

Vol. 4, #21

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM October 19, 2007

Position 5

Camp Fire Cleans Up

By Holly Godard

The Vashon Island Third grade Camp Fire USA group has been busy this fall. On a cool Saturday morning they refreshed the four sidewalk planting beds near the Vashon Pharmacy sidewalk. The kids watch the planting beds and



Left to right are Sherrie Rush, Rebecca McGinnis, Ellie Hughes, Katherine Andrus, Holly Godard, Isaac Hughes, Grace Riggs, and Juliana Wright. Photo by Alexander Wright.

tend to them when plants decline or die and when they get dirty.

Continued on page 18



What a Way to Go

The Challengers

Position 3

Position 1



The Challengers (left to right): Dan Chasan, Katherine Jones and Laura Wishik Photos King County Elections

Decide The School District's Future

by Ed Swan

This off-year election still includes a number of important items on the ballot. In addition to Initiative 960, Referendum 67 and several other state-wide ballot measures (which the Loop will look at in its next edition), Vashon has the very important school board elections. Three of the five current directors, the majority of the board, face strong challengers.

The school board races could easily represent one of the most important local election decisions for Vashon voters for years to come. Vashon Island School District possesses an immense, though not always obvious presence in Island life. The school district comprises Vashon's largest employer, its funding draws from a major part of our property taxes and it directly and indirectly shapes how the Island's children develop into adults and citizens. With many serious issues for the school district to tackle, this year's election result of either returning incumbents, replacing them or some mix of the two proves very important. This edition of the Loop, beginning on Page 4, provides answers from all of the school board candidates to questions concerning how they would act to guide the school district in the coming years.

Holly Near Concert

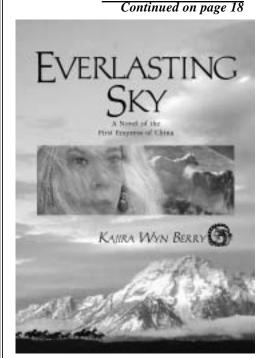
VAA Benefit at the Vashon Theatre 7:30 pm, Saturday, October 27

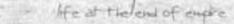
by Janice Randall

Holly Near, recording artist, entertainer, teacher and activist, will perform one night only in a Vashon Allied Arts Benefit Concert, Saturday, Oct. 27, 7:30 pm, at Vashon Theatre. She will be



joined by pianist, John Boswell. She will also teach a writer's workshop Sunday, October 28, 1 to 4 pm, at Blue Heron Art Center for \$40 per person.





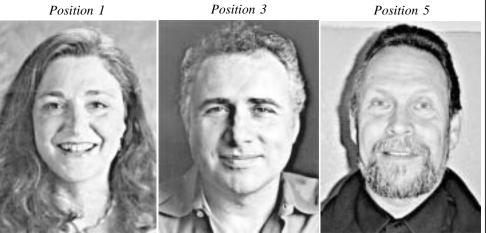
What a Way to Go-Life at the End of Empire

by Peter Ray

Of all my remembrances of school days experiences, the most profound ones tended to come from my involvement in and awakening to the arts. What I am thinking of in particular was a drawing class review session in college where the instructor told you face to face how he thought you were doing.

Continued on page 19

The Incumbents



The Incumbents (left to right): Susan Lofland, Gene Lipitz and Jake Jacobovitch. Photos courtesy King County Elections.

Heron Hosts Kaj Berry Book Event

By Janice Randall

"Books are a wonderment to me. What's the story behind the story, the impelling moment beginning with a sheet of paper or a blank computer screen ending in the birth of a book?" So begins notes to the reader by Island author, Kajira Wyn Berry about *Everlasting Sky*, her newly published historical fiction.

Continued on page 18

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.

Jay Melrose to Visit **Toastmasters Haunted Open** House

Toastmasters District 32 Lieutenant Governor of Marketing, John Melrose (known as Jay to his friends) will be visiting Peak Speakers Toastmasters during their Haunted Open House, Thursday, October 25.

Islanders involved with Vashon Fire and Rescue will know Jay from his wild land firefighting classes and his role as volunteer coordinator for the Poulsbo Fire Department where he also serves as a volunteer firefighter, EMT, CPR and First Aid Instructor and Basic Life Support evaluator. Jay is also an adjunct instructor for Bates College in Tacoma where he teaches wild land firefighting classes.

Islanders are invited to attend this special Haunted Open House on Thursday, October 25, 2007, at 6:00 PM at the LDS Church (9330 - 204th Ave. SW) Members will present scary ghost stories, thrilling tall tales and spellbinding campfire lore. Refreshments will be served.

Peak Speakers meet every Thursday at 6:00 PM, and guests are always welcome! 9330 - 204th Ave. SW Vashon, http:// peakspeakers.freetoasthost.com/, (206) 567-4199.

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

Library November Programs

English Language Learners (ELL): Intermediate

Thursdays, November 01, 08, 15, 29, 6:30 PM

An instructor will present a free ELL program, for intermediate students. Classes will run through December 13. This is a formal class to learn English grammar, reading, writing and conversation skills. Childcare will be available.

Sponsored by the Harold and Marie Leech Fund.

KCLS Study Zone Mondays and Wednesdays, 3:30-5:30pm

Presented by Volunteer Tutor, Chris Purpus

Grades K-12, Students can drop-in during scheduled Study Zone hours for free homework help from volunteer tutors.

Great Books Discussion Group Monday, November 05, 2007 7:00 PM

The Great Books Discussion Group has been meeting at the Vashon Library for 30 years! The idea of small groups meeting to discuss great literature was started by the University of Chicago and groups now meet in hundreds of cities around the country. Our group meets the first Monday of each month; our discussions include all types of great literature, from ancient to modern times. The selection is The Nose by Nikolai Gogol. Gogol has been seen as the father of Russian realism, but this story is fantastic, satiric and enigmatic. Please join us for a stimulating discussion. No registration required.

Toddler Story Time Tuesday, 10: 40 AM November 06, 13, 20, 27

Ages 21 months to 3 years with adult.

Elect Laura Wishik to the Vashon School Board Position #5

A fresh perspective, grounded in experience.

"When I served with Laura on the Park Board, she was thoughtful, open-minded, careful with the district's money, and willing to make tough decisions. She will help restore the school district to financial health and restore the community's trust."

Julie Burman, former Vashon Park District Commissioner.

Laura's supporters include:

| Steve Abel |
|-----------------------------|
| Emma Amiad |
| Jill Andrews |
| Priscilla & Colby Atwood |
| Joseph & Amy Bogaard |
| Mary Margaret Briggs |
| Julie Burman |
| Lucy & Bud Clarke |
| Dayna Cunningham |
| Lynn Davison |
| Tom Dean & Shelley Means |
| Kirsten & Steve Eastman |
| Kathleen Felbaum |
| Shirley Ferris |
| Trish Howard & Jim Garrison |
| David Hackett |
| Rayna & Jay Holtz |
| |

Preschool Story Time Wednesday, 11:30 AM November 07, 14, 21, 28 Ages 3 to 5. Join us for 30 minutes of stories, songs and fun!

No registration required. **Finding Money for College** Wednesday, 7:00 pm November 07, 2007

Presented by Doug Breithaupt of the College Planning Network. Doug will help identify sources of financial aid for college, evaluated the costs of specific schools, and review the process of applying for financial aid. Each family will learn how to fill out the Free Application for Federal Student Aid (FAFSA) and estimate their "family contribution". Please pre-register at Vashon Library, 463-2069. Sponsored by Friends of the Vashon Library.

Microsoft Word, Level 3 Saturday, 9:00 AM November 10

This is an advanced level class for the MS Word program. Topics include: levels of formatting, section formatting, views and page breaks, and headers and footers. Prerequisites: Basic computer skills, and Microsoft Word, levels 1 and 2, or some intermediate skills using word processing. Registration is required and begins Friday, Oct. 27th. Call 463-2069 to register.

Donna Klemka Mike Lande Kathleen & Casey Lawrence Lisa MacLoed Carol McLean Truman & Mary O'Brien Lee Ockinga Maria & Kevin Pottinger Cynthia & Joe Pringle Cece Reoux Claudia & Tom Shader Gross Elizabeth Shepherd & Tom Howard Jill & Howard Stenn Mike Sudduth **Chantel Thurman** Paul Wallrof Ann Zybrk

Struggling with Life? Dreams **Unfulfilled? Getting** Stoned to Cope?

An Adult Insight/Support Group is forming on Vashon to help you explore how your marijuana use may be affecting your life course, goals, relationships, getting projects done, emotions, dreams, and other challenges you may be experiencing. Higher potency marijuana can become addicting, and quitting can often result in uncomfortable withdrawal. The group will provide a safe place to explore your use, accurate information about marijuana, and peer support for changes you may want to make. The group will be facilitated by Stephen Bogan, M.A., a counselor in private practice on Vashon.

For more information and to register contact Stephen Bogan at 463-3050. Group will start when enough folks have registered. Weekly/monthly fees negotiable.

Stephen Bogan has worked in the field of mental health and chemical dependency for over 31 years. He has extensive experience with the design and implementation of residential chemical dependency treatment programs. He regularly provides training on the following topics: adolescent chemical dependency, adolescent development, counselor self-care, father/son relationships, sexual orientation issues, marijuana, and co-occurring disorders. He is licensed by the State of Washington as a mental health counselor and is a nationally certified addiction counselor.

Original art, comics, cartoons: DeeBee, Ed

- Frohning, Rick Tuel, Jeff Hawley
- Ad sales and design: Email:
- ads@vashonloop.com
- Editor: Ed Swan; Email:
- editor@vashonloop.com
- Publishers: Marie Browne and Troy
- Kindred
- PO Box 253, Vashon, WA 98070
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- no way express the opinions of the •
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 - 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!

A 20-minute program of stories and songs just right for toddlers. Registration not required.

English Language Learners (ELL): Beginners, Tuesday, 6: 30 PM November 06, 13, 20, 27

An instructor will present a free ELL program, for beginners. Classes will run through December 13. This is a formal class to learn English grammar, reading, writing and conversation skills. Childcare will be available. Sponsored by the Harold and Marie Leech Fund.

Lapsit Story Time Wednesday, 10:40 AM November 07,14, 21, 28

Newborn to 20 months with adult

A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. Registration not

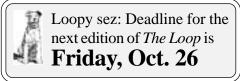
required.

Yee Haw – A Wild West Concert Monday, November 19, 2007 7:00 PM

Children & Families. Presented by Eric Ode. This award-winning author of Tall Tales of the Wild West (And a Few Short Ones), will be joined by that crabby tabby Scratch, the barn cat, for a knee-slapping, rib-tickling concert. Appropriate for children of all ages. Registration is required and begins Monday, November 5thplease call 463-2069.

Libraries Closed: Veterans' Day

Sunday, November 11 and Thanksgiving Day, Thursday, November 22





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



ക **Full Basement**

1 Baths

.20 Acre



9

ஒ

- 3 bedrooms
- 1.5 Baths
- 1 Car Garage

8804 SW 184th St. MLS # 27143323



17017 135th Lane SW

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.

Jew Price!

- 3 bedrooms ஒ
- 2.5 Baths
- .26 Acre
- 2 Car Garage ஒ

21710 101st Lane SW

Truly immaculate newer construction home in lovely park like setting. It's the best of everything! Three roomy bedrooms, two full baths plus a powder room in a well-thought out welcoming floor plan. Your fully fenced back yard features a spacious deck plumbed for gas and a huge lawn for playing and relaxing. All this, and within easy walking distance to Vashon Highway and the bus lines. \$499,000.



MLS # 27111650



Glendale Business Center Your Home Team Realty (206) 463-LIST (5478) www.yourhtr.com

Land For Sale Shy 1/2 Acre Lot This .48 Acre building lot is close to town and includes a share in undevoloped class "B" water system. CAO delineation complete Call Troy for details 206-463-5478 \$110,000

Want to know what your house is worth? Call us for a FREE market analysis - you might be surprised! 463.5478

Northilla Waterfront

100 feet of pristine private waterfront near Piner Pt in Northilla Beach. Southern exposure and very secluded! Great sound, city and mountain views. Water share available. **\$99,950**

MLS # 27045308

School Board Candidates Respond to Loop Questions

The Vashon Loop posed five identical questions to the primary candidates for the Vashon Island School District Board of Directors. Their answers follow organized by each position.

Question 1: What do you see as the primary work of the School Board, and of the Superintendent? Should Board members have a role in the day to day operation of the District?

Position 1

Dan Chasan: The board sets policy and tells the superintendent what to do. The superintendent runs the district. In general, the board shouldn't get involved in day-to-day details, but I think there are exceptions. Individual board members–who have no authority unless they're acting on behalf of a board majority–should never get involved in day-to-day details.

Susan Lofland: The primary work of the School Board is to provide direction for the District with student learning and achievement as the primary goal. The School Board ensures, through policy and strategic planning, that programs and operations of the District are meeting the needs of students, their families, and the community. The School Board provides oversight of the District's financial condition. There are detailed actions the School Board is required to perform by state statute. The Superintendent is responsible for the daily operations of the district, ensuring that procedures reflect policy and are enforced, budget management, educational leadership toward student achievement, management of staff. The Board does not have a role in daily operations of the district.

Position 3

Katherine Jones: In general, Board members should not have a role in the day to day operation of the District. The Board's role is one of monitoring and guidance - setting policy rather than executing it.

Gene Lipitz: The board's role is principally to set and maintain the policies of the district while evaluating the Superintendent's progress in enforcing those policies and progress in achieving the related goals of the District. The day to day role of the Board is very limited.

A Superintendent enforces policies and is the staff to the board in their work. The superintendent is the chief administrator and a key leader of the district with all that this entails. And you thought it was tough being a board member!

Position 5

Jake Jacobovitch: The Vashon Island School Board is established by law and is responsible to plan and direct all aspects of the district's operations. The district board of directors has the final responsibility for the setting of policies and ensuring quality in the content and extent of its educational program. The key functions of the board are to formulate goals, define outcomes and set the course for the school district. To achieve this, the board employs a superintendent, develops and approves policies, formulates and approves budgets, and sets high instructional and learning goals for staff and students.

The Superintendent has supervision over the several departments of the schools; is the Board secretary; keeps accurate and detailed accounts of all receipts and expenditures of school money; and the Superintendent shall carry out all orders of the board of directors made at any regular or special meeting.

In a small district like ours where a limited administration has to wear many hats, there are times when the superintendent may call upon the expertise of a board director to perform district business. I have been called upon to do so in the past by the superintendent; such as purchasing a new school bus, negotiating property leases and writing grants, to name a few. Performed in this manner, there is nothing wrong with this as it maximizes our limited resources.

Laura Wishik: No. Using a nautical analogy, the Board's role is to choose the ship's destination, set the general course, and make sure there

41 yrs experience, 30 yrs as Vashon's Fire Chief

Thorough knowledge and understanding of VIF&R operations Highly trained in all

aspects of firefighting and management

Committed to fiscal responsibility

Vashon born & raised, 3rd generation firefighter

Look closely at the candidates' experience and you'll see... THERE IS NO COMPARISON!

| Neal Philip* | Craig Harmeling |
|---|---|
| Occupation: Seattle Attorney | Occupation: Retired Chief, Vashon Island Fire & Rescue |
| Vashon Island Fire & Rescue (VIF&R) Years of Service: 2002 – Present [currently on leave of absence] | Vashon Island Fire & Rescue (VIF&R) Years of Service: 41 years including 30 years as Chief, 3rd generation fire dept member |
| VIF&R Experience: Volunteer since 2002 [for the last 5 years, has not met minimum requirement of 24 responses per year] | VIF&R Experience: Served as firefighter, Lieutenant, Captain, Assistant Chief, and Chief. As a volunteer, continues to work with VIF&R on stratgic planning and communication issues. |
| Fire Service Training: Volunteer training | Fire Service Training: Since 1965 has participated in over 75 classes and seminars including emergency response and rescue, EMT, fire prevention, HAZ/MAT, first responders, recruiting and training volunteers, budgeting, communications, department administration and management. |
| Years on Vashon Island: 12 | Years on Vashon Island: Vashon born and raised, well-known and respected in the community and VIF&R. |
| Goals and Objectives: Best possible service, build consensus, put problems behind, move forward. | Goals and Objectives: "I'll use my years of experience to ensure the best emergency response capabilities, an improved paging system, quality training for paid staff and volunteers, effective communication, improved accountability, and renewed stability and fiscal responsibility." |

Question 2 continued from neighboring column:

educational program with a secure financial management approach. Next, District leadership is changing and that will need to be well managed by the School Board, but there are positive aspects to that opportunity. Thirdly, it is not so much a question of parental choice, as it is of meaningful parental voice in their student's education and district decision making. Fourthly, the Board, as a collective body, should continue to seek opportunities for Board development and leadership. The Board has shown leadership in addressing the financial problems of the district in this past year. Finally, I believe the District is addressing the other issues of curriculum focus and student achievement focus. There is an ongoing review of reading, writing and science curriculum. Further, the district is addressing the needs of all students through revision of the accelerated learning program, implementation of a tier- two intervention program for struggling students, and other processes.

Position 3

Katherine Jones: Please note that I am learning more from parents, teachers, and the community every day - so this is my ranking today. As I learn more I expect my personal ranking of these issues to change. Please also note that several of these issues are measured/observed from a classroom perspective so the ranking could be very different across schools, grades, and even individual classrooms. Rank order: 1. Board Leadership; 2. Financial Condition; 3. Other (add a category) Improved business practices (board mechanics and governance, policies and procedures, etc); 4. Lack of Parental Choice; 5. District Leadership (i.e. Superintendent and Principals); 6. Lack of Focus on Core Subjects; 7. Lack of Focus on Low Achieving Students; 7. Lack of Focus on High Achieving Students. Gene Lipitz: 1. Lack of Focus. Clear standards, reachable goals, prioritizing of those goals, accountability and clear lines of responsibility; 2. Financial Condition; 3. Lack of Focus on serving All Students, energy going to what divides us rather than our common values and assets; 4. Lack of Parental Choice; 5. Lack of Focus on deciding what is a Core Subject.



are adequate provisions for the voyage. It is not the Board's role to trim the sail and steer. That should be left for the professionals who have the training and experience to do it well. When a Board inserts itself into dayto-day operations, it undermines the administrative staff and creates uncertainty that is bad for everyone's morale.

Question 2. Please rank the following problems facing Vashon schools in order of importance: Financial Condition, Board Leadership, District Leadership (i.e. Superintendent and Principals), Lack of Parental Choice, Lack of Focus on Core Subjects, Lack of Focus on Low Achieving Students, Lack of Focus on High Achieving Students, Other (add a category)

Position 1

Dan Chasan: Financial condition is, unfortunately, the key to everything else. The district won't set sound priorities for the use of its limited resources or have the discipline to avoid spending money it doesn't have without both board leadership and district leadership. Therefore, I'll place financial condition, board leadership and district leadership at the top of my list, without ranking them.

Susan Lofland: In ranking issues facing the district, I would be hesitant to call them all problems. Many actions are being taken that may not be readily apparent outside of the district. The most significant issue facing the District is the balance of providing a well rounded student focused

Position 5

Jake Jacobovitch: The most urgent concerns facing our school district are restoring fiscal solvency, trust, communication, collaboration, discipline, and leadership. Also, hiring a permanent superintendent, continue the updating of our school district policies, completing our strategic plan and developing our capital facilities plan is important work that we need to continue.

Continued on page 5

October 19, '07

School Board Candidates Respond to Loop Questions

Question 2, Continued from page 4

Laura Wishik: 1. Financial Condition; 2. District Leadership (i.e. Superintendent and Principals); 3. Board Leadership.

I intend to listen and learn regarding the rest of these issues before I draw conclusions about them. When the Business Manager says he is losing sleep because he is not sure he can make payroll, then other issues have to take a back seat to the necessity of restoring fiscal health to the school district.

Question 3: With specificity, describe three goals you hope to accomplish during your tenure in office, if you are elected. Explain why these goals are important.

Position 1

Dan Chasan: I want to help the next board restore financial stability, restore public confidence, and conduct public business with civility and focus. Once again, the district's financial condition is the key to everything else. Obviously, it can't hire teachers, buy textbooks, patch roofs, etc., without money. The district should maintain a no-strings-attached ending fund balance of at least 4 percent. Beyond that, general fund expenditures should reflect conscious priorities. The next board will face difficult financial choices. Some people won't be happy with its decisions. The process will work better if the board has the trust and support of the staff and the broader community. Therefore, restoring public confidence is more than just a feel-good ambition. I think that the tone of board meetings can either build or undermine public confidence. Most people don't mind disagreement but they do mind personal unpleasantness. The board should be above that. The board should also remember what its job is. In order to make good financial and other choices, the board will have to stay focused on the important issues.

Susan Lofland: The most important goal for the district in the near future is the establishment of a healthy budgeting and financial management system that supports the ultimate goal of student achievement and sound stewardship of the community's assets. The second most important goal for the District is a sequential curriculum that is aligned with state standards as the minimum and allows for individualization for students of all abilities and needs. Finally, the District needs a comprehensive long term plan for the management of its capital facilities.

Position 3

Katherine Jones: Goal 1: Increase transparency. Transparency is important because the quality of our decisions and actions is dependent upon stakeholders (parents, teachers, and other community members) understanding current issues and providing critical, constructive feedback

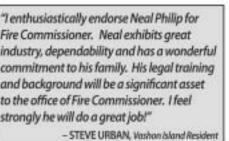
. Without transparency there is not adequate understanding, trust or communication. I believe we can improve transparency by making access to school and school board information easier for our community using current technology. Options include recorded and/or video broadcast School Board Mtgs and supporting virtual attendance capability. We can also review our processes and practices to ensure maximum insight and access is provided to the public in various situations.

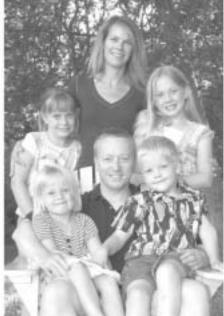
Goal 2: Institute and publish Board Performance Reviews. This will increase transparency and support improved board mechanics and governance.

Goal 3: Prepare students for "Tomorrow's Workforce". This is a less tangible goal however it is important in helping prepare students for future challenges. Tomorrow's workforce will be more global, virtual, multi-cultural, and internet-dependent than what we've experienced. My immediate goal is to ensure these factors are considered in developing and planning student curricula on an ongoing basis. I will also pursue opportunities to raise the general awareness of staff, parents, and students regarding global economic and workforce issues. Gene Lipitz: 1. Student Learning Plan. If we develop a plan for each and every student that says how they are doing and how we will help them and how they must help themselves to meet their goals, we will have a basic and necessary tool for serving each and every child. Such a tool will help us get past the high-achieving vs. low-achieving Continued on page 8

EXPERIENCE. OBJECTIVITY. COMMITMENT. Support Your Fire Department Elect NEAL PHILIP Fire Commissioner

Neal is running for Fire Commissioner because he believes that the fire department must continue to move forward in a fiscally responsible manner so that all Islanders receive the level of protection they expect and deserve. Neal's experience as a volunteer firefighter and lawyer gives him the tools to look at the facts objectively and make the decisions that need to be made for the good of everyone on Maury and Vashon. Elect Neal and help ensure that every Islander receives the best possible service at the best possible cost!





Supporters of Neal Philip for Fire Commissioner Include:

| Anti-Afters Errens-Antial Thomas Model Antionan Datas and Model Antionan Repartitistic Applications Repartitistic Applications Repartitistic Applications Repart Antional Applications Repart of Applications Distribution and Stophysic Biol Biol Remark Distribution and Stophysic Biol Biol Remark Distributions Main Remark Distributions National Stophysics Repart Califors Biol Califor Mecanet Stophysics Biol Califor Mecanet Stophysics Distributions Repart and Record Stophysics Distributions Record Stophysics Distributions Record Stophysics Constiguent Biol Califors Biol Califor Mecanet Stophysics Constiguent Biol Califors Distributions Repart and Californian Distributions Constiguent Biol Californian Repart and Californian Distributions | kits and Reth-deCoose Residuant Gines Delarge Rob Devente Angele Ourcas Deven Star Gente Edwards David Star Deving Stark David Star David Star David Star Sally Fox H.C. and S. Cohe Schwerzer Rock Gachen Ereite Schlan Dian und Antry Gill John and Otes Gache Mill and Siemau Cathin Mact Grandig Door Hauges and Elenine Molification Rob and Kathy Hawitany Rob and Kathy Hawitany Rob and Last Hereamy Rob Hall and Harves | Lary Janus and Ovicti Pau Davit Jerring Verlandy Wile and Pactitus Januard Ten Stadard Bisty and Ten Stadard Courie Stanson Hause Soon and Ten Stadard Soon and Ten Stadard Wordy Middling Rob and Stends Worl John Wang Sharos Mange Dan Wang Sharos Mange Dan Wang Sharos Mange Dan Wang Sharos Mange Dan Wang Sharos Mange Dan Wang Sharos Mange Sharos Mange Dan Wang Sharos Mange Sharos | Ja Peny Issle-Poli Kee Pithard Orm-and-Deel Number Dael Fuda and Sharm Denham Candi and Mary Ray Pairing Peter-Ray Reter-Ray Reter-Ray Reter-Ray Reter-Ray Social and Sharm Sharm Social and Sharm Sharm Reter-Sharman Real Scherman Real Scherm | Terri and zender Salivan Pese Dadiode Renty, Terian Sonie Hag Ioward Stocke Hag Ioward Stocke Hag Ioward Stocke Hag Ioward Stocke Hag Ioward Stocke Hag Ioward Network Network Network Son Web Carey and Histone Messgool Garden and Virgina Wilson Saler Wilson Kathy and Cart Wing Cathy and Straw |
|--|--|---|--|---|
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Learn more and add your name to the full list of Neal's supporters at: www.nealphilip.com Paid for by Philip for Fire Commissioner, P.O. Box 1827, Vashon, WA 98070



So. We moved.

Thirty years in one place, and we moved.

Our first-born son was born in that house, and we moved.

All the work we did on that house over 30 years, all the life lived in that house, all our children's growing up years, the waterfall you can hear through the bedroom windows, the view of trees and water, the neighbors who are also friends, the squirrels and raccoons and occasional bear, all left behind, as we picked up everything we owned and moved it about seven or eight miles, depending on whether you take the Westside Highway or the Main Highway.

came down with I mononucleosis, and we still moved.

Why? Oh, it has to do with money and surviving in retirement. That sort of thing. Even knowing that it might all be in vain, we're trying to lighten our load and reduce our financial demands.

In thirty years we accumulated several truckloads of stuff. Because the opportunity to move and the need to empty our house arose so fast, we did not sort and toss before the move. We tossed everything loose into boxes, including some things I wanted to leave there, and moved the boxes to the new house. Now we're living in what feels like a warehouse full of furniture and books. I know it will get better, one box at a time, and we've made incredible progress in a few days, but most of our stuff is waiting to be re-discovered and put back to work, or culled out.

I have no idea where the remote controls for any of our electronic items are located. It's been OK - as I write, Laurie, the Cable Woman, is hooking up our televisions (yes, plural) to the outside world, so tonight we won't have the peace and quiet I've kind of enjoyed the last few nights. It's OK. I don't think my husband could bear missing another week of Bones and House. The dog is beginning to calm down a bit, but still doesn't like to let us out of his sight. He follows me from room to room with a worried expression on his face, and when I sit on a couch he curls up next to me and snuggles in. He is feeling secure enough now that he has stopped stress-panting, so the overall air quality is better, although my grand daughter let me know this morning that my own breath could use a little work. I lived in Burton back in the early 70s, and it's nice to be a Burtonista once again. I love the drive along the water south of Burton – it soothes the soul, and brings back memories of being a young hippie, swimming in the

Spiritual Smart Aleck The Moving

By Mary Litchfield Tuel

harbor with Ed and Boo and Nina and their Great Dane, Cossack. Cossack did not especially like swimming; Great Danes are shorthaired dogs who like to be close to the woodstove, and the cold water of Puget Sound was not his idea of a good time. He did go in, though, and I remember holding on to his sides as he pulled me through the water. He didn't enjoy that as much as I did. Ed always said that when the tide came in over a sunwarmed beach the water was warm, but in my perception "warm" Puget Sound water meant that it took a few more minutes for the hypothermia to set in.

Experience

I have to thank people, from the bottom of my heart, who lent their hearts, hands, and vehicles to the move: Kate, Tara, Mary Beth, Steve and Julia, Deborina, Roy, Becky, & Maggie, the loving and generous people of the Church of the Holy Spirit, and especially Sonya, who saved our sorry exhausted butts by showing up and cooking dinner for us for a few days on top of packing, unpacking, and directing the placing of furniture. Gracias to Lenin and Luis ("Let go and let Lenin") who did all the heavy lifting, and huge thanks to Reva.

The old house is for sale; the best deal on a 3 bedroom, 2 bath, stickbuilt house on Vashon Island. For heaven's sake, somebody buy it.

Oh, and I've started a blog, and realized I'd probably get more feedback if I actually told someone it existed.

Here's the address: http:// spiritualsmartaleck.blogspot.com/

You can email me at: mary.litchfieldtuel@gmail.com and I wish you would. I'm up here surrounded by boxes and would love to be distracted from unpacking. തതത

The Black Cat **Boogie!**

Going Green

by Emma Amiad

In his book, The Toyota Way, author Jeffrey Liker tells the story of a small Japanese auto manufacturer who overcame great obstacles and dramatic setbacks to become the eighth largest company in the world.

In 1993 Toyota put together a team of experts to start designing the cars of the future. the cars for the 21st century. From those meetings came, among other ideas, the Prius hybrid. Now rated by the EPA as the most fuel efficient car selling in the United States, it was ridiculed when it went on sale in the US in 2001.

Today the Prius is the largest selling hybrid in the world. By anticipating the need and choosing to take a path toward sustainability, this car manufacturer took a huge gamble. Other manufacturers, primarily the American ones, laughed when they saw the Prius until they began to see the headlines that talked about the number of people signing up on waiting lists to buy the car. Those companies have been playing catch up ever since.

I believe that Toyota is a company that may have a corporate culture

worth investigating. At а recent conference attended, a speaker

Ι

talked about two vital "mantras' that are a part of Toyota's

corporate culture. He believes these same daily "rules" could make a big difference in our individual lives. Those "mantras" are these: every day search out one small way to reduce waste, and; everyday search out one small way to improve what you do. We could use these same strategies when it comes to making decisions around living more "green" with a goal toward sustainability. Trying to reorder our lives to save our money and our planet can be daunting. If we just took those two steps every day, we could see the same level of success as Toyota. Let's think of some examples of small steps that could reduce waste and make our homes more green. How about switching to florescent light bulbs, adding more locally grown food to our shopping list,

Emma Amiad





Vashon Island School Board Islanders who are supporting Gene include:

Bill Ameling Steve Howarth Colby & Priscilla Atwood Dan Asher Keith Putnam Carrie Oliver Rex Stratton Catharine A. Carr Jeff Chole Charon Scott-Galdman Keith Stoner Cord Hanns Zum 5preckel John Hapkins Janice Rondal Neil and Gay Jungemann Doug Snyder David Hackett Sam Collins Lonnie & Neil Shiosaki Gwen & LeiF Rosmussen Mary Margaret Briggs Joe Curiel & Tony Raugust Betsy Frazee Heater Kremer Suzanne Greenberg Charlotte & Charles Lovekin Gary & Nancy Sipple Jim and Cheryl English Sarah Mercer Norm & Lee Ockingo Sara Giusti Viv llo Bob & Karin Desantis Joe Ulotoski Ted & Vicki Clabough Jm Riggsbee Chuck Van Norman & Jessica Bolding John Moore Joe Pringle Apple & Bill Cox Matt & Janna Wilson Paul Motoyoshi William Forrester Kathleen Fitch Holly Robinson Ken & Donna Zaglir Jodi Worren Susan Purdom Barbara Henderson Emma Amiad Mark Myers Mary Kay Rauma Anne Atwell

Bettie Edwards Amy Griffith Kate Guinee Todd Pearson Cheryl Crow Dave Hattery Carolyn Amick Troy Kindred & Marie Browne Susan DuFresne Charlie Rosenbarry Dick & Linda Bianchi Pascal Py & Marie Katchek

> Real Leadership, Practical

Experience

Joyce Olson Sue Harrington Daris and Dean Paulsen John Gardiner Ande Thollander Rebecco & Jeff Raymond Mary Marth Jeff Ammon Tom & Karen Bean Oz Osborne Bob & Lauri Hennessey Judy Beggs John Blair Margaret Heffelfinger Barbara Gross Dean & Mary Andrews Don & Betty Olson Janet & Andy Parker Melisso & Tom Bangasser Bob & Sara Lawson Karen Steele & Paul Bulson Bart Queary Dean & Mary Andrews Highest rated candidate for Vashon School Director by independent committee

ID FOR BY GENE LIPITZ INE SW 2016 St. Western VIA 98879

becoming better about recycling everything possible, and buying more items used instead of new? How about putting in soaker hoses instead of wasteful sprinkling and adding weather-stripping which saves enormously on energy costs? Those are simple steps to take but they can make a big difference. When it comes to making our home green taking small steps are a great way to start. I am often surprised by people who say they want to "go green" and their first impulse is to throw out what they have now and go buy new "green" products. The greenest thing you can do is just use or re-use what you already have! Why add to the waste stream when new paint, a good clean up or a different way to use something will save it from the garbage heap. Today's green adventure tip: Visit the Second Use store in south Seattle. You will be surprised by what's available, the great prices and the fun you'll have finding things for home improvement projects. Check it out: www.seconduse.com. തതത

The "Black Cat Boogie" is an upcoming event that will keep you toasty and entertained on a crisp fall night. If dancing to the lively music of "Bob's Your Uncle" isn't enough to warm you up, a zesty Chili and Cornbread dinner should do the trick. As the evening progresses temperatures will rise with the competition of an entertaining Costume Contest and a delicious Dessert Auction.

All this fun will take place 6:00 p.m. Saturday, October 27th at the Vashon Sportsmen's Club on Singer Road, near the Cemetery; a perfect location for a pre-Halloween hootenanny. The "Black Cat Boogie" is sponsored by the Parents of the Class of 2008 committee. The event proceeds will provide scholarships and funding for the safe and sober Graduation Night celebration these parents are planning for the senior class Advance tickets to the "Black Cat Boogie" are available at the Vashon Bookstore and at Books By The Way. Tickets may also be purchased at the door. For more information you may call Holly Berry at 463-2032.

VIPP ADOPT-A-CAT DAY

Vashon Island Pet Protectors will host an Adopt-A-Cat Day EVERY Saturday from 11:30-2:30 at Pandora's Box. Please stop by or call VIPP 206-389-1085.

The Back Bay Inn

(206) 463-5355

www.backbayinn.net ~ www.insidevashon.com

RiverBend Plays Sat. Oct. 20

Thursday, October 25 Join Us for a

Special Evening with Ray Pfortner0

in

October 19, '07 Don't Forget the Birds

Vultures over Vashon

On October 5 I was starting to run my Ellisport/Portage loop when I saw at least three Turkey Vultures flying just under the low clouds threatening rain and just over the tree tops of the canyon along 204th as it comes down to the water. Later that day, after some clearing, the sun warmed things up quite a bit. As I drove down Cemetery Road east towards Chautauqua Elementary I



Black and white captures this Turkey Vulture pretty much as is. Notice the white underwing linings which don't always show up well. Many birds might be mistaken for an eagle or large hawk. photo courtesy Dian MacRae

saw several more vultures just over the road. I passed the turn-off to the school and pulled over to watch the birds as they flew over and around the large open area just east of the school. I eventually counted at least 30 in two groups of 12-14 and a number of out lying birds. The vultures were just starting to climb and move on south, so I wonder if they had been roosting or feeding on something in the field for the colder morning and then resuming their flight south in the afternoon sun. Rayna Holtz heard a report from a resident living near Misty Isles Ranch of a group of 60 that same afternoon.

By Ed Swan

Vashon sees Turkey Vultures predominantly as spring and fall migrants moving through, often fairly high overhead. Observations cluster around mid-April through the first week of May, usually 1 to 3 birds and then again from the last week in September through the first week of October when small flocks of 5 or so birds or larger flocks of 30 or more appear. The Turkey Vulture reaches its northern breeding limit in southern British Columbia, including Vancouver Island, islands in the Georgia Strait and coastal B.C. Diann MacRae's **Olympic Vulture Study documented** their migration routes across the Strait of Juan de Fuca over the last decade and presumably Vashon's birds would mostly

comprise these migrants.

Outside of migration, vultures visit Vashon a few times each summer, probably straying across Colvos Passage from agricultural areas and clear cuts in Kitsap County. They nest in lowlying parts of Western Washington but all late spring and summer Vashon sightings consist of one-time records. A single winter observation exists, an early bird moving north over Pt. Robinson on February 5, 2006.

Cornell's Birds of North Turkey Vultures moving over Eatonville, photo by Dawn Bailey America On-Line lists the 5th. John and Ellie Friars found Turkey Vulture's preferred habitat

as farmland and pasture close to undisturbed forests for perching, roosting and nesting. Their diet comes almost exclusively from carrion so people see them perhaps most often feeding on roadkill along the highway or searching with their keen sense of smell for dead creatures. MacRae notes in the *Birds* of Washington State that the vulture's

Harlequins back at their usual spot by Portage in Tramp Harbor. Joy Nelsen saw two Spotted Sandpipers at Pt. Robinson October 7. Bent and Marie Blichfeldt had Vaux's Swifts overhead at their place near Dockton October 6 and the first fall Wilson's Snipe at Fisher's Pond earlier in the week. Rich Siegrist saw about 30 Greater White-fronted Geese overhead at his place along

range expanded northward over

the last half-century, likely as a

result of the increased food provided

by the vast modern road system

and Jean Findlay saw the first

Greater Scaup of the season, a

Quartermaster Harbor on October

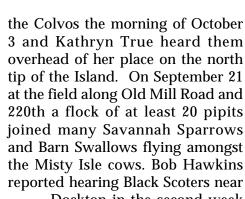
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In local birding news, Gilbert

scoters,

continent-wide.

female



Dockton in the second week of September, the first for these uncommon ducks this year. A Glaucous-winged Gull livened up Larry Huggins' wait for the ferry by attacking and killing a Rock Pigeon. If you have an interesting sighting or bird photo to share or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. I'm also available as a guide for finding birds around Vashon. With the winter waterfowl season beginning, this is a great time of year for seeing birds, especially if you have out-of-town visitors

unfamiliar with our local species.





ACROSS

- 1 Eagerness
- 5 Type of fish
- 9 Peaks
- 14 Brand of laundry detergent 33 Textile
- 15 Major (Big Dipper) 35 Alternative (abbr.)
- 47 Account (abbr.)
- 49 Conger

46 Acrid

- 50 Giant
- 53 Galled

57 First letter in Hebrew alphabet

It ____ Upon a Midnight Clear...

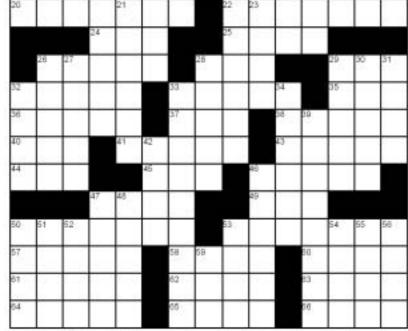
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|---------------------------|------------------------------|--------------------------|
| 16 Stone | 36 con carne | 58 Rowers needs |
| 17 Animal stomach | 37 Wing | 60 Roman emperor |
| 18 Detail | 38 Screamer's throat dangler | 61 Inscribed stone |
| 19 VCR button | 40 Males | 62 Fake butter |
| 20 Sternly | 41 From Asia | 63 It Upon a Midni |
| 22 Artist's studio | 43 Roof coverings | 64 Nominal |
| 24 Crimson | 44 Bard's before | 65 Darling |
| 25 Line of soldiers | 45 Finale | 66 Long time periods |
| DOWN | 23 Ride on the runway | 50 Spar |
| 1a-sketch (child's toy) | 26 Direct | 51 Singing voice |
| 2 Italian money | 27 Gleam | 52 Modest |
| 3 Jewish calendar month | 28 Lettuce & toppings | 53 Realm |
| 4 Former movie part | 29 Seal off | 54 Parent |
| 5 Makes | 30 Bowling | 55 Writer Bombeck |
| 6 Pretentious | 31 Parent teacher groups | 56 Did |
| 7 South southeast | 32 Peak | 59 Brew |
| 8 Good, Bible | 33 Group of saints | |
| 9 Quaking tree | 34 Spice | |
| 10 Teacher's writing tool | 39 Physical damaging force | |
| 11 Tropical island | 42 Religious division | |
| 12 Otherwise | 46 Detector | |
| 13 Oracle | 47 Abundant | |
| 21 Inguinal | 48 Jewish last name | |
| | | |

26 Drug doers

28 VI

29 Hat

32 Livid



Solution on page 17

The Reigning Queen of Everything The RQE and Internet Dating

By Sarah Blakemore, RQE

Okay.

I'm twentythirtysomethingsortof And single. Happily single, for the most part. I have good jobs that fill up my life in a meaningful way. I have friends who love me. I live in a fabulous apartment in New York City; in a hip, artsy neighborhood. Lots of avaunt guarde film makers, painters, writers and well, anyone else who likes to live outside mainstream corporate culture. In short, I've got the life that I want. There are a few things I could tinker with – my dog could quit chewing holes in my sofa, my socks could match, and my stomach could be a little bit flatter. Other than that, things are good. Oh, and it would be nice if I could have sex with something that doesn't require AA batteries.

But something is missing. And that something is a man.

Yes. There. I said it. All the feminists can hate me but it won't change the fact that I want to find a man.

This is, of course, completely contradictory to my upbringing. As I am sure I have mentioned before, I was raised by feminists in a community that eschewed gender roles in favor of exploration of self. I have never, ever been told, outside of Seventeen Magazine, that I need a man. Yet here I am, wondering why I am still single. I broke up with a man last year who wanted to marry me. So if just being married was the goal, I would be coupled by now. Probably with a baby on the way.

Is it me? Is it them?

It might have something to do with the fact that I never meet anyone. The last guy I flirted with in the elevator at work didn't call. I dropped off a flyer for my show with my phone number on it. Was it that he thought I wasn't cute?

my profile up on two internet dating services. Now I'm a getting daily spam in my inbox with a subject line of "single? Over 30?". Like I need to be reminded by my email.

But, I hear you cry, you're a stripper! You must meet men all the time.

This is true. I do meet men all the time. But like an actress, those men like who I am for them, not who I actually am in my real life. The few times I have gone out with customers it has been a disaster; unless they are paying me and therefore still customers.

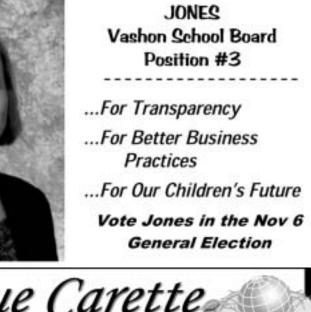
So I'm giving internet dating a shot. It has been almost entirely unsuccessful. The majority of the emails I have received have been from men in their 40s and 50s "looking to par-tay". Right. And seriously, they always look like the before pictures displayed by the Hair Club for Men.

There are some that are decent though. Sensitive, kind, thoughtful. They don't have girlfriends because as soon as they appear in person even a blind goose in a pillow factory [I don't know what that means] can see that they are gay, GAY, GAY!! I'm hot and everything, but dating me will not make you straight. It's cool that you want to marry Stanley, but unfortunately that won't work for me.

Then, maybe if you are lucky, you meet someone sort of worth going out with for an evening. My last date had the title of, " That guy who doesn't make me want to throw up in my mouth". Needless to say, this was not a particularly successful relationship.

And finally, what those sites don't tell you is a little known secret that I feel the female population has a right to know. Internet dating sites are a clearing house for men who are lousy in bed. Really, really lousy. Impossible. I was even having a Seriously, I really want to know myth that 1 ¹/₂ minutes of me lying on my back is going to make me have an orgasm. I mean, come on guys. This isn't High School. There is no conclusion to this. In writing this the perfect man has not appeared and thrown roses at my feet. My therapist tells me to "develop who [I] am" so that way if I never get married and have a family at least I'll "have that to fall back on". Uh, thanks. Righto. As I listen to him tell me this I am suddenly sure that I've seen his picture on an internet dating site.







School Board Candidates Respond to **Loop Questions**

Question 3 Continued from page 5

battle for resources sideshow in which we sometimes flounder. We need to serve ALL students using the resources at our disposal.

2. Updated Policies and Governance. We have not done this since 1987, and this was the central message of my first campaign. In the wake of several crises, the board as a whole and the Supt. have gotten behind this urgent task in 2007, and should be largely complete sometime in late 2008 or early 2009. We have learned through this process that our policies are in some of the worst shape that the state organization has ever seen, but soon they will be in great shape and help future boards govern the schools of our children properly for another 10 years or more.

3. Financial Controls. The State Auditor concluded: "... the Superintendent took advantage of ineffective internal controls at the district." I asked, before all this, that overtime sheets be better implemented and that payroll reports be legible, and, as co-chair of the Budget Oversight committee, will advocate for useful internal controls that will probably be well in excess of those recommended by the auditor.

Position 5

Jake Jacobovitch: 1. Lasting Fiscal Solvency and Controls - A sound fiscal program with accurate accounting and reporting provides the district with the ability to plan for all its future anticipated and unanticipated needs.

2. All School District Policies Reviewed and Updated – Policies are the vehicle for implementing a school district's mission and goals.

3. Setting Up Communication Structures That are Lasting and Foster the Discussion and Resolution of Issues Facing the District - If we don't communicate with each other then anything we create will disintegrate over time.

Laura Wishik: My first goal is to help restore the district to fiscal health, which involves examining and then prioritizing a range of issues, such as class schedules, teacher training, and class sizes. We need to learn to live within our means. We also need to tap additional sources of funds good manicure day. Was I not who has been perpetuating the for the things our community values the most.

funny? Was I too funny?

Ran in to him again; most notably not at my show. There, gleaming in the mood lighting of the elevator, was his solid gold wedding band.

Hmmm. Must have missed that the first time.

Can I die now please?

No?

How about now?

Still breathing, dammit.

Anyway, he was very nice in that way that married men are; he'd never cheat on his wife but he'll take all the free flirting he can get. I nearly threw all dignity to the wayside and asked him if he had a brother.

Sigh.

So, like all the other frustrated, annoyed women out there, I have joined the tech revolution and put



My second goal is to establish a productive public process, in which the School Board treats the public as a partner, not an adversary. Information needs to be readily available to the public well ahead of Board meetings. The public's input needs to be welcomed and taken seriously. At the same time, we cannot let the "squeaky wheels" dominate the discussion or set the Board's agenda. The Chairperson of the Board has to keep the Board and the public on task during meetings.

My third goal is to restore trust between the Board and the community. The Board should explain its decisions more clearly, deliberate more openly (executive sessions should be rare), and provide the public with easy access to information.

Question 4: What, in your opinion, are the biggest factors in insuring quality teaching in the District?

Position 1

Dan Chasan: Good teachers are the school district's most important asset-more important than curriculum or computer hardware-but the district has relatively few ways to attract them. It can try to sell people on this community's character and values. It can treat people fairly. It can offer sound leadership, clear priorities, and an opportunity to really teachthat is, within a district wide curriculum framework, it can make sure that teachers have freedom to develop approaches and projects that the teachers themselves consider worthwhile. Continued on page 9

The Vashon Loop, p. 9



Culture and Civilization

I define civilization in general as an alliance between dominator consciousness and exploitationenabling techniques, creating a society that systematically takes more than it gives. —Ron Prieur

Is there a difference between culture and civilization?

There is to me. I see civilization as our hardware—our buildings, our machines and so on—and culture as our software—how we think and feel.

Civilization is officially defined as an advanced stage or system of human social development or the process of achieving this, the original Latin word referring to people who lived in cities and towns. Culture, on the other hand is defined as the attitudes and behavior that are characteristic of a particular social group, the tastes in art and manners that are favored by a social group, or the way of life, especially the general customs and beliefs, of a particular group of people at a particular time.



Numbian Artifact

It seems to me that our

return to it. Such a construct is, by its nature, doomed.

Well, there, I've told you. Our underlying assumption seems to be that a steadily expanding human population with an ever expanding consumption of resources can continue indefinitely. Unfortunately, this system of ours is based on diminishing resources

and a dying ecosystem and it is madness to believe it can continue. In many important ways civilization functions in an addictive fashion. An addict denies that there is a problem. An addict engages in the denial of reality. We long for solutions to our world-wide problems but, like an addict, we won't let go of our junk—but we can no longer afford to just fix the symptoms. We must cure ourselves or perish. The cure won't be easy.

The addictively cheap resources that fueled the meteoric rise of our civilization have run out. Cheap oil is gone, free timber has been cut, easy iron is used up

There was enough forest in the East that a squirrel could have traveled from the Atlantic to the Mississippi without touching the ground. There were enough salmon in the Western rivers one could not row a boat among them (or, as the northern California Indians say, '...you could walk across the river on their backs.'). The prairies were covered with rivers of buffalo and there were endless forests of oldgrowth trees from northern California to Alaska. Top soil in the Pallouse used to six feet deep-now it's eighteen inches or less.

We had clean air, clean water, fertile soil and natural systems that could have sustained us indefinitely. Does ANYONE believe we did well with what we were given?

But, just because our civilization is doomed, it does not mean that our culture is. It might be—but it's up to us. A persuasive argument can be made that it is our very way of feeling and thinking about things that has led to this sort of civilization. That does not, necessarily mean that there is nothing of value in it. And, even if our civilization is not sustainable, our culture still could be—if we really, really want it to be.

A culture that wants to pass on its values must have values worthy of passing on. If we really have something valuable for our children, we must show it to them now. We must be a good example. We don't have a lot of time left. **wow**



School Board Candidates Respond to Loop Questions

Question 4 Continued from page 8

Susan Lofland: The biggest factors in quality teaching are a clear educational vision and direction for student achievement, expectations and accountability for all staff, professional development for personal and district growth for all staff.

Position 3

Katherine Jones: Some of the biggest factors insuring quality teaching in the District include (1) ensuring an environment of trust and respect between the Board, District leadership, and teachers; and (2) a defined s trategy to attract and retain/grow talent with policies/practices/resources supporting this strategy.

Gene Lipitz: Careful hiring and comprehensive, genuine evaluation of teachers ALONG SIDE extensive professional development and collaboration.

Position 5

Jake Jacobovitch: Teachers make more difference in student achievement than any other single school factor. Their development improves the learning of all students. Professional learning communities; professional development; skillful leadership; and families and community members that are involved, ensure quality teaching and quality learning.

Laura Wishik: Teachers need to be treated with respect. They must be compensated fairly and provided with training to make our good teachers great. Their views should be sought by the Board and taken seriously.

Question 5: What role does standardized testing play in evaluating student achievement in the District? Please include in your discussion your opinion of the WASL and more traditional testing instruments, such as the Iowa Achievement Test.

Position 1

Dan Chasan: I'm no expert on testing. School board members don't have to be-and shouldn't pretend to be—experts on testing. Virtually everyone has opinions about testing, though, and these are some of mine:

civilization, like many others in the last 10,000 years, is hierarchical that is, it has an upper class that exists on the labors of a much, much larger lower class; it is also bent on dominating not only nature but every other sort of civilization or culture in the world. Civilization, by its nature, thinks of itself as superior and that it has answers for all the world's people.

Culture is what we think and feel and believe—it is the system of values we try to pass on. Our art, our literature, our music, our religious beliefs.

Our civilization is out of balance—you don't need me to tell you that. Actually, I suppose that is presumptuous—perhaps you do need me to tell you that. It is clear we take more from nature than we

Green Party Book Club Meets

This month's selection for the Green Party Book Club is "Imperial Life in the Emerald City: Inside Iraq's Green Zone" by Rajiv Chandrasekaran. It is available at a discount at both bookshops. The meeting is at 2:00 October 28th at the Vashon Tea Shop, all are welcome. a) the Vashon school district doesn't unduly emphasize the WASL as a way of evaluating kids;

b) we'd all better get used to the WASL or something like it, because the legislature wants accountability and for better or worse, that means test scores;

c) test scores may provide useful information if they track specific kids up through the grade levels–rather than comparing, say, all fourth graders in two different years—but unfortunately, those aren't the numbers that most people see;

d) test scores may reflect test-taking skills, rather than understanding of subject matter, but in this society, test-taking is a valuable skill for kids to learn;

e) the WASL or an equivalent can be OK if it's used as an educational floor, not a ceiling;

f) the need to prepare for standardized tests should never be used (as it was in my own high school) as a reason or excuse to avoid teaching things that actually get kids excited about learning.

Susan Lofland: Standardized testing is just one measurement of student achievement. The District is required by law to conduct the WASL to qualify for different levels of funding. The WASL measures integration of skills and concepts. There is a place in education for a number of

Continued on page 15

🖎 LoOp Ed

Divorce is a Bad Word

By Sarah Gardner

It feels scary to write a letter about divorce. One valuable lesson I'm diligently learning is that when I feel fear, it's often a call to jump directly into the fire. Many of you may remember a play some time ago where a woman got up on stage and completely undressed in front of the audience. I imagine that being so naked and exposed in front of strangers was, for her, one of her greatest fears. I admired her so much for that. Writing about divorce doesn't take as much bravery as that woman had, but it still feels scary.

Ok then, DIVORCE, a bad word but words are just that. Some black people choose to call each other nigger. It's a really smart thing to do because they take it back from the people who use it to hurt them. I've tried that with the word divorce but it feels useless. All it does is conjure up images of courtrooms and Hollywood catastrophe. There is no cadence to it, it just lays heavy on your tongue like a stack of legal papers. There's no soft edges, no redemption... no hope.

I feel lucky to know many friends who have experience with divorce. One of them is Lee, a family friend who lives in a bucolic town in the Northeast Kingdom. She raised 5 boys, went through divorce twice, and hates cats. She is cantankerous, creative, and alive. She lives alone but she is anything but lonely. There was a time when I actually thought that you had to be partnered to be truly happy, but I know now that people choose different paths and for some, being alone is a choice.

At a particularly tender and vulnerable time after my own divorce I was visiting family back East and got to spend time with her. She has been through so much, has grieved, learned, and, to me, embodies the humility and power of a truly wise woman. The greatest thing she gave me was this; "I don't envy where you are, but I envy where you are going".

My divorce was mutually agreed upon and I feel grateful for that. That still didn't stop the tsunami of grief that overcame me afterward. Divorce's middle name is LOSS, aka death. She is quite ruthless...family, security, innocence, love, you name it, it's all fair game. It seemed to me that she didn't stop until I was putty in her hands. "Aah", she says, "now you can mold yourself anew". I wouldn't recommend it to the faint of heart, but I finally get the "envy where you are going part". Which brings me to the crux of my letter. It's sad to me that divorce is so misunderstood (except, of course, for the people who experience it). There's so much shame associated with it, which is evident to me as I watch friends go through its painful process. They go underground, which is a normal and essential part of the grieving process,

but unlike the death of a loved one, you typically don't get dinners delivered to your house, people don't write you sweet cards, or help with chores.

It's interesting to me how a variety of life circumstances place you in the "different" box. Maybe you don't have white skin, maybe you have a disability, maybe you're gay, divorced, rich, poor...It doesn't really matter because the distilled result is the same. It's hard for others to get past a "film" in order to see you. It's as if you are walking around with a scarlet letter brandished on your sweater. You may even have a bunch of letters on there! Even if you feel whole and centered and don't care how others perceive you, this is tiring at best.

I had never felt categorized before my divorce and if I am really honest with myself I think that I probably did my fair share of it even though I was totally unaware. Letting go of that feels free. Sometimes I feel as if I live on a theoretical "island of misfit toys" but I've really grown to love this place. There are lots of kindred spirits. Those of you who just know this are lucky. For the rest of us, it's not so easy. My favorite music store in Seattle has a sign on the front door. They don't tolerate diversity, they embrace it.

If we honestly look at ourselves, we would see icebergs, with the juicy, real parts hidden mostly from view. If we can get past the categories, there is a treasure trove of spirit under that water. The differences are what make us interesting. This letter is about divorce because it feels like it needs a voice, but it is also about judgment of any kind. Don't underestimate the subconscious. Look to the places where we confine ourselves for the answers to why we may confine others. Be free, such a simple and yet, powerful act. Throw caution to the wind and jump headlong into the fire, what's the worst that can happen?

Democrats Discuss Ballot Measures

Do you occasionally look over at your Voters' Pamphlet for the November 6 General Election and think, "I really need to learn more about those initiatives, referenda, and resolutions so I can vote intelligently?" If you come to the Vashon Democratic Club meeting on Saturday, October 20, you can participate in our discussion of these various measures. All are welcome! In the 34th Legislative District, several candidates have already stepped forward and are campaigning hard for what is anticipated to be State Rep. Joe McDermott's soon-to-be-open seat. Two very strong contenders in this race are Islanders Sharon Nelson, Chief of Staff for County Councilmember Dow Constantine, and Ivan Weiss, Chair of the 34th District Democrats. Come and listen to their views on why they want to serve in Olympia, and ask them questions in their joint Q&A session. If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at 669-9459. We meet in the Land Trust building: potluck social at 6:00, meeting 6:30-8:30. Please help us accomplish our goal of a no-trash potluck by bringing your own, non-disposable dinnerware!

PANDORA'S BOX

New stuff arriving daily - - fresh new designs on an old friend - the pizzle. Now available in a delightful 18" stick of pure chewing satisfaction. We also have them braided into figure eights. Really. Now who would want that job? At least you don't manipulate fresh animal private parts for a living.

Cheryl's pick of the week: I won I won ... attended a big trade show to bring you savings and I won the dvd player! After all, it's all about me isn't it? (206) 463-3401



\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



So You Want To Build An Empire

By Mark A. Goldman, www.gpln.com

So if it's an empire you want, I can show you how to build an empire. But I see no reason to do it like a bungling fool. Why would I drop nuclear bombs on property that will one day be part of my own empire? Why would I build an empire in a way that would make

people hate me? That means I will have to spend all my hard earned wealth constantly defending my gains...arresting people and building prisons. What a waste after all that work.

The problem is that these would-be builders of empire have no imagination or finesse. They haven't

the sense to look at history and see that what they are doing was already tried before and failed. They repeat the same stupidities like greedy idiot lemmings. They make war, eat up resources, and leave ruin and animosity in their wake.

ineffective. Building an Empire might actually be a good idea if, it weren't always being pursued by idiots and fools.

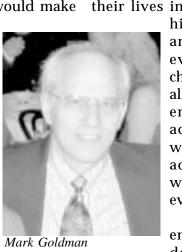
Even those who get rich lighting the fire of war, end up depressed and consumed with guilt. They must live their lives in the shadow of lies,

hiding their methods and accomplishments even from their own children, and even then all they are ever able to enjoy are only the accoutrements of wealth... they never accumulate real wealth... they don't even know what it is.

The problem is, these empire builders really don't understand the

power of intelligence, creativity, or wisdom. They could all be richer than they are, admired and loved. They crave personal power but joy eludes them. Theirs is the work of fools and pretenders.

Their empire is crumbling. One



They lie, plunder, cheat, and hide
behind secrets... wasting resources,
engenderingday mine will rise from the ashes.Truth, honor, dignity, compassion,
courage, love.σœœ



J39's mom and older brother, J11 and J27, off Vashon. Photo by Mark Sears.



Suffer the Little **Killer Whales**

By Orca Annie Stateler

We hear California sea lions barking on the hydrophone. Dall's porpoises, who typically favor the Kitsap shore, search for fish directly above the VHP site. A river otter routinely brings her prized flounder catch to our bulkhead, where we watch and listen to her satisfied smacking and chomping. American wigeons returned this week, providing welcome social prospects for our Muscovy guard duck. We await the lilting calls of our orca relations.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. I appreciate your calls and compliments, dear readers. Point Robinson seems to be the latest seal hot spot.

Check out T. Martino's new play, "Wild Life: True Stories from Wolftown." Performances are 8:00 PM, October 19-20, and 2:00 PM, October 21, at the Blue Heron. Proceeds benefit Wolftown, our partners in "seal patrol."

On October 10, we learned that young Mako (J39), born 2003, is full of POP - persistent organic pollutants. This cute little guy was the most toxin-laden of nine endangered Southern Resident killer whales tested in 2004 and 2006.

A new study, "Persistent organic pollutants and stable isotopes in biopsy samples (2004/ 2006) from Southern Resident killer whales," was published in Marine Pollution Bulletin. I will summarize from the NOAA press release at http://www.nwfsc.noaa.gov.

Scientists from NOAA Fisheries. Fisheries and Oceans (DFO) Canada, and Cascadia Research collaborated, using shared biopsy samples and analytical schemes to determine contaminant loads in killer whales whose range includes US and Canadian waters. The researchers announced three major findings: · Levels of a "legacy" pollutant, PCBs, banned since the 1970s, appear to have decreased in Southern Resident killer whales over the last decade, but orcas of J, K, and L Pods remain contaminated with PCBs and are still at risk for adverse health effects. Levels of contaminants characteristic of urban areas and introduced to the environment relatively recently, like the fire retardant polybrominated diphenvl ethers (PBDEs), were found in the highest concentrations in J39, one of the youngest male killer whales sampled. The presence of PBDEs suggests that J39 frequents the Puget Sound/Georgia Basin or other areas where PBDE levels are high in the fish he eats.

· L Pod shares the same range in warmer months as J Pod. Although L Pod whales consume fish that feed on roughly the same items as J Pod whales, differences in chemical signatures between these two pods suggest that they spend time in different places in winter. Since 2000, L Pod whales were spotted several times off the California coast. J Pod generally stays in the Puget Sound/Georgia Basin area all winter.

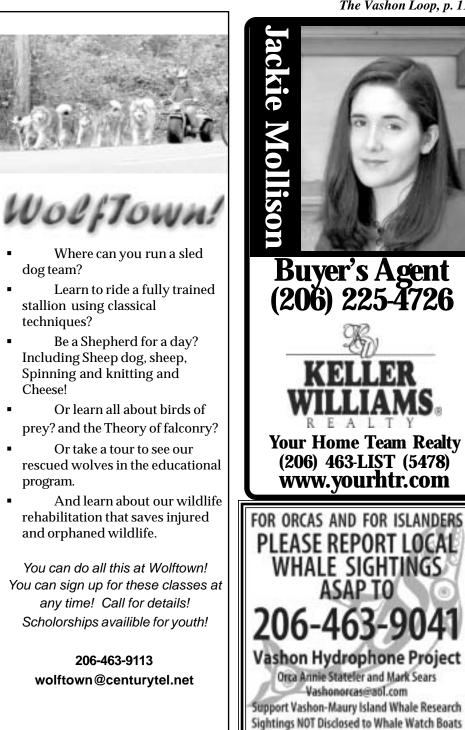
'The most unexpected finding from the study was that, among whales sampled, the highest levels the flame retardant and two pesticides — came from a threeyear-old male," said Dr. Peggy Krahn, the paper's lead author and senior scientist with NOAA Fisheries' Northwest Fisheries Science Center in Seattle.

"These results are of particular concern because the biological systems of juvenile animals like this three-year-old are still developing and may be especially vulnerable to effects of toxic contaminants," Krahn said.

In a process known as biopsy sampling, plugs of skin and blubber similar to a pencil eraser were taken from about nine killer whales in 2004 and 2006. "Although this initial study has proven the value of biopsy sampling, we'll need additional samples to get a more complete picture of contaminant exposure in these animals," Krahn added.

DFO's Dr. Peter Ross, a coauthor, said eloquently, "The endangered Southern Resident killer whales (who) ply the transboundary waters of British Columbia and Washington State are iconic symbols of this special part of the world, and we owe it to them to protect their habitat and their food supply from our chemical legacy. This challenge is a daunting one, but lies within grasp if we work together."

I strongly doubt the assertion that highly perceptive whales "hardly notice" biopsy darting, an invasive research technique. To obtain blubber plugs, humans in loud, fast boats approach within a few feet of an unsuspecting whale, then shoot a dart rifle or crossbow at the whale's sensitive skin - a chilling sight, indeed. Southern Residents are in such crisis that researchers now feel compelled to biopsy dart wee orcas like Mako (J39), the equivalent of a toddler, only to discover that the natal deck is stacked against these fragile youngsters at the tender age of three. As fellow top predators eating high on the food chain, our bodies carry the same toxins as killer whales. Contemplate that before applying chemical pesticides or consuming products that are not organic and sustainable. Contact Orca Annie at Vashonorcas@aol.com



🖎 LoOp Letters

Support Craig Harmeling

Craig Harmeling is a lifelong Vashon firefighter who served as Chief for 30 years. He brings to the Commissioner's position valuable practical knowledge regarding departmental and personnel issues, needs of vulnerable citizens, geographical challenges, and trustworthiness.

Under his leadership, VIFD operated in the black while and we treasured a Fire Department where neighbors and friends responded to emergencies. Where on-island dispatch knew the landmarks and that cross streets were far apart. That all changed when Craig left generation of islanders. and it's so sad that new Islanders didn't get to experience any of it. They surely would know what they are missing, as long-time residents do. I do admire our current department and my son is flourishing in the Explorer Program, but I feel sorry about the whirlwind of controversy that surrounds VIFD. Firefighters should be adored for the job they do and not forced to endure subjective back-biting. solid, reliable А Fire Commissioner is needed, one who cares about our firefighters and does not have a hidden political agenda. Cast your vote for Craig Harmeling's experience and dedication to VIFD.

Neal Philip for Fire Commissioner!

Dear Vashon Residents,

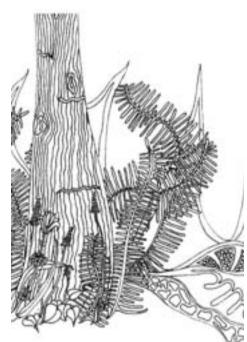
On November 6th, we have the opportunity to elect Neal Philip Fire Commissioner. Neal is a family man, who has served as a volunteer firefighter with Vashon Island Fire & Rescue. Neal is interested in the welfare of the island's fire and aid service. With the commitment of commuting to work off island, and the obligations of family life, he still served as a volunteer firefighter. In addition, he will be enthusiastic as a Fire Commissioner to assume the challenges of providing emergency service for the current, and next His professional background as an attorney, with a specialty in arbitration, makes him well qualified for a job that must provide a public forum for debate and decision-making. Like so many of you who volunteer to make positive things happen on the Island, he will serve as a colleague with our current commissioners to develop policies, maintain a realistic budget and foster community respect. He is accessible to respond to your questions and concerns regarding the islands fire and aid service and disaster preparedness.

The Vashon Loop, p. 11

—Karen Pruett

We highly endorse Neal Philip for Fire Commissioner!

Sincerely, Mike and Patti Kirk



We Really Need More Sunshine.

By Kathy Abascal

Vitamin D has recently been getting a lot of attention recently because it turns out that most of us are deficient in this vitamin. At the same time, research increasingly shows that vitamin D plays a vital role in our health. For us here on Vashon, this information is very important because at this latitude the sun does not provide the ultraviolet rays needed to produce vitamin D for much of the year, no matter how much time we spend out of doors.

Vitamin D helps our bodies maintain appropriate levels of calcium and phosphorus in our blood. This action is vital to bone health. Vitamin D also helps regulate our immune system to prevent an excessive or

prolonged inflammatory response. It is an important player in ailments such as multiple sclerosis, diabetes, rheumatoid arthritis, and irritable bowel problems. A Finnish study (where sunlight is largely absent for months and months) found that children getting 2,000 units of vitamin D a day reduced their risk of diabetes by 80%. A study of over 11,000 adults found that a lack of vitamin profoundly D affected periodontal disease in people over 50: Women with

the least amount of the vitamin in their are irradiated to activate the vitamin. blood had a 74% higher risk of Neither sounds particularly periodontal problems. Adequate appetizing to me but so it goes. amounts of the vitamin may prevent senile cataracts, PMS, menstrual migraines, seasonal affective disorder, and obesity. Vitamin D is believed to help inhibit tumor growth and help limit the growth of new blood vessels created to feed growing tumors. One study showed that patients who had cancer surgery during the sunny months (May to August) did much better than cancer patients who had their surgery during the winter. Overall, 72% of lung cancer patients who had their surgery in the summer and got at least 600 units of D a day from foods and supplements had a 5year cancer free survival. In contrast. only 29% of patients who had their surgery in the winter and who consumed little vitamin D experienced a 5-year cancer free survival. Thus, vitamin D levels at the time of

treatment looks to be very important for cancer patients.

How much vitamin D do we need? The government has set the required daily amount of vitamin D at 200-600 units with a top limit of 2,000 units. However, many think the RDA should be raised to at least 1,000 units as it took 2-4000 units to overcome an existing vitamin D deficiency in several studies. At the same time, getting enough of the vitamin naturally" is quite difficult. Sunscreens inhibit the rays needed for its manufacture, and most of us do not spend enough time sunbathing to make an adequate amount during the months when we can. Most of us are overweight which also makes it more difficult to get enough of the vitamin. Vitamin D is fat soluble and fat cells essentially act as a sponge for the vitamin. They absorb it and then prove highly reluctant to let go of it even if the body needs it for other uses. In addition, it appears that obesity reduces the body's ability to make vitamin D from sunlight. And, to add insult to injury, as I mentioned above low levels of vitamin D actually contribute to obesity. Finally, many prescription medicines affect the absorption and activation of the vitamin.

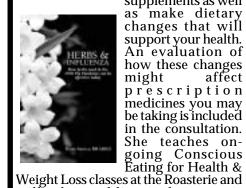
Unfortunately, most of us do not eat, and do not want to eat, the foods richest in the vitamin: Animal intestines, organ meats, skin and fats from certain animals, shellfish, oily fish, insect eating fish, and insects. And, in order for these foods to contain enough of the vitamin, the animals need to been exposed to enough sun to make the vitamin. Factory farmed animals likely do not and farmed fish also may be a poor source of the vitamin. Naturally raised chickens and their eggs, oily fish (kippers, herring, and sardines),

Chinook salmon, and shrimp are good sources. Cod liver oil is a very good source. Lard and mushrooms exposed to UV radiation are also good sources. In addition, many foods are now fortified with vitamin D. And, of course, you can take the vitamin as a supplement. The vitamin D you buy or get in fortified foods is typically made either from sheep's wool or from fungi that



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.

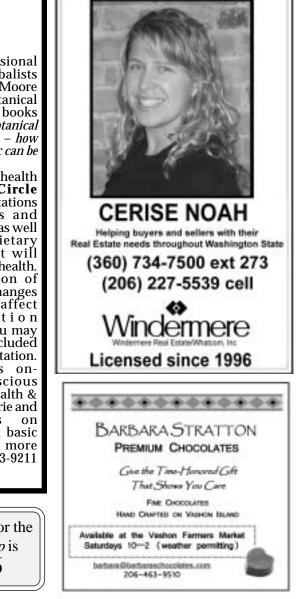
She is now available for health consultations at the **Full Circle Wellness Center.** These consultations will help you choose herbs and



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-

will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.

Loopy sez: Deadline for the next edition of The Loop is 📲 Friday, Oct. 26



Vashon Fire District General Election

In addition to the school board races, the race for the open position on the Fire Commission for Vashon Island Fire and Rescue concludes in the general election. Because both of these candidates already responded to questions from the Loop in the primary (see the July 27 edition of the Loop on-line at http://www.vashonloop.com/archive.html), they were asked this time to submit a few summary words about their qualifications for the position.

Craig Harmeling

In the combined 45 years we've known Craig, he's shown time and again that he has the three qualities essential for an effective commissioner: integrity, common sense, and tenacity. Besides that, Craig's 30 years of experience as fire chief make him an invaluable addition to VIFR's board. Of the candidates who filed, Craig may not have spent the most money, but he's unquestionably the one who best knows the department and understands the issues at hand.

Throughout the campaign, Craig responded with uncommon insight to the questions posed. His statements are jargon-free; instead, he puts forth practical plans to maintain our volunteer force and improve the safety of all Islanders. Craig also recognizes the importance of good communication at all levels. As a member of the VIFR communications committee, he has proposed specific steps for improving relations between on- and off-Island

Neil Philip

The most frequent question I've been asked over the past few months is, "Why do you want to be fire commissioner?' The answer is simple. Because I care and I can help.

My experience as a volunteer firefighter has given me insight into how a fire department should (and should not) be run. My experience as a lawyer has given me the ability to look at complex situations and make decisions based on the facts, not rumors or emotion. That is what the department needs now.

Like it or not, things have changed on the island and they will continue to change. We need leadership in the fire department that is willing to let go of the past and move forward. The issues are too important to do otherwise.

If I'm elected, my only agenda will be making sure that every Islander gets the level of service they deserve from their fire department. I'll do that by focusing on decreasing response times to the outer reaches of Maury and Vashon and increasing volunteer participation. I'll also continue developing the relationship and coordination with the emergency preparedness groups on the island. The island-wide drill on October 13th was impressive – we're fortunate to have Islanders stepping forward to make sure we're protected when a disaster strikes. I encourage you to visit VashonBePrepared.org to find out what you can do to help! Last, but not least, I will make sure your tax dollars are spent wisely. I continually hear that you don't want excessive spending, but you don't want a fire department that is run "on the cheap" either. I understand that and agree – we have a professional fire department and we want it to have what it needs to do the job right.

appetizing to me but so it goes.

Winter Sun

Moreover, the metabolism of vitamin D is quite complex. Some say that you should not sunbathe or take extra vitamin D unless you are sure you are getting enough calcium, magnesium, and vitamin A. Vitamin D increases the absorption of heavy metals like cadmium and, in excess, can cause us to absorb too much calcium. It may also interact with certain medications like calcium channel blockers and diuretics. Ultimately, there is much that we do not know about this vitamin and we will each have to decide what to do with the information available. Personally, I have decided to continue eating my vegetables, fruits, nuts, whole grains, and occasionally fish, take a 1,000 unit vitamin D supplement during the fall, winter, and early spring, and spend more time outdoors when summer finally നനന arrives.

personnel, including educating dispatchers about Island landmarks. This is the kind of pragmatic action we can count on from Craig.

We can also count on his fiscal responsibility. We know Craig personally to be a man who can squeeze the maximum value out of a dollar. On a professional level, it's impressive to note that during his tenure as chief, VIFR never went over budget. He's confident that this feat can be repeated. How? By sticking to the budget. As he stated earlier, "You've got a budget — stay within it." A judicious approach to spending is desperately needed within VIFR, and Craig will provide it.

With our safety and tax dollars are at stake, it's crucial to elect someone with the experience and ability to get VIFR back on track - and keep it there. Lucky for Vashon, we have that someone: Craig Harmeling. Give him your vote and let him put his long years of experience back to work for us.

Mike & Katrina Lande

Please vote for Neal Philip on November 6th.

Neil Philip

October 19, '07





Plavef Waves by Eric Francis http://www.PlanetWaves.net Aries (March 20-April 19) You still

edswan@centurytel.net.

have all your options open, if you would only notice. In other words, it's not too late; in some ways, you're a little early, but in this world, early is usually helpful. What counts for the most now is the spirit in which you take any action you choose to take. You risk being motivated by insecurity; if so, pause. You can also be motivated by what feels like a profound dedication to service; if so, pause again. Get underneath these things and feel the one thing they have in common. If you listen to what your body is telling you, how you feel will be obvious. The important thing is that you make no excuses and the only way to ensure that is to look inside the stove and have a peek at the hot, glowing coals. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) What is the sense of loss you are perceiving? Is it that someone seems intent on reminding you that the past is over? You may feel it's easier for others to move on from history than it is for you, and that may be true. Yet you certainly have plenty of reasons to embrace the present as if it were all there is. Think of it this way: adhering to the past is a good way to deny yourself what you have now, and not only that, it's a good way to make sure you don't take any real chances. Someone has to break this cycle, and you've depended on others to point you toward the unknown so often that you've started to take their influence for granted. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) You have so much support from the people who care about you right now that it's difficult to imagine why you would hesitate. Yet your perception is oriented in an unusual way at the moment, which is reminding you that the choices you make really do have the power to change your life irrevocably. And that is not something that anyone else can really have a say in, not on the deepest levels. Be aware that from your point of view, the gap you are closing is much larger than it appears for others. But that is largely a matter of perspective. Anyway, pay attention to your timing. You don't want to act in a lurch, and you don't want to sit and wait for something to push you in a way that would deny the pleasure and the privilege of free will. Eric Francis has more of your astrology for you at PlanetWaves.net. Cancer (June 21-July 22) Will you regret it if you plunge into a situation that in some ways goes against your stated agenda? Well, let's be clear: your stated agenda is not the only one you have. True. you're investigating what the rest of your program is. You are experimenting with wanting more than you've had in the past, with being more than you've had in the

past, and with projecting yourself into the world with clarity that you haven't known since childhood. Remember, your internal inquiry is not over. You are, in fact, making many discoveries, most of which involve the relationship between intense desire and your nagging issues about what makes you feel safe. There is a relationship; and soon it will be obvious that denying what you want does not make you feel any more secure. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) Take advantage of a moment of clarity in a key relationship or partnership. People around you seem willing to do the most significant thing in all of human affairs: to admit what they are feeling, and make adjustments based on that revelation. This should not surprise you, any more than it affirms an obvious fact: people change when they are ready, and being ready has a lot to do with wanting to change. But why now, and not when the issue at hand was more urgent for you? Well, so be it. Less important things have taken a lot longer in the past. You learned from them not to drive yourself nuts with anxiety over things you can't control. It's not that difficult a lesson to learn — the more space you give people, the more they will pay attention to what you need. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You seem to be wracking your brains trying to figure out what exists beneath your motives. Right. Those things would be called values. Motives are the things we think we recognize; values are the things we usually miss. So if you're experiencing any confusion, look a little deeper and make a list of what is important to you. Study the list. Is there anything obvious missing? Is there anything surprising you've included? Do you have any significant changes to make a note of? I suggest you work this list for the next two weeks and make sure that by the end of that time, you've made an agreement with yourself about what is truly meaningful to you. Then, remember that part of your commitment involves acting on that information. Eric Francis has more of your astrology for you at PlanetWaves.net. Libra (Sep. 22-Oct. 23) Passion is perhaps a word that is overused, yet you have an odd or perhaps unique way of dodging the issue. A clarification might help. Passion is not merely something you feel, or experience within yourself. Rather, in any practical context, it's an emotional experience that you act upon. Passion has value; it has a purpose; it can drive us toward a purpose. You now need to harness your energy, and channel it constructively. If it seems that you are unable to find that purpose, much less focus on it, you need to aim a little higher or focus on one goal in particular — the Olympic Instruments, Inc.

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one you have said you care about so many times. You now have an extended opportunity to make that goal a real thing, but long as it may be, it won't last forever. Eric Francis has more of your astrology

for you at PlanetWaves.net. Scorpio (Oct. 23-Nov. 22) A close partner is going through a phase of inevitable adjustment. They are, in large part, responding to what you are thinking about and the plans you are making. They may in fact be a few steps ahead of an idea you have to make a retreat or to reconsider your commitment to a proposal that is important to both of you. You, in turn, may be noticing that they are reconfiguring their outlook, and you may wonder why. I suggest you look no further than yourself, and if you have something to say, that you say it. If you have something to ask, ask it. And you might want to consider lifting the veil of secrecy about what you are considering, so that you can have a real conversation about your mutual needs and desires. Maybe there is a meeting place you have yet to identify. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You may be wondering whether an idea is good enough to run with: whether it's worth your time and energy. The answer is yes, until you convince yourself otherwise. It isn't always true that things worth doing at all are worth doing soon; some things benefit greatly from careful consideration, review and even delay. Rather, the theme closer to the core is your relationship to your doubts. But the core itself is your relationship to your ideas. You've had a lot of good ideas in recent years, and yet just as persistently you question your intelligence. We could ask why this is, but to ask is to state the obvious. When you recognize how little you have to lose by giving yourself a chance, you'll have a clue that the spiritual matter is entirely one of confidence, and confidence is learned with practice. Eric Francis has more of astrology vour for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) There is a deficit of self-esteem in our society. All you need to do is give a few people the space to be honest with you, and you'll discover that most people walking on the street don't feel worthy of love, much less authentic happiness. You have developed your own ways of coping with

this, but in recent years you seem to reach these little crisis points that bear no resemblance to your day-to-day state of mind. Without getting too psychological, here is what I see. You have learned to take two different approaches to considering your inner reality. They seem to conflict. One ls all about creativity and the other is all about pain; or this is the surface perception. Over the course of the next few days, you will get to experience both sides of the coin in close enough proximity to see the split or dichotomy you are dealing with. And that should help point you toward a solution. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Aquarians often get mocked for not being able to feel. Mockery is often a comment on the one doing the talking rather than the target of the remark. We live in a culture where we're taught to zone out at every possible instance, and where any sense of actual human reality is considered a potential threat. Remember that if people respond to you as if you're something to worry about. What they are really worried about is the simple truth that you are, by your presence, inducing them to experience themselves. Remember, as well, that there are lot of scared people in the world, and these people need about one part compassion for every two parts leadership. In this case, both begin with a lot of listening. If you start talking, stop yourself short. Eric Francis has more of your astrology for you at PlanetWaves.net. Pisces (Feb. 19-March 20) All of the personal planets are, were or soon will be retrograde. The world seems to be in a time of endless review, and all the facts never quite add up to the truth. But who really wants the truth? Well, it would seem that you do, and it would seem like you are on a direct course for a major discovery of the truth about yourself and why you came to this strange, benighted planet. For the next three or so months, do everything you can to keep your focus. Drop unnecessary commitments, filter out unnecessary people and work for the most productive balance of business and pleasure. The world may be obsessed with looking back, but you already know the meaning of the past. What the world is missing that you are not is the meaning of the future. Eric Francis has more of your astrology for you at PlanetWaves.net.

October 19, '07

The Vashon Loop, p. 14 Island Epicure



Enjoy the Other Grains, Part 2: Healthy Cookies and Cakes

By Marj Watkins

Hazel Thies wants to include extra healthy cookies in the boxes she sends to a nephew in Afghanistan where sandstorms and heat have made that soldier's unpleasant situation even more unpleasant. She's interested in almond meal for its high protein, gluten free quality.

Joy Goldstein also asked for more wheat-free baking recipes. She likes easy recipes for when she and her great-granddaughter cook together.

Today's column includes a recipe for each of them, and all of us.

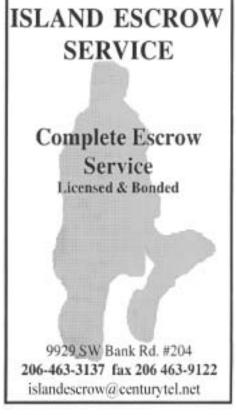
Almond meal makes highprotein, extra nourishing cookies. It combines well with barley flour which has the lowest glycemic index number of all flours. The glycemic index measure numbers code the fattening propensities of various carbohydrates, something of interest to anyone interested in losing weight, or at least not gaining much.

Almond meal is expensive, but Hazel can cut the cost by grinding unsalted almonds from Thriftway's bulk section in her nut grinder. I tried that in my food processor and it made a frightful noise, but a coffee grinder or seed mill should work.

Quinoa flour and quinoa bran, available at Minglement, both provide the highest quality, glutenfree protein, though a bit less of it per ounce than almond meal.

Sesame seeds can be ground into meal and incorporated into cookies or piecrusts to add protein and extra calcium.

Peanut butter can be part of the fat in cookie dough, also providing high quality protein, gluten-free. When cooked, it has thickening power much like flour. Mindful of the omega-3 fat shortage in the general American diet, I believe in butter, cream, whole milk, full-fat cheeses and yogurts. Hence, I bake with butter. It contains no tri-glycerides, but it does give us a little omega-3 fat. Walnuts are a good source of Omega-3 fat, too, and I like to include them in cookies for that reason, as well as for their satisfying crunch. I prefer Splenda®, honey, or molasses to refined white sugar because both my husband and I try not to load up on carbohydrates. We also prefer whole-grain flours with low glycemic index numbers to refined flour. Their textures and flavors please us more, too.



Carbs aside, another good reason for cutting down on or eliminating sugar is that it was proved decades ago by a Professor Emanuel Cheraskin and colleagues that refined sugar hampers the ability of white blood cells to fight off germs. With cold and flu season upon us, our immune systems need all their strength maintained and even increased.

ALMOND MEAL COOKIES

Makes about 30 cookies Preheat oven to 350 degrees ½ cup butter, melted 2 Tablespoons molasses 2 to 4 Tablespoons water ¾ cup Splenda® or Sugar Twin® 2 eggs 1 cup flour (barley has lowest Glycemic Load) 1 cup Almond Meal ½ teaspoon salt 1/2 teaspoon soda ½ cup raisins

¹/₂ cup chopped walnuts

Combine first 5 ingredients. Mix next four ingredients and stir in. Add and stir in raisins and nuts. Let rest 15 minutes. Place by spoonfuls on foil lined baking sheets. Bake 15 minutes. Transfer to racks to cool.

Very Low Gluten COCONUT & BANANA CAKE Preheat oven to 350 degrees Makes 1 layer Sift into mixing bowl: ½ cup Brown Rice Flour ½ cup oat flour



We've Got a Lot of Kids Paging Dr. Seuss

by Kevin Pottinger

Recently, I had minor surgery, a benign tumor removal that required an overnight stay in the hospital. The prospect of twenty four hours of peace and quiet, along with plenty of IV pain medication, seemed like wonderful а compensation for having five percent of one of my internal organs clipped off by a trio of earnest surgeons. My regret is that I don't have more organs in need of surgical reduction.

I'd picked out an airplane-ridesized paperback to while away the peaceful, pain free hours and chose a recent New York Times bestseller. Its central character was a grinning, scalpel-wielding psycho that called himself "The Butcher of Sligo". It was a predictably dark police story about casual murder and offhand horror, with lots of gratuitous twists of plot and perverse sexuality. It was suitable entertainment for a day spent pumped full of synthetic morphine, sucking on chipped ice

them out the door and back into the elevator.

I kept seeing nurses out of the corner of my eye, striding purposefully down the hall, arms full of warmed blankets or sloshing buckets of what I presume were body fluids. Every so often one of them would come in and take my blood pressure and temperature and ask if I was warm enough. I slept in dazed ten-minute intervals. There was a machine hooked up to my legs that moved them once every sixty seconds, to keep clots from forming in my legs, and apparently to ensure that I got very little actual sleep.

Every so often through the public address I would hear an anxious, quavering voice saying "We need a cleanup on 11-E!" I would reflexively wonder about the scene requiring the cleanup; what the mess was, whether the patient was awake when it happened, whether all medical staff left the room gagging except the poor unfortunate left to page housekeeping, whether housekeeping couldn't help but walk a tiny bit slower if the voice over the PA sounded particularly horrified.

A few friends of mine have gotten very sick. A couple of them have died, cancer. There is no reason why I shouldn't contract a lifethreatening illness; in fact there are several reasons why I should, based on how I used to live. When my from the lab, curious, I did some investigation on the internet. What I found floored me. For the majority of the patients with the same kind of tumor, the prognosis was very poor. Most did not survive five years. I spent a hopeless weekend imagining our family without me. The following week, the pathology tests came back. The tumor was completely benign. I learned two-and-a-half really important things from that. First, never diagnose yourself. Second, that my life is less important to me than it is to those who depend on me. And, I'm lucky. We pray for those families for whom the news was not good; and doctors, nurses, pharmacists and caregivers of all kinds. And may the love of God rest with all who suffer.

¹/₂ teaspoon salt

¹/₄ teaspoon baking soda

Stir in:

1 well mashed ripe banana 2 Tablespoons light olive or canola oil

2 tablespoons

1/2 cup coconut milk

Beat well. Add more coconut milk as need to create pourable batter. Oil and preheat baking pan. Bake cake for 35 minutes. Test with toothpick.

P.S. The leftover coconut milk from the can may be frozen in a tightly close container for future use. It's wonderful as the liquid in cooking chicken.

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from a Styrofoam cup.

The kids visited for about twentytwo minutes. I showed them what the clear hose looped around my nose and ears was for, and they all got to smell what oxygen smelled like. They found the TV controls and the nurse-call button, and shyly said hi when the nurse came. I showed them the incisions on my belly where the laparoscope went in. I showed them how the bed went up and down, and up and down, and, up and down. They drew pictures on my "Full Liquid Diet" menu. They quickly exhausted the inventory of interesting things to see and do in the hospital room and began to fidget in place and provoke arguments among themselves. My wife Maria gave me a harried kiss, the kids formed a reception line for their goodbyes, and she bundled



"The Upside of Potty Training"

by Deborah H. Anderson

himself on what we call in our family, "Gordy's couch"; a well loved apartment sized hide-a-bed that sits in the family room safe to eat, drink, spill on and, if you are a cat, scratch on.

"Would you like another cup of ultimately mine. decaf son?"

"Mom, you don't have to serve me. That's OK"

We were enjoying a movie after a peaceful homemade dinner. He's an adult working on-Island commuting from town spending a night, here and there at the family home instead of winding his way back to his own home overtown.

In a mother's heart, it was an idyllic moment; adult conversation, compliments for the food, mutual interests shared.

"Hey I don't mind son. This is the upside of Potty Training. This is what I've been working towards and waiting for a long time."

Hanging on the walls of the family room is our history; pictures of people come and gone but still important in our hearts. As I tromped upstairs to fill his cup, I thought of the victory of it all.

When he returned to his own home, the other child at college and not returning until the big holidays, the house would be still and stately. Things would stay where I put them. Towels would hang on racks in neat tri-folds just like I liked them. Food would sit motionless in the refrigerator. Music would play only if I initiated a source.

In all the years and all the readings I've perused on the Island crawling towards past two decades of occasional and then full time commuting and living on the Island, there is a topic I have seen little addressed. And so today I wish to give a shout out to an unsung population here on the Island. I wish to hail a hearty well done to single moms.

time 10 resourcefulness and strength trained and asking for only the finding. Carrying the emotional burden of your children with no discussion with others can be daunting. Society's apparent

He stretched out all 6'3" of opinion of single as less eluded me. Most of my friends were married and that was still my frame of reference for our family. But more and more I had to face the fact I was in it alone. Decisions were unilateral, responsibilities were

> There is one abundance blessing that needs to be noted. Every single mom I know is surrounded by friends who carry her through when a partner doesn't. Thank you to all my friends for being there for us, then and still.

Now the day has come when autonomy is more the definition of our three lives than dependency. The kids are happily capable and our family times are marked by special occasions and only the best of that which we enjoy with each other. They're in charge of their own towels at their own houses now. The legacy we enjoy of enduring tough and sparse and challenging times together has formed family legends we love to retell.

They will happily share the Martha Stewart Thanksgiving. Dilled Salmon and Red Potatoes so there would be no memory of our past Thanksgivings. They refused to eat it and two days later we all sat down to the traditional feast featuring foods you don't need teeth for; Creamed corn, mashed potatoes, stuffing....etc.

To you single moms out there, I salute you! Someday, after the kids are grown and on their own, come to my house for a potluck and share the victory of it all. Till then there's no time because of course you will cover both the sports games on your both concerts, own, both transportation needs, both movie outings, wishing you could divide your molecules, happy to just be getting through each day with clean underwear at least in the house if not on people's bodies.

You are doing a GREAT job, What's it like to be a single mom? under difficult circumstances. Hang increased in there. Eventually they are all potty pleasure of your company.



School Board Candidates Respond to **Loop Questions**

Question 5 Continued from page 9

assessments, including classroom based. The bottom line is to ensure that students have the skills, concepts, information and the ability to synthesize to ensure their success for their future.

Position 3

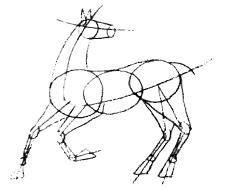
Katherine Jones: Standardized testing should be used to help identify strengths as well as potential gaps and learning/resource needs. My current opinion of the WASL is that we are still going through an initial phase of implementation and adjustments. We are trying to determine exactly how such a tool can be applied in a manner consistent with District and state objectives... and if not - what could be changed/incorporated to support common goals. I believe it could take 2 or 3 more years before we are through this initial phase. Traditional testing instruments such as the IAT also have a place in the classroom in supporting teacher and parent evaluations of student learning strengths and gaps to support further student growth.

Gene Lipitz: We are in the process of creating a strategic plan that has multiple genuine measures of success. Until we can create and consistently use and publish measurable performance indicators (which might include other testing suites), the WASL will be the de facto measure because it will be the only significant game in town-it is mandated, consistently given, measured and reported. This is not healthy because quality organizations use multiple, measurable quality indicators to evaluate success. We are no different in this respect. We are beginning to be pro-active in this regard instead of simply nay-saying the WASL. This is great progress.

Love

Deborah

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Tom Wallace

Farrier Licensed Massage Therapist Practicing on both humans and equines Because there was a crooked rider who rode a crooked horse

www.vashonfarrier.com | Tel: 206.463.9689

Position 5

Jake Jacobovitch: The complexity of a child cannot be captured by a test score. Standardized testing is only one component used by the district to determine progress in student learning. Grades, class assignments, teacher evaluations and other performance measures are considered. The Iowa Tests of Basic Skills is utilized along with the aforementioned components are used in the elementary and middle schools as a tool. The WASL is newer to our state and I feel it has taken on a disproportionate amount of importance in its high stakes testing that is used to make decisions, sometimes punitive, regarding our students and our schools.

Laura Wishik: I have much to learn on this issue and have not yet formed an opinion. I tend to think that standardized tests have some value but that other methods of assessment do too. I bring an open mind on this and other issues, along with an ability to absorb a lot of information quickly, and a knack for seeing what is really important. തതത

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The court jester of sport

Yo, in three sentences you will be reading Ask Ernest's current column. There will be Bullet Points, without a gun. If you don't like it then go read the Riptide or a David Foster Wallace novel or something.

— Torch Martinellini to buy Tom Stewart's Estate in hopes to lure the Sonics over to Vashon. "I've taken a casual poll and it appears that most islanders would support the Sonics here. Sure, we're not quite the Seattle market, but we're a better market than Oklahoma City," Torch waxed on. "I will be eating cheese pastries at the Monkey Tree next Thursday at noon if anyone wants to help finance this operation. All I need is the money to buy the team, some more money to buy Stewart's Estate, and someone to run the club once we buy it. That's all I need."



"Excuse me while I kiss the sky."

— Homecoming Football Game: Friday, October 19th, Vashon vs. Chimacum. The dance takes place on Saturday night. Look for dance videos of Slam "The Meat Grinder" Chipman on youtube.com.

– Fun Family Spaghetti Feed Fundraiser on Sunday, October 21 at 4:00. There will be slideshows of Vashon Wrestlers, a few stories, a silent auction and a few Mikaeloti Mattingleetus laughs. Contact



A Three-Way Tie at the Western Regional Baby Cute-Off! The criteria: To be cute. *How they're judged: Whoever receives the* loudest "Isn't she so cuuuuuuuute?!!" when prompted by the judges. "I thought that they were all really cute," Thriftway worker, Kris Yeomane said, "so cute that I didn't even notice when they waltzed through the store, slipping peaches, chocolate milk, and cigarettes in their cart. I guess the 150 dollar prize bounty wasn't enough?"

Desiree Nelson 818- 2508 for tickets or buy them at Pandora's Box.

– A few Bad A*s Quotes:

1. A little Ween everyday keeps the writer's block away. - Gregorio Penderovski

2. Hello, my name is Timmy Robinson but you can call me Tim. - Timmyrobinson@gmail.com

3. My hair is usually perfectly coiffed. — Edward Scissorshands Protzie

4. If mom let me get an email would address it be momletmegetanemailfinallyatclotcom@sincity.com (I threw the last at in there just to mess with her when she tries to email me.)



Area Man Directs ESPN Game of the Week! We're all really proud of him, even when he doesn't shower every day.

Buon Appetito! It's Italian Dinner Time!



As new manager Peggy will be introducing a few new menu items in addition to serving up all your favorites!



Weekend Spaghetti Special Friday, Saturday, Sunday starting at 5:00 PM running all weekend long! \$6.99 – spaghetti, salad, garlic bread

> New Thai offerings from Wok In Take Out

Bun salad

Tom Kha soup coming soon! Thai nights

Hours: 11 to 8 Mon to Fri and 11 to 7 Sat and Sun 17705 Vashon Hwy SW 206-463-2838



Most Islanders are familiar with St. John Vianney's annual Salmon Bake, but the Salmon Bake is only one date on the Parish's culinary calendar. An equally delicious annual event is coming up: St. John's Italian Dinner set for Saturday, October 27, 6-9 pm. This year, the dinner will be held in a beautiful heated tent in the Church's parking lot, 16100 115th Avenue SW. It will feature a gourmet Northern Italian meal, a live auction (including a fine wine auction) with the multitalented Kevin Joyce (performer, singer/ songwriter, and Director of Teatro Zinzanni) as auctioneer, a raffle with cash prize, and strolling musicians playing classic Italian hits. All proceeds from the dinner will benefit St. John Vianney Church and its Faith Formation program. Auction items will include artwork by Mary Margaret Briggs and Theresa Ferarri, an evening with Vashon's favorite dance band, Loose Change, in home cooking demonstrations and dinner parties, and a wide array of goods and services. Raffle tickets (\$10 each) will be sold throughout the course of the evening - the winner will receive half of the cash collected in the auction, with the other half going to St. John Vianney Church. Tickets (\$30 adults, \$15 children 13 and under, and \$250 for a table seating eight) are on sale now after weekend Masses, and at Windermere Realty.

Photographic Caption: The Seals Swim Team competed against perhaps the best athletes in the Pacific Northwest last Saturday at the Sockeye Sprints Swim Meet at Hazen High School. From left to right: Lizzy Schoen, Jessica Danzer, Tazi Flory, and Kate Thomson hold up their mini-trophies for winning several heats. Each heat winner is awarded a small Sockeye.

VAC Seals Swim Sockeye Sprints Meet

While the Seals won many heats, and 11 of 30 swimmers entered in the meet swam at least one personal best time, the very large number of top athletes determined that only three Seals ranked in the top overall sixth place of three events: David Nguyen took 2nd and 6th place in the 50 Yard Backstroke and 25Free, respectively; Diego Gray-Wishik took 5th place in the 100 Yard IM (Individual Medley); and Kate Thomson took 5th in the 50 Free..

Meet host, Issaquah Swim Team - the Sockeyes, were nothing short of impressive in the water. They produced 17- nationally ranked swimmers last year and certainly showed once again they deserved there rankings.

More detailed meet coverage can be found on the club website: www.vashonaquaticvvclub.org/



October 19. '07



Life would be infinitely happier if we could only be born at the age of *eighty and gradually approach* eighteen. —Mark Twain

Two men were talking. "My son asked me what I did during the Sexual Revolution," said one. "I told him I was captured early and spent the duration doing the dishes.

The bee is one of our most important insects. The only insect better than the bee is the B+.

TV can insult your intelligence, but nothing rubs it in like a computer. Many couples marry for better or worse, but not for good. If reality wants to get in touch, it knows where I am. The speed of time is one second per second. A fanatic is one Here is further away than you think. who can't change his You're trying my infinite patience. mind and won't change We all live in a yellow subroutine. the subject. I can resist anything but temptation. -Winston Churchill The cost of living hasn't affected its popularity. If people listened to themselves, they would shut up. The only thing worse than a sorcerer is an apprentice.

Experience is the thing you have left when everything else is gone. If God had meant for us to be naked, we would have been born that way.

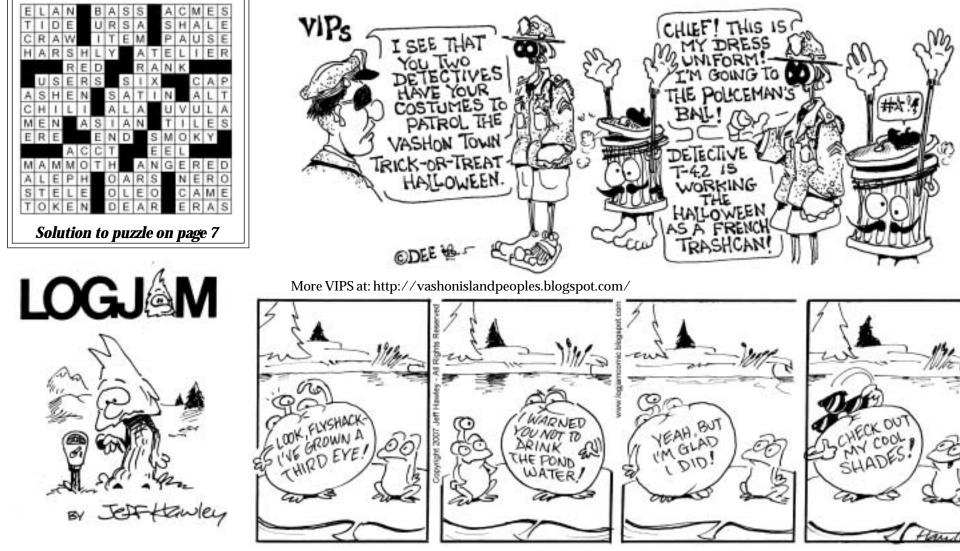
Thanks to Joane for this one: The Psychiatrist and Proctologist... Two doctors, a psychiatrist and a proctologist, opened an office in a small town and put up a sign reading: "Dr. Smith and Dr. Jones: Hysterias and Posteriors." The town council was not happy with the sign, so the doctors changed it to read, "Schizoids and Hemorrhoids." This was not acceptable either, so in an effort to satisfy the council, they changed the sign to "Catatonics and High Colonics." No go.

Next, they tried "Manic Depressives and Anal Retentives." Thumbs down again.

Then came "Minds and Behinds." Still no good.

Another attempt resulted in "Lost Souls and Butt Holes." Unacceptable again!

So they tried "Analysis and Anal Cysts." Not a chance. "Nuts and Butts?" No way. "Freaks and Cheeks?" Still no go. "Loons and Moons?" Forget it. Almost at their wit's end, the doctors finally came up with: "Dr. Smith and Dr. Jones, Odds and Ends." Everyone loved it.

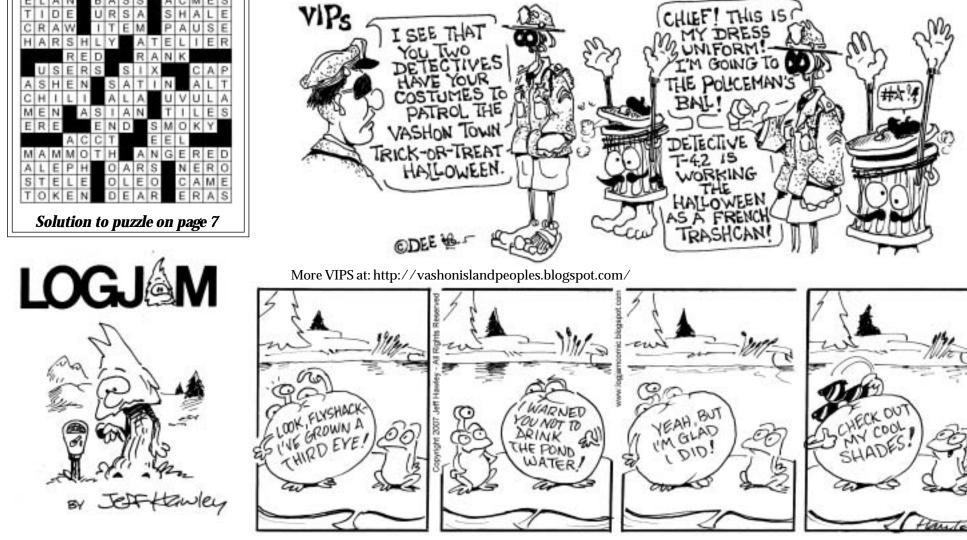


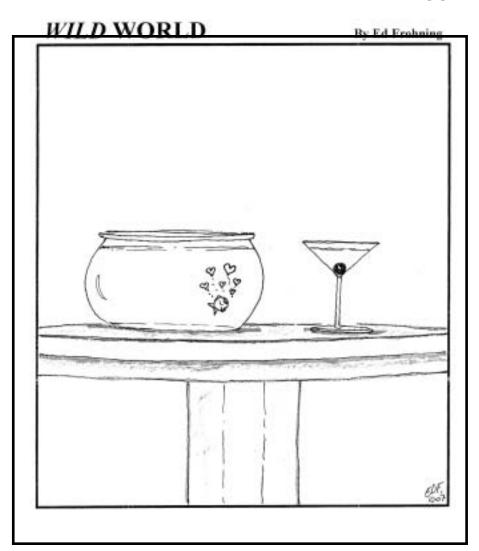
Why do the ads always say "free" gift? Aren't all gifts free?

One Sunday morning, a pastor noticed a little boy standing in the foyer of the church staring at a large plaque that was covered with names and had small American flags mounted on either side of it.

OFFSHORE







"What is this?" the boy asked as the pastor approached, still focused on the plaque.

"It's a memorial to all the young men and women who died in the service," said the pastor.

Soberly, they just stood together, staring at the large plaque. After a long moment, the boy asked, "The 8:30 or the 10:45?



T. Martino brings "Wildlife" to Heron

By Janice Randall

"This play was inspired by events, people and animals that have passed through Wolftown," says T. Martino, Wolftown fonder, Island author and playwright of new play Wildlife. "In a world troubled by war and confusion and environmental problems, it is good to know that there are people trying to change things for the better. In the words of Ghandi: ..'You can know a Nation by how it treats its children and animals.'" Wildlife will be staged one weekend only, Friday and Saturday, Oct. 19, 20 at 7:30 pm and Sunday, Oct. 21, at 2 pm.

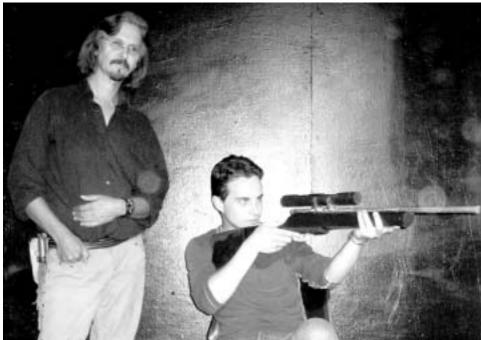
Directed by Jim Roy, this VAA New Works Series production is cast with a host of familiar Islanders: Diana Ammon: Susan Harris:

Emalia Hinden-Stevenson; Peter Kreitner; Odin Lonning; Roxanne Lyons; Frank Petree; Josh Randall; and Orca Annie Stateler.

Wildlife is Martino's second play, the first since Trick from the Sky in 1994, also produced by VAA. In spite of her 24/7 work of running Wolftown (Martino's extended family includes: two falcons; two red-tailed hawks; one coyote; a mule deer fawn; 15 wolves; three stallions; a sled dog team; two working sheepdogs; and 37 sheep) she has managed to also fuel the creative fires to produce several books (New Sage Press) with a brand new one in the works.

Her hope is that Wildlife will serve two purposes, "that people will come away knowing what animal sanctuaries do and that it will offer people a reconnection to life and compassion."

Proceeds benefit Wolftown, still recovering from damages from last winter's windstorm. For more information about the Wolftown Project, wolftown.com.



Actors, Odin Lonning and Josh Randall rehearse for a scene from Wildlife. Photo by Janice Randall

Holly Near Plays the **Vashon Theatre**

Continued from page 1

In a recent interview with Near, she described her music and what she has in mind for Vashon Island concert-goers on October 27: "Many people have the idea that political song is boring because they heard a boring political song once. But I hate being bored by music and performance. So I work very hard to have the concert be musical, funny, full of love and heart, fast paced, articulate, challenging, inspirational. I know that is a lot to ask of myself, but that is what I aim for and after doing this for over 40 years, I am damn good at it!" Near describes the origin for the title and intended message of her new CD Show UP. "If we all made ourselves visible, it would be clear that the majority of people want our foreign policy to be based on peaceful negotiation, not war. It would be clear that we want our domestic policy to have compassion. And in seeing one another, our own sense of well being would be heightened. In the current isolation, there is great fear. I believe in fascination before fear, negotiation

of prisons, food in place of capable of moving in this direction. fact, we need to put our heads and hearts together and work this out. And I believe in order to do that; we T'ang." In spite of need to SHOW UP—thus the title."

For tickets and more information Empress about the Holly Near concert and progressive writer's workshop, please contact changes lasted Vashon Allied Arts, 463.5131. Stay tuned for more information. To read more about this inspiring, accomplished woman, check out her story of Talima website, hollynear.com. More details to come in the next Loop.



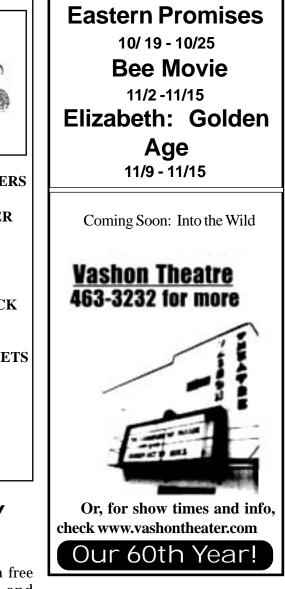
Everlasting Sky

Continued from page 1

All are invited to attend a free talk, reading, book signing and dessert reception by Berry, to celebrate publication of the book that began in 1968, over a cup of coffee in her Portland home. The event takes place Tuesday, Oct. 23, 7:30 pm, at Blue Heron Art Center.

Everlasting Sky (slated to release to bookstores Nov. 1) is based on the true story of Talima who became Wu Chao Tse Tsien, First Empress of China, 626-705 A.D. "It's an unheard story," says Berry. "Everything concerning this remarkable woman is surrounded by doubts, for she stood for everything to which the ideal of the Confucian scholar-official class was in place of war, education in place opposed...From the very first the historical record of her reign has starvation, health care in place of been hostile, biased and curiously desperation. And I believe we are fragmentary and incomplete. Less is known of the details of political life With global warming, a scientific during her half-century of dominance than of any comparable period of the

all efforts, many of Wu's



facts and clues about this powerful woman. "The whole time I was writing it, I saw parallels between her life and mine. Talima and Wu Chao T'se T'sien became an inseparable part of my everyday life. It was a sleuthing job, really. This project was serendipity all the way, like a river."

In addition to reading from the book, Berry plans to share tips about how to self publish. "It's different today. I've learned so much I want to share. It's being printed by a subsidiary of Ingram with worldwide distribution. I want to encourage other writers that it's possible!"

Berry thanks many for their help along the way, including partner, David Steele for his vision, Sy Novak's graphic skills, her sister Gwen and daughter, Bonny for their line by line editing, her nephew Collin for website design



Camp Fire

Continued from page 1

Camp Fire was founded in 1910 by Luther Gulick M.D. and wife charlotte Gulick, as the first nonsectarian, interracial organization for girls in the United States. In 1975, membership was expanded to include boys. Camp Fire USA is open to all and there are several active groups on Vashon. For more information contact Janelle Kitson at 206 461 85550 ext. 310.

until the 20th Century. The intriguing

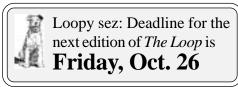
takes place during the T'ang Dynasty, a time that Berry compares to today. "The times were

much like our Kaj Wyn Berry, courtesy photo own. They were a

world power, cultured, with statesmen and scholars, ideas and art from around the world. It's contemporary because of her resourcefulness--it's what we need today—a triumphant story." Berry emphasizes that the book is not just for women; there's a lot of adventure.

Berry relentlessly researched libraries throughout the world for

(kajirawynberry.com) and her Island writer's group. Berry will also read from Everlasting Sky, Friday, October 26, 7:30 pm, at Vashon Book Shop.



Kat Eggleston in Concert

October 19, '07

By Jessa Zimmerman

Tickets are now available for a rare performance by Kat Eggleston. The show is on Sunday, October 28 at 2 pm at the Havurah Building on Westside Highway. Advance tickets are on sale for \$10 at the Vashon Bookshop. Admission at the door will be \$12.



Kat Eggleston, courtesy photo

Kat Eggleston was born in California while her parents were working on the "Gumby" show; a detail of her life that she still credits for sealing her fate as a performer. She then moved to Vashon and spent the rest of her childhood here, where she learned to sing from her mother and played piano for years before developing her beautiful, percussive finger picking style on the guitar. In the years since then she's been singing original and traditional music non-stop all over the U.S., Europe, and Australia, as a solo performer and in small ensembles and bands. Kat is a highly respected songwriter with four well received solo cds, a duet with Kate MacLeod, and a cd with the Irish super group Bohola.

Kat is an astounding performer who works magic with her audiences. She combines deep, personal, and sometimes very sad stories and life experiences with a wonderful sense of humor to weave a compelling emotional connection with her listeners—one that leaves them feeling inspired and joyful as well as powerfully moved.

Loopy sez: Deadline for the next edition of *The Loop* is Friday, Oct. 26

Halloween Irish Ceili Dance and Workshop Saturday, October 27th at the Grange Hall!

The nights are dark and wild -Samhain is coming! Celebrate the pagan Celtic New Year (Halloween) in the spooky, vintage, log building of the Grange Hall. On Saturday, October 27th, join an afternoon set dance batter-step workshop, followed by our regular evening Irish Ceili dance! Don't miss the rare opportunity this month to learn set dance batter-step techniques from Maldon Meehan of Portland. Maldon

integrating them into the set with a partner. All levels are welcome at the workshop; there will be material for the beginner, intermediate, and experienced dancer. No partner is needed. Bring shoes you can make a little noise with! RSVPs are appreciated.

Following the workshop we'll gather again from 7 pm to 10 pm for the Ceili. Dress up for the dance as your favorite Irish dance tune!



Vashon Island's own traditional Irish dance band The Gold Ring (Steve Austin, Marilyn Kleyn, Martin and about it? Nyberg) will provide live music for the dance. Ceili dancing is a "barn dance" style accessible to nearly everyone. No partner or experience is The Gold Ring (Steve Austin, Marilyn Kleyn, and Martin Nyberg) required - Maldon will teach and call all of the dancing. The suggested donation is \$20 for the workshop, \$25 for the workshop+ceili, and \$8 for just the ceili (\$6 for students and seniors). species 'we' are deserving of on our The Grange Hall is located in the ferry current path, according to the dock parking lot at the north end of assortment of interviews in this film the Island. Photos of past dances can with scientists and experts and be found at www.hoilands.com. This thinkers and artists in regard to how dance and workshop is hosted by the we are doing, seems to be closer to Vashon Celtic Dance Society and that of failing rather than that of made possible in part through the slightly less than average. This is support of the Vashon Park District. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer to assess and to change what we are Vashon at (206) 774-4047 or Lori Lowrance at (206) 369-9234.



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What a Way to Go

Continued from page 1

what Mr. Gadson was going to tell runs as a binding thread me about my work. To say that the throughout the litany of images and words: "I don't know what you are interviews. What we hear doing in this class-right now you are throughout is a meditation by doing C minus work-you need to put writer/director Tim Bennett, the more time into your drawing." I had admission that he has heard the never heard criticism like this before, so it made me stop and think about of life, and that he is willing to do what I was doing and why I was something to change. It is this there. Having digested what he'd meditation that draws one into the said, I did work harder and even film, beyond the mountains of stats though I still don't consider myself a draftsman of any note, I left the in the middle to join him in the class with a B plus and a friend in contemplation of the array of Mr. G for the rest of my time at school there.

The relevance of the above story to what I am going to say about the from my family's Super 8 archive. Go-Life at the End of Empire", is that are all in this, we are all complicit, unlike many of the impending and we all can do something in environmental disaster films out there, this one personalizes the Admittedly,

What I like most about "What a At the time, I really had no idea Way to Go" is its personal vision that wake up call on the big report card and info, and it sits you down smack solutions. The montage of family films at the beginning of this cinematic journey could have come new documentary, "What a Way to We all have a common thread, we choosing to act.

Two weeks ago I first heard of problem(s) and then asks the this film. Four days later I had a question: What are you going to do copy in hand and we sat down to the watch it. The next morning I was dauntingness of the tasks involved on email to producer Sally Erickson in battling the problems of global to see if, on their one off day in climate change, mass extinction of transit between Vancouver and species, peak oil and overpopulation Eugene, they might able to stop off all can be a bit overwhelming. It is and present their vision to the easy to look at all of this and throw Vashon community. As it turned one's hands in the air and turn your out, they could and on Saturday back and walk away with the night October 20th at 7pm at the thought that someone else will take Vashon High School Theater you are care of it. It is hard to be told to your all invited to see where this empire face that you are doing C minus is headed and to contemplate what work and to be questioned as to why you might do to be a part of you are there in the first place. To be changing that. I attended a truthful, the grade that the collective screening in Seattle this week, and afterward the audience was invited to participate in a talking circle to share their thoughts. We have the theater till 11pm- you are invited to come and share your voice and vision. Admission is by donation- \$5 is requested. For further info I can be contacted at 567-4542 or hard to take, but as a thinking pgr42@att.net. In closing I would species we can also choose to listen, like to invoke what I used to end my Film Society doing. Or we can walk away, or be announcements with and that is: Be asked to leave in no uncertain terms. there or be in the dark.

will provide live music for the dance. Courtesy photo.

has been performing Irish dance since the age of 5 and teaching since she was With a master's degree in 18. ethnochoreology from the University of Limerick, Ireland, Maldon brings a deep understanding of the traditional Irish dance forms that she performs and teaches, including set dancing, ceili dancing, and sean-nos (old-style Irish step dance).

Maldon's set dance battering steps workshop will run from 2 pm to 5:30 pm. We'll learn some battering for the Connemara set, including a few steps for reels and Polka. We'll learn the steps and practice them at a learner's tempo as well as work on



cable tv, high speed internet incl. First, last deposit and references req. Available Sept. 15. (206) 463-3009 motivated self-starter with great interpersonal skills and a passion for our community. Graphic design skills are a plus, but not necessary. Hours are flexible, but we do have deadlines. Send resume via email to Publisher Marie Browne, at mariebrowne2000@comcast.net. **Craig**

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