Drivers**

Senior Vashon Center's membership "gathering" becomes a business meeting at 1 p.m. Oct. 8 at the SC. Participants will be asked to create a new motto for the SC, as well as hear about volunteer opportunities for stepping up to the plate to initiate and facilitate some of the programs, such as "Movies & Popcorn" and the Sunday afternoon potlucks—and new Volunteer drivers who can help with trips are also needed; fundraisers and lunch helpersgardeners and building volunteers, too. A year in the making, the strategic plan describing the SC's future will also be presented, with opportunities for questions and comments by board members Ellen Trout and Nancy Wallrof. Winter holidays are coming, and the SC is collecting collectibles and regifting items as a fundraising sale for the December Open House with Santa. Items may be brought to the SC, or call Mary Bomber, 463-3176.

School, beginning October 8th. For more information and registration, call Devon Atkins, 353-9227. Scholarships will be provided by Vashon's PTSA.



It's a party and you're invited

# HOME TEAM REALTY

Troy and Marie Throw a Party at the Lavender Duck 16503 Vashon Hwy SW Saturday, October 20 from 1:00 to 4:00 Octoberfest-ish refreshments Music by Spare Change

(that's a handful of guys from Loose Change) **Door prize!** 

Special drawing for renters (see Glendale Property Management ad on back page)



# Lavender Duck

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→ 3.25 bath

→ 4 bedrooms

Separate cottage

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MLS # 27083442

Turn of the century farmhouse lovingly maintained and currently operated as a B & B. Each of the four suites in the main house includes its own private bath. The property also has separate detached living quarters surrounded by lavender fields. This vintage gem on the main thoroughfare of Vashon is only three minutes from the ferry in one direction and the town of Vashon in the other. Plenty of parking and outdoor living space complete the picture. Come see the possibilities! \$ 499,000.

# Great Price - Fantastic Fixer

First time buyers and investors! A cosmetic fixer that's nice enough to live in as is. This house has good bones - cute cottage style, high ceilings, full unfinished basement, on sewer. It's on a large lot in a great neighborhood on the desirable Westside, close to the beach. Tremendous potential for increasing value through sweat equity. New flooring and fresh paint throughout make it move-in ready today! \$259,000 MLS # 27175260

- → 1 bedroom
- 20 Acre چو
- Full Basement



17017 135th Lane SW



# Fresh & New

- → 3 bedrooms
- 9 1.5 Baths
- → 1 Car Garage

**8804 SW 184th St.** MLS # 27143323

Everything is new! Adorable single level home with cozy stone fireplace is completely fresh and new inside. Maple cabinets, energy friendly Pella windows, quality flooring, gorgeous light fixtures, CAT5 cabling, new roof, all new appliances including a gas furnace and electric water heater. Ideal location and the property is beautiful. Majestic firs grace the front providing screened privacy, and the sunny back yard is dotted with fruit trees. Easy to move in, easy to live in, easy to maintain. \$385,000.

# New Price!



- → 3 bedrooms
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21710 101st Lane SW

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MLS # 27045308

The Vashon Loop, p. 4 October 5, '07

#### Sustainability... What Does It Mean?

Continued from page 1

This topic feels fundamentally important to Vashon for three reasons. First, sustainability directly relates to climate change and global warming which may soon hugely impact our environment and economy, the topic of the hour. What will happen to Vashon's shoreline homes and ferry docks in the coming decades with varying estimates of sea level rise? Second, as Sustainable Vashon alludes, justice demands that we look at the imbalance of our use of the world's resources compared to others around Earth and the many problems that causes for all of us.

Our fossil fuel usage affects the whole world's climate and our policies to secure that fuel lead at times to armed conflict. Third, Vashon comprises a discreet village community, small enough that Islanders can really get to know each other and more easily work together. While small, Vashon possesses disproportionate riches in education, income and the skills to effect change for its size. There's a lot of talk about sustainability on Vashon and the beginnings of action. With all of the resources and ideas at our disposal, the character of Vashon will be defined in the coming months and years depending on how we reach out to make the talk about sustainability real. Can the Island step beyond a few pilot projects here and there to significant and systematic change?

#### **Sustainable Vashon**

by Janie Starr, member of Sustainable Vashon and Climate Project presenter

A few years back, a small group worked to transform Sustainable creative response to climate change Vashon into a non-profit organization, with the mission statement to be " ... a learning and action network with a shared commitment to discover, model and advocate for the environmental, social and economic sustainability of Vashon-Maury Island."

We agreed that "sustainability means meeting our needs today without compromising the ability of future generations to meet their needs". Further, we determined that "sustainability is fundamentally an issue of justice; that no community can meet its present and future needs at the expense of others and the health of the natural systems on which we depend without compromising the whole."

Since then, our Working Council has sought to work collaboratively other groups with organizations on the island, cosponsoring such films as "The End of Suburbia", initiating the Beyond Oil Coalition, hosting island-wide potlucks that celebrate locally grown food, and facilitating conversations around the challenge of being in-community when we disagree.

With the help of a foundation grant, we began our own Green Seed Grant program designed to to change out light bulbs, turn down projects that showcase examples of less, engage political leaders, and sustainable action. Past recipients have ranged from Chautauqua Garden's composting and water harvesting systems to Mark Yelken's worm farm.

This year the Working Council made the determination to concentrate our efforts around the issue of Climate Change. This focus has been reflected through our most recent Green Seed Grant recipients:

- \* Islewilde's Arts Celebration Festival '07, focused on Energy, the Climate Crisis, and Sustainability,
- \* the Backbone Campaign's giant sun puppet depicting the promise of renewable solar and wind energy.

We encourage anyone with a to apply for a grant (maximum of \$500) through our website: http:// www.sustainablevashon.org/ pagen.cfm?name=grants.

Sustainable Vashon has also sponsored Meg Gluckman's and my work with the Climate Project, and, as a result, we've been able to offer a wide range of presentations and programs community-wide, focused on clarifying the crisis and helping people determine their own action steps. Venues have included Vashon College and the Democratic Club, and on November 13th, we'll present at Audubon's monthly meeting (contact Laura tlbiengers@earthlink.net for details).

On October 16th, we will be facilitating a FREE Host-Training of the Low Carbon Diet (LCD) program at Café Luna from 6-9PM. After sharing a delicious supper prepared by Karen Biondo, participants will learn the simple steps to start their own LCD team with the objective of reducing one's carbon footprint by 5000 LBS in only 3-4 meetings. Our goal is to prepare folks to engage friends, family, coworkers, sewing circles, schools, faith groups, vanpools, book groups, NERO teams, and eventually the entire island in a concentrated effort encourage innovative small-scale thermostats, retrofit homes, drive take a stand against global warming. Reservations are required and can be made by contacting me at starrboogie@earthlink.net or Meg at (206) 679-0996.

> Like so many amazing organizations on our island, Sustainable Vashon represents a big idea through the ongoing work of a small handful of people. We invite anyone interested in serving as a catalyst for sustainable actions on Vashon to join us at our monthly meetings. (contact Merrilee Runyan at mbrunyan@earthlink.net) We are only limited by the scope of our dreams and the number of hearts and hands available to make them a reality.

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#### On Product Life Cycles and Sustainability

by Rita Schenck

The issue of sustainability is on everyone's mind of late. It is possible to attend meetings on the topic every day of the year. For most people, their sustainability decisions happen in the act of buying. We try to choose more sustainable products: food with less packaging, cars that use less gas, and compact fluorescent lightbulbs instead of incandescent bulbs. This is all because it is obvious that using fewer resources means that you leave more for others to use, and therefore is more sustainable.

But there are a lot more products for which it is less clear which is the more environmentally friendly choice. Are food-miles more important than organic food? Are paper bags better than plastic bags? Is ethanol better than biodiesel?

Fortunately, there is actually a technique that measures the environmental impacts of products and lets you know the answer to these questions. It is called Life Cycle Assessment, and it is a science-based technique that compares the cradleto-grave impacts of products. It measures all the resources used and all the emissions to air and water from the time that resources leave



Sustainable Vashon's Mugshots day on September 11 encouraged islanders to get their java jolts by bringing their own mugs to Café Luna, Movie Magic Espresso, Island Roasterie, The MonkeyTree, and Burton Coffee, avoiding the use of paper cups. This gentle initiative started a new habit for coffee purveyors and their clients to save money, trees, and the energy consumed by using disposable cups. Photo courtesy Janie Starr.

the earth to the time that wastes return to the earth. Although the answer to these questions is sometimes "it depends" many times the answer is very clear, if surprising.

For example: If your choice is paper versus plastic grocery bags, the plastic bags win hands-down. Why is that? Well, there are several reasons. Paper bags are much heavier, and this means that they use lots of energy in transportation. And when paper is disposed of in landfills, it decomposes to make methane, a very potent greenhouse gas. Even if the methane is captured and flared, or used for energy recovery, less than half of the methane is captured. In contrast, plastic bags just sit there forever, making the landfill a carbon sequestration site. Overall, plastic is about 10 times environmentally friendly than paper. Of course, it is even better if you bring your own bag to the grocery store!

In another example, consider ethanol versus biodiesel as alternative fuels for cars. It turns out that ethanol is not such a great idea, especially if we are talking about corn ethanol (the dominant source in this country). The way we grow corn in this country, we use a lot of fossil fuel for manufacturing fertilizer, planting and harvesting. As a result, the overall gain in energy is small. For every unit of fossil fuel energy we use, we get about 1.3 units of ethanol energy out. In contrast, for every unit of fossil fuel energy we put into soy-based biodiesel (also the dominant source of biodiesel in this country) we get about four units of biodiesel energy out. Biodiesel is the clear winner. Of course, using biodiesel and driving less is even better!

If you want to learn more about Life Cycle Assessment, check out www.lcacenter.org

You are sure to find some surprises.

# The Vashon Carbon Footprint: Can we make a difference?

by Melissa Bangasser, Trustee of Vashon College and Director of the Center for Island Studies.

Since April 2007, Vashon College has conducted eight different classes, lectures or events related to the topics of sustainability, global warming and climate change. A research project to document Vashon's carbon footprint is being developed. Islanders interested in taking part should email info@vashoncollege.org

Sustainability initiatives have been underway within the Vashon community for the last few years and some of the more recent ones are interesting. They raise the question, "Are we getting anywhere?"

Sustainable Vashon's *Mugshots* day on September 11 encouraged islanders to get their java jolts by bringing their own mugs to Café Luna, Movie Magic Espresso, Island Roasterie, The MonkeyTree, and Burton Coffee, avoiding the use of paper cups. This gentle initiative started a new habit for coffee purveyors and their clients to save money, trees, and the energy consumed by using disposable cups.

Janie Starr, producer of the event for Sustainable Vashon and the Climate Project, reports it was a lively day as people and businesses took the idea to heart. Gatherings at the coffee counters felt like parties. It's fun to behave more sustainably.

What does *Mugshots* really do to change our carbon footprint? Maybe it's about becoming conscious of how each action, however small, has a consequence. The first step toward change is becoming aware that it is needed. Many people whether participating or just watching gained greater awareness of the wastefulness of disposable containers on September

Since April 2007, Vashon 11. A shift away from throwaways lege has conducted eight has begun.

This fall, many people also installed new energy efficient lightbulbs. Vashon College's *Get a Bulb for a Buck!* just completed its three month campaign by fulfilling orders for nearly 10,000 compact fluorescent (CF) lightbulbs. The bulbs were ordered by some 500 island households to replace incandescent bulbs in their homes and were packaged by the K-12 Ventures kids for each purchaser in reusable hemp bags.

Jody Warren of Vashon Island Energy, the campaign chair, was astonished: "We started with a goal of 2500 bulbs for 500 families, and we ended up ordering four times that!" The Get a Bulb for a Buck! campaign made it compelling for many more people to join this initiative in sustainability. Why? Most likely they recognized the energy saving benefits; forms were easy to complete at Strawberry Festival, True Value Hardware, and Vashon Island Energy, and people saw a significant economic incentive.

A community can leverage its conservation efforts through effective volume buying. Vashon College conducted the lightbulb demonstration project as a way to test group purchasing for the Vashon community. This is good business for everyone.

In the case of *Get a Bulb for a Buck!*, the arrangement was further enhanced with coupons donated by Puget Sound Energy, the island's electric energy provider. Co-ops have long used this volume discount approach. Vashon College's Center for Business and Commerce hopes to use this simple model in the future





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to facilitate the Vashon community's purchase of other important energy-efficient items as we work to save money, reduce our carbon footprint and move Vashon to a more sustainable position.

Can such simple adjustments really impact the carbon dioxide content in the atmosphere? Is encouraging voluntary community action to implement these changes worth the bother? Most everyone can see evidence now consequences as the earth heats up: warmer water in the Gulf of Mexico produces more powerful storms such as Katrina; melting of polar icecaps raises sea level so that even inhabited islands are starting to disappear; and higher temperatures bring more intense pest epidemics and forest fires. And, "positive speeds up these processes.

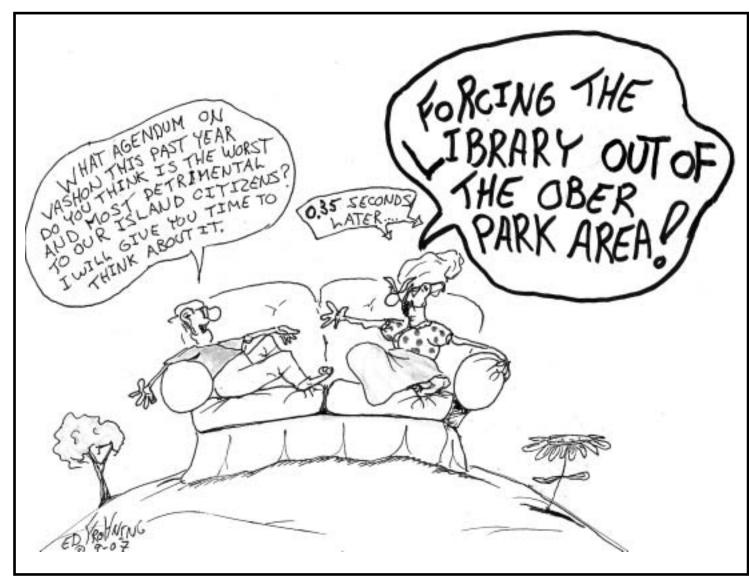
Many Vashon organizations like Vashon College are dedicated to building awareness of global warming and climate change as well as encouraging individual voluntary actions. Sustainable Vashon is one of the most active with its sub groups: Climate Change Project, Beyond Oil Coalition, Edible Island, Biodiesel, and the Green Seed Grant Program. Other organizations such as the Community Council, The Land Trust, Audubon Society, AlTo, Master Gardeners, Building Circles, Vashon Island Growers Association, Backbone Campaign, Vashon Fruit Club, and Forest Stewards are also participating.

A growing number of island businesses are going green. Vashon Island Energy has become the first island business to buy all Green Power from Puget Sound Energy, and Vashon College plans to follow suit. The Worm Guy will process compost waste from our restaurants and the community, and Rick's Diagnostic & Repair Service is reportedly the only business on Vashon to be part of King County's EnviroStars program. These are just a few examples.

Vashon College and these organizations hope the greening of Vashon will gather momentum. Informed individuals can make inventive decisions that raise awareness and lessen our community's carbon footprint. Successes can raise greater awareness and persuade growing numbers of people to work together toward sustainable innovations.

At a Vashon Reads & Leads potluck on Vashon's Carbon Footprint, one person commented, "By using a different paradigm you can often get to a better solution that solves everyone's problems." Everyone agreed that Vashon's best resource is its brainpower.

Brainpower can create a new paradigm for Vashon. Will it make profound changes big enough and fast enough? We must believe that it will, and we must try.



# Spiritual Smart **Aleck**

#### Heigh Ho, Off to the **Fair**

By Mary Litchfield Tuel

My friend Becky and I took my son JD and my granddaughter across the Great Water and "did the Puyallup" on the last day of the fair This was granddaughter's first time at the fair.

She had her first merry-goround ride, and her first visit to the carnival rides. JD also took her through the "haunted house." About nine years ago he went through the haunted house with his friend Shannon. Shannon fell in the dark and injured himself. Went to the emergency room, got stitches, lots of excitement, abject apologies from the Fair people, and so on. When I asked what the haunted house was like these days, JD replied, "Better lit."

While Daddy and daughter were hitting the carnival, Becky and I wandered into what Becky calls "the gizmo barn," a huge exhibition hall with what seemed like hundreds of people hawking hundreds of items: waterless cookware (at least three different booths, all claiming to have "the original waterless cookware"), the super mop, sweaters, rayon chamois cloths (how do you breed a rayon chamois?), Sleep Country mattresses, herbs, candy, jewelry, roofing, windows, etc.

A booth that fascinated me was one where people were laid back in dentists' chairs under blue lights, with their mouths held in vast grimaces, exposing their incisors to the hot blue light which shone in a rectangle into and around their open mouths. I think the light was whitening their teeth. I'm not sure. There was something creepy about a row of people lying down in public contorting their faces into a deathlike rictus with that shocking blue rectangle surrounding their

booths. They now make sewing the first star of the evening, and machines that can embroider asked me to teach her the magic incredibly intricate computer-run words, so I did and we recited them designs. Becky is very intrigued and together: star light, star bright, first fascinated by design, and how it's done with computers. She and her husband have a machine that carves wood with a laser in incredible designs directed by computer.

designs, mostly in wood, but with the sewing machines she was thinking of ball caps, etc. You'd have to be pretty serious to drop six to twelve thousand dollars on a sewing machine, though, and Becky didn't, but I guess people do. I watched a commercial embroidery machine work for a few minutes, and it was pretty awesome. I didn't see a price tag on that — one of those, "if you have to ask..." deals, I guess.

Anyway, while Becky was getting the low down on these computerized stitchers, I wandered over to the Grange produce displays. They were beautiful, although 'way past fresh after two weeks of fair. I grew up in an apple orchard, and my mom and dad used to enter apples at our county fair in my name so I could keep the ribbon for the "Biggest Golden Delicious," for example, so I am actually interested in artistic displays of fruits and vegetables.

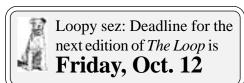
Then I went over to the recliner booth and sampled their wares.

Then we met up with JD and Allysan again, and all four of us went to see the cows, sheep, and goats. In the "livestock of the world" barn we saw a dromedary, or onehump camel (LARGE, really LARGE) and Himalayan yaks and South African Boer Pygmy Goats and African Watusi cows (again, really LARGE, with pointy horns as big around as your leg), and a zebra, which shared a pen with a ze-donk, which is a zebra crossed with a pygmy donkey. It looked like a donkey, mostly, with zebra striped legs. I told Becky that if it was Chinese it could be called Mao Ze-Donk, and she was gracious enough to smile. I bet the people who bred that creature haven't heard that joke more than a million times.

When it was time to go we began to meander back toward the gate where we'd come in. It takes a while to walk across the fairgrounds, and my grand daughter kept saying she was hungry, so after we left the fair we walked a short way to Cattlin's restaurant and had dinner. Then we moseyed back to the car and headed home, dropping JD off at his place en route.

As we drove by the north end of We came to the sewing machine the runways at SeaTac, Allysan saw star I see tonight, I wish I may, I wish I might, have the wish I wish tonight. She repeated this faithfully, and then announced that it wasn't really a star — it was a planet.

Becky and I sang through "Tell Becky is serious about her Me Why" once, and I broke into the harmony on the second verse, and we made it to the Fauntleroy dock just in time to drive right onto the ferry. It was a great day. I hope to be rested up by next year so I can go again.





Check out all the activities & programs on www.stov.us Sustainable Tourism on Vashon, a non-profit organization.

#### October is Domestic **Violence Awareness** Month!

Come visit DAWN staff at Thriftway from 10am to 2pm on Saturday, October 6, to learn more about how we can work together to end domestic violence.

Thank you for your support of our work on behalf of survivors

of domestic violence and their children! 206.450.0186, www.dawnonline.org

#### **CERT Helps Rider**

Continued from page 1

"It was one of those slow motion things that happen so often with horses," she said regretfully. The friend began to get up, but Sharon's CERT training kicked in. She noted signs the woman appeared to be going into shock and told her to lie down while she called 9-1-1. The woman was reluctant to be checked out, but Sharon insisted.

The woman was subsequently transported to Harborview where she learned she had suffered a crushed vertebra. "I was so grateful for that training and feel it helped me be calm, communicate clearly and not go beyond my training, Sharon says.

"If it weren't for people like Michael and Catherine Cochrane, our CERT program would not exist," says Fire Chief Keith Yamane. "CERT is not just for a disaster; it's for everyday life." The current CERT class is underway with 30 students, including three that are taking a repeat course to refresh their skills.

Don't Forget the **VashonBePrepared** Island-Wide Disaster **Drill October 13.** Want to get involved? Call Lynn at 567-5011

#### **Vashon Solar Tour**

by Meg Gluckman

Solar powered and energy efficient Vashon homes will be open for visits by the public from 10 am to 4 pm on Saturday October 6, 2007. Self-guided tour maps as well as enLightenment Workshops on solar electric, solar hot water systems, and the Low Carbon Diet will be available at the Village Green. Plus check out the Backbone



The Backbone Campaign's new 7 foot sun/ renewable energy puppet. Photo courtesy Sustainable Vashon and The Backbone Campaign.

Campaign's new Sustainable Energy

Find out how your neighbors are trimming their energy bills and increasing their energy security. Learn about energy efficiency, speak with homeowners and experts and learn how solar technology works, what it costs and why it makes sense. Some sites will also feature alternative fuels, water conservation solutions, aquaponics and natural building techniques.

The Tour is free and self-guided. Tour virtual map: http:// vashonsolartour.mapmate.com. Contact Questions? Tour coordinator Meg Gluckman, megabucks28@yahoo.com, 679.0996. Sponsored by Sustainable Vashon.

#### **Going Green**

by Emma Amiad

Part IV in a series, Emma finishes sustainable living.

So here we are in the 21st century. The Internet has widened our knowledge and shrunk our world. We have politicians and scientists telling us the grave truth of global warming and we have activist organizations trying to turn that into positive action. We have Al Gore. It's easy to get too much information.

By reading the books of some of the pioneers of ecology and the modern environmentalism, we can begin to get the background that will help us all make better decisions. None of this is new information. It's just become more available.

The whole "green" building, sustainable development thing has grown into an almost unwieldy set of resources. Many of the "experts" disagree. There are hundreds of new products and methods out there. There are classes, organizations, books and magazines that can educate and inform. There are Internet sites, stores and consultants that can help. But you have to go slow and study everything.

There are some basics. First, use your head and think things through. What do I mean? Here's an example. I remember a GreenBuilt Conference I attended a couple of years ago where a speaker asked the audience (there were about 600 of us) how many of us had bamboo floors. Along with a sizable number of people I held up my hand. He said that we probably thought we had done a great thing using an easily renewable resource for our floors instead of hardwood. But, he added, "How much gas and oil do you think it took to bring that bamboo from China to Seattle and process it?" We all got very quiet. Locally harvested, sustainably managed wood products might have been a better choice. I had just not thought that far.

Another rule that makes sense of talks about a few first steps towards course is to buy locally. Travel cost money, time, and energy plus contributes to global warming. When faced with choices I take the one that's simple. Not necessarily the easiest, but the most simple. The door doesn't close right? Don't buy a new door, fix the old one. That's simple. It all goes back to my parents era of "waste not, want not" thinking.

We all have to balance what we can afford, what we want and what we think is good for the planet. With luck and education those choices can all be the same thing. Maybe you can't afford to go solar right now but you can pre-wire your house to be ready for it later and become better informed about the products available. Maybe you can't afford a new hybrid car but perhaps you can afford to have your old car retrofitted for alternative fuels.

Learn to be happy with what you have and where you are. Fight back against consumerism and the

need

Big Life.

buy



Emma Amiad

books, the most popular, *The Not So* become more green and your home Big House Book. I've heard her speak and life more sustainable. a couple of times and she stresses that what she's discovered with her Emma's happier with a smaller house and a blog.html. smaller life. She quotes philosophers who have been preaching this same of Amiad and Associates on Vashon idea for literally centuries.

I'm happy to discuss specific or building ideas, community planning www.vashonidslandrealestate.com

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to issues, green building materials and the all of that. But first and foremost I latest toys. want to ask you to research the just environmental movement. This finished wasn't born yesterday, folks. It's reading been around a long time. If you S u s a n want to make a commitment to be a Susana's part of the solution instead of part new book of the problem do some background *The Not So* reading and get up to speed.

This article is the start of a series She is the that will be published from time to a w a r d time in the Loop. I will detail, in winning each short piece, one or more of the author of ideas, products and resources m a n y available locally that will help you

This entire piece may be found at blog research is that people are actually www.vashonislandrealestate.com/

> Emma Amiad is the broker/owner Island. Contact her at 206-463-4060 her website:



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- 1 American Civil Liberties Union (abbr.)
- 5 Vapor
- 10 Delaware
- 13 Gall
- 15 Large eastern religion 16 Fear
- 17 Squeal (2 wds.) 18 Sandwich cookies brand
- 19 Wing
- 20 Before, poetically
- 21 "\_\_ six, pick up sticks..." 23 Boss
- **DOWN** 1 Land unit
- 2 Blacken
- 3 Tardy
- 4 Alien's spaceship
- 5 When push comes to \_\_\_
- 6 Wear out
- 7 East northeast
- 8 Flurry
- 9 Take control by force
- 10 Run off
- 11 Swiss mathematician
- 12 Green
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- 26 Group of felons
- 28 Shaddock
- 31 Recipient
- 32 In the lead
- 33 Chilled
- 34 Compass point
- 37 Shall
- 38 Sounded like a cow
- 40 Lotion ingredient 41 Drunkard
- 42 Antelope
- 43 Coral reef
- 44 Angels' head wear
- 45 Married secretly
- 24 Garden tool 25 Cure
- 26 Smile location
- 27 Ogled
- 28 Animal feet
- 29 American state
- 30 Thaw
- 31 Self-righteous
- 34 Swill
- 35 Solitary
- 36 Join by heating 38 Donkey
- 39 Scent
- 40 Molecule
- 42 Uganda capital

- 46 Vegetable cooker
- 49 Skinny
- 50 Type of monkey
- 51 Mutton
- 52 Unusual
- 55 Really cool oo Perimeter
- 59 Eskimo home
- 61 Less than two
- 62 Insane
- 63 Military attack
- 64 Danish krone (abbr.) 65 Natural resin
- 66 Opp. of yeses
- 43 Defenses 44 Type of meat
- 45 Shade tree
- 46 Prepared young fish 47 Express gratitude to
- 48 Bedspread feather
- 49 Mythical deity 51 Cover
- 52 Fake butter
- 53 Former magistrate of
- Venice
- 54 Did
- 57 Dad's mate
- 58 Curtsy
- 60 \_\_Rummy (card game)

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Solution on page 17

anctum

wards our dwellings shape us. Winston Churchill

Susan James, Designer

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### The Reigning Queen of Everything

#### The RQE Faces Death.

By Sarah Blakemore, RQE

I had something really good to write about but I am drawing a blank as I sit down in front of my computer. I should be working on banking stuff since that is what they are paying me to do but I'm really not feeling that either. My socks are dirty and that always puts me in a bad mood. I was going to run out and buy some at H&M after I got to the office but unfortunately my boss is back a day early from vacation. I was getting used to her not being here, being a lone wolf. And here she is again.

I am trying not to resent her for this.

The coffee clearly has not kicked in yet.

[Insert large slurp of fancy corporate coffee]

My suspicion is that this will not be one of my most productive days. My boss just caught me not doing

company work. Great. This day just gets better and better.

I'm a little off today. And it feels like the whole world is off. The Mets' losing streak was the worst in history. The Duck wormed his way back into my life and has promptly disappeared again. Publisher Guy sent me an email saying he doesn't want to see me any more because I am too busy or some such nonsense that I didn't have time to read. My house is a mess.

But none of this matters. What really matters is that my dog is dead. He died on Friday, September 28th at 5:30 pm. He had a bowel obstruction. After two surgeries, a protein transfer and multiple rounds of antibiotics the choice came down to another surgery or humane euthanasia.

I am at my desk when I get a phone call and am presented with this choice. I weigh the situation. Despite my obvious love of the frivolous, I want cold, hard facts in a situation like this. I have farm girl practicality in this big city girl get up; and I don't want to be spared the grim details if only 10% of dogs who have this surgery live, I want to know. Now. I don't want to be told obscure bits of information; like well, we think his survival chances are less than 50%. What does that mean? 49% or 2%? Unfortunately, there is very little to weigh. Few dogs have three surgeries for a bowel obstruction. As a result there are few statistics and virtually no breed specific information.

I decide to euthanize the dog.

Hobbs. His. Name. Is. Hobbs. He is an eight year old Bassett Hound with the personality of a slightly irregular southern gentleman. His pastimes include drooling, slobbering, unsuccessfully chasing squirrels, eating garbage, lounging on the couch, staring blankly at the wall and barking at dogs that can out run him.

This is profoundly lousy.

I walk cross town to the hospital. They bring Hobbs in to a private room where I am waiting. I expected him to be on a stretcher and completely passed out. Instead he walks in of his own accord and wags his tail when he sees me.

I grill the vet again about his chances. The circumstances have not changed in the last hour.

The vet leaves me alone with Hobbs. I immediately begin sobbing and crying hysterically, my face buried in his neck. He looks me



directly in the eye with his trademark soulful look and rests his head on my lap, as is his habit when he is trying to comfort me.

I feel guilty.

Am I giving up too soon? Am I denying a wonderful dog a chance because I am making the wrong decision? Is he strong enough to get well and by euthanizing him am I cutting his life short? He is at the best facility in the country. People come from all over the world to study and work here. But maybe it wasn't the best for him. Maybe they are all wrong and if I just took him elsewhere someone could fix him.

Oh God. This is one of the worst decisions ever. I cry more.

David arrives. Hobbs is his dog too, in fact, Hobbs was living with David after we split up. I got custody of Lulu, he took Hobbs. But we are friendly and the dogs spend much time at both houses. David hugs Hobbs and wakes him up. I had been trying not to and then I realize it doesn't matter. I want him to be awake for his last few minutes on

We call the vet back to the room; she explains that animals can have post mortem twitches but they are still

before," David tells me. "I don't want to be here," he says.

You can leave, but I'm staying,' I tell him. I'm not letting Hobbs leave this life alone, curled up and shivering on the tile floor of a hospital room.

David decides to stay.

The vet explains that she will give Hobbs a sedative and then an overdose of anesthesia. I don't like the vet. She looks like she is 12. Some stupid, annoying 12 year old child is telling me that my dog has to die. And she is going to methodically kill him.

We pet him gently as she administers the sedative. David holds his head until it drops from his hands. I wrap myself around Hobbs' body and hug him. I watch him breathe. David has let go and is standing above us. Hobbs is still breathing as the vet administers the anesthesia. I watch them that although I am flattered, I him breathe his last breath.

Inside I am panicking. No, wait, no, no, no, not yet. I'm not ready. He can't be dead yet. Just one more minute. I want to tell him I love him one more time. Even though I'm the one that said yes, I'm the one who told What do you recommend? the annoying 12 year old vet to go ahead, give him the stuff. I'm not

The vet confirms that he is gone. Like I needed you to tell me. I hate

lovely and nice and been as kind as she could be under difficult circumstances. But I hate her and the whole stupid hospital. But mostly I hate the fact that I am powerless to make this better.

I want there to be a heaven. As a devout agnostic I am not a strong believer in the afterlife. But sitting on the floor with my dead dog I want there to be a heaven more than PM, the monthly (Third Thursdays) anything I've ever wanted. Ever.

Sarah Blakemore

Reigning Queen of Everything

"Why everything? Oh, Darling, because a girl should never limit herself, ever."









Dear Madame Toujours,

I am a woman in my fifties, still attractive, but not exactly Raquel Welsh, if you know what I mean. The problem is that I am often annoyed by strange men who follow me home, sidle up to me in sandwich shops and sit too close to me on the bus. They insist on telling "I've never seen anything die me about their wives who don't understand them and explaining how they would get divorced except that either the wife is terminally ill, or he's waiting for his kids to go away to college. I have heard so many variations on the same two or three stories, I could recite them line for line.

> I have tried several ways to discourage these fellows. I've tried gushing about my terrific husband, bragging about my terrific grandchildren and reflecting the light from my wedding ring in their eyes in the hope of blinding them long enough for me to make my escape. None of these schemes has been effective. I've even tried telling am not available. The guy I tried that on got all jocular and insisted I had misunderstood and invited me up to his hotel room where he could explain himself more comfortably.

> > Sincerely, Harassed

Chere Mme. Harassed,

Very flattering, non, that you are Of course I don't really. She is still the siren after the many years? But it is being the very big nuisance, too. Unfortunately, in this day and age, it is being considered not the

politeness to be sticking the toofriendly fellows with the sharp implements. Now even the pepper spray, it is being considered the cruel and unusual treatments.

However, you are not being entirely defenseless. You are having many weapons which are not yet being licensed by the governmental types. For example, perhaps you are asking the very affectionate gentleman to look very discreetly around the room. Is he seeing the large, hairy person in the leather clothing? Non? Good. You are fearful that your extremely jealous husband Phlem who has been released from prison is finding you. Ask the gentleman if he is knowing how to handle himself in the fight with the knives.

If your acting is very talented, then usually, M. Phlem, he is being enough to discourage the hopeful paramour. However, perhaps you are not successful in convincing him of the danger. Then is necessary for you to be using the big guns.

Say, "Bien sur, perhaps you will be purchasing for me the drink because I am having the female troubles. It is being like the biblical flood with the clots." Converse in this vein for several minutes. Use the word clots very frequently. Soon, your new friend will be turning the delicate green shade and hurrying to the restroom so that you can be making your escape.

Bon Chance, Mme. Hassled, and be cautious in the use of the heavy artillery so that the innocent bystanders, they are not being injured in the crossfire.

#### Where Does Vashon Go For A Good Time?

On Thursday, October 18th at 7 8-Word, 8-Day Poetry Open Mic is back at Café Luna, and will feature two of Vashon's most inscrutable and brilliant word-smiths, Anders

Blomgren and Harris Levinson. For more information about this upcoming fun-loving evening, check Cafe Luna's website, out cafelunavashon.com.

# Garden The

World

**By MEarth** 



#### **Notes on The Corn** Mother

In pagan Europe, all grain was called corn. Thus, the Corn Mother, Goddess of the Harvest, was not directly related to Maize, the Native American grain, now the most important grain on the planet, which we now call Corn.

To honor and celebrate the harvest back then, the first sheaths at midsummer and the last sheaths at the autumn harvest were twisted and shaped into a corn doll, which was the embodiment of the harvest. She was called Corn Mother, Harvest Mother, Mother Sheaf, Old Woman, or Queen, and was honored in different ways in different places.

She was planted in the fields. She was beautifully dressed and taken to dances. She was promenaded through the town. She was kept in the community, at places of gathering or in people's homes. Eventually, She was cremated on a funeral pyre to be resurrected in the sowing of the first crops of spring.

All of these celebrations of the first corn were observed on August 1. Named for Juno Augusta of Rome, August was particularly sacred to the Goddess-Who-Gives-All-Life-and-Feeds-It-Too. It was considered for this reason an especially propitious time to be born. To this day, when a Scot says that someone was born in August, it is a compliment in praise of skilled accomplishment, with absolutely no bearing on the person's actual birthday.

In North America, the Corn Ceremony was held in the spring or early summer as a prayer to the spirits to grant bountiful harvests and strength to the tribe.

A man who felt called to the ceremony in one way or another would climb to the top of his longhouse. There he made a vow to the Corn Spirit, whose name means Old Woman Who Never Dies.

"Hear me, Old Woman," he would say in a loud voice. "I shall give a great feast in your honor because I want to live to see another season, because I want my people to prosper."

All of his people would hear him, and he would begin to hear the murmur of approval throughout the entire village. He then began to collect robes, regalia, horses, clothing and other things of value, to be given away as presents or exchanged as medicine bundles in preparation for the ceremonies.

Today, the corn is all around us. Even when we do not think we are ingesting it, we are. Read the labels—that low fat mayo you're using? Canola and corn starch. Likewise that fat free half and half. That soft drink? Sweetened with corn syrup. If we were to say a prayer of thanks to the corn mother

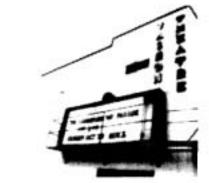
#### **Rush Hour III** and Death at a Funeral

10/5 - 10/8

#### **Global Lens Film Series**

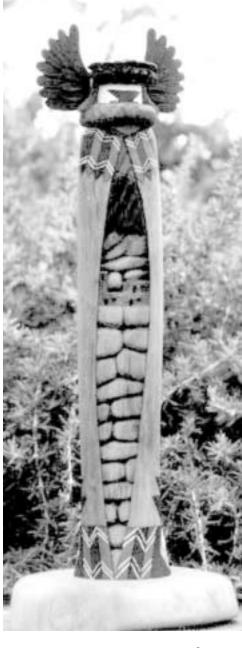
Coming Soon: Jessie James, The Jane Austin Book Club

#### **Vashon Theatre** 463-3232 for more



Or, for show times and info, check www.vashontheater.com

#### Our 60th Year!

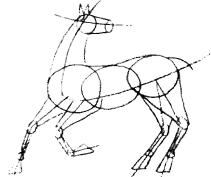


every time we encountered Her, some days we'd be praying all day long.

For ten thousand years, human beings have celebrated and given thanks for the harvest. These days, when children think that corn comes from the supermarket, and strawberries are available all year around, we have lost touch with the cycles of harvest and lost sight of the sacred nature of the Earth's bounty.

I predict there will be a time, in our foreseeable future, when we will all want to placate the Corn

ar Neighborhdod Mexican Now Open 10am to 10pm 17615 100TH AVE SW Next to Casa Bonita 206-567-5844 La Pinata



#### Tom Wallace

The Vashon Loop, p. 9

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Mother again, when lives will depend upon local harvests and our Island farmers will be our lifeline in ways we cannot imagine today.

What can we do in these modern times to honor the Corn Mother? Well, we can behave, as they say, as if we were born in August. We can, in fact, become august-wise and generous and gloriously noble, each in our own chosen paths. We can hone our skills as the tenders of Mother Earth. We can hoe our row. We can carry our load. We can break bread together. We can feed the hungry. We can learn where our food comes from and how. We can give thanks for the harvest, each in our own way. യയയ

#### **Dorsal Spin**

Continued from page 14

though she scurried off the beach when she saw us. We quickly posted a seal pup sign and left so she could return to her baby.

has generated multiple calls. Some callers voice concern that curious onlookers are harassing this seal. My pinniped pals would no doubt encourage me to remind landlubbers and boaters to stay at least 100 yards away from seals resting on floats, boat ramps, and beaches. This is the law, the MMPA, not merely a polite request.

Kayakers, even though you are quiet, your low profile on the water looks predatory — think Transient killer whale. Hauled-out seals will freak if you approach within 200 yards of them. Seals might be hardwired to react this way because humans in kayak-type craft have hunted them for thousands of years.



Finally, the ACS/PS Speaker Series has resumed. Mark your calendars for these upcoming programs about whales:

October 17, Brad Hanson, Summer The seal on the La Playa boat ramp Diet and Prey Stock Identification of the Fish-Eating Southern Resident Killer Whales.

> November 21, Paul Wade, North Pacific Right Whales: Recent Observations in the Bering Sea and Gulf of Alaska.

> Lectures start at 7:30 p.m., every third Wednesday of the month at the Phinney Neighborhood Center, Room 6, 6532 Phinney Ave. N., Seattle, just north of the Woodland Park Zoo. Visit www.acspugetsound.org or call 206-734-4737 for directions. Admission and parking are free; however, ACS/PS sincerely appreciates donations to offset program costs. You may also contact Orca Annie at Vashonorcas@aol.com for more information. യയയ

The Vashon Loop, p. 10 October 5, '07

#### 🖎 LoOp Ed

# Lenora Hackett's Story By Lauri Hennessey

I make my living working with the public. I write stories, promote organizations and help to give people better "public relations". For someone like myself, attorneys are nightmare. Often, an attorney represents the effort to play it safe, to take the cautious road, to not give too much information, to not commit yourself in ink and parchment to a position, but to keep your position quiet, to keep the options open.

Attorneys have a different perspective than I do about the public's right to know.

This has long been a challenge for me. I can't count the decisions I have been part of, on boards, in the workplace, as a volunteer in which the needs of the public went up against the needs of the attorneys on the scene. I would argue heatedly, saying that the public deserved answers to question x, deserved explanations to issue y. But all too those answers explanations are never forthcoming. The attorneys are there to protect the organization, the elected official, or the board. That's their job. They do it well. That doesn't make it easy for a person who wants transparency in public decisions.

Now, I watch as one of my closest friends attempts to do the undoable: take a stand against the Vashon Island fire department. Lenora Hackett has a story, believe me. She has my complete sympathy for the horrible way she has been treated by the Fire Department. She has my admiration for taking a against a powerful department in a small town, a town where people talk, and often don't have the facts. She has my empathy because I have also been a woman who was not treated fairly by our system, which is still oh so very leveraged for men.

Most of all, she has my true sympathy, because she now walks on the path now of someone who cannot discuss the facts. She can't stand up for herself, and tell you the horrible way she was treated. She can't clarify the facts, and tell vou how hard she struggled before she decided to take a stand against discrimination. She can't quote the chapter and verse of what happened to her, at least not now. She has to find comfort in knowing the truth will come out eventually. At some point, she will have the facts at her disposal, finally able to share them with you, and you can be the judge.

Until that day, I can promise you this. Lenora Hackett is a hardworking, dedicated member of this community. She would not have filed suit against our fire department unless she had no choice. She was clearly told in a variety of ways that her chances of making her dream come true, of working for the fire department she has vigorously trained with and volunteered for -

those chances were for naught. In my opinion, the reason was because she was a woman. Period.

Everywhere I go on Vashon, people are feeling free to weigh in on this issue. Many of them don't know Lenora. If they did, they would know she is not someone quick to push the "discrimination" button. She suffered through as long as she could, and tried to think of every other option she could, before she finally decided that there are right ways to treat people, and wrong ways to treat people. It hasn't been easy. She hears about it now at Thriftway, at soccer games, at Zoomie's. Everywhere she goes, people have questions. Most of them, she can't answer, at least for a very long time. I am sure she would have preferred anything to this situation, in which her life is played out in the press and she is left with no ability to answer the questions that follow.

I also read with interest as the fire department circles the wagons, sending out friends and family to write letters about Lenora, about why she didn't get a job, about how everything is so incredibly hunky dorry at the Fire Department. I especially liked it when the fire chief said that the fire department had a great record for hiring minorities and women, one of the best records for a fire department, he would wager. Then, a sentence calmly stated in the Beachcomber story that "three out of 22 employees" at the Fire Department are women or minorities.

When will we as a society begin to accept that three out of 22 is not only a bad record on hiring women and minorities, but a dismal record? When do we as society begin to realize that three out of 22 is not reflective of America? And when do we, as a society, say no?

I know how far our society has come in how we treat and see women. I know we have much, much farther to go. And I know I feel the deepest pride for stands I have taken in my life, and for the stand my friend Lenora is taking now. We can both look at our daughters and say that they deserve a better world, a world where you can get the job and be treated fairly... whether you are a woman or not... and you can even become part of what I now see as the last protected "guy's world" on Vashon - the fire department.

That is comfort someday. But it makes for a long period in the cold now. And I feel for Lenora, going through that time.



# PANDORA'S

Cheryl & Marge learned a lot in Vegas. Did you know that your rabbit, rodent, hamster, guinea pig, gerbil etc. should be getting 75% of their daily diet from a hay source like timothy, orchard grass or brome?

Cheryl's pick of the week: STINKY FISH TAILS!!!!

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#### **Simplicity**

by Marcie Summers

Here are a few statistics: in 1950, the average size of a new single-family home in the US was 1100 sq ft. By 2006, that number had more than doubled to 2456 sq ft. At the same time, family size has decreased, so each of us has much more than twice the indoor space we used to. We have more cars, places to shop, and credit to buy things than ever before. Per capita income has increased by over 62% since 1970. But why is it, then, that during the same period, Americans' quality of life as measured by the Index of Social Health has decreased by 51%? And how come the percentage of Americans calling themselves "very happy" peaked in 1957, and has been down ever since?

The explanation? *Affluenza*. Our fast-paced, materialistic culture is making both us and our planet sick. And even in the face of mounting evidence of the damage, our pace continues to accelerate consumption increases. As John Ralston Saul writes, "Never has failure been so ardently defended as though it were success.'

But happily, the solution is simple. No, I mean, really—the solution is *simple.* Simpler living. Every one of us has the power to slow down, clear out, and, as Henry David Thoreau put it, "live deliberately". Heeding the call of simplicity can be hard, especially at first, because it flies in the face of the affluent lifestyle our culture teaches us to covet. But the rewards are clear: simpler living is generally more environmentally friendly, cheaper, less stressful, more connected to others, and spiritually richer. And 86% report that simplifying their lives has made them happier.

But what does it mean to simplify your life? There are lots of excellent resources out there that can help with specific suggestions about how to simplify, such as: reduce your work hours, get rid of your TV, limit your kids' extracurriculars, buy nothing new, walk in the park. Check out www.newamericandream.org, www.simpleliving.net, www.gettingalife.org, to name a few.

But one of my favorite "checklists" is theologian Richard Foster's ten principles for how to express the inward reality of simplicity in our outward lifestlyes:

Buy things for their usefulness, not their status. For example, would your wardrobe look the same if you ignored fashion and bought only clothes that were necessary and practical?

Reject anything that is producing an addiction in you. Food, computer games, shopping, alcohol, sex, the newest upgrade—learn to distinguish between genuine needs and the slavish need for a fix. Simplicity is

Develop a habit of giving things away. Try the deeper joy of giving away something you are attached to, rather than just your cast-offs.

Refuse to be propagandized by the custodians of modern gadgetry. Timesaving devices almost never do, when you consider all their implications. And all the resources it takes to keep us in gadgets is partly why Americans are less than 5% of the world's population but consume nearly 40% of the world's resources.

Learn to enjoy things without owning them. Getting enjoyment from things without needing to possess or control them is enormously liberating.

Develop a deeper appreciation for Creation. The "biophilia" principle says that the need for connection to nature is actually hard-wired within

Be skeptical of all "buy now, pay later" schemes. They are a trap and deepen your bondage.

Make your speech plain and honest. People will trust you more.

Reject anything that breeds the oppression of others. Look at everything you buy. Sweat shop clothing, cell phones made with rainforestdestroying metals, food grown with pesticides—if we really take this one seriously, our lives will change radically.

Shun distractions. It is easy to lose focus in pursuit of legitimate, even good things. Keep your eyes on the ultimate prize: a healthier, happier, more meaningful life for you and for this earthly community of which we are all a part.

#### **Nothing to Fear**

by Mark Goldman, mark@gpln.com

I have been offering commentary for quite a while in an attempt to alert the community at large as to certain dangers that we all face now. I think there is a war going on and I'm not talking about the death and destruction that's going on in Iraq and Afghanistan or the death and destruction that soon might be visited upon Iran.

I'm talking about a war that is silently being pursued by some of us against the rest of us right here at home. What I observe is a shift in consciousness that has taken place in our culture. It is the result of powerful people using their money and influence to slowly dominate and corrupt whoever they can in order to further their own purposes. They do this without understanding or caring how their behavior undermines the quality of life for everyone else. It is a cancer that has in fact led to the end of our republic as we know it or once thought we

Our resources and our wealth are being diverted into the hands of a few. The means of accomplishing this are varied but we see it happening in the manipulation of markets, in the cloak of secrecy and the unaccountability of government, and in the pursuit of war, among other things. We have been lied to in order to pursue war. We have been lied to in order to have us turn a blind eye to the emptying of our treasury. We have been lied to in order to influence us to become indebted and therefore enslaved... usually without being aware of what is happening. We have been lied to in order to make us ignorant, preoccupied, divided, weak, and compliant. Why are our children fighting in far off lands when the real war is going on right here?



Mark Goldman

There is not enough space here to recount, nor am I aware of all the lies and deceptions that are being used to destroy our wealth and undermine our culture and happiness. But what I can say is that this pernicious state of consciousness is being fed and nurtured (consciously by some and unconsciously by others), not by any one person or institution, but rather by a great many people and

institutions who have unwittingly accepted their role as competing participants in a perceived reality that functions only as a zero sum game. In this reality, winning is everything. If you live in a reality where winning is everything, then you do not believe in freedom, democracy, justice, truth, honor, dignity, compassion, courage, love, or peace.

W.C Fields once said that, "you can't cheat an honest man." That is generally true but not always. People who have certain gaps in their education, experience, or training can be cheated even if they start out honest. Once a person comes to believe that winning is everything, they are then willing to deceive and cheat to win, even though they may still think of themselves as honest. In some circles, this is how things are and the results are tragic.

I have identified in my writings some of the hypocrisy we live with because of how confused we are now... but I have also offered solutions (www.gpln.com). What you should realize is that the only solutions available require selfawareness and a commitment to personal responsibility. There is no institution that can change consciousness for the better. Only individual human beings can do that one person at a time — alone through personal determination and commitment. No government can do it, no corporation can do it, and no religion can do it.

Why should you believe that what I am saying rather than what you have been taught to believe or have come to believe? I'm afraid I don't have a good answer for you other than to offer you the opportunity to read the body of work that I have created. In those writings I have attempted to share with you just about everything I could think of that might be useful to responsible people who want to live in peace and in freedom.

Our ship of state is in rough waters now. I explain how we can navigate these rough seas and sail this boat safely home. But neither I nor anyone else can be of any use without your permission and your own intention. Why? Because you are free to choose. You are loved in freedom. I've charted out one way home; there are many others who will suggest another way. You are free to seek your own destiny. No one can take that away from you. You will choose your own destiny... actively or passively, consciously or unconsciously.

I can assure you that no one is going to come and save you from your future. The future is not something to be saved from. One thing worth remembering is that no matter how fierce the winds blow; no matter how off course you might think you've drifted, the truth is, you have nothing to fear. One day you will reach the far shore... and on your way there, you will never be alone, you will not be forgotten, and you will always be loved.





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#### **God's Grace**

by William Gage

I often think about the words at the end of the Lords Prayer:

For thine is the kingdom, the power, and the glory,

For ever and ever.

Doesn't the kingdom include everything around us? Doesn't that mean that we don't own anything? That everything belongs to God? Not only does he own everything, but he also gets the power and glory. One way to think about this is that we're all just temporary caretakers of all of God's stuff. I guess that means we're not taking it with us when we go.

God has a lot of stuff, a lot of trees, sky, fields, deer, raccoons, slugs and mosquitoes. Sometimes I wish God would keep some of his stuff to himself. Thanks to us he has a ton of TV sets, cars, houses, plastic dog bones, Tupperware containers, refrigerators, water skis and telephones. The whole island of Vashon is filled with his stuff.

I believe we live in paradise. Our island has plenty of clean air and water, and fresh food. Most of us have a warm place to sleep at night and at least one other person who cares about us. What else could we possibly want? By God's grace, we get to use all God's stuff, eat, sleep and live full, fruitful lives. He even lets us use His church.

Well... I want one more thing. In one of his books, Paul Hawken relates the story of the cherry tree. A cherry tree blooms in the spring and is beautiful. It smells sweet and provides a blizzard of tender petals whenever a gentle wind blows. Those petals help compost the surrounding vegetation. By fall the cherry tree provides an abundance of fruit, far more than it needs to spread its seeds. The cherry tree gives much more to this world than it takes away. It leaves this world a better place than it was when it was born. And that's what I would like to do. How can I do that? It's really pretty simple.

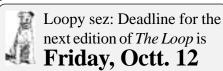
Every time I go shopping, I purchase the right to take care of more of God's stuff. That's called consumerism, and it comes with all kinds of moral consequences. Every dollar is a vote. I get to vote for healthy food, sustainable energy, clean air and water...or not. With every dollar I spend, I get to vote for a better world. Sometimes I pay a little more, or even give my votes away, if it gets me closer to leaving this world a better place than I found it.

What if our only job is to make our island a better place for our selves, our neighbors and our children...and their children? And what if all we have to do to succeed, is vote for God's earth every time we buy something?

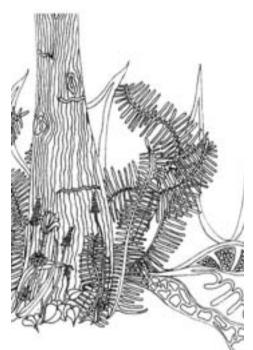
I'm a caretaker for God. It's my only real job.

For His is the kingdom, the power, and the glory,

For ever and ever. Amen.



The Vashon Loop, p. 12 October 5, '07



#### **Immune Boosting** Soup

By Kathy Abascal

It is definitely fall. The kids are back in school, the mornings are darker and chillier and the leaves are turning. It is time to make hearty soups and stews, and a really good time to make an immune enhancing soup stock. If you use this as a base for soups or stews, it will help you avoid coming down with all the different viruses that are getting passed around already.

The recipe is easy. You start with a large onion and several (or many)

crushed cloves of garlic. Both are rich powerful sulfurcontaining compounds and both help normalize blood sugar levels, help the heart by reducing blood fats and blood pressure, and seem to protect against cancer. Onions are rich



in chromium, a mineral many of us are low in; they are also rich in quercetin, an anti-inflammatory flavonoid.

The processed astragalus. astragalus pieces look just like tonic herb: It has a strong focus on balancing the immune system but is gentle and safe enough to be taken daily for the long-term. It is used in Traditional Chinese Medicine to increase endurance, reduce gas, bloating, night sweats, allergies, fatigue, and anemia.

Then add several pieces of burdock root. You can usually get fresh burdock root, often called gobo root, at the grocery store. If it is not in, ask the produce people to order some for you. Burdock has a long, black root that is white on the inside and has a pleasant fragrance. It contains long-chained sugars that the good bacteria in your gut thrive on. And keeping the right gut bacteria happy is a very important part of maintaining a healthy immune system. Burdock is used in

Western herbal medicine as an alterative, something that helps the body remove waste from the tissues.

The next ingredient is a piece of ginger and, when available, a piece of fresh turmeric. Ginger and turmeric look pretty similar but ginger is more fragrant, while turmeric is a deeper orange and tastes a bit more bitter. Both are phenomenal plants with strong immune balancing and antiinflammatory properties. Turmeric contains curcumin which we have trouble absorbing. However, when you add some black pepper to your turmeric - and you should add some to your soup stock - the bioavailability of curcumin increases enormously. Curcumin is a strong anti-inflammatory and turmeric has shown a potential benefit in the early stages of Alzheimer's disease.

Now you should add some medicinal mushrooms. Which should you use for your stock? I like to add reishi and turkey tails mushrooms. Various forms of reishi, a shelf mushroom, grow on the Island as do turkey tails. I also like to add the stems and stalks of other mushrooms like shiitake, maitake, chanterelle, and oyster mushrooms. (I save the sweeter, meatier parts of those mushrooms for the final soup).

All of these mushrooms feed your gut flora and all seem to help rebalance the immune system. Our immune system maintains a

> dynamic balance between different states. One, called T2, primarily deals parasites. with Another, called T1, deals more with viral and bacterial infections as well as cancer. Sometimes our immune system gets sort of stuck in the T2 state. The medicinal mushrooms help restore a dynamic T1/T2 balance that

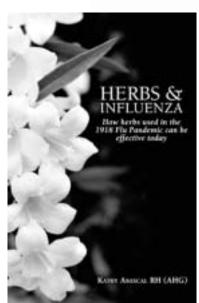
makes you more able to fend off infections.

Finally, add a half of cup of Next you add a handful of seaweed (wakame or kombu are good choices) and about two cups of roughly chopped vegetables. tongue depressors. You can also get Carrots, celery, beet tops, daikon astragalus cut & sifted. Either will root, and some nettle tops along work. Astragalus is what I call a with most anything you have in the fridge. The seaweed will provide trace minerals; the vegetables will provide an array of antiinflammatory and anti-oxidant compounds. Pour in about 8 cups of water, bring to a boil and then let it simmer for several hours, the longer the better. You can add more water as needed so you end up with enough stock in the end.

When you are tired of simmering your stock, strain it and compost the spent ingredients. Now you can use your stock to make a simple miso soup by stirring 2 teaspoons of miso into a cup of hot stock perhaps adding some sliced green onion and a little diced tofu. Miso is another tasty food your gut bacteria love. Or you can make a more traditional soup by adding the mushrooms you saved, diced vegetables (potatoes,



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 has written two books on medicinal plants: Clinical Botanical Medicine and Herbs & Influenza how herbs used in the 1918 flu pandemic can be effective today.



She is now available for health consultations at the Full Circle Wellness Center. These consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or anemopsis@yahoo.com.

carrots, red peppers), chicken or tofu. Add any herbs or spices you like for flavor. You can also use the stock instead of water when you cook rice or other grains or make a stew.

Actually, I recommend making a very large pot of this stock. You can freeze some and have an immune-boosting, tasty base for foods that will keep you healthy and strong through the fall and winter months.

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#### Forest Thinning

Continued from page 1

The operation was scheduled as part of a long term sustainable forestry program detailed in the Island Center Forest Site Management Guidelines. Representatives from the Vashon/ Maury Island Community Council, Park District, Forest Stewards, Land Trust, Audubon, Sportsman's Club, Equestrian and bicycle organizations, adjacent landowners and staff from King County's Department of Natural Resources and Parks all contributed to the plan though ultimately the King Country Forestry Program is in charge of the logging operation.

The Island Center Forest (ICF) is a 363-acre public forest at the heart of our island. It is important for environmental, recreational and forestry reasons. Environmentally: The ICF protects many acres of undeveloped land that provide wildlife habitat for native species, and allow water to percolate down into our sole source aquifer. It also protects much of the headwaters of Judd Creek, one of the principal salmonid creeks on the Island.

Recreationally: The ICF contains more than nine miles of trails - more than any other public site on the island. Developed principally by and for horse riders, the trials are now also used for walking, jogging, and bike riding.

Forestry: The ICF grew out of the 200-acres owned by the Washington State Department of Natural Resources which managed the forest to produce revenue to fulfill a public school trust. The trust designated that the land be managed to

maximize revenue for the school fund and thus the forest was clearcut. When the property was "Trust Land Transferred" to King County in 2004, the trust responsibilities were purchased away from the property. Today, 280-acres of the ICF are categorized as Working Resource Lands to be managed as sustainably managed forest (with the other 83 acres classified as Ecological Lands).

Sustainable forestry is often described as a three legged stool with one leg representing ecological functionality, another economic viability and a third social acceptance. In the case of the ICF, forest management is intended to enhance wildlife habitat and lead to an older more complex forest. This means an abundance of large, conifer trees over 3' in diameter; multiple canopy layers, including shrub and herbaceous layers; large and small snags, downed logs, and live trees with high habitat value; and a diverse plant community including hardwood and conifer trees, tall shrubs, low shrubs, herbs, epiphytes, lichens, fungi, herbs, etc. Forestry operations must also produce revenue to help pay for management costs such as planting, removal of invasive weeds, and trail maintenance. Socially we have to consider the effects forestry activities have on the many people who use the ICF, the surrounding neighbors and our island community in

> "People say I don't take criticism well, but I say, what the hell do they know?" - Groucho Marx

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### Player Waxe

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

message is not abundantly clear, you have the power to change certain vital factors in your life, but you need to be honest with yourself to do so. Most of the world functions on denial. We are trained to deny what we feel, what we perceive and most of all, what we want. Along the way, all kinds of other goals and objectives take up residence, and they can seem real; they may even be real and they may be meaningful. But they are not necessarily the deepest layer. You are aware that there are changes you need to make; remember that to accomplish that, the first step is hiding nothing from yourself. That is your leverage. That is the guarantee of progress. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) You must be aware that a window of opportunity is wide open. You may also be aware that it's a window to something much larger than you've ever known or experienced, and that taking this opportunity will change you in ways you cannot predict. What you may not recognize is that the change is coming from inside you. This is less about someone influencing you than it is about your being open to that influence. It is less about the world acting on you than it is about you consciously participating in the world. Facing your decision to say yes or no, all by itself, is shaping you emotionally; you are deciding what kind of world you want to live in, and moreover, why you would want to live there. Eric Francis has more your astrology for you PlanetWaves.net.

Gemini (May 20-June 21) You may find it easier to get into commitments these days than to get out of them, but if that is true, you may want to ask yourself what is keeping you there. Are your attachments negative or positive? In other words, are they based on pleasure or pain? Are they based on the attributes you like about someone, or that you don't like (what I would call negative attachments)? I prefer not to be so black and white about it, but you seem to be heading for a decision, or for an encounter with someone that will prompt you to make a decision. If you are summing up your feelings by using a scorecard, you may want to try a different method. The score as you add it up is not really the score. You have feelings, and they are speaking to you. Eric Francis has more of astrology for you PlanetWaves.net.

Cancer (June 21-July 22) Mars has entered your birth sign, where it will remain for most of the next eight months. This is, therefore, a time in your life with

Aries (March 20-April 19) If the a special learning agenda, which involves a combination of two aspects. One is practicing asserting yourself and your desires. The other is getting beneath the surface of your personality and exploring the inner world of your psyche. This is about discovering just what it might be that undermines your confidence, indeed, what has done so over a very long time. My presumption is that this factor is hidden from your usual perception, and also hidden by the fact that you often squash your most important goals. If you were to rearrange your agenda based on what you want and not what you were told was right, you would push yourself toward confidence, clarity and freedom. Eric Francis has more your astrology for you at PlanetWaves.net.

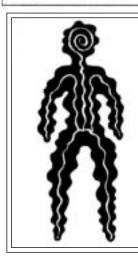
Leo (July 22-Aug. 23) This is one of the most creative times in recent years, because you have access to the energy of nature in a way that is rare for anyone. What you have most likely learned through the past season and into the current one is that your own version of creativity is a matter of fire, but applying the right amount of fire, at the right time, makes the difference between tempering something and incinerating it. Your creative fire is slow, steady and most of all, cosmic. You are not working with only your own energy — you have tapped into a source far beyond yourself. Let it flow. Eric Francis has more of your astrology

for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You may be focused on a financial matter with a close partner of spouse. I suggest you get the agreement, or at least the particulars, into writing. There seem to be numerous sexual and emotional overtones to the situation, and they are likely to get in the way of your clarity. Someone may feel hurt in a way that they are not acknowledging, but which will come out if the discussion is kept on sufficiently rational terms to allow for a safe space. Talking about emotional issues should not be so emotional; you have to rise above the simmering pot of water. The same is true of money. Keep it clear, and if there is baggage or unacknowledged subject matter, keep it as close to the surface as possible. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You have an opportunity calling you, and an opportunity to be lazy and let it go past you. You are unlikely to do that; the potential you feel involves a temporary alignment of your intentions and creativity with a long-term creative process that has been developing. I trust that you see this opening for what it is;





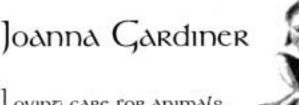
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note of that fact, and ask yourself why you might be doing so. I'll give you a clue, which is that embracing your creativity means taking on the responsibility that comes with it. You need to give yourself room to fail; this will guarantee that you have plenty of room to succeed. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) You have by now discovered that much more was going on beneath the surface than you had imagined. But if your solar chart is any indication, there is a deeper layer, which is coming into your life through a relationship. This may be taking several forms: a professional partnership commingled with a love affair, or an unusual opportunity to get to a new level of your career. I suggest you take it further than this, paying attention to subtle or not so subtle information coming through about what you want to be doing with your precious time and energy. If you can tell yourself the truth about that, you are much more likely to follow through. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) It natter what people think of you. This is one of your lifelong creeds, and it works great - except for the times when it does make a difference. These can be difficult moments because you only possess so much influence over other people, and as it turns out, no actual control. Yet you should, in theory, have more influence over whether you care about that fact. But why don't you? It could be because you know that part of your role in this lifetime is to weave the community together, and to hold it there, and for that, you need a measure of popularity. You know you are blessed with foresight and a sense of the great picture that few others possess. Even small cracks in reality seem to divide you from your purpose. Forget how certain others may feel, and remember that you need to do what you must do. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) You are about to encounter someone whose intuition, wisdom and political skills far exceed your own. She is likely to be a younger woman or older girl, whose sweetness and gentle demeanor may conceal the underlying shrewd character she possesses. What you learn from her emerges from some situation in which she betrays another side of her character and tries to please you despite her own needs to do something else. Your role is to steer her back in her own direction. Be gracious, be honest, and be firm: help her focus on herself. You may be able to assist her in doing that somehow, but don't dwell on the situation: other more passionate relationship matters are calling for your attention, and they are doing so right now. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Others seem to be driving a hard bargain, but are just covering up the softer side of their nature. Most people substitute for passion by emoting. You potentially fit this description, and you're intelligent enough to know that there is a third way. That way involves opening up a breathline to your soul, and drawing that energy into your heart and mind. It has been said that the heart is the smartest organ, and we all wish more people would use their heads. Yet it is the soul that is the author of experience, and the mediator of what we call karma. Your soul is gentler than any other part of you. And these days, it's rising up like Old Faithful. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20) I recently talked to Flo Higgins, the woman who turned me onto astrology. Out of nowhere, she said: "Don't get married when Uranus is in Pisces." Everyone? This was a stupid question. "No, for Pisces," she said, in her usual admonishing but somehow friendly way. This is a time of surprises, and you need to be ready for anything." (Write these dates down: Uranus has been in Pisces since early 2003 and is there today. On May 27, 2010, Uranus exits Pisces and enters Aries for the first time in about 75 years; on Aug. 13, 2010, Uranus re-enters Pisces for its last retrograde for this cycle; on March 11, 2011, Uranus re-enters Aries to stay for more than seven years.) I would say, be open to anything, including getting married. Eric Francis has more of your astrology for you at PlanetWaves.net.

# Island Epicure



#### Foods for Flu **Proofing**

By Marj Watkins

A healthy immune system does more for you than help you ward of colds and flu. It also plays a part in keeping you cancer free. One of the best things you can do for your immune system is to feed it tomatoes, and right up there with tomatoes are garlic, onions, and chicken with the skin on. That's where the cysteine is. It's a protein especially good for you and bad for cold and flu viruses. The Greek dish, Kotopoulo me Domathes, Chicken with Tomatoes, contains all these healthy ingredients. It can be cooked either on top of the stove or in the oven.

#### **KOTOPAULO ME DOMATHES**

**Greek Chicken with Tomatoes** 4 servings

½ cup olive oil 4 chicken thighs or half-breasts or 8 drumsticks 2 cups onion, cut-sliced in ¼-inch wide wedges 2 to 4 cloves garlic, sliced 1 teaspoon dried oregano Sprinkling of salt and pepper 1 (28-ounce) can stewed or diced tomatoes

#### Top of stove cooking:

Heat the oil in a large frying pan or two pans. Pat chicken pieces dry with a paper towel. Brown them, skin side down. Turn over, tuck onion and garlic slices between and around. Fry 5 minutes. Add seasonings and tomatoes. Cover. Reduce heat, and cook until very tender when forkpierced, about 45 minutes.

#### Oven cooking:

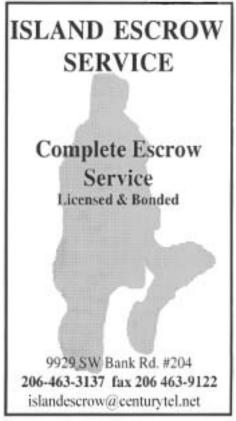
Preheat oven to 375 degrees

Arrange chicken pieces in a ceramic or glass baking dish. Sprinkle with salt and pepper. Bake 25 minutes uncovered. Stir-fry onions and garlic with oregano until onion is transparent but not brown. Distribute over and around chicken. Add tomatoes. Cover. Bake 20 to 25 minutes more, until fork-piercing tender.

Serve with steamed brown rice, a green salad, and baby peas cooked with butter or cut green beans cooked in a little chicken broth. Yumm!

> MARJ'S CHICKEN SOUP 4 to 6 servings

A chicken soup recipe was one of the first I gave you when I first began this column in The Vashon Loop. Here it is again because some of you missed it. Make double the recipe and freeze some for winter days when time and energy scarcity require quick and easy meals.



Long slow cooking and a dash of vinegar bring out the minerals in the drumstick bones. Don't skim off the fat; nor remove the skin. Chlorophyll in the deep green spinach and parsley adds another healing dimension. The salt and pepper bring out the flavors and stimulate flow of digestive juices. Salt, in moderation, helps the soup's liquid get to the right places in your body. Pepper helps thin the mucus in your nose and sinuses, clearing your head. Inhaling the aromatic steam from your soup bowl also helps clear your head and soothe your sinuses.

4 Chicken drumsticks or carcass from roast chicken ½ teaspoon dried tarragon or marjoram leaves ½ fresh onion, chopped, or 2 Tablespoons dried onion flakes 1 carrot, grated or sliced 1 celery rib, sliced ¼ teaspoon coarse ground pepper 4 shiitake mushrooms, soaked 30 minutes, slivered, tough stems discarded.

1 teaspoon salt

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

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

2 quarter-size slices ginger root, slivered

6 cups water

½ cup brown rice

½ cup diced kale leaves, packed 1 Tablespoon dried parsley flakes

Place all ingredients in a stockpot. Bring to boiling. Reduce heat. Cover and cook until the meat is almost falling off the chicken bones and rice grains turn to Xs. Remove bones, return meat to pan. Bring again to a journals and messenger bags with rapid boil. Reduce the heat to medium

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

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

Decant soup into glass jars with lids. Reheat and eat as needed, up to four days. To store longer, freeze in scalded yogurt or cottage cheese boxes. Be sure to label and date them.

Bon appetite and good health, everyone!

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#### **Sustainable Tourism** on Vashon

by Kathleen Fitch, Chair of Sustainable Tourism on Vashon

Sustainable Tourism on Vashon or STOV, the non-profit website (www.stov.us), has experienced its first season of providing a comprehensive platform for workshops and packages being offered on Vashon that focus on our precious eco system, our agriculture, our arts community, our unique culture and heritage. The website is set up like a beautiful magazine and like a magazine the selections of programs and workshops change with the seasons.

While visiting the website, www.stov.us, check out the ECO Tourism section. In October you can enjoy our natural resources by contacting Ed Swan to celebrate the bounty of bird species across our island, or learn about how you individually might aid in reducing your carbon emissions participating in the workshop The Carbon Diet being held on October 16, and facilitated by Janie Star and Meg Gluckman. Under the arts and culture web section, see the Global Lens web page and read about the upcoming film festival stating this October 6th.at Vashon Theatre. Learn more about our historical landmarks in the Heritage section. Take a drive and see the 13 national landmark treasures our island has.

Products such as note cards, the Sustainable Tourism on Vashon logo can now be found at Essentials 4. All proceeds from these products go directly to STOV, the non profit organization.

As we move into the winter season, STOV will be pursuing new avenues that will engage our residents and visitors alike in our natural resources, organic farms, and our artists' community.

This web publication has been created to assist in sustaining Vashon's rural nature and yet provide employment to our professionals on the island.



**By Orca Annie Stateler** 

The first autumn squall brought an enchanting parade of aquatic critters by the Vashon Hydrophone Project (VHP) site in Colvos Pass: Dall's porpoises, a California sea lion, harbor seals, river otters, grebes, mergansers, cormorants, and salmon finning at the water's surface. Only the Tall-Finned Black and Whites are missing, but now is the time we switch to high alert for killer whale visits.

I anticipate hearing orcas on the hydrophone any day now, as October is historically when the Southern Residents — J, K, and L Pods — return to Vashon-Maury waters. Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Time is of the essence in reporting sightings.

Whales move fast and so must we in order to ID them. Critical information to include when you call the VHP with whale sightings: time; location; travel direction; number of whales; your name and contact number. If you notice large dorsal fins or other markings, include that in your report, as well.

Please be specific when reporting whales or seals. For example, "seal at Tramp Harbor" is too vague. That is a long beach - where is the seal on the beach? The VHP is grateful for prompt, accurate reports from Islanders and commuters. You are essential to our work on behalf of whales and other marine mammals.

As I write this, I am watching two harbor seals doing "seal yoga" on a nearby floating platform. One is a large male with a dark, heavily spotted head and upper torso. The other seal has a lighter pelage (coat) and is easily onethird smaller, a subadult or young female. The big guy is discouraging a cormorant from perching on the float's corner.

We are still getting seal calls. On September 24, Odin and I responded to a call about a possibly abandoned pup near a dead seal. At Gold Beach, we found an adorable newborn pup, still with fetal folds. Fortunately, Mother was alive,

Continued on page 9

October 5, '07

# Ristively Speaking

#### **Perchance to Dream**

By Deborah H. Anderson

We accomplish things at warp speed these days. We're supposed to. Then we take seminars to straighten ourselves out from bending over with our nose to the grindstone.

Have you ever been behind someone writing a check? (Well that would be me). Or someone who is having a conversation with the checker? How about standing by in a bakery while someone tries to make a choice between the blueberry Danish and the Maple Bar? No Contest. Maplebar.

Now let me tell you about the proper way to eat a Bob's Bakery Maple Bar. You have had one haven't you? My biggest fear about the change of ownership was they would be dropped from the menu. What a relief to arrive at 6:00 AM in the morning and be ushered back to the trays where they were cooling before being set out.

This is the only way to eat a thoughts. Bob's Bakery Maple Bar: Accor

Allow at least twenty minutes and have a fresh cup of coffee hot and ready for a few well-timed swigs. Do not put milk or sweetener of any kind in it. It's the coffee that fulfills the flavour of the icing like a well aged wine does to cheese or pears.

Examine the construction so you know exactly where you are going to bite. You must start at one end. The bites themselves must be infinitesimal taken only from the front two teeth top and bottom.

Mostly the bites should include all layers. Place the top teeth over the edge of the thickened maple frosting so as not to disturb its placement when consuming the subsequent bites. The bottom teeth are meant to come up through the buttery layers never touching the top teeth because layers of dough hold them apart.

Feel the buoyancy of the dough. The edges dance against each other as they are compressed. Give them room and time to move. Rapid chomping is forbidden.

Mice bites are the only appropriate size for consumption. Teeny tiny delicacies of flavour and texture. Once in the mouth they are chewed until the dough is liquefied.

Continue on the full length of the bar. As the size decreases move your fingers accordingly so that finally only the thumb and index finger are holding them in place by the sides. Do not lick your fingers as you go. Save that one last delicious moment for after the last bite has been swallowed.

Here's the other delicacy in life. A good night's sleep. This is the way to enjoy a good night's sleep. First be utterly exhausted. Cleanse whatever makes you feel better. Make sure the sheets are drawn in such a way that that they are almost perfectly flat. No minute distractions of any kind.

Put the souvenir neck pillow from Independence air that is now two years old and has nothing but squooshed beady thingys in it in the flannel pillow case and wrap it around itself. Place under the perfect spot so head rests completely relaxed. Scunch down in the old thermal jammies and gently doze curled to the side.

Wake upon hearing the first morning noises be they bird or beast. In that time, dream wild dreams and worry of nothing. Only if you are a writer or inventor are you allowed to make notes of any kind in the middle of the night. All that unconscious oozing to the top must be recorded. It's the choicest thoughts.

According to research we are raced and unrested as a nation. We are gobbling our food and unrested.

God knows when Bill Gates decided he was going to be in charge of all of our to do lists, we had enough on our plates already. Will someone please tell that man not all of us have a staff to run our houses and he has to set the bar a bit lower.

I know...let's buy Bill Gates a Bob's Bakery Maple Bar. He needs one. My son (or was it one of his friends) saw him standing in line at the Wallingford Dick's reading *The Economist*. Everybody knows when you stand in line at Dick's you're supposed to look at the cow and keep changing your mind about ice cream and tartar sauce 'cause you keep rereading the menu. If you're bored, you watch the guy shoot special sauce on the buns.

When was the last time you took tiny bites of life? When was the last time you felt yourself go to sleep and remembered enjoying the whole night? Martha Stewart used to get four hours of sleep a night because she said there were so many possibilities of things to do. Did she forget we only heal when we are sleeping?

Research says cancer, obesity and all kinds of mood disorders come from gobbling and from short sleep cycles.

Remember this week to take a few tiny bites and have a few good nights of sleep. The quality of life zooms to hit parade heights.

Gobble if you must. Sleep in fits and starts if you will. But life begins with a tiny bite and good long rest.

> Sweet Dreams. Love Deborah

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www.vashonhorseproperties.com

#### **Photography Class**

Continued from page 1

Prospective students should own a camera, have an interest in outdoor photography, and have a digital camera and tripod (not absolutely required). Class size is 10 students, but if more are interested Pete is willing to offer a second class at a later date. Class fees are \$100 for members and \$115 for nonmembers (includes a membership to our chapter). Make checks payable to Vashon Audubon and mail them to the following address: P.O. Box 838, Vashon, WA 98070.

Peter has been taking snaps since 1967 when he purchased a Nikkormat and a 50-mm lens. He has practiced as a professional photographer for over 25 years. He has shot for corporate clients and freelanced as well. Pete produced a line of post cards of Vashon Island back in the 1980s: Vashon Maury Islands, Jewels of the Sound. His credits include many publications, shows, and commissions.

Pete's love of the wild and natural world brought him to Vashon Audubon years ago. He has helped create a permanent file of bird images for the chapter's use. This started his keen interest in photographing birds in the wild.

Pete and his wife Mary have produced and presented many programs for Audubon over the years. These programs have ranged from the Birds of Southern Africa, to the Falklands, South Georgia and Antarctica; to their travels to Alaska and Yellowstone.

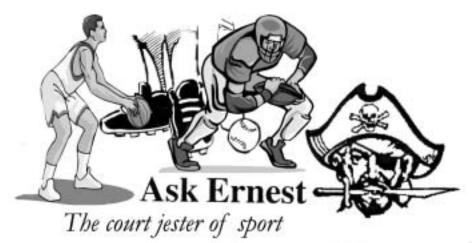
# Zanzibar Chocolates Opens

Continued from page 1

Jodie ran the shop there for eight months and then moved it to Madison, Indiana where the shop sold her chocolates and candies successfully for 2-1/2 more years. Jodie decided to sell the store and return to the NW where she feels she belongs.

Jodie's new venture "Zanzibar Chocolates" occupies the old Wok In site at 9925 SW Bank Road. She'll be making many kinds of candies in the kitchen there: caramels, toffees, creams and truffles of all flavors, nut clusters, barks, marshmallows, and flavored molded candies. The kitchen work table will be visible so people can watch as candies are made and chocolates hand-dipped. She will also carry a great line of sugar-free chocolates. Jodie says, "The store will have an African flavor - -Zanzibar is a spice island paradise off the coast of Tanzania - - as Zanzibar is one of my all-time favorite places. I have visited Africa three times, and also been lucky to have experienced the other 6 continents (worked in Antarctica throughout the '90s). Travel is a passion, as is creating chocolate treats for people to enjoy."

Hours of operation: 11am to 6pm - Wednesday thru Sunday, and open evenings & holidays when there are town festivals! Phone: (206) 463-2408 Email: zanzibarchocolates@comcast.net.



Hello all,

To all of those who are concerned, I'm back. Had a hot fudge eating contest to cover last weekend in San Antonio so couldn't make the column happen in a timely fashion. Plus, who on Vashon would want to hear about an eating contest? Didn't think so!

So, here are few pictures and brief captions.

#### Ernestito



Vashon High Schools Conditioning and Kabaddi Club practice in the VHS wrestling room. Check out local Raider, Slam Chapman, try to escape the grasp of Stoppers (from left to right) Masta' Quang, Scissorshands Protzeller, Mad Dog Wolczko, and Steamboat Stemer. Also, to see interviews by International Superstar Stopper, Meeks Abdul-Latif, go to www.kabaddi.org



Josef Bacon of Baconstruction celebrates with Hawks fan, Carl, outside of Gold's Gym in Federal Way. Bacon is training for his come-back senior season for the Vashon Wrestling Pirates this season. He will be a force to be reckoned with, treating his opponents like 2 by 8's, framing them on their back for pins, or at least numerous near falls.



Vashon (WRESTLING) Rockbusters chill out with their coaches, Kevin Delargy, Per-Lars Blomgren, and Chris Pruitt in anticipation of their future season. Rockbusters start up in late October and they are one of the most exciting and fun clubs to join, ages kindergarten through 6th grade. Contact Coaches are BJ and Desiree Nelson (Presidents) and Chris Pruitt (Head Coach). യയയ

#### Cub Scouts Have a Blast

#### Continued from page 1

Den projects range widely. Dens have made wooden go-karts and raced them at Chautaugua; planted native trees with the Land Trust, collected for the Food Bank, built and hung bat and bird houses, completed pit-fired clay artworks, helped clear invasive scotch broom together; learned about bike safety; projects together. developed outdoors skills such as

to rocket day, favorite annual Cub Scout events include the Pinewood Derby and the spring Pack camp

For parents, the goal of cub scouts is to offer boys a positive team-like experience in active projects. As for the boys, they have at Agren Park; camped out fun doing great outdoors-oriented

Cub Scouts welcomes boys in 1st packing the ten essentials and - 5th grade to join in grade level reading compasses; baked apple dens. For more information please pie; and engineered trebuchets and call: Greg or Beth Sedgemore at 463designed model bridges. In addition 1452, or Carole Mullin at 463-3580.

# Earthquake: Landslide nter Storm

# Have a Plan and Be Prepared!

Island-wide Earthquake Drill Saturday Oct 13, 8 am - Noon

# VashonBePrepared Reighbors Helping Neighbors

Want to volunteer? Call Lynn at 567-5011

#### "TALKING WITH... UP CLOSE AND PERSONAL"

Continued from page 19

more.

wonderful continuation of my affectionate relationship with Drama Dock, an amazing The show has plenty of Drama Dock regulars in the cast, people who have become like family to me. But we also have some wonderful high school kids in the cast.

My own personal highpoints:

 one of my dearest friends and Gretchen Neffenger, who played "Miss Hannigan" when she was my

pain of childbirth). The show on enemy in "Annie" a couple of years Saturday night the 6th is a benefit ago (I played the upper crust for Vashon Youth and Family secretary to Daddy Warbucks). Services and tickets will cost a bit Gretchen is a hoot; I have always known that. But in "Talking As for me, the show has been a With..." you get to see Gretchen be serious. And she does it heartbreakingly well.

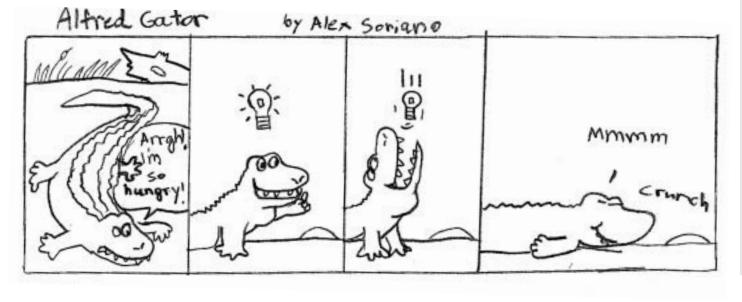
 Libbie Anthony is also a dear community theater organization. friend, who is known to many islanders for directing musicals over the years. I now get the treat of sitting back and watching Libbie as she has her turn in the footlights. newcomers, and a couple of great And her turn is a whole different Libbie. In fact, she sort of scares me now (just kidding).

— Lisa Breen gives a whole new one of the best actors I know is meaning to desperate in the show. Come and see it, and you'll get what

> – Best newcomer: Kimmel, who does an amazing job as a woman who has spent a lot of time at McDonald's in her life.

> In the end, I just feel so fortunate to be in a place like Vashon, that has such an amazing pool of talent. We have directors like Phil Dunn, Stephen Floyd, Libbie Anthony and others. We have wonderful actors, and dedicated volunteers who make Drama Dock productions happen. We have audiences who faithfully turn out to support local theater.

> Lauri Hennessey is a community theater actor. (Note from author: wow, that sounds cool.)



#### By Ed Frohning

# Lopy Laffs

While making rounds, a doctor pointed out an X-ray to a group of medical students.

"As you can see," she said, "the patient limps because his left fibula and tibia are radically arched. Michael, what would you do in a case like this?"

"Well," pondered the student, "I suppose I'd limp too."

The things that come to those that wait may be the things left by those who got there first.

Today we're going to play the role of sane people. To know the road ahead, ask those coming back. Philosophy: the profound grasp of the obvious. Time passed, which, basically, is its job. evil because it is evil; Pardon my driving, I'm reloading. he only mistakes it for Pick one: (1) Fast (2) Right (3) Cheap Not now ... I have to go mow the laundry. Nothing is so simple that it can't get screwed up.

Not a shred of evidence exists that life is serious.

Tilting at windmills hurts you more than the windmills.

Benjamin Franklin was the only person to sign the four key documents that created the United States: The Declaration of Independence, the treaty of alliance with France, the peace treaty with Britain, and the Constitution.

Mark Twain:

trouble.

It is better to give than

receive...especially advice.

teach others to be good, and less

There are three things which I consider excellent advice. First, don't smoke to access. Second.

We have no more right to consume happiness without producing it than to consume wealth without producing it. -

George Bernard Shaw

Phobaphobia, n: The fear of fear itself. Sado-necro-bestiality: Beating a dead

Secrecy is the beginning of tyranny.

A seal walks into a bar and asks the bartender for a drink. The bartender asks, "What's your pleasure?"

The seal replies, "Anything but Canadian Club."

We are what we repeatedly do. Excellence is therefore not an act, but a habit. —Aristotle

No man chooses

happiness.-Mary

Wollstonecraft



Most of us have a bad habit we are constantly trying to break. For me, it's biting my fingernails. One day I told my husband about my latest solution: press-on nails. "Great idea, honey," he smiled. "You

can eat them straight out of the box.'

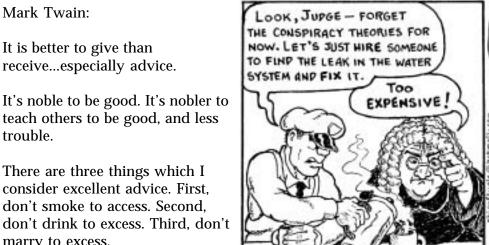
of twins. The woman at the desk didn't quite catch the message.

newspaper and reported the birth

A proud father phoned the

Will you repeat that?" she asked. Not if I can help it," he replied.

#### Offshore



OKAY, THEN. SINCE IT'S A PUBLIC WATER SYSTEM, LET'S MOBILIZE THE COMMUNITY TO FAN OUT UNTIL SOMEONE FINDS THE LEAK. Too COMPLEX AND

Y'KNOW, I THINK I'M STARTING TO SEE WHERE THIS CONSPIRACY THEORY OF YOURS CAME FROM. IF YOU'RE REFERRING TO THIS COFFEE OF YOURS OU'RE RIGHT ON TARGET

marry to excess. MOOEDA LAMBODD A M B I T L O O N Y A M B E R R A D O N E 1 G L O O SIEGE DKR NOES

BACK IN TOWN, THE CHIEF CALLS IN CSI. DROID DETECTIVE C2-IT' AND DETECTIVE CELEBRATIONS BE YOU CALLED SANTA IS SEEN IN THE MACY'S DAY PARADE LIKE HALLOWEEN DECORATIONS HUNG BEFORE OCTOBER AND UOY THAW TWO TO INVESTIGATE THANKSGIVING DECORATIONS S'HOHZAY HOLIDAY CREEP"! BEFORE HALLOWEEN.



Solution to puzzle on page 7











# Loop Arts

#### Three minute theatre performs Gallery Cruise

By Janice Randall

You won't want to miss Three Minute Theatre, a free King County Performance Network project spearheaded by creator, Rob D'Arc. "Three Minute Theatre is a big theater in a small box," says D'Arc, whose concept is to condense an entire theatrical experience into a few minutes. Willing participants will 'dress' for the theater (feather boas, bow ties and tiaras) parade down the red carpet and await their turn to see the show in an exclusive two-seat theater.

The curtain rises to reveal a miniature cast of puppet chanteuses who perform rollicking renditions of renowned refrains. The audience of two takes it all in, claps wildly and then ushers assist audience members to coat check.

"Three Minute Theatre lampoons our fast food culture, cramming all the trappings of a theatrical production into what I lovingly call "Mc Theater." Three Minute Theatre encourages in its audiences a spirit of curiosity, risktaking and playfulness, while offering a detour from daily reality...three minutes of big fun," said D'Arc.



Courtesy photo

Three Minute Theatre will be stationed uptown, Friday, October 5, between 6 and 9 pm. Look for it!

King County Performance Network site-specific project is funded by 4 Culture and is designed to bring art to the masses in unexpected and non-traditional locations.

 $\omega\omega\omega$ 



Andrew Connor and Mike Mathieu of The Cody Rivers Show perform the ball dance.

#### The Cody Rivers Show brings comedy to **Blue Heron**

By Janice Randall

sketch Bellingham-based comedy team, The Cody Rivers Show, comprised of

Andrew Connor and Mike Mathieu, will bring their kinetic, smart and unique theater style to Blue Heron Art Center for one night only, Friday, Oct. 12, 8 pm. The zany duo regularly tours the United States and Canada and over the past three years developed a reputation with comedy and theater audiences for their blend of comedy, music, movement and dance.

"There's not a single predictable moment in this 90 minute program of some of the most original, inventive and virtuosic sketch comedy I've ever seen. The Cody Rivers Show's Mike Mathieu and Andrew Connor display wicked imaginations, superlative timing and breathtaking skill in these supremely weird sketches," said *The* Georgia Straight (Vancouver).

Stick to Glue is a culmination of successful 2006/07 three

productions, Tangle, A Poke in the Wound and Flammable People. Wildly physical and fast paced, a dozen shorts highlight and integrate the 'best of' The Cody Rivers Show.

Stick to Glue relies on nothing more than the actors' bodies and bend minds in a flurry of material as rich and funny as any physical comedy theatre act working today.

The Cody Rivers Show has performed festivals and venues including: Vancouver International Comedy Festival, Bumbershoot, San Francisco Sketchfest, Miami Improv Festival, Soho Playhouse (NYC) and many others. They have earned awards including Best Comedy, Victoria Fringe Festival and were short-listed for *The Stranger's* Genius Awards. For more information about The Cody Rivers Show, see to codyrivers.com. യയയ

"Music expresses that which cannot be put into words and cannot remain silent" ~Victor Hugo



#### Wildlife at Blue Heron

by Janice Randall

Wildlife, a new play of true stories, written by T. Martino will be performed Friday and Saturday, Oct. 19 and 20, 8 pm and Sunday, Oct. 21, 2 pm, at Blue Heron Art Center. The VAA New Works production, directed by Jim Roy, will include an all-Island cast: Peter Kreitner; Odin Loning; Roxanne Lyons; Josh Randall; Orca Annie Statler; Susan Harris; Diana Amalia Hinden-Ammon: Stevenson; and Frank Petree.



Photo by Janice Randall

"I wrote Wildlife as a way of recording what actually goes on here at the Project. It was something I had to write; it was powerful," says Teresa Martino, published author many times over and founder of Wolftown and known to most voices to conjure universes and Islanders simply as "T". The performance is a Wolftown benefit. Tickets are \$12/\$14, available now at Heron's Nest and Blue Heron. Call to reserve by phone, 463.5131. More information available about Wolftown at Wolftown.org.



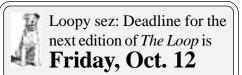
#### **Chris Bramble Band** Plays Bishop's

The Chris Bramble Band from the San Francisco Bay area featuring Chris Bramble, Terry Ann Gilette, Paul Lamb, Bradley Leach and Paul Best will be performing psychedelic folkrock in support of their CD "Laugh at the Wind" at Bishops Pub and Grill on Saturday Oct 13th at 9:00 pm. No cover will be charged.

The Chris Bramble band performs danceable, improvisational, inspirational, psychedelic folk-rock that can be conceptualized as a blend of Steve Kimock meets David Lindley meets Richard Thompson. Stirred, not shaken. The intention and philosophy of the music is rooted in reality: Both intangible realities consciousness and spirit while not shying away from the tangible realities of human experience and social injustice, nurturing the ability to smile and dance our way through it all. This intention is reflected in the personal philosophies of the individual band members and is expressed lyrically; melodically rhythmically both on stage and in the band's recently released CD "Laugh at the Wind".



Chris Bramble Band



The Vashon Loop, p. 19 October 5, '07

#### **Know Peter Pan by Harp**

by Liz Shepherd

Vashon Island harpist Leslie McMichael will perform her new musical score for the 1924 silent version of Peter Pan on Sunday, October 14, 4 pm, at Vashon Theatre, 17723 Vashon Highway SW, Vashon. This event, copresented by Vashon Film Society Vashon Theatre, recommended for all ages! McMichael's score, played on Celtic, concert, and electric harps, comes home to Vashon following critically acclaimed performances earlier this year in Seattle at Northwest Film Forum and Los Angles at RECAT (Roy and Edna Disney Calarts Theatre).

Vashon Island resident and film curator for Northwest Film Forum (which commissioned McMichael to compose the score) Liz Shepherd says: "Leslie was a natural choice for scoring *Peter Pan*. Everyone on Vashon knows that Leslie is one of the guiding lights behind the Vashon



Leslie McMichaels and harp. Courtesy photo.

Film Society. I thought, 'why not young and old. Anna May Wong combine her love of film and her genius on the harp? But her score turned out to be even more spectacular than I dreamed it would be. The music, though traditional in many ways and entirely faithful to the film, is filled with razzle-dazzle and a sly mischief that is the perfect complement to Peter Pan's onscreen antics. Leslie's meticulous and heartfelt performance is not only a tremendous musical accomplishment; it is also an athletic feat as she seamlessly switches back and forth between Celtic, electric, and concert harps during the 102 minute film."

The critics agree. According to Ali Marcus, of Rivetmagazine.org, "McMichael creates a soundscape that is both varied in texture and tone, alternating between the various sounds with cinematic panache. Her score shifts between a distinctly Irish rogue for Hook and his men, and Celtic soothsaying arpeggios for Peter, Wendy, and

their families. The mermaids ... are given the lush, grainy sound of an electric harp, their glistening tailfins perfectly matching the shimmering, unorthodox sound that in effect is more like a pedal steel than anything else."

McMichael founded the harp department at the Suzuki Institute of Seattle and now directs three independent Suzuki harp programs in the greater Seattle area. She also co-founded the Vashon Island Harp School. Having recorded traditional music for lever harp and original songs on her electric harp, McMichael says she takes great delight in presenting harpists and harp music in unusual situations.

This film version of Peter Pan (directed by Herbert Brenon, USA, 1924, 102 mins) has a fascinating history. J.M. Barrie insisted on handpicking the star of the first-ever film version of his famous play. After viewing screen tests by Gloria

> Swanson, Mary Pickford and Lillian Gish, Barrie chose Betty Bronson, an unknown and inexperienced teenager from New Jersey, to play the part of Peter Pan. Bronson's glowing, lithe performance was almost lost to history when Paramount misplaced the film in the late 1920s. Thanks to a suspenseful and brilliant rescue and restoration, long-lost this interpretation of Peter Pan is once again thrilling audiences both

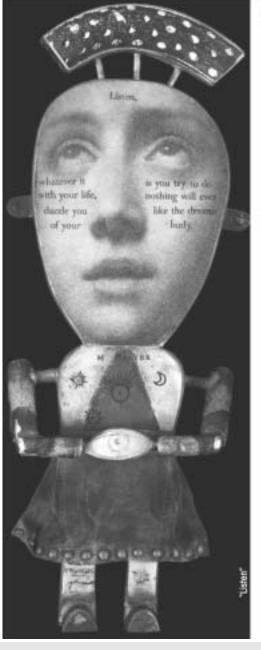
joins the cast as Tiger Lilly and Ernest Torrence (best known for his hilarious portrayal of Buster Keaton's father in *Steamboat Bill, Jr.*) as Captain Hook.

Says Gary Morris of Bright Lights Film Journal, "Bronson literally soars in the title role, beautifully capturing the character's alternating strains of puckishness, petulance, and occasional melancholy at the prospect of growing up."

Tickets (adults \$12/Children and Seniors \$8.00) can be purchased at the door or in advance at Vashon Book Shop, Books by the Way, and Vashon Island Music.



# **MORGAN BRIG**



# Opens Friday, Oct. 5, 2007

#### with Joanne Bohannon and Terri Fletcher



"Remembering Robert"



#### "TALKING WITH... UP CLOSE AND PERSONAL"

By Lauri Hennessey

friends of mine about Vashon, and couple of months getting to know about how it can be a lonely place. them, and getting to know their For many newcomers, breaking in wonderful monologues. "Talking is difficult. You need to find the right With..." offers up some hysterical clique, the right place to hang your writing, some deeply moving hat. I know some people feel they stories.. and a few surprises. find that in their children's sports teams, or in their own hobbies.

Vashon really took off when I met 8 pm on Fridays and Saturdays and Drama Dock.

a long time in community theater, is directed by the wonderful Stephen but never had the time, the courage, Floyd, who has a scary and intuitive or the bravery to audition. I've understanding of all the things these always been a singer, and 97,363 female characters talk about (even, people have at some point in my life much to our teasing of Stephen, the accused me of being dramatic. I love theater and the movies. Given all that, I was perfectly suited for jumping in the local theater pond. But that jump is a hard one to make. It takes courage, and a heck of a lot of time. The first two shows I was in were musicals. I might have felt like the most amateurish actor that ever graced the stage, but I told myself that was okay — just make it until the song and all will be well! I carried myself through with those songs, and found out somewhere along the way that I love to act. So, when I heard that Drama Dock was holding auditions for "Talking With..." last summer, I decided to cast my hat in the ring for a "nonsinging part."

To my delight, I was cast, Lisa Breen and her cat, Boo. Courtesy alongside 10 other wonderful photo

Recently, I was talking to some women, and have spent the last

Now, we are set to open our show tonight, October 5th. The For me, my love affair with show runs this weekend and next, 2 pm on Sundays. All shows are at I had wanted to be involved for the high school theater. The show

Continued on page 16



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# Win \$250 off your utility bills this winter!

Return this coupon to Corinne at Glendale Property Management Drawing at the Lavender Duck Party at 2:00 on Saturday, October 20 (see ad on page 3).

One member of the household must be present to win. Limit one entry per household

Yes! I rent and I want to win \$250 for my utility bills! Name Address Phone \_ Email

Return this coupon to Corinne at Glendale Property Management by Friday October 19, 5:00 PM. Drawing will be at the Lavender Duck Part (see ad on page 3 of October 5 Loop). One member of the household must be present to win. Limit one entry per household

206.463.9177



Glendale Business Center - 17326 Vashon Hwy SW

Loose Change Band is now booking for fall and winter parties We have dates available in October and December (206) 794-9451

MLS

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