

**In This Issue:** Teachers endorse school board candidates, do a "green" remodel, warm up with winter stews, and much, much, more...



Wolfstown reports Coyotes, but we don't have to call the kids off the playground yet.  
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Ask Ernst about chainsaws.

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Youth Theater Performs Toby Tyler

page 18

# THE LOOP

Vol. 4, #22

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM November 2, 2007



In another project, Lorax Club members place native plants. Courtesy photo.

## Lorax Club Creates Citizen Scientists

By Claudia Gross-Shader

They came with heavily-marked posters, dog-eared nature journals, tales of investigations in Vashon forests and streams, and a big appetite for the committee's snack tray...

The Vashon Maury Island Ground Water Protection Committee usually tackles very serious scientific and political issues regarding the island's aquifer. But, this past Wednesday, October 24, the group received a colorful enthusiastic presentation from the young citizen scientists of the Lorax Club.

*Continued on page 5*

## Cynthia McKinney Meet & Greet

by Peter Ray

Having left her home state of Georgia to become a registered voter in California, Cynthia McKinney recently appeared on the California State primary ballot as a presidential candidate with the Green Party in the 2008 election. As a former congresswoman from Georgia, McKinney may be a relative unknown to these parts, although she has a direct connection to the activist community on Vashon as the fifth recipient of the coveted Backbone Award.

*Continued on page 7*



Cynthia McKinney, courtesy photo.

## Would You Buy an Initiative From this Man?



## Important Ballot Measures Need Your Attention

by Ed Swan

This issue of the *Loop* features opinion pieces covering a number of the many important measures appearing on the ballot November 6 (Check out the articles beginning on Page 4.). Tim Eyman, the man whose initiatives helped raise our ferry rates and lower the amount of daily runs on our routes, brings us another initiative to supposedly hold government accountable. If anything, it will create a lot more red tape as the voters pamphlet turns into an encyclopedia-sized volume with all of the new required votes that Initiative 960 would specify. Even for those who agree with this initiative's ends, it will likely be a major waste of taxpayer time and money since as with every Eyman initiative, the constitutionality proves to be doubtful.

Dan Chasan takes a detailed look at Initiative 960 for the *Loop*. He also describes the fundamental elements of the school levy measure. Other issues impacting Vashon voters in this election include Referendum 67, the insurance measure covered for the Loop by Lauri Hennessey. Some Island households have yet to be compensated by their insurance company for damage in last year's windstorm. Susan Wolf writes in support of King County Proposition 1 (not to be confused with the Sound Transit proposition), which provides funding for emergency medical services that for Vashon accounts for nearly half of Vashon Island Fire and Rescue's budget. Ellen Kritzman writes about Initiative 25, a proposal to politicize even further the county director of elections position. Unfortunately, Vashon voters don't have the option of voting on the transit proposition even though it will greatly affect our future. Two helpful websites for more information are: The Municipal League of King County <http://www.munileague.org/links/vote.htm> and the League of Women Voters of Greater Seattle <http://seattlelwv.org/voterinfo>.

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The ASARCO site circa 1996. Photo Meryl Schenker/Seattle Post-Intelligencer.

## ASARCO Focus of Law Class

By Susan Wolf

Now a landmark precedent worth study, twenty years ago the shrouds of deception were just being unveiled at ASARCO (American Smelting And Refining Company). Public Health notices had been circulating because of the arsenic, sulphur dioxide (a leading ingredient in acid rain), cadmium and lead which spewed for 80 years out of the plant's tall smoke stack. *Continued on page 14*

## VIFR Sends Help to California

by Susan Wolf

Late Tuesday four firefighters from Vashon Island Fire & Rescue, including two volunteers and two career staff, departed for California as part of a regional effort to support beleaguered firefighters there. As of October 25, over 1,600 homes have been destroyed, 78 persons have been injured, including 36 firefighters, eight citizens have lost their lives and 700,000 acres have burned in what has been called the worst natural disaster that state has ever faced. Vashon Island is about 25,000 square acres. At one point, one million people had been evacuated and some still remain in shelters. *Continued on page 16*



Volunteer Assistant Chief Brett Kranjcevic will be leading the crew going to California to help with wildfires. Courtesy Photo.

# Get in *The Loop*

## Submissions to the Loop

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

### Wellness Forum

The Vashon Community Wellness Project presents "Freedom from Trauma" Thursday, Nov. 15 at the Land Trust Building 6:30-8:30pm \$10 suggested donation to benefit the Wellness Project

**How Trauma can have long term effects on your health and your life and what you can do about it.**

Are you feeling stuck? Have you or someone you know experienced a traumatic event or been exposed to highly stressful situations over a long period of time? Do you experience panic attacks or feel easily overwhelmed? Are you highly reactive? Do you have chronic pain or ongoing health problems? The long term effects of trauma are often overlooked and can have a profound impact on your physical and psychological wellness. You are invited to listen to four diverse but highly compatible approaches to working with trauma. You will learn how trauma affects our physiology over time and which treatment choices are best suited for you. Hannah Albert, Naturopathic Physician, will discuss homeopathy, Dennis Levin, Licensed Acupuncturist will talk about how trauma can cause chronic health problems and how acupuncture can be helpful. Karen Hain, Licensed Acupuncturist will share her research on trauma's effects on our physiology and Remony Henry, Clinical Social Worker will talk about EMDR.

### "WHERE WOULD WE BE WITHOUT YOU?"

"WHERE WOULD WE BE WITHOUT YOU?" The Senior Center's lifetime award plaque made by tile artist Irene Otis was presented to Carl Coldeen and Lorraine Oliver recently to acknowledge their help with the lunch program and on other projects. The tile will hang in the SC.



Carl Coldeen and Lorraine Oliver, Courtesy photo/Deirdre Petree

### Vashon Youth and Family Services Parent-Child Play Group and Baby Play Group

**Parent-Child Play Group**  
Wednesday and Friday mornings 9:30 AM - 11:30 AM in the Vashon Presbyterian Church's social hall. Open play time in a safe environment for children up to three-years of age who are accompanied by their parent or childcare provider.

**Baby Playgroup**  
Friday afternoons 12:30 PM-2:00 PM in the Vashon Presbyterian Church's social hall. Meet and talk with other parents about your experiences. A facilitator and guest speakers address parenting issues and questions. This is also a time for the babies to play and develop social skills. Expecting parents, this is a great place to get connected with other parents before your baby arrives!

Use the back door at the southeast corner of the building. There is a small fee for these groups and a sliding-scale option is available. Drop in and check it out for free.

### 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

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Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070

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Published every two weeks by Paradise Valley Press

© November 2, 2007 - Vol. IV, Issue 22

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\$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!



## Get Ready, Vashon! Those winter storms are on the way.

VashonBePrepared  
*Neighbors Helping Neighbors*

### Next Green Party meeting

Vashon Maury Island Green Party will be meeting on Tuesday, Nov. 6th at 7 pm at Joy Goldstein's home. Her address is: 10329 SW Bank Rd. Call Joy at 463-9552 for more information. All are welcome to attend.

### 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.

### Fall Festival

Join the free Fall Festival sponsored by Woman's Way Red Lodge on Saturday November 10, 10 AM to 8:30 PM at the VFW Hall, 3601 SW Alaska Way, in West Seattle. Men, women, and children are welcome. There will be local artists' crafts, jewelry, drums, rattles, scarves, food, music, dancing, drumming and lots of fun. The day includes a short participatory piece from the BLOOD collaboration directed by Stacey Hinden. All are invited to gather and play at this FUNdraiser.

Red Lodge is a new non-profit organization focused on enlivening the sacred feminine in our daily lives through events, classes and community service projects. While the women who organize Red Lodge live throughout the Northwest, a number of Red Lodge programs have been serving Islanders this year, including Sweat Lodge purification, a 24-hour World Peace Drum Vigil,

and Weaving the Hoop Intergenerational Women's Circle.

"Over time, we have heard the call to build a common dream, to do what we can to bring our culture into balance with the cycles of nature, honoring and attending to the sacred in daily living," explains Mary Shackelford. "We walk in an active, personal relationship with spirit, honoring the wisdom of our ancestors, our bodies, each other and our connection with all life. We organize, collaborate and work together to serve our world."

In its first year as a non-profit organization, Woman's Way Red Lodge offers a monthly online calendar of events featuring co-creative workshops, classes and community-building events, drum circles, sweat lodges, intergenerational hoops and life passage celebrations. For information on classes, to contribute and become a member, visit www.wwrl.org.



# HOME TEAM REALTY

## Adorable Cottage

Adorable, fully remodeled cottage with eco-sensitive finishes. Kitchen features recycled glass tile, beautiful cement counters, low voltage lighting, stainless appliances, Marmoleum floors. In the living room, Kempas hardwood floors make it cozy, the vaulted ceiling and skylight make it spacious and bright. Outside, catch a breeze, listen to the creek, and gaze at your pond from the large deck. One full sized bedroom and a small office make it perfect for downsizing or just starting out.

\$329,000

MLS # 27192127

- ☞ 1 bedroom
- ☞ 1 Bath
- ☞ Office space
- ☞ Partial Basement

13533 SW 171st St



### Right Next Door

## On the Creek



This historic house was once the camp kitchen for Beulah Park Camp. Now, it's a spacious and unique house in charming Beulah Park. The 1/4 acre lot borders a breathtaking ravine; open your bedroom window and listen to the soothing sounds of the creek tumbling into Colvos Passage. It's like living in a treehouse - with a cantilevered foundation and metal roof! The interior needs fresh paint and flooring, but the house is rock-solid and ready for an owner who wants something special. **\$359,000**

13536 SW 171st St

MLS # 27191401

- ☞ 3 bedroom
- ☞ 2 Baths
- ☞ .30 Acre
- ☞ 1472 SQFT
- ☞ Paint and Carpet Fixer

## Great Price - Fantastic Fixer

First time buyers and investors! A cosmetic fixer that's nice enough to live in as is. This house has good bones - cute cottage style, high ceilings, full unfinished basement, on sewer. It's on a large lot in a great neighborhood on the desirable Westside, close to the beach. Tremendous potential for increasing value through sweat equity. New flooring and fresh paint throughout make it move-in ready today! **\$249,950**

MLS # 27175260

- ☞ 1 bedroom
- ☞ 1 Bath
- ☞ .20 Acre
- ☞ Full Basement



17017 135th Lane SW

## Fresh & New



- ☞ 3 bedrooms
- ☞ 1.5 Baths
- ☞ 1 Car Garage

8804 SW 184th St.

MLS # 27143323

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

## Great Buy!



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

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.**



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MLS # 27045308

## Initiative 960

by Dan Chasan

Washington's "initiative king" Tim Eyman, who has sponsored Initiative 960, doesn't trust legislators. He says 960 would make it easier for voters to know what their legislators are doing and to hold them accountable for it. Initiative 960 would require: a two-thirds vote by each house of the state legislature to pass any increase in taxes; legislative votes on fees now imposed by administrative agencies; a vote of the people on any tax increase that exceeded the state expenditure limit. The state would have to prepare a ten-year cost estimate for any revenue increase and email the information to the media and interested citizens. If the legislature used an emergency clause to shield a revenue bill from referendum, the people would get an advisory vote. The voters' pamphlet would devote two pages to each advisory issue, listing all the legislators who voted for the original bill.

Eyman says the two-thirds requirement is nothing new—the people established it back in 1993 through Initiative 601, and the legislature has reaffirmed it twice. But the legislature has also found ways around it. He says his initiative would block those loopholes.

He also says the legislature has abused the "emergency" clause that it can use to shield a statute from challenge by referendum. A lot of people agree. Ever since the State Supreme Court let the legislature get away with calling the construction of Safeco Field an emergency, legislators have added emergency clauses to hundreds of bills. Earlier this year, the Seattle Times observed editorially that "[l]egislators are once again putting "emergency clauses" on bills in order to short-circuit the public's right of referendum. . . . Our highest court should . . . once again subject

legislative emergencies to rational thought. Until it does, legislators should restrain themselves from this form of constitutional abuse." But all tax laws are shielded from referendum already. It's hard to see how 960 would force legislators to change their ways.

If the initiative passes, it will clearly face constitutional challenges. (Opponents tried to keep it off the ballot on constitutional grounds, but the State Supreme Court refused unanimously to rule on the constitutionality of an initiative that hadn't yet passed.) Opponents argue that 960 would use the initiative process to amend the state constitution—which the constitution itself clearly forbids. They reason that the public votes required for some tax measures and the advisory votes required for tax laws with emergency clauses are all really referenda, that 960 would short-circuit the constitution's referendum process, and that therefore, it would be an amendment. (Eyman says the advisory votes clearly are not referenda.) They also reason that the constitution requires a simple majority vote to pass legislation, so that requiring a two-thirds vote also constitutes an amendment. (If the two-thirds vote required by 960 would be unconstitutional, then the two-thirds vote required by Initiative 601 was unconstitutional, too. Some people argue that in fact, 601 and the two statutes that affirmed it have all been unconstitutional. The courts may yet throw out the whole idea of a two-thirds vote.) Other Eyman initiatives have fallen afoul of the state constitution's requirement that each law cover only a single subject. 960 would probably face constitutional challenge on that ground, too. It would face an uphill fight.

□□□□□

## King County Proposition No. 1

### Medic 1 - Emergency Medical Services

by Susan Wolf

Why in a time of record foreclosures, high property taxes and rising medical expenses would King County want to raise property taxes with its Proposition No. 1?

Not to be confused with the Sound Transit and RTID Proposition No. 1, this levy is replacing one which is expiring this year. Basic Life Support expenses for Medic

One have just about doubled. The county trains our Emergency Medical Technicians (EMTs) and buys our paramedic equipment, but it does more than that. Throughout King County, Medic One responds every three minutes to someone's aid. Vashon Island Fire & Rescue (VIF&R) responded over 1,000 times in 2006 for aid calls. Our population age average is older here than the rest of the country and we have more older people resulting in increasing numbers of calls.

If your home is presently valued at \$400,000 for instance, the new levy would cost you \$120 per year.



First Vashon Box Ambulance 1972, courtesy photo.

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

# Craig Harmeling

## FIRE COMMISSIONER



Look closely at the candidates' experience and you'll see...

THERE IS NO COMPARISON!

Neal Philip*	Craig Harmeling
<b>Occupation:</b> Seattle Attorney	<b>Occupation:</b> Retired Chief, Vashon Island Fire & Rescue
<b>Vashon Island Fire &amp; Rescue (VIF&amp;R) Years of Service:</b> 2002 – Present [currently on leave of absence]	<b>Vashon Island Fire &amp; Rescue (VIF&amp;R) Years of Service:</b> 41 years including 30 years as Chief, 3rd generation fire dept member
<b>VIF&amp;R Experience:</b> Volunteer since 2002 [for the last 5 years, has not met minimum requirement of 24 responses per year]	<b>VIF&amp;R Experience:</b> Served as firefighter, Lieutenant, Captain, Assistant Chief, and Chief. As a volunteer, continues to work with VIF&R on strategic planning and communication issues.
<b>Fire Service Training:</b> Volunteer training	<b>Fire Service Training:</b> 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.
<b>Years on Vashon Island:</b> 12	<b>Years on Vashon Island:</b> Vashon born and raised, well-known and respected in the community and VIF&R.
<b>Goals and Objectives:</b> Best possible service, build consensus, put problems behind, move forward.	<b>Goals and Objectives:</b> "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."

\*As posted on candidate's website 9/20/07 & official VIF&R documents

Paid for by the Elect Craig Harmeling Committee 11303 98th Ave SW Vashon, WA 98070 366 567-4569



Medic One Today, courtesy photo.

Under the old levy, the same homeowner paid \$83. In November, a 60% majority will be required for voters to approve a \$0.30 per \$1,000 assessed value. With Proposition No. 1, King County hopes to create a reserve fund totaling approximately \$40 million to continue services in the event of natural disasters or terrorist events. With all the work of hundreds of others on Vashon to prepare for a major disaster, having county funds available to us just makes sense.

I asked Chief Keith Yamane just how much the county EMS funds actually contribute to our organization. He said, "We receive just under \$1.8 million of our \$4 million budget – almost one-half. I'm not sure what we'd do if it didn't pass." Vashon residents really

depend on our trained and experienced responders both in our small personal emergencies and in a big disaster. The question is, are we willing to support the emergency workers who come to our aid daily or when a punishing mega-storm, earthquake or terrorist act happens?

I have to be honest to my readers – although I'm writing this as a free-lance journalist, I work for the fire district. Even though I'm seemingly healthy, I've had to be transported twice in the past few years. My husband fell after his knee surgery and our wonderful VIF&R volunteers and employees came to his rescue. My elderly dad lives with us as does my injured son, who will need serious back surgery soon. Our family is grateful for the fire district's members and I sleep better knowing they are there.

The fire district is prevented from asking for your vote, but as a citizen, consumer, occasional patient and voter, I'm asking for your support for our fire district.

□□□□□

## HJR 4204: School District Levies by Simple Majority Vote

by Dan Chasan

House Joint Resolution 4204 would take the radical step of letting voters decide school levy elections by majority rule. It would amend the Washington constitution so that a school district could pass a special levy with a simple majority. The constitution currently requires 60 percent—and not just a simple 60: To “validate” the election, a district must get 60 percent of 40 percent of the number of people who voted at the last general election. (For the mathematically challenged, this boils down to 24 percent of the last election’s total vote.) This is a nutty system.

If a political candidate wins 58 or 59 percent of the vote, it’s a landslide victory. If a school district wins 58 or 59 percent of the vote, it’s a narrow defeat. This hasn’t been a big deal on Vashon. Island voters have passed school levies with room to spare. But it has been a big deal in some other communities. And it has affected levy planning on Vashon. It makes the school board think twice about running a levy right after a Presidential election, even if the timing would otherwise make sense, for fear that it won’t “validate,” and it encourages levy campaigners to go after reliable yes voters, rather than engaging the population as a whole. If 40.1 percent of the voters can defeat you, you won’t want to let anyone but your fans know there’s an election going on.

Opponents say in the voters’ pamphlet that passing HJR 4204 would increase property taxes. That’s nonsense. Most levies pass. (The opponents say the number is 98.1 percent.) State law limits the amount that a school district can collect. Districts ask for the maximum they think the law will allow. If they guess high, the state doesn’t let them collect all that the voters have authorized. (That’s what happens on Vashon.) Passing 4204 can’t raise property taxes.

The opponents also suggest that the legislature, not local taxpayers, should pick up the tab for public education, which the constitution calls the “paramount duty” of the state. Ignoring the fact that legislators are spending taxpayers’ money, too, the opponents are right. The legislature should pay more. But that’s not much of an argument against majority rule. **□□□□**

## Lorax Club

*Continued from page 1*

The Lorax Club, named for Dr. Seuss’ quintessential kid’s book on ecology, is sponsored by the Vashon Maury Island Audubon Society and is presented by Family Link, the School District’s home school support organization. The Lorax Club is a group of 17 home schoolers ages 6-12, who along with their parents and younger siblings are studying four island eco-systems this fall.

“I wish there had been a club like this when I was young,” exclaimed Donna Klemka, Chair of the Ground Water Protection Committee. Club members showed slides from their recent field trips to Judd Creek where they tested the water’s health by measuring phosphate and nitrate levels and by counting aquatic macroinvertebrates (a.k.a. tiny water bugs). One six-year old set down her third cookie to give the Committee an up-close view of drawings from her nature journal and of a poster that she had made depicting a healthy stream versus a stream polluted with animal waste and household hazards. Audience-member, Jack Barbash, praised the Lorax Club’s work planting trees with the Vashon Maury Island Land Trust near the headwaters of Judd Creek. “As someone who has been worried about that site for a long time,” Barbash said, “it now looks great.”

In addition to the Land Trust, the Lorax Club is working in the field this fall with scientists and naturalists from the Vashon Forest Stewards, Vashon Maury Island Audubon Society, the University of Puget Sound, and King County. The Lorax Club’s plans for winter include a public art project to communicate the importance of keeping our ground water and streams healthy. And new field investigations are slated for spring. To find out more about the Lorax Club or other home school opportunities, please contact Family Link at 463-9171 ext. 503.

# Elect Gene Lipitz Vashon School Board Position 3

**Highest rated School Board candidate by an independent committee. Islanders supporting Gene include:**

May Gerstle  
Bill Ameling  
Steve Haworth  
Colby & Priscilla Atwood  
Dan Asher  
Keith Putnam  
Carrie Oliver  
Rex Stratton  
Catharine A. Carr  
Jeff Chale  
Charon Scott-Goldman  
Keith Stoner  
Cord Harms Zum Spreckel  
John Hopkins  
Janice Randall  
Neil and Gay Jungemann  
Tom Bangasser  
Doug Snyder  
David Hackett  
Sam Collins  
Lonnie & Neil Shiosaki  
Gwen & Leif Rasmussen  
Jenny Osbourne  
Joe Curriel & Tony Raugust  
Betsy Frazee  
Hester Kremer  
Suzanne Greenberg  
Charlotte & Charles Lovekin  
Gary & Nancy Sipple  
Jim and Cheryl English  
Sarah Mercer  
Norm & Lee Ockinga  
Sara Giusti  
Viv Ilo  
Bob & Karin Desantis  
Troy Kindred

Joe Ulatoski  
Ted & Vicki Clabaugh  
Jim Riggsbee  
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John Moore  
Joe Pringle  
Apple & Bill Cox  
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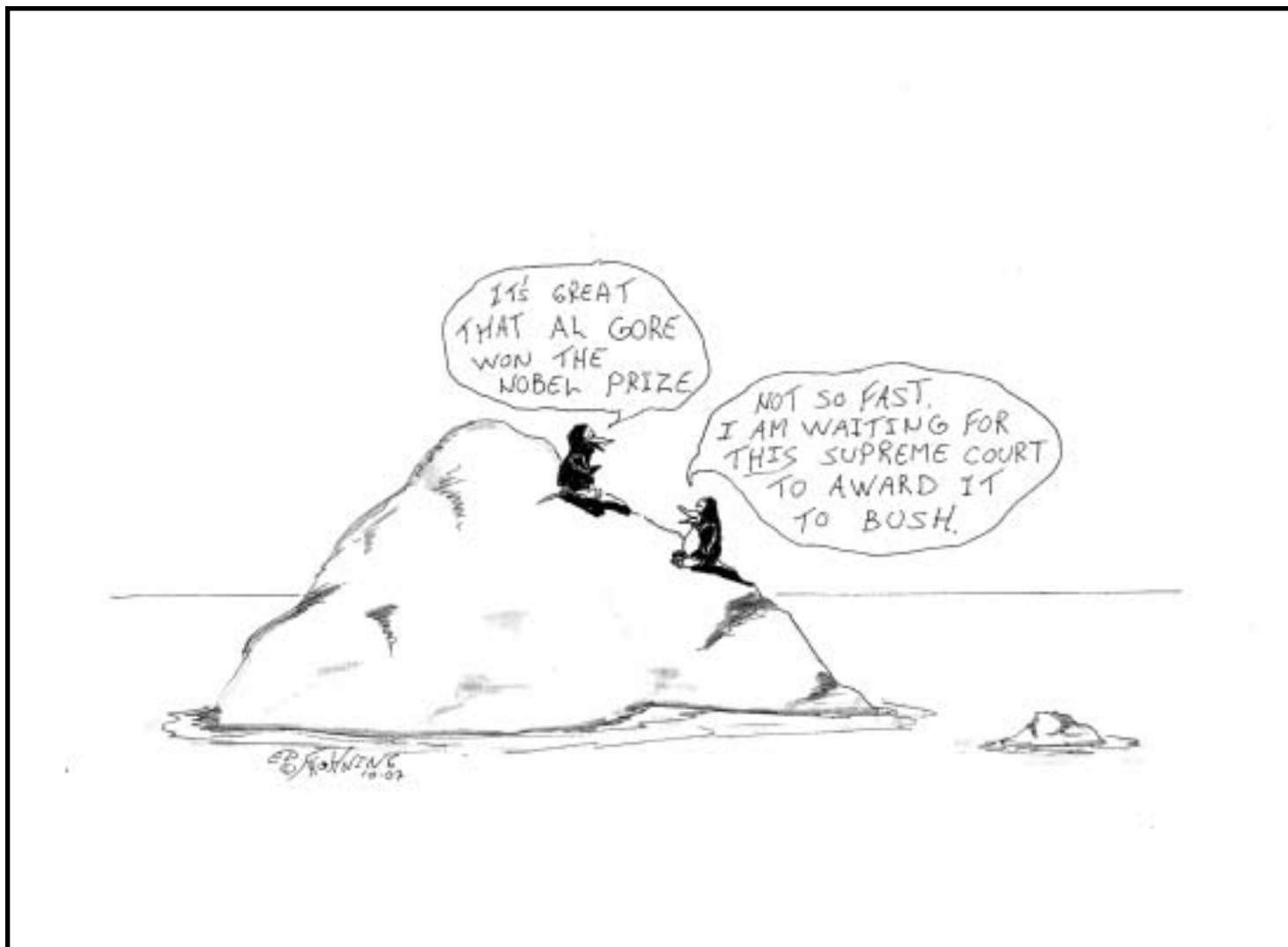
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Barbara Henderson  
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Anne Atwell  
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Kate Guinee  
Todd Pearson  
Emma Amiad  
Cheryl Crow  
Dave Hattery  
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Susan DuFresne  
Charlie Rosenberry  
Dick & Linda Bianchi  
Pascal Py & Marie Kotchek  
Joyce Olson  
Sue Harrington  
Doris and Dean Paulsen  
John Gardiner  
Ande Thollander  
Rebecca & Jeff Raymond  
Mary Marth  
Jeff Ammon  
Tom & Karen Bean  
Oz Osborne  
Bob & Lauri Hennessey  
Judy Beggs  
John Blair  
Margaret Heffelfinger  
Barbara Gross  
Dean and Mary Andrews  
Don and Betty Olson  
Janet and Andy Parker  
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# Spiritual Smart Aleck

## Sweet Old Bob

By Mary Litchfield Tuel



I've been reading Robert Benchley's book, *Love Conquers All* (©1922 by Henry Holt and Company, and re-issued in paperback by the Akadine Press in 1999). I would like to thank whoever gave this book to whichever thrift store in which I found it.

Reading a piece by Robert Benchley is, for me as a columnist, like listening to Malvina Reynolds' songs as a songwriter. The works of either one make me think, "What's the point? They did it so much better than I could ever hope to do it."

They did, too, but I keep writing all the same. The reasons I don't give up trying to write columns and songs are simple: (1.) I'm alive. My idols, Benchley and Reynolds, are not; and (2.) They wrote for their time, I write for mine.

annoying people and being annoyed never seem to go out of style.

Benchley's gentle albeit barbed whimsy may be out of style also. It's hard to be gently barbed when you're contemplating the recent sanctions imposed upon Iran, and the further erosion of everyone's civil rights in America. Nothing gentle or whimsical about either of those topics.

But he tackled tough topics with not a small bit of acerbic irony. He reviewed *Darkwater*, a book by W. E. B. Du Bois. That is the specific piece I wish I could reprint here, but I cannot. It is razor-sharp. I will take a chance by quoting this much: "Justice in the abstract is our aim - any American will tell you that - so why haggle over details and insist on justice for the negro?"

For all politically correct people who have lost sight of the fact that substance really is more important than form, I point out that this was written in or before 1922, at which time "negro" was the correct and polite term for what we were calling "African-American" the last time I looked. Please forgive me if that is not current. I don't get out much. All I know is that racism is the cancer that rots America at the core, however you want to say it, and I believe that is the salient point.

Racism, war, the loss of our civil

rights - these are not things I can write about with gentle whimsy. I wish I could channel Sweet Old Bob.

"My friends call me SOB," Benchley said. "It stands for 'Sweet Old Bob.' They see me coming and say, 'There's that SOB.'"

I wonder what he would say about the current state of the world, the country, and the human race. I know it would be great. I wish I could say it myself, but we moved house a couple of weeks ago, and I have been sick, and to these things I attribute my brain's total lack of cooperation with the writing process. Better luck next issue, kids. Meanwhile, you might try laying your hands on something by Robert Benchley. Trivia answer to question you didn't ask: yes, it was Robert Benchley's son, Peter Benchley, who wrote *Jaws*, and there wasn't a teaspoon of whimsy in that.



I have looked steadily at the chain on a table lamp for an hour and a quarter  
- Robert Benchley by Glynn Williams, from "After 1903, What?"

During a week like this, when inspiration has blithely passed me by (inspiration thinks it's a real joker), I read Robert Benchley and think, oh, it would be easier to call in sick and re-print one of his pieces. People would enjoy it, and I wouldn't be stuck here trying to beat a column out of a brain which has hung up the "closed" sign.

Unfortunately, the heirs and assigns of Mr. Benchley still have the copyrights to his works, and I can't grab a column and paste it in here. Too bad. You'd enjoy Benchley.

He wrote things like "How to Watch a Bridge Game" back in the 1920s. It isn't really about bridge, of course, or watching. It's about how cluelessly annoying people with nothing to do can be to people who do have something to do. Bridge may have passed its heyday, but



*Paid for by Kathy Jones*

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**Craig Harmeling**  
FIRE COMMISSIONER



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 9**



## VEA Endorses School Board Candidates

By Tina Taylor, Teacher and VEA President

The Vashon Education Association is pleased to endorse the following candidates for the 2007 school board election:

**Position One: Dan Chasan;**  
**Position Three: Katherine Jones;**  
**Position Five: Laura Wishik.**

By endorsing candidates the VEA is taking an active role in the upcoming local election. Many teachers are uncomfortable in the political arena. However, with increased unfunded mandates and micromanagement of education by local, state and federal government, teaching is a political pursuit. Simply by defending classroom budgets, protecting important curriculum and insisting on appropriate class sizes teachers are politically active.

The Vashon Education Association feels that endorsing candidates is a positive and proactive step toward creating a voice for our membership in local decision making.

The Vashon Education Association worked with the Washington Education Association to create a fair and balanced process to evaluate the candidates. The Executive Board has carefully followed the issues in the district over the past four years. Executive Board members attended every board meeting over the past year and a half - over 500 hours of board meeting attendance!

Each candidate was interviewed by an Executive Board member with an identical set of questions. The candidates' answers were recorded in writing and a copy was provided to candidates for verification.

The Executive Board met to review the interviews and discuss each candidate's experience and qualifications. The VEA held a general membership meeting to discuss the candidates and the endorsement process. Members present voted to put a slate of candidates, recommended by the Executive Board, before the membership for possible endorsement.

The VEA membership voted to endorse the candidates listed above.

The Vashon Education Association has worked diligently to recommend candidates we feel will work in the best interests of our teachers, our students, and their families. Unions across the United States have a long history of endorsing candidates who support the aims of their members and we are now taking our appropriate place in this important process.

In conclusion, the Vashon Education Association would like to thank the community for their support of our teachers, educational excellence and forward progress for our school district.

# LoOp Letters

## Time for a Fresh Start

As a parent and taxpayer, I always was under the impression that one of the main responsibilities of a school board was to "supervise" the superintendent and to "review" and "oversee" all decisions and spending being made in the district. This is why they are given hefty packets containing pertinent information (such as all financial reports) to review prior to every board meeting.

As someone who worked with Dr. Walker for three years and who attended many school board meetings, I have a very different viewpoint than many of those which have recently been published. Dr. Walker has, in my eyes, always been professional, extremely hard-working, and most importantly, had a sincere dedication to her students and staff. Her tireless efforts to support our teachers and students were commendable. Although I may not have always agreed 100% with her; I never questioned her intent or loyalty to her district.

I am disappointed that all the controversy surrounding allegations against Dr. Walker could not have been handled another way. Since the choice was made, however, to start replacing people in order to give the district a "fresh start", then I feel that decision should continue onto other roles. I will be continuing this "fresh start" idea in my choice for a new school board. It is then my hope that the healing of this painful past six months can really begin and that, once again, our talented teachers and wonderful students can take center stage.

Sue Stinson



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 9**

## School Board Stood Up For Children

We all have a role to play in the decisions we formulate as we contemplate the upcoming election. Some of us know only what we've read in the newspaper. Some of us have tunneled deeper, intentionally and methodically taking a much closer look, seeking the truth as a scientist might look through a microscope.

We are all busy with our lives and for those of you who haven't been able to attend board meetings - I encourage you to investigate before you take a stand.

Ask your current board members for some facts before you vote. Ask them what has driven their decisions. Ask them who they represent when our community disagrees and why. Ask them how they feel they can improve our district. Ask them what it is like to work with a superintendent who performs as a trusted part of a team.

What you may find is a consistent pattern acted upon by our current school board, a pattern of standing up for children - not just my child, but everyone's children. How can we fault them for that? Did they act and communicate perfectly at all times in the heat of difficult decisions? Of course not! But they never lost their compass when it came to making decisions for our kids - whether it be regarding new programs, policies, strategic plans, facility planning, maintenance decisions, school safety, ethics, professional conduct expectations for all employees, or the difficult decisions made surrounding our former superintendent. This school board kept their focus on our kids and grew into the job as they faced the challenges. They have the vision, courage, heart, and minds to give our kids what they need educationally - transforming them into lifelong learners.

Be a scientist and discover the truth - then use your own voice - and then cast your vote for our kids.

Susan A. DuFresne

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## Cynthia McKinney Visit

*Continued from page 1*

The Backbone Campaign presented the spine statuette to Ms. McKinney for a number of reasons. "We wish that more had the courage demonstrated, and feel it is still not too late to insist on full disclosure, transparency and accountability" - all of this in regard to her part in exposing the government's unwillingness to look into the real story behind the events of 9/11/01. This, along with her submission to Congress before leaving office in 2006, of articles of impeachment against the current occupant of the White House, makes McKinney a controversial figure at the least, and a living testimonial to the street level vinyl wisdom quote: "Well behaved women seldom make history."

You can be a witness to history when McKinney comes to

Vashon on Sunday November 11th for a brunch and informal gathering at the Land Trust building (10014 SW Bank Rd.) from 10 am till 2pm. While details are still being worked out, one of the topics McKinney is expected to speak on is a discussion of her reasons for becoming disillusioned with and leaving the Democratic Party. If you would like to be a part of the crowd welcoming McKinney to Vashon, please RSVP to Maryrose Asher, Secretary of the Green Party of Washington State at 206-567-0593 or by email at dmasher@comcast.net. There will be no charge to attend.

There is no "I" in "Team", but there are four in "Platitude-Quoting Idiot".

### ACROSS

- 1 Popular stadium
- 5 Something very small
- 10 Abdominal muscles (abbr.)
- 13 Bohemian folk dance
- 15 Sporty car brand
- 16 Cutting tool
- 17 Abraham's son
- 18 Individualist
- 19 Communication Workers of America (abr.)
- 20 Decade
- 21 Greenish-blue color
- 23 Stitch together

- 25 Little boy's name
- 26 Brute
- 28 White-flowered plant
- 31 Receiver
- 32 Construct
- 33 Alack's partner
- 34 Welkin
- 37 Gab
- 38 Extraterrestrial
- 40 \_\_\_ fide
- 41 Goal
- 42 Ocean Spray's drink starters
- 43 More confident
- 44 Flower stalk leaf

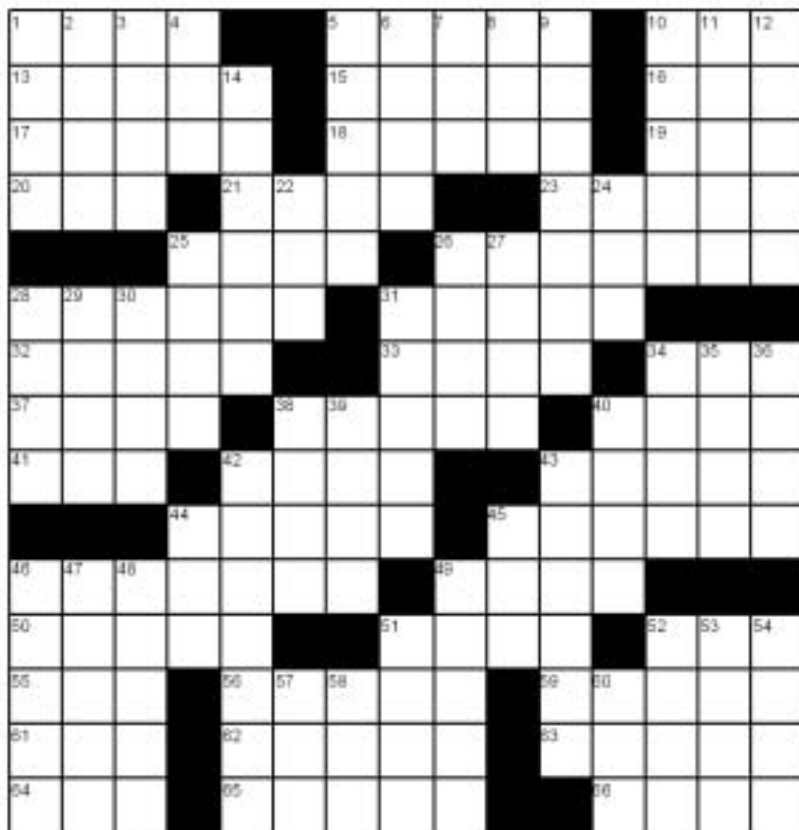
- 45 Whalebone
- 46 Impute
- 49 Pencil end
- 50 Italian "dollars"
- 51 Data transmission rate
- 52 Kimono sash
- 55 Whichever
- 56 Ocean gem
- 59 Vexed
- 61 Hat
- 62 Render able
- 63 Extra
- 64 Candy bar brand \_\_\_kat
- 65 Takes a break
- 66 Starling

### DOWN

- 1 Skewer
- 2 Flexible tube
- 3 Eagerness
- 4 Precedes an alias
- 5 Malaysia's Peninsula
- 6 Computer "button"
- 7 Catholic sister
- 8 Wrath
- 9 Metal canopies
- 10 Computer characters
- 11 Weeps
- 12 Path cut through grass
- 14 Address
- 22 Affirmative

- 24 Southwestern Indian
- 25 Athlete
- 26 Bundle
- 27 Baseball's Nolan
- 28 Allot (with "out")
- 29 Iraq's neighbor
- 30 Merge
- 31 Represent graphically
- 34 Painful
- 35 Leg joint
- 36 Thread
- 38 Arabian
- 39 Do up shoes
- 40 Electric light
- 42 Fridge fruit storer

- 43 Saudi Arabian citizens
- 44 Brassiere
- 45 Energy unit
- 46 Expression of regret
- 47 Moses' mountain
- 48 Burial chamber
- 49 Profits
- 51 Very dry wine
- 52 All right
- 53 Capital of Switzerland
- 54 Notion
- 57 Vane direction
- 58 Spots
- 60 Revolutions per minute



**Solution on page 17**

## Wolftown News of Coyotes

by T. Martino

NOTE: We have some confirmed sightings and a carcass of a coyote on Vashon. There has also been an unconfirmed sighting of a bobcat. The carcass was of a female coyote hit by a car near the airport on coverd. She had had pups this year. Two others coyotes were sighted on Cemetery Road and one near the south end ferry. The coyotes most likely got here the same way the bear did by swimming at an extreme low tide. My guess is there are a very few here. Coyotes do us a great service by controlling rodent populations and carrion. They are part of our normal eco systems.

When I was a kid we were raised in rattlesnake, cougar, coyote, and



bobcat and bear country. We never lost poultry, livestock or pets to predators. Nor did we ever have a bad run in with any. This is because we practiced a few safety measures.

1. Do not feed wildlife.
2. Keep all pet food inside.
3. Keep small or vulnerable animals near house and locked in at night.
4. Cover all poultry housing. Also lay ground wire. (This also helps with predation by Great Horned Owls.) (Hot wire also helps with gardens and deer.)
5. WATCH/LISTEN
6. If you see small predators near your home scare them away! (And you can call us to help if you need to.)
7. Little children should not be in the woods unsupervised. (Or around livestock unsupervised for that matter!)
8. If you have livestock use GOOD fencing and hot wire. Put

## Talking Poetry at the Bookshop!

The Poetry Salon, an Island tradition that's been going on for more than five years, is about folks getting together who just love to talk about poetry and poets and words and ideas. So, if you're into that sort of thing, stop by Vashon Bookshop, Wednesday, November 7th at 7 PM and check it out. It's never the same from month to month (First Wednesdays), and newcomers are always welcome.

This month, folks are encouraged to bring poetry by an unknown poet they admire, and want to share. (Shouldn't be too difficult....) Or, it's okay to show up, and just sit back, and listen. For more information, and to receive a monthly emailing, call 353-9227.

bells on them or use sheep coats. (This also helps with loose dogs... ALL of the livestock deaths that have been brought to my attention have been pet dogs killing stock. One month ago I saw a woman LETTING her dog run deer for fun. (This was on the south end of Wax Orchards road. Anyone lose stock down that way?)

Folks, in the country, loose, uncontrolled dogs are not tolerated. If your dog is off a leash he should be able to be stopped instantly with your voice. None of our sled dogs are allowed to run loose because I cannot stop them with my voice alone! But my sheep dogs can be stopped instantly on command. If you need help training your dog to obey off leash, call one of our local dog trainers! We have some great ones and they are in the phone book.)

9. Garbage cans should be secure.

10. What we all do affects our neighbors as well. Help make Vashon a great example of how to live near wildlife. If you have questions or problems do not hesitate to call. 206-463-9113. BTW Wolftown did not release any of these animals here. Our policy is to release where or near the animal came from.

Love ya! Thanks Vashon,  
T. Martino, Wolftown

## Ride The Waves With the Ferries

Photos by Lin Simpson



The Issaquah Class ferry Cathlamet on the Clinton-Mukilteo route during the recent windstorm. Top: as she rolls to port, note how close the lower deck windows are to being awash. Next: as she rolls to starboard, one can see far down her keel. Last two shots: the car deck gets a free car wash.

## An Everlasting Delight

By Rachel Bard

**The Everlasting Sky. A Novel of the First Empress of China, by Kajira Wyn Berry. EYE/WEST, 2007. Hardback and Paperback.**

I hope you were lucky and smart enough to attend one of Kaj Wyn Berry's recent readings and discussions of her new book, *The Everlasting Sky*, at the Blue Heron and Vashon Book Shop. They were illuminating previews of the delights of reading the book itself.

This sweeping, pulsing, generous novel is basically a story of journeys.

First, the journey back in time to the seventh century A.D. when the T'ang Dynasty in Chian (as China was then known) was launching itself.

Second, an epic journey of nomadic Igren tribesmen across all of Asia<sup>3/4</sup>from the Pamir Mountains (north of the Himalayas, in present-day Afghanistan) to Ch'ang-an (modern Xi'an), the resplendent capital of the T'ang emperors. The Igren were conducting one

thousand horses and one virgin maiden: Tamila, the daughter of their chief, as tribute to Emperor T'ai Tsung. An epic journey indeed, worthy of Homer, with its share of cruel assaults by nature and by evil mankind—if you can call them men, the beastly torturers who assaulted the travelers along the perilous Silk Road.

Third, and the glowing thread that unifies the book, the emotional journey of Tamila from an unfettered girlhood beneath the endless skies of her fatherland to the stylized, circumscribed court of the emperor. She had to learn a whole new way of life and let go of the tug of the old one. She had to accept a new name--Wu Chao Tse Tsien--and a new adoptive family, nobles of the emperor's kingdom. She had to come to terms with the loss of her true love, Pirjhan, who had accompanied her on the long journey and shared her joys and sorrows along the way. Some in her strange new world were jealous of this beauty with the blazing red-gold hair and resented her rise to become the confidant of the emperor. Sometimes her very life was in danger, not to mention the lives of those close to her. But she clung to her belief in justice and the law. Her resilience in the face of so much that was new and foreign never deserted her. She adapted, but she remained a true daughter of the Igren.

It's a journey for the senses as well. Berry has perfectly captured what her characters saw, heard, tasted, smelled and felt. On page after page there's a passage to savor.

Picture this: "His heavy silk kimono, tied at the waist with a tasseled orange sash, was royal yellow. Chrysanthemums, symbols of longevity, were embroidered down the front. On his head, he wore a filigree crown that sparkled with many-hued jewels." Or this, at dawn: "A lemon-colored horizon radiated up into roseate clouds in a clear sky. Birds sang back and forth, discussing the day's possibilities."

Here the Igren gather for the annual festival to celebrate the coming of spring: "Wind sang as it blew over the domed dwellings that sprouted like so many gaudy, painted mushrooms on the high, dusty plain below. Wind whooped into the vast tumult that filled the valley bowl. Camels brayed. Cattle and sheep bawled and baa-ed. Men and women called to each other. Children shouted and ran and laughed. Ponderous yaks moved peacefully in the midst of it all."

How different from the preparations for Tse Tsien's inauguration as empress: "Firecrackers erupted, crackling the air, signaling musicians with shrill horns, clanging gongs, and throbbing drums to march onto the wide avenue."

So how and why, do you ask, did Vashon's noted and beloved Kaj Wyn Berry come to write this beautiful, riveting, page-turner of a historical novel?

Many know of her talents as writer, calligrapher, poet, photojournalist, editor, and fine artist. But why now, why ancient China? Well, it all started 40 years ago, when she... but I think you should read the story-behind-the-story yourself, in the Note to the Reader, page vi.

Then join Talima/Tse Tsien/Empress Wu as her adventures begin.

If you have doubts about the authenticity of the history or the culture of the T'ang Dynasty, or you wonder what happened next, read the notes at the end of the book. They're proof of Berry's thorough research and mastery of her subject. She's even included a bibliography and a glossary. I wished I'd taken more advantage of the latter as I read. I wondered why people kept shouting "Tengri!" when greatly moved. Perusing the glossary later, I found it was the name of the great god of thunder. They were just saying "Wow!"

Having rushed out to your local bookshop, purchased your copy, devoured it and reached the end, you too may cry, "Tengri!"

*Rachel Bard, a keen and appreciative reader of historical novels, has written two and is well into her third.*





## Referendum 67

by Lauri Hennessey

Last winter, our community was virtually shut down in the weeks before Christmas because of the big storm of '06. Power outages and downed trees were the norm. But for some folks, that was only the beginning. The storm also left damaged houses – and it left our neighbors having to negotiate with their insurance companies to get the repairs they needed.

That's where Referendum 67 comes in. R-67 simply asks voters to approve a law – already passed by the Legislature – saying insurance companies need to treat their customers fairly.

Here are some points to remember on R-67:

If voters approve R-67, insurance companies that unreasonably delay or deny a legitimate claim would be subject to court-approved penalties under the law. Insurance companies that treat customers fairly and pay legitimate claims in a timely manner would not. It's a simple law that is long overdue.



R-67 is reasonable. The reality is that this is a reasonable, long-overdue effort. We are one of only five states without laws to protect our citizens from being treated unfairly by their insurers. In fact, R-67 has garnered the endorsements of Gov. Chris Gregoire, Insurance Commissioner Mike Kreidler and more than 100 organizations, including seniors, nurses, teachers, and firefighters.

The industry needs oversight. A study recently by Consumer Federation of America said that this industry saw record profits for the last three years, despite significant events like Hurricane Katrina. In fact, during this period of profits, the industry has been paying claims in an all-time low. The reason is because companies are methodically

overcharging consumers, and cutting back coverage.

Washington State has the same challenge. You don't need to look as far as Katrina to find stories of insurance companies shirking their responsibilities. In fact, thousands of consumers in Washington file complaints with the state and in our court system against insurance companies every year because legitimate claims have been unfairly denied or delayed, according to the Office of the Insurance Commissioner.

The majority of states in America have statutes creating penalties against insurance companies for first-party bad faith actions by the insurance industry in the form of punitive damages – Washington, Louisiana, Massachusetts, Michigan, Nebraska and New Hampshire do not. These other states however, have other strong protections. Washington stands alone as having the weakest consumer protection laws in the nation compared to other states.

Scare tactics don't work in Washington State. The insurance industry has brought in thousands of dollars from out of state companies to fight this proposal. The ad campaign has been aggressive, and some companies have sent misleading letters to their clients, promising their rates will go up if this referendum is approved. There's plenty of evidence that this won't happen. Consumers can review independent studies by groups like the Consumer Federation of America [www.consumerfed.org](http://www.consumerfed.org) and the Foundation for Taxpayers and Consumer Rights [www.consumerwatchdog.org](http://www.consumerwatchdog.org) to name a few.

In the end of the day, insurance companies are there to protect us when calamity strikes. Every month, as we send that payment in the mail, it's really about getting peace of mind. What kind of peace of mind is it when your insurer isn't there when you need them?

After all, you pay your premiums. They should keep their promises.

Lauri Hennessey has been helping on the R-67 campaign. You can learn more at [approve67.org](http://approve67.org).

## Initiative 25

by Ellen Kritzman

King County I-25 proposes a charter amendment to be placed on the 2008 ballot, creating a Dept. of Elections with an elected director. There is no reason to open up yet another elected position attended by campaigning and out-of-control fundraising, where the most money and highest name recognition wins. The Voters Pamphlet Statement For says "An outstanding candidate will hire seasoned, professional supervisors..." Why try to achieve that indirectly, when we already have a seasoned, professional, director who is appointed on the basis of managerial, administrative skills? Should that person fail to

perform adequately, he or she could be replaced without waiting through an entire election cycle.

Please note that the League of Women Voters (non-partisan) calls for a NO vote on I-25; in fact the author of the Statement Against, Becky Cox, is President of the LWV of King County South, the parent organization of our Vashon Unit. The League supports electing policy makers but appointing professional managers.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 9**



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## Going Green

by Emma Amiad

OK. So you want to do a "green" remodel and you don't know where to start. The first place to start, I would say, is to pay for a good home inspection. It's often frustrating to see folks pour hundreds or thousands of dollars into new flooring, better counter tops, nice skylights, etc. but they continue living with energy draining problems and even major hazards.

Find an inspector that is certified by the American Society of Home Inspectors, (ASHI), and have them go over the whole house. The inspector should be able to give you some hints on ways to make your home more energy efficient as well as safer. Your first projects should be to remedy those items found to be unsatisfactory by the inspection.

For older homes, you will want to start with insulation in ceilings, floors and new windows. Lack of insulation or having very little insulation is stealing heat from your home and money from your pocket! That's also true for older, single pane windows. So plan on adding insulation and changing out to vinyl clad double pane windows.

Water leaks can also rob you of money on your water bill as well as being wasteful. Get that plumbing fixed. A small water leak can waste up to 5,000 gallons a month! The toilet is often the culprit. A small leak from the base of a toilet can waste water and rot your floor, all unseen by you. The inspector should be able to tell you where you have any leaks.

Many homes, even new homes, are not properly caulked on the outside. Water leaking through tiny cracks can rot the siding and cause mold to grow in your walls. This can also provide a place for heat loss from inside your house. So be sure everything is properly caulked.

After you repair everything that the inspection found that needed attention, you can turn to cosmetic remodeling. I recommend you have a few friends come in and look around before you tear out cabinets and counter tops. These are expensive to replace and maybe all they need is paint or new trim. Someone who doesn't live with them every day may see them differently than you do. Tearing them out and putting them into the waste stream is not green.

If you must replace something try to recycle the old item and consider using recycled supplies for your project. I recently sold a home with the most marvelous tile floor. It was made up of extra pieces from several projects, purchased from a recycle place that specializes in contractor overruns. It was bright and cheerful and very artistic. Remember to

ask yourself if you really need to make a change or, as my grandma used to say, "You're just trying to keep up with the Joneses".

In addition to the professional inspection and comments from friends, you might ask a few people who don't know your house to just take a look and see what they think the house needs. I often find that people think the place needs new flooring or different cabinets when what the house really needs is just paint. Handy hint this week: Check out the Puget Sound Energy site for rebates on insulation! [www.pse.com](http://www.pse.com)

Emma Amiad's articles may be found at her blog at [www.vashonislandrealestate.com/blog.html](http://www.vashonislandrealestate.com/blog.html). She is the broker/owner of Amiad and Associates on Vashon Island. Contact her at 206-463-4060 or her website: [www.vashonidlandrealestate.com](http://www.vashonidlandrealestate.com).



Emma Amiad



## The Last Man Standing

by Mark Goldman, mark@gpln.com

George Bush is one of the best teachers we've ever had. His administration offers us a great opportunity. The lies and incompetence of his administration are so transparent that it gives us the opportunity to gain insight into things that we don't usually get to see... things that went on in other administrations as well as this one... but were better hidden. (Read Legacy of Ashes: The History of the CIA by Tim Weiner).

Evidently the powers that be are so confident that they have the situation so under control that they can now afford to have us come to the realization that we are powerless to stop them and/or turn things around. All that's needed to complete their strategy is for us to admit to this new reality and then resign ourselves to it. We might still have a chance to change this reality but this window of opportunity, once closed, probably will not open again for a long time.

Last week I got an email informing me that the Chamber of Commerce in my community was hosting a meeting where local business leaders were to discuss "traffic flow, parking in town and recent break-ins." Everyone was invited.

This was a good thing for the Chamber to do I thought. But it got me to wondering if and when the Chamber would ever consider hosting a meeting to discuss the loss of our purchasing power due to war inspired inflation, wide spread government corruption, the degradation of our Constitution, and the loss of our civil liberties.

I was going to go to the meeting and ask this question but I decided that for me to do so would be counter productive. People barely tolerate my ramblings in our free local newspaper. Some people say I am a left wing radical and so anything I say now is viewed by them as not worth the time of day. I personally don't see anything radical about any of my views, but obviously that depends on your point of view. In any event, I believe that if I had gone to the meeting I would have been told that these are not the kinds of questions that fall within the purview of the Chamber of Commerce and, of course, that would normally be true. But these are not normal times. Two years ago I was told the same thing by our local Community Council when I tried to ask whether or not George Bush and Dick Cheney's should be allowed to keep their jobs. That same question is even taboo in the U.S. House of Representatives. Where do responsible citizens go when it's time to defend our country and our rights, and the people who we hired to do that job are too afraid to do it and have gone AWOL?

People don't think they have much to worry about. They figure,

"As long as I don't break any laws, cause a ruckus, or be too annoying, what do I have to worry about... I don't see where my civil liberties are being impinged."

I've come to the conclusion that it's not so much that folks don't care about their freedoms and financial security. It's that maybe they don't care that much about the freedom and financial security of other people, particularly the kind of people who always seem to be making a fuss or getting into trouble with the powers that be.

But here's the problem. The George Bush's of the world say they are out to fight evil. Right now, according to them, most of the evil people in the world seem to live in places that have lots of oil. Once those people are brought under control or gotten out of the way, perhaps most of the so-called evil people will then be those who are always complaining about how administrations lie, cheat, invade privacy, inhibit free speech, offer tax breaks to the reach and no bid contracts to their friends or just have the wrong color skin, practice the wrong religion, or speak the wrong language.

Somehow people who are out to fight evil are never at a loss at finding evil in whoever seems to be in their way now or might be in the future. In that consciousness, the only real way to get rid of evil once and for all will be when the only folks left are The Last Man Standing... and his or her slaves. If you want to play that game and eventually have that game be what your life is about, then all you have to do is... nothing.

## Waiting

by Maridee Bonadea

Last fall on my daily walk to the post office my mind was dreaming of change; of getting out of 9 - 5. Realizing that I couldn't go on just talking about my dreams, I needed to take action. I didn't know what was stopping me but something had to change. Right there and then I made a pact with myself that by June 1, 2007 I would have a plan in place. Applying to the Peace Corps has become that plan.

Waiting, Waiting, and Waiting. So far that is what the Peace Corps has taught me. Today is October 19, 2007; on New Year's Eve December 31, 2006 I remember the very moment I pushed the send button on my computer submitting my application to the Peace Corps. I remember the sense of adventure and excitement. I remember thinking that the possibilities of change in my life had just taken a big step forward. As I pushed that button I said out loud to myself, "Happy New Year." There are days still that that same excitement is alive in me and there are those days when the waiting feels like it has a hold on my life.

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On the Peace Corps website they say; "Now is a good time to practice some important Peace Corps traits: patience and flexibility. You understandably will feel anxious or frustrated at times as you wait to receive more information. Please understand there may be times when you do not hear from the Peace Corps for some weeks — for example, while your medical clearance is being processed. This doesn't mean you are no longer being considered. The process simply takes time."

While waiting, the Peace Corps recruiter suggested that I volunteer teaching ESL so this is what I do on Thursday evenings at Seattle Central Community College.

My family and friends keep asking questions, they are waiting too. Last week there was an update, I have my dental clearance. I could call everyone waiting and tell them this new update as well as the updates that are going on in my daily life to get ready; renting out my house, arranging finances, and finding places for my things.

My partner is waiting too. I tell her that it's like someone going to Iraq for several tours of duty, only it is working for Peace in a different way.

People at work are waiting too. They are curious more than anything else. They would understand me signing up for the military and going to Iraq to fight a war more than going into the Peace Corps.

When I realized that the metamorphosis had already started fear gripped me but I kept forging ahead letting go of material things first. The metamorphosis for me is a process that leads to a greater consciousness. As I grow, my awareness will grow too in the metamorphosis process.

The people around continue to ask questions, I have no answers. They don't realize that I have already started my metamorphosis

and am turning away from my life as I know it.

In waiting I read African news on the BBC website. The CIA has a web page called the World Factbook a guide to Country Profiles that I look up African countries on. Some nights I even dream of being in Africa. I read African novels. In my African internet favorites there are 8 websites listed. Yahoo search brought up 528,000,000 sites; a Google search brought up 255,000,000 sites. I guess there is plenty to read while I wait.

Reading the history of African countries a pattern emerges. Chad independence 1960 with elections in 1996; Kenya independence 1963 with elections 1992; Mali independence 1960 elections 1992; Nigeria independence 1960 elections 1999; Sudan independence 1956 civil war until 2005; Tanzania independence 1964 elections 1995; Mauritania independence 1960 one party system came to end in 1995.

My internet favorites in my African folder have grown to 31.

Of course, all African countries, with the exception of Ethiopia and Liberia, started out as colonies. And just as with the American War for Independence, some African colonies, such as Angola, Mozambique, Namibia, South Africa and Zimbabwe, also gained their independence only after waging war against their colonial masters. While the majority of African countries gained independence without having to resort to a revolution, in every African country independence was won only after the people organized themselves in a struggle against colonialism.

The list of things to do while waiting continues to grow. Answering my friends again and again, no I haven't heard anything. The Peace Corps is in my future some where, some time and some place I just wait for news.



## The Dorsal Spin

### A Pod of . . . Seiners?

By Orca Annie Stateler

Salmon breach in Colvos Pass while fishing boats with colorful names like Adirondack, Rogue, and Kona Rose catch them, but the Southern Residents are late. October 21 was a bust. That morning, Mark Sears called with tantalizing news of many orcas southbound in Admiralty Inlet, maybe a superpod. Alas, the whales did not make it to Vashon.

That afternoon, more than a dozen purse seiners arrived for the opening of Puget Sound's chum salmon harvest. The gillnetters came a few days later. I watched one boat pull in a petite pocket of chums in the bottom of a seine net. The haul looked like enough to feed two or three orcas for one day, estimating 28—34 large salmon daily for an adult orca and 15—17 fish daily for a younger orca.

Thus, we wait for J, K, and L Pods to visit not only Vashon but anywhere inside Puget Sound – an

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Adult Dall's porpoises are only 7 feet long with a tiny, inches-high triangular dorsal fin. Baby orcas are about 7 feet long, but adults are 22 to 30 feet long. Killer whale dorsal fins are more prominent at every life stage, up to 6 feet on adult males and 2-3 feet high on mature females and subadults.

October was another busy month for seal calls. Now KVI Beach is the seal hot spot. The VHP and Wolftown are getting numerous stranding calls regarding normal pinniped behavior. Some clarifications are in order.

In autumn, California sea lions prowl our waters for salmon. Sea



A rare treat: killer whales grace the Juneau, AK waterfront. Photo by Adela Florendo.

unusual situation, indeed. For consolation, the sweet photo accompanying my article is a *Dorsal Spin* exclusive! On October 15, a rare, momentous event transpired when killer whales cruised by downtown Juneau, Alaska. Odin's sister Harriet forwarded lovely pictures that her friend Adela took of the orcas in Gastineau Channel. The photos do not clearly show saddle patches, used to confirm IDs, but I surmise these orcas are Alaskan Residents. They comprise another Pacific Northwest community of orcas, distinct from Southern and Northern Residents.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Some callers wonder if they see killer whales or Dall's porpoises frolicking around the Island. An easy way to verify is by checking the Dolphin and Porpoise Picture Menu at <http://www.acsonline.org/factpack/map-dolphins.html>. The page conveniently shows both species. Click on the killer whale or the Dall's porpoise to learn more about either one.

lions regulate body temperature by floating nearly motionless at the surface with their flippers raised. I have observed sea lions snoozing and thermoregulating for several hours at a time.

Severely decomposed carcasses cannot be collected for research by WDFW or NMFS. Despite our earnest efforts, fresh dead carcasses are not always collected in time. Sadly, life is rough for young marine mammals in Puget Sound. Mortality is approximately 50% for baby seals and 40% for orcas under age five.

Remember, seals and sea lions spend time out of water, on land if available. Pups will wait in one spot for their mothers to return from hunting. We must all be careful not to disturb them. I must emphasize, DO NOT TOUCH SEALS under any circumstances! Many Island animal lovers just want to help, but seals and sea lions can transmit diseases to humans and pets.

Fins, flukes, and flippers crossed that I have a Vashon killer whale sighting to describe in vivid detail for the next *Dorsal Spin*. Contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com)

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## Audubon Program: Reducing Our Carbon Footprint

by Laura Bienen

Climate Project Presenters Janie Starr and Meg Gluckman will make an action-focused presentation for our November program, on Tuesday November 13, 2007, 7:00 pm, at the Vashon Land Trust. Please mark your busy calendars now, and invite your friends and neighbors, because, in my mind, there are very few topics or events that should take priority over this one! And yes, of course this issue is vitally important to the birds!

Many of us saw Al Gore's film, *An Inconvenient Truth*. Speaking personally, I found the dramatically warming state of the Earth alarming and overwhelming. I was daunted by the global elements in the climate change picture and the degree to which much of it seemed to be out of my personal control. Janie Starr, experienced as a facilitator, and Meg Gluckman, with a background in renewable energy, decided to make a personal commitment to go beyond alarm and fear and work positively and energetically towards generating solutions.

As Sustainable Vashon Working Council members, Janie Starr and

Meg Gluckman traveled as a volunteer team to Nashville, Tennessee, in January, 2007, where they participated in the training program led by Al Gore and the Climate Project team. Since then, they have brought their considerable commitment and powerful focus back to Vashon and the greater Northwest to talk, teach and generate individual and community commitment to determine what each and every one of us can do now to make a positive difference in reducing our carbon footprints and engaging our leaders in making public policy decisions to stop global warming!

Their presentation includes a brief slide presentation and focuses on brainstorming action steps, developing a personal action plan, staying committed, and engaging others in making a difference. For more information, call Laura Bienen at 206-567-4613 or consult [sustainablevashon.org](http://sustainablevashon.org) and/or [vashonaudubon.org](http://vashonaudubon.org). As always, our program is free, coffee and cookies are provided, and all are welcome."

## Welcome Back Salmon Celebration

Sunday, November 11, 2007 - 1 PM, Judd Creek in Paradise Valley (21500 111th - look for the windsock) This is a new Vashon-Maury Island Land Trust project which will preserve 53 acres along the main stem of Judd Creek in historic Paradise Valley, including 3,400 feet of the healthiest salmon spawning stream on Vashon Island. Come see this lovely place. Please bring yourself, the neighborhood kids, instruments, poems, or anything that will support this annual celebration. For questions call: Jane Neubauer 567 5404 or Yvonne Kuperberg 567-4005



## Swollen Legs and Varicose Veins

By Kathy Abascal

Do your ankles sometimes swell? Do you have varicose veins or hemorrhoids? Personal questions but important ones. Because, if you do, you could end up with chronic venous insufficiency or CVI. You surely know that the heart pumps blood out to our hands and feet. But have you ever wondered how the blood manages to get back to your heart? There is no pump in your feet moving it "up hill." Our circulation relies on the mechanical pumping that results when you move your calves and thighs to keep the blood moving. And there are valves in the veins, which if working right, prevent the blood from flowing back once the muscles move it up the leg.

Unfortunately, this system malfunctions in many people. As the return circulation becomes sluggish, blood pools, and protein leaks out of the capillaries. This is an inflammatory condition that slows the delivery of nutrients to, and the removal of waste products from, the swollen area. No one

## New Class Starting By Kathy Abascal: Eating for health & weight loss.

Learn more about quieting inflammation. Being overweight is an inflammatory condition that takes toll on your health. In this series of 5 classes you learn how to use diet and herbs to quiet inflammation and improve your health. Significant benefits include a relatively effortless weight loss, improved sleep, and the disappearance of annoying aches & pains. A new class series begins Wednesday November 14 at 6:30 pm and runs for 5 consecutive Wednesdays. Advance registration is required. The fee is \$60.00 and you can sign up at the Roasterie. For more information, contact Kathy Abascal at 463-9211 or [anemopsis@yahoo.com](mailto:anemopsis@yahoo.com).

usually end up with varicose veins, swelling of ankles and legs, and leg pain. The swelling usually begins around the ankles and moves up the leg as the condition worsens. The legs feel heavy or achy, symptoms that often happen after the person has been standing or a while. If both the superficial and the deep veins are involved, intense leg cramping can occur. In the later stages of CVI, slow healing leg and foot sores may appear.

Western medicine usually treats CVI with compression stockings. These stockings help the swelling but most people find them so uncomfortable that they end up not wearing them. In Europe, doctors often use herbs with the stockings. Most of these herbs are rich in interesting flavonoids that prevent leakage from capillaries. Their mechanisms of action vary but all improve venous tone, venous blood flow, capillary permeability, and lymphatic drainage.

*Ruscus aculeatus* (butcher's broom) root is one of my favorite herbs in CVI. This prickly little shrub could easily be cultivated in many parts of the US but so far is

not. Butchers at one time used its branches to clean meat stalls and keep flies at bay, which is why it is called butcher's broom. Many studies show that it improves the symptoms of CVI. In one, 82% of the treating physicians found it to be excellent for CVI and the remaining 18% thought it was

a good treatment. In addition to helping reduce lower leg swelling, butcher's broom is a good treatment for hemorrhoids, minor sprains and bruising and annoying PMS symptoms. It is my first choice to prevent CVI from developing in clients showing symptoms of poor circulation in the lower legs.



really knows what actually causes CVI but we do know that too few flavonoids in the diet, inflammatory foods (chemicals, sugar, white flour, bad fats, etc.), too much standing, and too little walking and exercise increase your chances of joining the 15-35 percent of Americans who suffer from CVI. People with CVI



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 ongoing Conscious Eating for Health &

Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at [anemopsis@yahoo.com](mailto:anemopsis@yahoo.com).

*Aesculus hippocastanum* (horse chestnut) seed is another good herb for CVI. This medicine grows on a beautiful tree that has been planted in many places on the island. While its fruits make a good medicine, they are not edible. In Germany, it is the most widely used botanical for venous edema and helps with heaviness, nocturnal leg cramping, itching and swelling of the legs. And, believe it or not, a Western scientific study also found it to be an effective and safe short-term treatment for CVI. The only drawback to butcher's broom and horse chestnut is that they are far more useful in the early stages of CVI than later in the game.

Another good choice in CVI are oligomeric proanthocyanidins or OPCs. OPCs are found in some trees, in some seeds, and in most berries. OPCs are primarily known for their antioxidant activity but they also quiet inflammation, and prevent excessive platelet aggregation and capillary permeability. Pycnogenol is extracted from a particular species of pine. Unlike butcher's broom and horse chestnut, it seems to work well even in severe cases and the advanced stages of CVI. At the other end of the spectrum, it may also help prevent clotting in "healthy" people who fly. The initial studies look good and it makes sense to me to take pycnogenol during flights and perhaps for a day or so after you land while your circulatory system adapts to the pressure changes.

Almost all berries contain OPCs. Their OPCs are not identical to pycnogenol but they are very good for your veins and capillaries. And all fruits and vegetables have flavonoids that strengthen the circulatory system. You can tell where this is heading, I bet. If you have or are likely to get CVI, you need to eat as many colorful vegetables and berries as you possibly can. You need to walk often and avoid standing still. And you might want to add some of the herbs I discussed to help repair and protect your capillaries and veins. ☺☺☺☺



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## VYFS Presents Bringing Baby Home

The transition into parenthood is a time of great joy for a family. It can be a wonderful time full of togetherness and bonding. However, research has found that within three years after the birth of a child, approximately two-thirds of couples go through a rocky period in their relationship that may also influence the way they interact with their child too.

Drs. John and Julie Gottman's research discovered that new parents make three common mistakes which may influence their relationship. First, many new parents believe that the passage into parenthood will be easy. Second, many couples stop communicating very well or stop communicating at all. Third, couples fail to recognize the emotional and physical changes that parenting causes.

The Bringing Baby Home workshop was designed by the Gottman's based on findings of their research. The workshop teaches couples how to strengthen their friendship, increase intimacy, and regulate conflict. The two most important things that couples can do to maintain their relationship is to strengthen their friendship and to work on managing conflict. This workshop teaches couples that these skills can be easy and fun to do.

When families recognize the challenges of parenthood and learn the rewards of parent-child interaction, children have greater potential for healthy development. The quality of the couple's relationship can be significantly increased leading to greater satisfaction, decreased postpartum depression, increased father involvement and, ultimately, stronger, happier families.

The Bringing Baby Home will be held on November 10th and 11th from 9:00 AM to 4:00 PM. Lori Means, a Bringing Baby Home certified educator, will facilitate the workshop. To register or to get more information, contact Lori by phone 206-463-5511 or email [lmeans@vyfs.org](mailto:lmeans@vyfs.org). There is no charge for this workshop!

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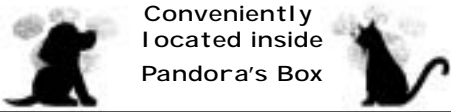
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## Planet Waves



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

**Aries (March 20-April 19)** Focus on nutrition. Start with food; then start with the influence that food has on your relationships. Take the lead. Slow down and see how you feel after you eat different things and how you feel when you eat with different people. Then move onto discovering your emotional nourishment needs. You are well situated to feel what you need in a clear way; to feel your emotions; to feel difficult or unpleasant feelings and not be intimidated by them. Mars retrograde says you are in a moment of reclaiming your home. Start with your kitchen. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Taurus (April 19-May 20)** Once again you are being confronted by a truly affirmative offer. Someone is saying yes. True, it's yes not without conditions, but most of the discussion involves ordinary subject matter; ants at the picnic, water being wet, fire being hot. Anything extraordinary is contained in the ordinary. The solution to any anxiety you may be feeling is to be real, and speak your mind. It is true, your mind speaks to you, and it does so loudly. But you need to remind yourself every day that nobody else can hear it. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Gemini (May 20-June 21)** What you are working for and what you are going to get may be two different things. So I suggest you make an adjustment every time you feel yourself going overboard in the effort department. Stress or the feeling of pushing yourself hard probably are an indication that you're going up the hill when you need to be going down, or taking in the view from where you are. You seem to be overly focused on working relationships, or the work aspect of loving relationships. Now is the time to focus on passion, faith and your highest vision with those with whom you share a soul bond. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Cancer (June 21-July 22)** Mars in your sign is pushing you to push yourself, but you can be carried forward gently enough by the momentum of deep dedication to your purpose. Remember that meaning is always a process of discovery; it is not fixed in any one place or time. For now, you are stretching out into the world.

Soon, you will be stretching into yourself, breaking down barriers between you and your deepest desires, and fueling your spirit on your own inner fire. Then as the winter progresses, you will push back out into the world. To sum up, get ready for a time of retreat, which is preparation for a time of joyful conquering. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Leo (July 22-Aug. 23)** Commitment is always in the expression, not the words that seem to come along with it. It's the continued experience of how you have been living, combined with how you want to live now. The momentum of human co-involvement must always be turned to fresh spaces, new ideas and in truth, new risks if you want to stay actively interested in love and life. An adventure of some kind is upon you, and will lead you places you might not have imagined. If there is a pause in the action, take a breath, focus on the people who are immediately around you, and wait on the will of heaven. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)** You have been working out your financial problems in theory; now is the time to work them out in practice, and that should be fairly easily done. You have the resources and the ideas. You are developing the relationships that will help you get where you are going, but you need to remember that you are the one who possesses the key ingredient. What seems to come and go is your awareness of that fact. Remember that you are the yeast, and everything that comes your way is some other ingredient in the bread. You are what gives the substance life, and its power to grow. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** You are near a personal breakthrough point, but before you get there you may be living with some wild tension and inner contradiction. In sum, you are struggling to express male energy. Some call it yang; some call it aggressive; you may be inclined to judge the kind of assertiveness you need to be delivering as cocky or arrogant. I suggest you dismiss the jury and send the judge on vacation. Your wellbeing depends on

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your ability to be fair with yourself, not judgmental. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)** You are walking the thin line between the promise of wild innovation and the fear of self-deception. It's like you have one foot on each side of the line. You may fear that you're being misled by a partner or loved one, or by your own personal commitment to a relationship. How would your life feel if you took a break from your obsessive self-doubt? How would your existence feel if you consciously decided that your best opportunities were ahead of you, not behind you? To tell yourself you can successfully work toward the life you dream of is to finally dance with the truth. But first you must clear the fog of doubt and see the light of self-awareness. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22)** You have become a friend to instability — perhaps too good of a friend. Your current astrology, and that for the foreseeable future, is about grounding yourself and your intentions. Yet you need to be aware of a split you may be struggling with. To one side, you are striving to pull yourself into focus and take authority in a somewhat conventional way. To the other side, you are being fired up by a vision that is threatening to challenge every pre-existing concept of who you are or what you want. You would be in pretty big trouble if not for the balance. It may be causing you some tension, but in reality that tension is your most potent leverage point. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)** Freedom is the freedom to believe what you want. To reach a space where that is possible, you need to both overthrow the inner authoritarian that has been passed down to you for hundreds of generations, and take up that authority for yourself. Think

of yourself as the almighty king who decrees unilaterally that the people shall be free. Just remember, you can't really do that until you are free of your most persistent hang-ups and insecurities. To do that, you must, in turn, raise your inner awareness of them to a heightened level. Trust me: that is a radical act. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** There is a dialog that needs to happen, and you seem to be holding back. You seem to have grievances, or grief, that is troubling you, and you would go a long way toward resolving it both inwardly and outwardly if you initiate the discussion that you want so badly. The problem is that it may seem nobody is listening — but that will not be true for long. People are listening and you need to both notice that they are doing so, and take advantage of that fact. Then, basically, you need to take a chance on love. Not romance; actual love, and passion, and on the simple truth that the future is different than the past as long as we make it so. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Pisces (Feb. 19-March 20)** Resources are coming your way, and you finally have a sufficient sense of grounding and structure to make them grow. At this stage in your life, you need to be adept at sensing the commitment level of others, and its particular qualities. Saturn in your opposite house will be easy for any Pisces who is not content merely to dream. When we stop merely dreaming, we enter relationships with people with whom we collaborate on making our dreams real. Remember, though, that you are in the position of visionary; you are making the meaningful decisions. Pay attention to who respects you and who does not. Then use the information immediately. Eric Francis has more of your astrology for you at PlanetWaves.net.

# Island Epicure



## Slow Cooked Stew, Just Right for Fall

By Marj Watkins

We welcome the cooler season, the return to beef, pork or lamb braising with savory vegetables and herbs on the back of the stove. They perfume and warm the kitchen, promising a delicious, satisfying dinner. Such stews take little preparation time for the first meal and taste even better rewarmed for a later meal. Their recipes lend themselves to crock-pot or oven cooking, too.

They all begin with browning the meat. This may not be healthy.

In a recent talk to the Vashon Kiwanis Club, Joellen Lewtas, Ph.D., a scientist specializing in analysis of toxic particles emitted by any kind of combustion, explained that stir-frying, or any frying, produces minute toxic particles. The least harmful medium for frying, she says, is olive oil. It has the lowest smoke point. Of course, you don't want to heat the oil to smoking-hot. With olive oil, you need only heat it to simmering hot.

And, surprise!, browning doesn't preserve any nutrients. They leach into the broth of your stew, and we get the benefit of them whether or not we brown the meat. To brown or not to brown? It's up to you.

A stew can be as simple as the Belgian Carbonade de Boeuf Flamande, of beef stewed in beer with onions, or Irish Stew of beef cooked in Guinness with potatoes and onions, or Hungarian Goulash of beef simmered in a paprika-reddened sauce, or a plain American beef stew with onions, carrots, potatoes and celery. Or it can be as intricate as a Transylvanian ragout with both beef and pork, plus onions, leeks, and mushrooms seasoned with caraway, marjoram, and paprika and simmered in wine and beef broth.

This Transylvanian stew is Kosher without the pork, sour cream or yogurt, and just as tasty.

### TRANSLYVANIAN RAGOUT

Serves 6

- 1 pound stewing beef
- ½ pound lean pork
- ¼ pound mushrooms, sliced
- 1 large onion cut in large pieces
- 1 leek, sliced lengthwise, washed and cut in ½ to 1-inch pieces
- ¼ cup olive oil
- ¼ teaspoon caraway seeds ground in seed grinder or coffee mill
- 1 Tablespoon paprika
- Salt and pepper to taste
- ¼ cup white wine
- Water to cover
- 1 cup sour cream or yogurt (optional)

Prepare the vegetables and cut the meat in bite sizes for quicker cooking.

Heat the olive oil just until you see the surface moving. It must not be smoking hot.

Brown the meat, but don't crowd it in the pan or it will stew instead of browning. Do it in two or three batches, skimming them from the pan and reserving.

Return all the meat pieces to the pan. Add seasonings. Add the vegetables. Stir. Add wine and water. Bring to a slow boil. Cover and reduce heat. Cook 45 to 60 minutes or until meat is tender and vegetables done.

Oven cooking: Transfer to a casserole. Bake covered in 350 degree oven for 60 minutes or more, until meat is tender.

Stir in the sour cream or yogurt, if using, at the last moment before serving. Omit them if serving with cheese-enhanced polenta.

Serve with potatoes or steamed brown rice or polenta, and a salad of green or red leaf lettuce or romaine, plus halved cherry tomatoes, diced red onion, and olives with a dressing of lemon juice and virgin olive oil.

### SPICY POLENTA

4 to 6 servings

- 1 cup coarsest whole cornmeal
- 4 cups cold water or chicken or beef broth
- 1 teaspoon salt
- ¼ teaspoon paprika
- Dash red pepper flakes
- ½ cup grated cheddar or Swiss cheese, optional

Stir cornmeal and salt into cold liquid in a heavy-bottomed pan. Stirring frequently, bring to a boil. Reduce heat to medium low. Cover and cook 25 to 30 minutes, stirring often.

Add the paprika and red pepper flakes after the first 15 minutes of cooking.

Stir in the cheese at the end of cooking.

Leftover polenta may be transferred to a loaf pan or square plastic storage box and chilled. Before serving, decant and slice. Brown in butter or olive oil.

Note: In any recipe that starts with fried onions, consider water frying. It works well for soups and sauces. Slice or dice the onions, put them in a pan with water to cover, and let the water nearly boil away. You save both oil with all its calories and avoid inhaling any toxic carbonized mini-particles. ☐☐☐☐

## Being With Baby Infant Massage Workshop

Parents, Grandparents and caregivers are invited to bring their little one and explore the nurturing art of touch communication. It's a fun way to connect with your baby and a great way to start the weekend! Taught by certified infant massage instructor and licensed massage therapist, Tami Brockway Joyce. Meets five Saturdays, Nov 17 - Dec 15, 10-11am. Cost: \$125/ or \$115 if registered before Nov. 1st. To register, call Tami at 206-898-1874.

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## ASARCO

*Continued from page 1*

In 1985, Bill Tobin and Dave Cooper, attorneys representing Marie and Mike Bradley of Vashon, sued the ASARCO smelter in Tacoma. Bill Tobin recalled that the Puget Sound Air Pollution Control Agency held hearings and set standards for airborne particulates which ASARCO knew they couldn't meet. ASARCO asked for a variance and the company was required to perform an Environmental Impact Study (EIS) showing soil mappings and wind direction. The EIS showed heavy metal contamination of the southern end of Vashon and Maury islands. Then an entomologist (insect expert) from the University of Montana, who was studying honey bees, analyzed Vashon bees. He found they had the highest levels of arsenic of any bees he had ever tested.

Community meetings were held on Vashon culminating with a presentation from an EPA representative, who flew out from Washington D.C. Mike asked him, "Does the pollution present a clear and present danger?" When he confirmed it did, the Bradleys agreed to bring suit. To Marie, who loves to garden and her husband Mike, who grew up on a farm, their property had been damaged and a cloud of worry hung over them for possible future health consequences. Tobin charged the company with trespass, based on a 400-year-old law. "The grass is green," ASARCO said and denied causing any damage to them.

ASARCO closed their plant one week before the Bradleys went to trial. In a landmark decision, Washington State Supreme Court

justices ruled 9-0 in favor of the Bradleys, creating a new precedent and a landmark case. Then the state court added a provision to the law which required proof of damage to them physically. Tobin contacted the King County Health Department which had issued a pamphlet warning about the dangers of heavy metal contamination, but the Health Department refused to take the stand in defense of their printed material. The Bradleys never received any compensation and the smelter became a Superfund Cleanup site. "We dug up about three feet of soil in our garden area and replaced it with good soil," says Mike.

At the invitation of Tom Andrews, a UW law professor, on September 21st, the Bradleys, Tobin and Kathryn Nelson, now a Superior Court Judge, but then the leading defense counsel for ASARCO, met in a panel discussion before 180 freshman law students. "I think the students got more than they bargained for," chuckled Tobin. "I was glad I was sitting between Mike and Kathryn because the emotions are still there." The students will be studying this case for two weeks, reviewing newspaper clippings and court documents.

"It's kind of neat," says Marie about the students learning about her case after all these years. The clean-up from smelter, which became a Superfund Cleanup site, continues today where lavish view houses and upscale condos are being planned by a developer.

"Two good things were accomplished," says Mike today. "ASARCO closed its doors and our case became a precedent which has helped the down-winders of the Hanford Nuclear Waste facility."

# Positively Speaking

## "I Love What I've Learned"

by Deborah H. Anderson

It takes three different colored pens to do a foggy Saturday morning at our Vashon Island tree house, as I've come to call it.

Mahogany to write the rough draft of this column on the ecru lined spiral bound, at the top, notebook. Hunter Green, to journal in the leather bound book of the same color that holds my history and my heart. Black, to scribe the current prayers in the wired at the side journal where I talk to God and record God's activity in my life.

An hour after beginning to write, the sun is still not risen. The dog who does not bark lies at my feet. The cat who does not meow (yes, the Beloved Boris is home again) has gone back to bed. The places where children sleep, who are now young adult living their lives miles away, are empty. The coffee is still hot and tastes fresh. A weekend luxury.

I think back to a moment in 1991 when I was surrounded by the hectic and the chaotic and marvel at the journey to this, my drug of choice; peace, silence and visual order.

Internally defined by eternal Love, I am a social contemplative. That means I love people and activity but connect to my core self in solitude.

It is where we connect that determines our life journeys. Every connection is a choice. Learning to be conscious enough to be aware of those choices regulates the ins and outs of our daily lives.

Personally, I live counting my blessings. If I wasn't connected to my struggles, my blessings would elude me. People that don't have problems or make up problems can't

be aware of their blessings or are thankful for the wrong things.

Facing each day asking God to engage me more fully in my own personal experiences, my physical surroundings and my relationships, leads to constant change. The anchor that keeps my boat from capsizing in the willingness to live in daily transformation of growing is peace, patience, kindness, gentleness, self control, and most importantly Love. Joined together they hold me fast to the groundedness that allows the adventure of life to lead.

Getting to this moment meant disengaging from people and situations that were unhealthy in my life. If a person was addicted to drama, I had to set limits and usually that meant they went away, beating me up along the way, but eventually going away. If a situation was not such that it would engender that which supports healthy living, I moved away.

If we are individually connected to the deepest and highest and best in our lives, corporately here in this world, in our big and little communities and spheres of trust and influence, we will be making the most of the privileged lives we lead. We will not need to wield power. We will be visionaries blessing the world with the difference between rural and urban living. Our activities will have significance.

As the sun rises today, or dark turns to lighter grey, connect with inner quiet and blessings lest you miss what there is to learn from peace and silence. I think you will love what you learn, too.

Love,  
Deborah

∞∞∞∞

## Care for Creation

In November, we will begin to look at ways to reduce our carbon footprint. Carbon dioxide is the major contributing gas to global warming. Carbon dioxide is emitted into the atmosphere through the burning of fossil fuels to power our cars and homes as well as to produce the goods we consume. American purchases generate twice as much CO<sub>2</sub> as our households' power uses. The average American household emits 50,000 pound of carbon dioxide annually. Is that a problem? A carbon neutral household that doesn't contribute to global warming emits 10,000 pounds annually. In contrast, a typical German household contributes half what an American does and the average Swedish household contributes only 15,000 pounds. Each of us can take steps to heal the planet with our lifestyle choices and our household energy systems. Our actions can honor Creation or diminish it.

We will use the book Low Carbon Diet with over 21 opportunities to make changes and each of us selects a change we can best implement in our household. In our discussions, we can generate more ideas.

Please join us Thursday, Nov. 15th in Bennett Hall, downstairs at the Episcopal Church. Refreshments are available at 6:30 and our discussion will begin at 7 pm. Please contact Julia Lakey to arrange for a copy of the book. Her phone is 463-6423 and email is jlakey@centurytel.net. We will challenge ourselves to "lose 5000 pounds in a month" and then report on our progress and challenges at our next meeting. Actually, we'll meet again in January so that gives more time for success!

The Care for Creation group is open to anyone led by the Spirit to honor Creation.

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## Madame Toujours

Dear Madame Toujours,

I hope you can help me with a problem in my marriage. I have been married to Freddie for twelve years. The trouble is that when we first met, our relationship was predicated on the assumption that I was a flake and Freddie was the competent one. He could point out my faults and mistakes and make little jokes about my inadequacies, and I didn't mind because I knew he loved me in spite of these things.

We got along fine until I fell in love with a teeny little dust mop of a puppy I saw in a cardboard box outside a pet store. Freddie gently told me that I was too forgetful and disorganized to take care of a puppy. I was too in love with little Pippi to let her go, so I set out to learn everything I could find about raising a puppy.

In the process, I learned about being the pack leader and about having calm, assertive energy so that little Pippi would feel secure and confident.

As I practiced being calm and assertive, I got promoted to manager of the homeless shelter where I worked. I also made several good friends at the dog park and the puppy obedience classes, and I started to feel that Freddie wasn't always right when he pointed out my mistakes. I started calmly and assertively telling Freddie that I am a competent person, and I want to be treated with respect. Freddie is becoming more and more frustrated with this—accusing me of

being a know-it-all and thinking I am queen of the world.

Can I somehow salvage my marriage without turning back into a doormat?

Sincerely,  
Alpha Bitch

Chere Mme. Alpha,

*Oui*, this is being *tres difficile* for M. Freddy. Unfortunately, unlike the sensible persons such as Mlle. Pippi, M. Freddy is having the slow time to learn the new habits. Many of the modern psychological persons will be telling you to have the honest, open conversations about the feelings. This is the big nonsense. This is only the opportunity for M. Freddy to tell you honestly and openly the many ways that you are inadequate. This is being very tedious and tiresome for you.

The only way to be putting M. Freddy firmly in his proper place is to be crushing him firmly beneath the heels. Explain to him that he is the pitiful, crawling worm who is not worthy to lick for you the toes. Then graciously permit him to lick the toes.

Possibly, you are thinking this is unnecessarily harsh. *Non*. M. Freddy, he is the fellow who is needing to feel that there is the very strong leadership. He is being only free to treat you as the competent person if he is having the confidence that you are the remorseless dictator who is permitting no arguments.

*Bon Chance*, Mme. Alpha, and be careful that if it is necessary to be the despot, that you are at least the very benevolent one.

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Dear Readers,

The following are pictures with brief comments or haikus, or comments with haikus, or just comments. You're just going to have to deal with it, just like I have to deal with black coffee right now as I've run out of cream. Just like Texas has to deal with Durant-less basketball. Just as Char has to deal with a softball team not coached by Mike Mattingly. And so it goes, so it goes; we each have our struggles.



Clyde and Chester Pruit and Per-Lars Blomgren act as the Poster Boys for Rockbuster Wrestling. Come bust your rocks, learn some wrestling techniques and hear ancient stories about battles between Perlito Bloomgrini and Kenneth Burger told by story teller expert, Billy James Nelson. Practices are on Monday and Wednesday from 6 to 8 in the VHS Wrestling Room.

Yours in body and in spirit,  
Ernest



Mad Dog Wolo and Sylvie Karate Shiosaki toss some 500 pound weights around the weight room in their pre-wrestling conditioning program. When asked to compose a poem, Mad Dog replied "I know one by heart, it's written by Basho. Check it:

*My space is so tight  
Check out my Juicy Sweater  
JKLOL*

*I've always like original text by Japanese poets," she concluded before lifting 675 pounds over her head.*



Mean area woman challenges Josepe Bacon to a log cutting competition. "The thing about Senor Bacon," mean woman states "is that he barks like a chihuahua and bites like Paul Rudinsky. I don't think I have too many worries when it comes to competing against him. Of course, you have to remember that I used the bark and bite comparison as a metaphor. He may not understand, but you do, I hope."

## Alfred Gator

by Alex Soriano



Whats New At



Zoomies welcomes Peggy Linker former owner of the **WOK IN TAKE OUT**

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## Not Just a Great Burger

### VIFR Helps California

*Continued from page 1*

Puget Sound strike teams consisting of personnel from Key Peninsula, Gig Harbor, East Pierce and South King County fire districts have also been deployed. The strike teams have a guest accompanying them - Jim Forman of King 5 TV, who has an on-going video blog of the situation. As of Thursday, the South Puget Strike Team was at Rim of The World High School, at 6000 feet elevation near Lake Arrowhead.

All firefighters have been trained under Washington State's Department of Natural Resources "red card" program, which is a certification for wildland fire-fighting. Local fire

districts may respond to such disasters without concern for liability, cost of wages, engine fuel or insurance for their firefighters because of a public law called The Emergency Management Assistance Compact (EMAC.) Because of EMAC, resources with expertise from one state can respond to another once a governor has declared a state of emergency. EMAC was the first mutual aid agreement between states since the Civil Defense and Disaster Compact of 1950 and is ratified by Congress.

Besides wildland fires such as California is now enduring, EMAC participants can respond to hurricanes, earthquakes, toxic waste spills and terrorist attacks. While VIFR's Engine 58 was deployed to assist California's residents and firefighters at Governor Schwarzenegger's request, Engine 551 has been moved to the Dockton station, ensuring that all Vashon and Maury Island stations have response apparatus.

"We appreciate knowing our crews are certified and ready to assist Californians on short notice," said Assistant Chief Mike Kirk, "just as we have had assistance in the past from mainland fire crews. Each year VIFR strike teams are called on short notice for mobilization to eastern Washington during summer wildfires." Ten VIFR firefighters and EMTs were deployed to Atlanta during the aftermath of Hurricane Katrina two years ago. For those wishing to donate, King 5 has set up an account at any US Bank branch, called the Northwest Response or a check for the Red Cross can be mailed to Northwest Response, PO Box 19640, Seattle, 98109.



# Lopy Laffs

In Pullman officials blamed a crystal prism for a fire that destroyed a truck. Hanging from the dashboard, it reflected sunlight onto a stack of papers on the dash, causing them to ignite. The truck's owner had received the bauble as a gift from his insurance company.

For every judge operating in an official capacity, there are 99 who are self-appointed.

You're getting old when you don't care where your wife goes, just so you don't have to go along.

The more you know, the more you know you ought to know. Actions speak louder than words but not so often. Are you coming quietly or do I need earplugs? We're staying together for the sake of the cats Being normal is driving me crazy. All we are saying is give pizza chants. Always let the big guy think he's right! I hear apathy is on the increase, but who cares? Avoid diseases not backed by a national foundation. If things get any worse, I'll have to ask you to stop helping me.

Why can't some people take a joke? Maybe they're honest and the joke doesn't belong to them.

We all live under the same sky, but we don't see the same horizon.

Time is an illusion. Lunchtime doubly so.

You can only hold your stomach in for so many years.

It is when we forget about ourselves that we do things that are most likely to be remembered.

If GH can stand for P as in Hiccough  
If OUGH can stand for O as in Dough  
If PHTH can stand for T as in Phthisis  
If EIGH can stand for A as in Neighbor  
If TTE can stand for T as in Gazette  
If EAU can stand for O as in Plateau  
Then the right way to spell POTATO could be:  
GHOUGHPTHTEIGHTTEEAU

S	H	E	A		M	I	N	I	M		A	B	S		
P	O	L	K	A		A	C	U	R	A		S	A	W	
I	S	A	A	C		L	O	N	E	R		C	W	A	
T	E	N		C	Y	A	N		Q	U	I	L	T		
				J	O	E	Y		B	R	U	T	I	S	
M	I	M	O	S		P	A	Y	E	E					
E	R	E	C	T		A	L	A	S		S	K	Y		
T	A	L	K		A	L	I	E	N		B	O	N	A	
E	N	D		C	R	A	N		S	U	R	E	R		
				B	R	A	C	T		B	A	L	E	E	N
A	S	C	R	I	B	E		S	T	U	B				
L	I	R	A	S		B	A	U	D		O	B	I		
A	N		P	E	A	R	L		I	R	K	E	D		
C	A	P		E	N	D	U	E		S	P	A	R	E	
K	I	T		R	E	S	T	S		M	Y	N	A		

Solution to puzzle on page 7



A preacher visits an elderly woman from his congregation. As he sits on the couch, he notices a large bowl of peanuts on the coffee table. "Mind if I have a few?" he asks. "No not at all," the woman replied. They chat for an hour and as the preacher stands to leave, he realizes that instead of eating just a few peanuts, he emptied most of the bowl. "I'm totally sorry for eating all your peanuts, I really meant to just have a few." "Oh that's all right," the woman says. "Ever since I lost my teeth, all I can do is suck the chocolate off them!"

## OFF SHORE



More VIPs at: <http://vashonislandpeoples.blogspot.com/>



# Loop Arts

## Stacey Earle and Mark Stuart bring sweet harmony to Heron

Saturday, November 10, 8 pm  
 Tickets: \$12/\$14

by Janice Randall

Nashville singer/songwriter alt/country duo, Stacey Earle and Mark Stuart return to Blue Heron Art Center for an evening of music and stories about life on the road.

Perhaps known first as Grammy-winning, country dynamo "Steve Earle's younger sister," Stacey Earle has made a name for herself along with her musical and life partner, Mark Stuart. Her irresistible twang and Stuart's harmonies, solid songwriting skills and articulate guitar work offer foot-tapping music

with personality plus. Vashon will be one of only two Washington gigs before they head south to Oregon and California. "We will be doing songs from all six of our CDs, including the "S & M Communion Bread" record of 2005. We look forward to seeing you all again," said Stuart.

Earle and Stuart started their own Indie record label, Gearle Records in 1998, with the release of Earle's *Simple Gearle* CD followed by Stuart's 1999 release, *Songs From A Corner Stage* and continuing on with

Earle's 2002 *Dancing With Them That Brung Me*. In 2001, they announced their husband/wife duo, with the release of their double live CD *Must Be Live*.

Their songs are the diaries of their life good times and bad, completing the love they have for one another, the music and the road. They have opened for some of the best including; Joan Baez, Steve Earle, Willie Nelson, Ralph Stanley, Richard Thompson, Gregg Brown, Iris Dement and many more.



Stacey Earle and Mark Stuart, courtesy photo.

## Youth Theater Performs Toby Tyler

by Janice Randall

Blue Heron Youth Theater performs Toby Tyler or Ten Weeks with a Circus, November 18, 19, 20 at the Blue Heron. Based on the classic children's book written in 1881, by James Otis, and later (1960) made into a popular movie by Walt Disney, the story offers humor and action for all ages "We are placing it more as a 1940's Eastern European gypsy style circus than a traditional one," says Kelly. "The show is full of endearing characters, played by this amazing group of young talents. We're having fun." Toby Tyler is played by 10 year-

old Max Lopuszynski, an impetuous, unhappy boy who dreams of joining the circus. When the circus comes to town, he seizes the opportunity and meets some interesting Circus sideshow characters including Lily the Bearded Lady (Gaelan Hammond) Mademoiselle Jeannette (Kaitlyn Davies) Samuel the Living Skeleton (Torsten Sorensen) Zoltan the Strong Man (Alex Wright) and Madam Spelletti, the Snake Charmer (Ellie Bacchus). Maxwell Mollison doubles as a clown and circus attendee. Ben, the Ringmaster

(Lucien Brilliant) becomes injured so Toby takes his place and thus begins Toby's circus career. Peri Roberts, Sophie Lipitz, Casey Gripp and

Grace Dzyacki are also in the cast. BHYT is directed by Patricia Kelly. Tickets are \$8/\$10, available now, 463.5131.



The cast of Toby Tyler, courtesy photo.

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 9**

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**Red Ranger comes to Blue Heron in December!**

Vashon Allied Arts  
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**DRAMA DOCK**

## Rachel Harrington Plays Café Luna

November 16, Friday, 7:30 - 10:00  
Acoustic Americana

Rachel Harrington has been doing things in the wrong order for quite some time. She had extensive radio play before performing her first live show, and she opened for Grammy winners and nominees before her debut full-length record was even a glimmer in her eye.

Reared among the Pentecostal pines of Oregon, Harrington's rural gospel roots shone through on her

awards, and performing at large festivals.

Now, from the crossroads of country, folk and bluegrass, comes her debut, *The Bootlegger's Daughter*. Featuring some of the Northwest's finest musicians, and co-produced with two-time Grammy winner Garey Shelton, the disc was officially released on Rachel's own SkinnyDennis Records



Rachel Harrington, courtesy photo

2004 living room demo. That humble four-song EP spent 13 weeks on the AMA chart and garnered the Seattle siren stellar reviews. By 2006, Rachel was touring with her songwriting hero, Guy Clark, winning national songwriting

In short order, the cd has made its way around the globe and into hearts, becoming a top-shelf spin on Bob Harris's renowned BBC program, hitting #1 on the Euro-Americana Chart, and climbing into the Top 40 on the esteemed Americana Music Association's radio

chart in the US.

Top 12 DIY Pick: "Rachel's voice has just the right combination of temerity and twang" ~ Performing Songwriter, "Songwriting that truly shines!" ~ Sing Out! Find out more at [www.rachelharrington.net](http://www.rachelharrington.net)

## Oregon Performing Songwriters come to Vashon

Ashland, Oregon based indie-folk/Americana songwriters Cris Kelly and Mysha Caruso will perform at Cafe Luna on Vashon Island on Saturday, November 10 at 7:30pm as part of their fall Northwest Tour. Mysha Caruso, a



Mysha Caruso, courtesy photo.

new performing artist to Ashland, has established himself as a potent voice in the music scene, delivering fresh indie-folk and alt. country tunes. North Carolina born, Mysha left for New England at an early age and engaged in the performing arts in theatre. He is classically trained in voice and the theatre arts, attending the Walnut Hill School of the Performing Arts. With the founding of his award-winning self-directed Horizon Theatre Company, he focused on the power of the

word, finding his place in poetry, theatre and songwriting. Since departing from New England, he has performed as a modern troubadour of his original songs, composed soundtracks for indie films and theatre, and currently plays bass guitar with the Ashland-based band One Horse Shy. For more information on Mysha, his music and performances, visit: [www.myspace.com/myshacaruso](http://www.myspace.com/myshacaruso).

Through music, Cris Kelly has learned more about himself than anything else—and it's taking him a lifetime to get through it. Following in his uncle's footsteps, he started writing songs as a teenager, studied at the University of Minnesota School of Music and performed with Stone's Throw, a northern Minnesota-based bluegrass band. From Minnesota, he played coffee shops from Vermont to California until landing in Ashland and forming the urban country band One Horse Shy. Listen to Cris Kelly and One Horse Shy at: [www.onehorseshy.net](http://www.onehorseshy.net) and [www.myspace.com/ckrootsmusic](http://www.myspace.com/ckrootsmusic).



Chris Kelly, courtesy photo.

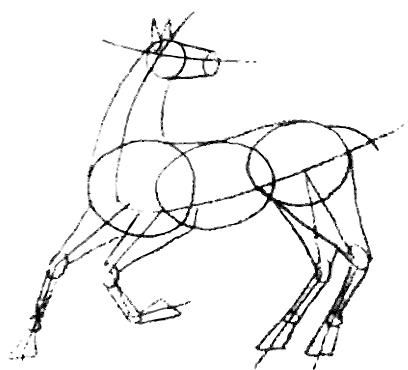
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*who rode a crooked horse*

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## VM Chamber Orchestra Season Opens

The Vashon-Maury Chamber Orchestra (VMCO) will open the season with classical selections from Beethoven, Haydn, Vivaldi, and Mozart. They will be at the Vashon Methodist Church Saturday evening November 10, at 7:30 and again on Sunday afternoon November 11, at 2 PM.

Featured soloists for this performance include John Oliver, organist, performing selections from Mozart's Church Sonatas No. 1. John recently moved to the PNW and settled in Olympia. He graduated from Augustana College, Rock Island, Illinois, and Northwestern University in Evanston with a degree in organ and church music. In Illinois, John taught organ at North Park University and Harper College where he was also organist and director of choirs and chamber music in Lutheran and Episcopal parishes. Since coming to the area, he has played on special occasions for services at the Methodist Church.

Ken Jacobsen will play the Vivaldi Concerto in D Major for guitar accompanied by violin, cello, and string bass. Ken has been teaching guitar at the local music store the two years he has been on the island. He holds a degree in music from Virginia Commonwealth University, Richmond. Though classically trained, he enjoys all kinds of music, has soloed with island ensembles, and has joined VMCO in the cello section when not on the guitar.

Please join us for this fine performance.

### Help Wolftown Find:

1. A small blue cap, a helmet-like item that might be confused for doll clothing made of leather and used to cover the falcons' heads.
2. A boat with a good motor for marine mammal rescue work.

**Help Wanted: The Vashon Loop** needs a part time ad salesperson. This is a fun and flexible commissioned job, with good earnings potential. The right candidate will be a highly 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](mailto:mariebrowne2000@comcast.net).



# GLENDALE

PROPERTY MANAGEMENT

## Attention snowbirds!

**Flying south for the winter?**  
**Let us take care of your home while you are away.**  
**Our full time property management staff is here for you.**  
**While you are basking in sunshine, we'll keep the moss off your roof!**  
**For more information about our services and competitive rates, call Corinne at 206.463.9177, or stop by the Glendale Business Center.**

**We're Here For You!**

**206.463.9177**

### South-end Waterfront Getaway



Adorable waterfront cabin on South end of Vashon Island. Fully furnished, 2 bedroom w/fireplace. \$1150 a month includes the water bill, and some wood to burn in the fireplace. This is a walk-in beach cabin with southern exposure, lots of privacy, and beautiful views of Tacoma, Mt. Rainier, and Point Defiance. Watch the boats, wildlife, and get plenty of southern light from your cozy cabin on the beach. Call Corinne today to arrange a showing.



Glendale Business Center - 17326 Vashon Hwy SW

Loose Change Band is now booking for holiday parties  
 We have just a few dates available in December (206) 794-9451

### Sojourn House Vacation Rental

4 bedrooms, 2 baths, sleeps 8  
 Luxuriously furnished  
 2 night minimum, weekly, monthly  
[www.sojournhousevashon.com](http://www.sojournhousevashon.com)  
**463-5193**

### Seeking PT Administrative Assistant

Vashon-Maury Senior Center  
 8 hrs/wk. Please visit us at  
[www.seniorservices.org](http://www.seniorservices.org) or call  
 206.463.5173 for details. EOE



Farming  
 Fencing  
 Front end loader  
 Small backhoe

**Doug York**  
**(206) 567-4776**

Driveway repair  
 Rototilling  
 Brush cutting  
 etc.

### MEADOW HOUSE

Lovely one bedroom  
 apartment. Short term  
 leases. No smoking or pets.  
 \$750/month, all utilities,  
 cable tv, high speed internet  
 incl. First, last deposit and  
 references req. Available  
 Sept. 15. (206) 463-3009

**We Want to Buy!**  
**High quality small  
 antiques  
 (china, pottery, etc.)**  
**[www.owensantiques.com](http://www.owensantiques.com)**

**463-5193**

**GARGOYLE DESIGN**  
**LOGOS WEBSITES PRINTING**  
 CUSTOM CREATIVE DESIGN  
 SMALL BUSINESS PACKAGES  
 BRANDING AND MARKETING  
 SEE OUR WEB SITE FOR MORE...  
 ...OR IN PERSON AT PARKER PLAZA  
 PAUL WILKIN  
 22 YRS EXPERIENCE  
 10<sup>TH</sup> YEAR ON VASHON  
**206 463-4024**  
**[gargoyledesign.com](http://gargoyledesign.com)**

**SCC**  
**Sound Contracting & Consulting**  
 SOUNDCC972K2  
 (206) 463-2055  
 Michael O. Bradley  
 Contracting & Consulting Services

- Detailed, cost effective building plans
- Liaison with DDES for permits, land use issues
- DDES dispute resolutions
- Remodeling ideas and installations

**RR Ties** \$5.00 - \$22.50  
 ea Vashon p/u  
**4 Grades 463 5161**

### Close to North End Ferry

10705 SW 110th St

- 🏠 3 bedrooms
- 🏠 1.5 Baths
- 🏠 Wood Stove
- 🏠 Garage

**Shari Lyons**  
**206-406-6347**

MLS # 27125850

A must see home. Original owner estate sale. Home is in excellent condition and ready to move in or remodel to suit your needs. Close to north end ferry. One year home warranty is included. \$399,000.



Looking for a job well done?

### KEVIN BERGIN CONSTRUCTION

ISLAND OWNED AND OPERATED  
 EXCAVATING BULKHEADS ROCK WALLS ASPHALT  
 DRIVEWAYS DITCHING STEEL BUILDINGS  
**"If you can think it up, we can do it!"**  
 ROCKS - 7 different kinds: from pebbles to boulders  
 FOUNTAINS - from birdbaths to waterfalls  
 CLEAN COMPOST, TAGRO, STEER COMPOST, TOPSOIL & BARK  
**(206) 463-6232**