In this issue: the SSA dreams up a new song, Kathy Abascal reminds you to get Vitamin D, some BOLD choices for women and much, much, more!



Return of the Tern and a new species page 7



A Farewell to Orca Matriarch Lummi

page 10



Publish the Quest, new band with Island Roots, plays at the Red Bike page 19

# FIED COP

Vol. 5, #19

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 12, 2008

## **Back-to-School Drive a Success**

by Lauri Hennessey

This year's Back-to-School Drive has wrapped up and Islanders responded more generously than ever before, donating over \$5,000 in sponsorship support and hundreds



Eighth grader Alesha Rosford helps ready supplies for the Back to School Drive, photo by Susan Defresne.

more in donated school supplies. That is almost a \$2,000 increase in donated funds from last year.

Top sponsors this year were Lewis Roggenbuck Construction and the Vashon Rotary Foundation

Continued on page 14

## Doce Años De Deliciosa Comida

This Friday, September 12 marks the twelfth anniversary of Casa Bonita, Vashon's favorite uptown Mexican restaurant.



Owner Jose Sahagun and his family and e m ployees have served up countless burritos and margaritas to Islanders seven days a week, always with a smile. All the

food is freshly prepared, and the menu is extensive. The Chamber of Commerce has declared September 12 "Casa Bonita Day" and invites you to come at 5pm to wish Jose and the staff much success for many years to come.



Dan Asher addresses a packed Board Meeting of the VMICC, photo by Dan Schueler.

## Community Council an Island Voice

by Jim English

The Vashon-Maury Island Community Council (VMICC) exists solely to serve you—the residents of Vashon and Maury Islands. Though it has no official legislative authority, the VMICC is recognized by King County as the quasi-official representative body for both islands. As such, it functions in an advisory capacity to the King County Council and Executive and, in doing so, is able to help Islanders in a variety of ways through regular interaction with each and their respective staffs.

——Continued on page 4



Cove Haven, owned by Loreen Milbrath, is one of six new lodging locations on Vashon, courtesy photo.

# Chamber Greets 6 New Lodging Members! by Deborah Richards

Chamber of Commerce Lodging Membership is at an all time high with 28 outstanding accommodations; six of them joining the Chamber in the last few months to enjoy a busy and profitable first season! Perhaps it is the new "Stacation" philosophy of gas price driven travelers looking for a close-to-home get-away, or per chance it's simply the fabulous Vashon B & B's and the Chamber's new approach to marketing them.

Continued on page 15

## Hawley Appears in New Book

As *Loop* readers know, Jeff Hawley's comic strip "Logjam" appears in these pages on a regular basis and, as reported recently, Jeff also draws editorial cartoons. His "op-eds" have been exhibited at Art Institute of Seattle. Now, one of his pieces appears in a new book, *The Race for the 2008* 



Republican Nomination: A Book of Editorial Cartoons, edited by Eric Appleman (Pelican Pub. Co., \$16.95). In this 160-page compilation of work by dozens of well-known cartoonists who covered every Republican candidate for President, Jeff's cartoon represents a viewpoint on Arkansas Gov. Mike Huckabee.

Continued on page 9

## **Boiled Frog**

by Marie Browne

You've heard of the biology lab experiment: If you drop a frog into cold water and gradually turn up the heat, it will cook to death without ever jumping out, because it does not recognize the slowly increasing temperature for the dangerous condition that it is. Vashon Islanders have more in common with that hapless frog than we'd like to think. The pressures that are changing us as a community are subtle and gradual, slow and insidious. And like the frog, we will not know we've passed the point of no return until it is too late.

It's not an original vision, but I want to live in a beautiful, healthy, vibrant, diverse community. Vashon has never been perfect; we've always contended with a little sewage on the beach, a few abandoned cars, an occasional corrupt public servant and the antics of the local druggies. But paradoxically, the problems that

Continued on page 15

The Vashon Loop, p. 2 September 12, '08

## Get in The Loop

Submissions to the *Loop* 

Do you have an event 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.

#### VCCC Hosts Young@Heart Showing

Vashon Community Care Center (VCCC) is hosting a special showing of YOUNG@HEART on Tuesday, September 16 at the Vashon Theatre at 6:30. You will a truly wonderful, heartwarming, humor-filled movie and benefit VCCC at the same time. Admission donation is \$10 per ticket. There are no senior or child/ student discounts for this event. The benefit begins at 6:30 pm with wine and music. The movies begin at 7 pm starting with the premiere of It Takes an Island (and then some), a special VCCC presentation. Following this will be the showing the documentary YOUNG@HEART. YOUNG@HEART is a New England senior citizens vocal group, ranging in age from 72 to 93 years old, who have delighted audiences worldwide performing rock classics. The unlikely formula of seniors and rock music create an incredible fountain of youth for the seniors and for their audiences. You'll laugh, you'll cry, you'll love this movie! Tickets for this very special benefit are available in advance at: Books by the Way, The Vashon Book Shop and Vashon Community Care Center. Tickets will also be available the night of the showing at Vashon Theatre. We hope you can join us for a fun evening at the movies!

#### The Vashon Loop

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

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano

Ad sales and design: Tamara Griffin Email: ads@vashonloop.com

Editor: Ed Swan, Email: editor@vashonloop.com

Publishers: Marie Browne and Troy Kindred

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Published every two weeks by Paradise Valley Press © September 12, 2008 - Vol. V, #19 **Don't miss an issue!** 

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

#### **Mobilizing the Vote**

Washington State Still Matters. You Can Be the Difference it Takes To Put Your Choice For President into The Oval Office. Do you ever feel like your future is decided by people thousands of miles away in Swing states and there's nothing you can do about it here at home? Find out how YOU can make a real impact here and nationally! Join us for a mobilizing party! The purpose is to bring Vashon residents together, to pool our resources, and to share ideas for action of all sorts! Some of us have time, others have money, and others have ideas - let's put it together and put it to work. It will take place Sat. Sept. 20th from 6:30-9:00pm., hosted by Janet & Wayne Miller and March & Jose Marquez at 9609 SW Cemetery Rd. (2 Blocks East of Vashon Hwy ). Food: Light snacks and drinks provided. Activities: This is a focused gettogether...come with your ideas and your notebook! RSVP's encouraged. Share your Commitment - Invite your friends! Questions? Call #463-0870 (March) or #852-0661 (Janet) marchpower@yahoo.com islandblues@comcast.net.



#### Saving on Energy Bills

Patti McClements, from Puget Sound Energy, will talk about conserving energy in your home at the Senior Center on Bank Road at 1 p.m. Sept. 15—and all members of the community are welcome. McClements will explain easy ways to save money, from no-cost to low cost options: florescent lights, thermostat settings, appliances, furnace filters and more. PSE.com can help you to conduct your own home energy audit, and the class will learn some basic safety information for natural gas and McClements will electricity. conduct a second class, open to all members of the community, on Sept. 24 at 6:30 p.m. at the SC on ways to make your home healthier, as well as more energy efficient with nocost or low-cost solutions for people with asthma, allergies or respiratory illnesses, families with young children and people who have recently moved into a new apartment or house who are experiencing headaches respiratory problems.





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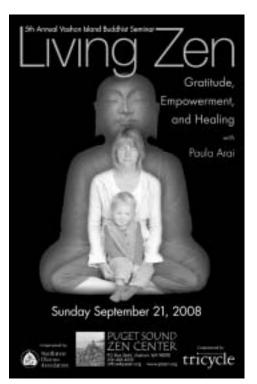
#### **VIPP Dog & People Walk**

Come join us at VIPPS' annual Dog Walk Saturday, Sept. 20th, 9a.m.-12p.m. at Burton Acres Park. You don't have to find sponsors & prizes will be awarded to the top three contributors. Hope to see you there, it's a great way to get some exercise & help VIPP at the same time.

## Living Zen: Gratitude, Empowerment and Healing

Do you have personal or family rituals that add meaning to your daily life? This is a subject that Dr. Paula Arai, will be exploring at the 5th Annual Vashon Island Buddhist Seminar, September 21st, 8 am-5 pm, with afternoon focus groups discussing the main topic.

Dr. Arai, Associate Professor of Philosophy and Religious Studies at



Louisiana State University, says that, within the tradition of Zen, there is a process of bringing rituals into homes to provide a way to make real the things we are addressing in the seminar—gratitude, empowerment, and healing. She has more than two decades of work in the experience, learning, and teaching of Zen Buddhism. Her most recent book is Healing Zen: Japanese Women's Rituals of Transformation.

Koshin Christopher Cain, Abbot of Puget Sound Zen Center, will give

an introductory talk about Zen practice for Buddhists and non-Buddhists alike before the two optional meditation periods, that will include chanting and Zen ritual.

This year's seminar will be in the Javanese Kudus House and Chinese Houses of David Smith's, Sunday, September 21st, from 8 am to 5pm, sponsored by Puget Sound Zen Center, the Northwest Dharma Association and Tricycle magazine. A vegetarian lunch is included in the cost, \$90 non-members, \$75 PSZC members, college students and seniors. Space is limited; each year tickets sell out early. For more information and registration go to www.pszen.org, or call 206-463-4332.

#### Get Ready for Hunting

The Vashon Sportsmen's Club is extending an invitation to all of the residents of the Island to come to the Club on Saturday, September 27th at 1:00 PM if they would like to sight in their firearms for the current hunting season. They prefer that you shoot accurately when out in the woods hunting the elusive deer this time of year and for that reason they are inviting the public to come to their range for sighting in. They realize that the only shooting range on the Island is at their private Club and as a quasi public service this offer is being made. Orange hunting vests are also available for borrowing at various locations. For additional information and to reserve a space for the firearm sighting in, please contact Fred Hansen at 463.4079. Be more successful with accuracy and enjoy your hunt.





Ne have close to 140 houses on the market right now - there is plenty to choose from. Here are a handful that we have listed. We can show you these, or anything listed on the MLS. Just give us a call - it's truly a great time to be a buyer. The days of 'fog a mirror, get a loan' are mercifully behind us, and we will be suffering from that hangover for a while. But if you have halfway decent credit and a little cash (as low as 3%) you can definitely get a loan - and you know that prices will come up again. Are we at the bottom? We'll know as soon as prices start coming up again. A bigger factor to the total cost of buying a house is the interest rate, and they are GREAT! Still not convinced? Check out the tax incentive that Uncle Sam is giving out to first time buyers. Call us! 206-463-LIST (5478) or visit our website at www.yourHR.com to see more local real estate information. And hey, sign up for our newsletter. We offer great freebies to our readers you won't want to miss out.

#### Open House Sun 9/14, 1 to 4



18008 Vashon Hwy SW

This conveniently located single level house has been updated and is move-in ready! Refinished hardwood floors in the living room, knotty pine paneling, fresh carpeting, new roof and paint throughout. Zoned R4, on public sewer and water, bordering the commercial district of the town of Vashon \$449,000

#### New on the Market

9715 SW 192nd St



Darling neat as a pin single level house just perfect for downsizing, yet has all the space you need for comfortable living. Three bedrooms, 1 baths, bonus room and workshop, and a newly remodeled kitchen and laundry room make this the perfect little house. Fully fenced sunny yard with garden space and storage, too! Just a hop, skip and a jump to the health club, convenience store, and busline. \$339,000

## Ready for your Horses



#### 28112 135th Ave SW

This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. \$334,000



Shy two-acre lot overlooking the Sound, the mainland, and the mountains beyond. Paid Heights water share, approved 3 BR septic design, and house plans included.

\$295,000 8135 SW Dilworth Rd

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The Vashon Loop, p. 4 September 12, '08

#### **Community Council** an Island Voice

Continued from page 1

The VMICC is one of six of what are termed Unincorporated Area Councils or UACs. The UACs were "created to improve communication between King County government and those residents of King County living in unincorporated areas." The UACs. among other "distribute responsibilities, information on available County services to their constituencies create also varied opportunities for community input and involvement."

According to history, the VMICC was an outgrowth of an Island community that always endeavored to take care of its own. In the 1940's, the community of Vashon-Maury Island was busy looking ahead. The Island had an organization at the time that was commerce," (not to be confused in any way with today's Vashona community council than a decisions at separate meetings November Board election.



members have shown a need.

The Council strives to stay democratic as possible by Maury Island Chamber of for vote, rather than the Board or December Commerce) which acted more like Council committee making

/or interested community 1st of that election year. They serve two-year terms until the next bi-annual election. The Council elected to those positions by their bringing issues to the full Council fellow Board members at the meeting Board immediately following the

> monthly in open, scheduled public meetings. The Board's primary duties, established by Council by-laws, are to set the agenda for the VMICC general meetings; to implement decisions made at the general meetings; to serve as an interface in representing the will of the general membership as expressed in general meetings between the community and the County and other government entities; to committee activities; and to develop VMICC policies and procedures subject to approval by

the general membership at a general meeting.

This, then, is your Vashonloosely called the "chamber of true to its mission to be as Board President and officers are Maury Island Community Council. It is only truly good at serving the collective interests of Island residents if Island residents-at-large regularly participate. VMICC Board and The Board meets at least Committee members are all volunteers who do their very best to represent these interests, but always need more involvement and support from you, whom they are trying diligently to serve. Please come and come often to the third Monday of the month (7:30 PM) VMICC general membership meetings and the first Monday of the month (7:15 PM) VMICC Board meetings held Courthouse Square. See how your Council works and get involved monitor and evaluate all VMICC in Council and/or Committee activities of interest. It's your Council; it's your community— GET INVOLVED, **INVOLVED!** 



VMICC members go to Olympia to address Vashon ferry concerns, photo by Troy

Assembly" that morphed into today's VMICC in the 90's.

Under the current Council structure, all residents of the Island are members of the VMICC. Any member 18 years of age and over can vote on issues at the monthly Council meetings. The Council, via its Board and matters of import to the including community transportation, public safety, land use and natural resources, sustainability, septic issues, youth issues, and disaster preparedness to name a few. Adhoc committees have been and are formed when there is a need and

traditional chamber. By the 1950's, outside the general membership. the precursor to today's Any motion proposed by an Community Council was Island resident at a general organized and called itself the meeting is read into the record Civic Assembly. It was this "Civic that month and discussed-voted upon at the next month's general membership meeting. This is done to allow a month's time to pass for off-line consideration, deliberation, discussion, etc. before the motion is brought before the full Council for formal discussion-vote.

The Council's Board of Committees, deals with myriad Directors is made up of nine elected Island representatives all unpaid volunteers—who dutifully strive hard to represent the interests of all Island residents. They are bi-annually elected by Islander vote at the November general election in even number years to take office on December

#### **Transportation Com.: Protecting Our Ferry Rights**

The Vashon-Maury Island Committee has a mission:

providing education, practical guidance, timely responses and accurate information to Island residents and to State legislators, agencies and County agencies regarding issues transportation through meaningful advocacy communication.

Last year at this time, the Committee Transportation scheduled guest speakers, including representatives from METRO Bus, the PO Boat and Pierce Transit and was responsible for setting up the special meeting with Paula Hammond at the beginning of the year. That was just the beginning of a very dynamic year!

To reach out to all who work on and off the island and who live here,

by Kari Ulatowski

Community Council Transportation the Transportation Committee developed an Outreach Network To make a positive contribution to from a small group of committed the Vashon Island Community by individuals that has grown to about 300 residents with on-line access in this first year. The Network continues to publish events in the newspapers, meetings, updates and even posts notices and passes out fliers! It is our belief that if people are kept informed and aware and realize that they can make a small contribution in time and effort, it will have a huge impact on their neighbors and friends.

Back in late 2007 and early 2008, it became apparent that Vashon and other ferry communities needed to establish an advocacy group, on the Island and off, which would be active in addressing transportation issues with the State and county

Continued on page 16

#### All Roads Lead to the Land Use Com.

by Melodie Woods, Chair, VMICC Land Use & Natural Resources Committee

The charter of the Land Use and Natural Resources Committee (LUC) is "to advise the VMICC regarding zoning policy, development, the King County Comprehensive Plan, water supply and quality, water resource management and other land use and resource issues". As you might imagine, this covers a lot of ground (no pun intended).

Given the broad range of issues that fall within the LUC's responsibility, the committee collaborates with (and depends on) many of the VMICC standing and

ad hoc committees, while also seeking input and information from Island organizations such as the Groundwater Protection Committee, Preserve Our Islands, The Land Trust, Parks District, Chamber of



Commerce, the sewer district, and all of our local water purveyors. The LUC interacts with numerous King County departments, including the DDES, Rural Economic Strategies, and the Growth Management and Natural Resources Committee - one could make a career out of attending all the meetings!

The project of current focus of the LUC is a study of the 1996 Vashon Town Plan, which provides



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guidelines to King County for the development of our town "core" (Cove Road to Cemetery Road, along Vashon Highway). Many newer residents are probably not aware that we have a Town Plan, and that it is an important component of the King County Comprehensive Plan, influencing how the County regulates numerous issues on our Island. Previous LUC members who worked on the Vashon Town Plan did an excellent job of crafting a vision for our community, and the LUC now has the responsibility of updating that document to reflect

current Island needs, while honoring the many ideas and goals that are still valid and relevant.

Land use and zoning, the protection of our shoreline, harbor and streams, along with the supply and quality of our groundwater are of great interest and concern to all

Island residents, so the LUC has had its share of "spirited" meetings and debates. There have been many dedicated Islanders who have led and contributed to the LUC over the years and they deserve our gratitude for what has often been a thankless The current committee members, while not always sharing the same opinion on every topic, are passionate about finding solutions that work for "the common good". We welcome anyone who is interested in learning about significant Island issues, andw h o wants to participate in creating a strong and vibrant community!



## Vashon Kayak Center! Hourly Rentals -- Guided Tours

Hourly rentals at the Jensen Pt. Boathouse at Burton Acres Park: May 24 to September 1, Friday, Saturday & Sunday, 10A to 5P. Later in September and on week days by appointment. For information and to arrange guided tours call 206-463-YAKS or email:

kayaks@vashonparkdistrict.org and visit the website: vashonparkdistrict.org.

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#### **Public Safety Committee**

The VMICC Public Safety Committee creates a forum for discussion and resolution of issues of safety concern for Islanders. From traffic and road hazards, to firearm safety, to storm damage, fire prevention and animal control, our mission is to bring parties together to craft solutions. Past projects have included working with King Country Roads on traffic calming, deer and dog issues, and firework awareness. We are currently in dialog with KC Roads on areas that pose a hazard, and have requested increased visibility at crosswalks and reduced speed limits at the north end ferry dock.

I want to thank my predecessor, Jennie Hodgson, who for many years was this committee's tireless chair. Come to the September 15 VMICC General Meeting, we will be handing out 100 free battery-operated flashers in an effort to increase pedestrian and bicycle safety in poor-visibility conditions.

There have been concerns about activities in Island Center Forrest. As a response we are bringing Dave Kimmett, from King County Parks and Dave Warren, from Forest Stewards, to speak at our October VMICC general meeting, Monday October 20th. They will talk about the past, current and future activities for the park. Come to the meeting to bring up your issues about safety and stewardship at Island Center Forest.

The Committee meets 1st Friday of the month, 10am at Courthouse Square. Please contact us with any issues of concern.

Kyle Cruver, Chair, 206-567-4068, Cell: 206-227-3391, cruverdevelopment@yahoo.com.

Find *the Loop* and its archives on-line at www.vashonloop.com



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## Sustainable Practices

by Barbara Roberts

The Sustainable Practices
Committee began as Forest Practices
to encourage ecologically
sustainable forest practices. These
Islanders recognized the importance
of thoughtful clearing of trees. Since
then, the importance of trees to clean
air, clean water, a diverse
ecosystem, and human survival, has
become common knowledge. That
committee evolved into an
independent organization: The
Forest Stewards.
www.vashonforeststewards.org

Practices Forest became Sustainable Practices in order to address Island environmental issues more broadly. Sometimes there is about uncertainty what "sustainability" means. From the committee's charter, a sustainable way of life is one that meets the current needs of all of the earth's inhabitants without compromising the ability of any of those in the future to meet their own.

Jack Barbash, the committee's first chair, has presented annually in April his report of the state of the Island environment. This report is accessible at the library (bottom shelf of documents near reference materials) and on the Community Council website.

In the last two years the committee has invited Andy Dalton of the Muckleshoot tribe to present on its aquaculture farm on its property on the east side of the Island; has brought Todd Palzer to explain Washington Department of Natural Resources harvests of wild geoducks (also at the library); has advocated for a "green" library (like Ballard's); been inspired by Tom Herring's homemade energy monitor meter, has lobbied Puget Sound Energy for in-home energy monitors; has supported Ellen Kritzmann and Janie Starr's Bring Your Own Mug effort; has worked with Hilary Emmer's effort to help Islanders recycle fluorescent bulbs and batteries. Presently compact fluorescent bulbs can be dropped off at the PSE office and True Value accepts used small batteries. In 2008 the committee recycled plastic bottles and cans at the Strawberry

We anticipate that Kyle Cruver will be the next chair of the SP committee. Kyle has deep long-standing relationships with the greater Green community of the Puget Sound region. We hope his experience and energy will result in great cooperation among leaders both on and beyond Vashon-Maury Island as we attempt to lessen our impact on the environment. The SP committee's meeting time is 7 pm first Thursday of each month at the Land Trust Building. The email address is vmiccsp@yahoo.com.

Loose Change Band is Now Booking for Fall Engagements Call Troy 206.794.9451

## VMICC Is Looking for Some Great People

Vashon needs a few more good men and women to step forward as candidates for the VMICC Executive Board. At least 3 positions will be vacant and all 9 seats are up for election. The VMICC Nominating Committee, comprised of three volunteers who are not running this year, extend an invitation to Islanders to participate in their community government.

As an advisory body, the VMICC Board and volunteers on the committees have a voice that far exceeds the Island's size. It has helped influence County and State decisions and that's where the challenge lies. The Nominating Committee is encouraging those willing to help make decisions in the best interests of the Island to contact them for more information. With County and State deficits, many critical issues and budget shortfalls will affect unincorporated areas, our Island in particular, which makes this election extremely important. Vashon's interests may become sidelined without a strong, committed Board and an active Community Council.

Members of the Board are expected to set the agenda for the general meetings, elect Board officers and attend the monthly Board and general meetings (usually on the 1st and 3rd Mondays of each month). Additionally, board members act as liaisons to the various standing and ad hoc committees whose volunteers have done so much for this island.

They also monitor and evaluate those committees to help insure their actions reflect the values of the community they represent.

Even though the Island, by virtue of being unincorporated, cannot make laws, Vashon has a powerful voice and presence. The Board's level of participation and advisory role in its representation of issues has an impact. It can help provide the Island's perspective, join with other unincorporated areas, and work with the County, State and other agencies to affect positive change on behalf of Island residents.

The Nominating Committee welcomes all who wish to run for positions. Those who are interested or wish to find out more are encouraged to contact one of the three Nominating Committee members below. All those interested or committed in running for office will be asked to complete a brief candidacy form, as well as be available at a later date to introduce themselves to the community. Candidate forms must be received by a member of the committee no later than October 2. Ballots will be mailed out around October 20th.

Contact information for Nominating Committee:

Yvonne Kuperberg, ykupe@raincity.com, 567-4005; Lee Ockinga, lee@vashonchamber.com, 370-0709; Kari Ulatoski, kulatoski@centurytel.net, 567-0587.



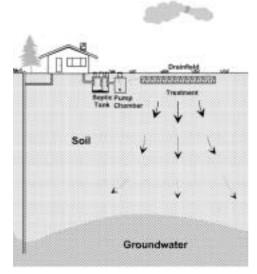


#### **Septic Solutions Committee**

Thursday- Saturday 6:00am - 7:00pm

17311 Vashon Hwy Sw

The Septic Solutions Committee is an ad-hoc committee of the Vashon Maury Island Community Council, set up to explore the challenges that we face in cleaning up current septic failures on the Island and heading off future ones. Since taking over the committee in 2004, our group has gone down a



multitude of roads, from the Public Utility District initiative to King County and State legislative efforts, interactions with the tribes and the People for Puget Sound and the Island's own Groundwater Protection Committee. The problems here are longstanding, and in spite of that, progress remains glacial at best.

The goals for septic and groundwater issues are clear, uncomplicated and uncontroversial. All of us support clean and plentiful groundwater and effective septic treatment of human waste. But

by Steve Graham when it comes to how to achieve

them there is ample controversy. Property owner ignorance and apathy, lack of accurate data on septics, haphazard enforcement, regulatory barriers, technology and space barriers, and high costs for design, permitting and construction contribute to a muddle that has failed to effectively address the widespread septic failures that we find on Vashon and all across Puget Sound.

The latest effort is beginning this summer, and may well have serious impact here on Vashon. New legislation requires King County Public Health to 1) inventory all septic systems within the county and collect as-built drawings for each, 2) ascertain which systems are failing or below standard, and 3) put into place methods for correcting the failures both now and in the future. Costs of the repairs and replacements will be borne by the homeowner and can well be significant in some cases.

The first step has been to revise the King County regulations, including Title XIII, which governs septic installations. The revisions to those regulations have now been completed and approved, along with some very significant increases in permitting fees. The next step will be outreach to the communities, particularly Vashon, to inform us of the new requirements and develop some approaches to implementation.

Continued on page 16

## Don't Forget the Birds

#### **Big Time Traveler**

by Ed Swan

Birding in Seattle and King County, Gene Hunn, recently added the Arctic Tern to the Vashon bird species list. He found a single bird migrating south past KVI Beach on August 27. That list now includes 246 species recorded at some time around the Island. They nest typically up in the arctic with some sites in the Gulf of Alaska and one unusual, small, disjunct colony of a handful of pairs at Jetty Island in Everett.

Considered uncommon in inland Western waters in Washington, Arctic Terns typically migrate in deep waters off the coast the North Pacific and back again.

Seattle bird expert and author of appear darker than the definitely white or very light grey looking Arctic. Both birds feed on the wing, plunge diving for small fish, crustaceans and invertebrates and some capture in air of flying insects. Parasitic Jaegers chase and pirate the catch of the two terns. Big flocks of terns in the fall always seem to attract a couple jaegers.

> The Arctic Tern recently lost its furthest flying migrant title to the Sooty Shearwater, another pelagic (meaning predominantly oceangoing bird, largely seen off-shore). They fly huge, 64,000 kilometer figure eights from New Zealand to

> > University California researcher Scott Shaffer fitted s e v e r a l shearwaters with radio tags to track their flights over several seasons. The Arctic Tern proves too small to carry a radio transmitter over such distances, so

remains actually unknown if the Sooty



the title of the furthest flying migrant with a round trip flight from Arctic breeding grounds to Antarctic ice feeding areas of over 40,000 kilometers a year. The more common fall migrating

tern around here is the Common Tern, named appropriately enough. However, for the last several years, reports of their passage decreased or disappeared around Vashon. This just reflects lack of observers in the right place at the right time and some local change in flight paths, not a population decline. Observers tell the Common Tern from Arctic by its decidedly dark wing tips and in first winter plumage; Commons' wings

Fall migration continues to move slowly along with a few other noteworthy birds reported. The cormorants made the presence felt in Burton with 130 reported roosting around the marina on September 5 by Gilbert Findlay. I noted an Eared Grebe in Tramp Harbor on the 3rd along with starter flocks of Surf and White-winged Scoters that will go from the five each seen that day to hundreds this winter. I also saw a Heermann's Gull with a pretty orange-red bill on August 29 off the north end

migration length with definite

Trevathan found a Semipalmated Sandpiper at KVI Beach on August 30, a rare bird now seen yearly at this location and Steve Caldwell discovered a Pectoral Sandpiper on September 3, a rare bird not seen for several years. Joy Nelsen spotted a Brown Pelican flying by Pt. Robinson on the 1st and Larry Jenkins saw another or possibly the same bird near Jensen's Pt. on the 30th. Bob Hawkins watched first of the season Western Grebes from the PO Boat on the 2<sup>nd</sup>. Many observers

from the Southworth Ferry run. Sue continue to record Red-necked Phalarope off all three ferry routes. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email 

> Island Birding Guide Species Identification **How to Attract Birds** Ed Swan (206) 463-7976 edswan@centurytel.net.





#### **ACROSS**

- 1 Straighten
- 7 Clogs
- 11 Central nervous system
- 14 Evening gathering
- 15 Continent
- 16 Not cold
- 17 Memory trace
- 18 Gadfly
- 19 Hubbub 20 Stench
- 22 Not broad shrink
- 24 Cooking measurement
- 27 Choose
- 29 Tool

#### 30 Beers

- 32 Full
- 35 Shared
- 37 Honk
- 38 Accountant
- 41 Render able
- 42 Disconnect
- 44 10 liters (abbr. for dekaliter)

certainty.

- 45 Greek god of war
- 48 Large desert
- 49 Askant
- 51 Housekeeping chore
- 52 Tides
- 55 Second day of the wk.
- **56 Encounter**

- 60 Listen
- 65 Sin
- 73 Mexican deep fried food

50 Chief executive officer

53 Sculptured heads

**59 Ascend (2 wds.)** 

62 Ca. University

66 Roberto's yes

69 Shoshonean

70 Hearing part

61 Coffee shop

49 Tree

52 Alike

58 Gawk

63 Pock

68 Defect

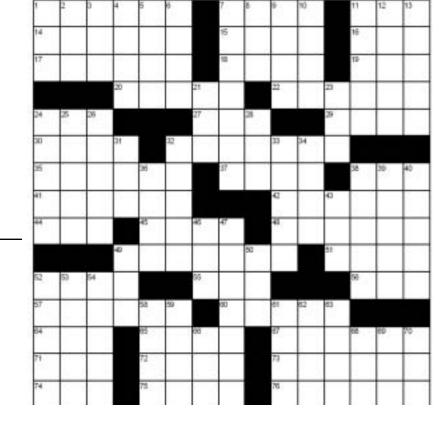
**54 Supported** 

#### **DOWN**

- 1 Wield
- 2 Not (refix)
- 3 Not small 4 Goofs
- 5 Cool
- 6 Less than usual in size, power or character
- 7 Gambling payoff
- 8 American sign language 9 Bearing
- 10 Heroic tale
- 11 Leafy vegetable
- 12 Caffeine pill brand
- 13 Harriet Beacher \_
- 21 Neither's partner

- 23 Radiation dose 24 Broken in
- 25 Moved stealthily
- 26 Floral leaf
- 28 Deuce
- 31 Hero sandwich
- 32 Record keeper
- 33 Dunk
- 34 Gas burner
- 36 Alack's partner
- 38 Santa
- 39 Handbag
- 40 Multi-colored rock
- 43 Doctoral degree
- 46 Munch
- 47 Sniff

- 57 American clam
- 64 Ship initials
- 67 Gain interest
- 71 Snacked
- 72 Tranquilize
- 74 Acid drug
- 75 Dueling sword
- 76 Wage getter



The Vashon Loop, p. 8 September 12, '08

## Spiritual Smart Aleck

#### Starting Out, **Looking Back**

By Mary Litchfield Tuel

There are many issues on the table right now: the presidential race and the war in Iraq, for two, but neither of those things are on my mind this morning. This morning I am thinking of my god-daughter, Maggie.

Maggie recently became engaged to a young man named Benny. Maggie and Benny: old fashioned names, and these are old fashioned kids. They met, they dated, they became engaged. This winter they will marry.

My husband and I celebrated our 29th wedding anniversary the other day. Not everyone makes it so far together. Stuff happens. There are good reasons why some marriages need to be put to sleep, in mercy, for the good of all concerned, and people who stay together don't do so because they are happy, happy, happy all the time. You can't tell that to kids who are just starting out, and you don't need to. It will come to them, over time.

That said, for the last few months I have been thinking about what old fashioned kids Maggie and Benny are, and I wondered if a song would come to me for them. This morning it came, and here it is:

#### Maggie & Benny's Wedding Song

When an old fashioned boy Meets an old fashioned girl And they recognize each other In this crazy old world An old fashioned romance Can grow into bloom Now she's an old fashioned bride He's an old fashioned groom

And all the women cry And the men in silence stand As they place each other's lives Into each other's hands Saying old fashioned vows: "I'll stay with you all my life" An old fashioned husband An old fashioned wife

The old can't tell the young What life can really be You wouldn't want to know You'll have to wait and see You'll face it now together The joy, and work, and tears An old fashioned couple Together through the years

We give to you our blessings We hold you in our prayers Our hearts are full of love For our children standing there We look at where we've been While you look ahead with joy Our old fashioned girl Our old fashioned boy

And all the women cry And the men in silence stand We hold each other's lives In each other's hands Understanding what it means: "I'll stay with you all my life" An old fashioned husband An old fashioned wife © 2008 Mary Litchfield Tuel

Every blessing to you, Maggie and Benny.

Love, Your God Mama

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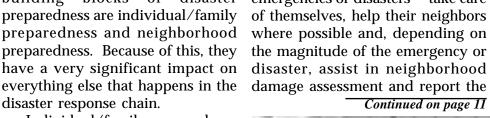
#### **ARE YOU READY?**

by Joe Ulatoski

Two of the most important building blocks of disaster preparedness are individual/family preparedness and neighborhood everything else that happens in the disaster response chain.

Individual/family preparedness on Vashon involves making a plan, having up to 10 days supply of food and water, medical supplies, etc. for each member of a family or household. These, if no injury or damage is experienced during a disaster will enable the individuals or family to "hunker down" until normal services can be restored and permit Vashon's limited responders to focus on the most critical needs of the Island.

Neighborhood preparedness on Vashon revolves around simple independent and informal groups called Neighborhood Emergency Response Organizations (NEROs). Members of these groups simply do what people normally do during emergencies or disasters —take care





VashonBePrepared CERT trainees practice a rescue, photo by Catherine Cochrane

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#### **Spokespeople: Bike Safety**

by Steve Abel

Safety for bicyclists (and other non-motorized users) is the goal of the Spokespeople, an ad hoc sub committee of the VMICC. For the most part, this means lobbying King County Roads to make improvements that allow bicyclists to ride outside the main roadway along the main highway and in a few other choke points. On the back roads of the island, most island drivers are respectful and careful of High School;

bicyclists. In the first few years of its schools and the highway on the existence, I have to say that the Spokespeople have been spectacularly unsuccessful. The island KC Roads staff has been helpful and encouraging, but they lack the funding and the authority to make the improvements that we feel are needed. Lest you think that list the changes that we're hoping to see. They are:

- 1. widening the shoulder north of Vashon town where there is an open drainage ditch (this is really the only seriously dangerous point along the entire length of the main island highway)
- 2. re-paving the shoulders from Portage to Dockton;
- 3. create a shoulder on 204th between Monument Road and the
- 4. create a shoulder between the north side of Cemetery Road;
- 5. fix the potholes on the Judd Creek bridge.
- 6. require that contractors and utilities restore the road surface to county standards after tearing up the

We fully recognize that there are we have unrealistic demands, let me a few nasty spots on the island that are not easily solved- the North End ferry hill and Tramp Harbor being the two biggies.

> There are now hundreds of islanders riding bicycles for exercise and for commuting, and everyone can see that on weekends there are hundreds of cyclists from Seattle and Tacoma riding on the island. The safety of these cyclists and all nonmotorized road users is supposed to be a central concern of King County Roads. according to Comprehensive Plan. I am hopeful that all of these improvements will be accomplished as part of the major re-paving project scheduled for the summer of 2009.

> Interested in helping to lobby KC Roads? Contact me, Steve Abel smabel@centurytel.net.

# Garden The World

# New Administration Means New Hope For Federal Oversight

In the wake and afterglow of a very successful Democratic National Convention, the country rings with the hope that a new administration will restore the true function of the Food and Drug Administration (FDA), the Environmental Protection Agency (EPA), and the US Department of Agriculture (USDA), which have long been a protectors of the public and which, under the current regime, have served more as facilitators of big business, big pharmaceuticals and big agriculture.

At a time when there is a widening gap between the concerns of consumers and the advocacy of the nation's (and the world's) businesses, these agencies have taken some dubious steps – including the proscription of lower crop insurance costs for genetically modified crops and suppression of early reports on the effect of Bayer's systemic pesticides on bees.

German consumers, hand-inhand with German bee-keepers – who have lost over billions of bees in the past ten years – are taking the chairman of the Board of Bayer Management to court with the charge of indifference to the devastation the company's products have wrought on bee populations in their country and in all of Europe. French beekeepers have lost 90 billion bees themselves.

Imidacloprid and its current incarnation, the replacement pesticide Clothianidin, are the company's best-selling insecticides and are currently applied to seed crops and are known to be systemic chemicals that work their way from seed throughout the plant. These substances get into pollen and nectar.

Bayer began marketing these products in 1991, which coincides with the occurrence of large-scale bee deaths in European and American countries. In 2008, German authorities blamed clothianidin for the death of millions of honey bees and the German equivalent of the EPA, the BVL, suspended the registration of several pesticides – including Bayer products – on seeds in their country.

In this country, beekeepers also report an alarming and catastrophic lose of bees – a phenomenon called Colony Collapse Disorder (CCD) – that is more than a problem for apiaries and farms, but for everyone in a country where one out of every three servings of food depends upon bee pollination.

This month, the Natural Resources Defense Council filed a lawsuit to "uncover critical information that the US government is withholding about the risks posed by pesticides to honey bees." The EPA has refused to release records concerning the toxicity of pesticides to bees. In 2003, the EPA granted registration to the Bayer pesticide if Bayer CropScience submit studies about the product's impact on bees. The EPA refuses to release these studies or even information as to whether these toxicity reports were, indeed, ever filed.

To quote press releases by the Organic Consumer's Association:

"Despite bees' critical role for farmers, consumers, and the environment, the federal government has been slow to address the die-off since the alarm bells started in 2006. In recent Congressional hearings, USDA was unable to account for the \$20 million that Congress has allocated to the department for fighting CCD in the last two years.

"'This is a real mystery right now,' said Dr. Gabriela Chavarria, director of NRDC's Science Center. 'EPA needs to help shed some light so that researchers can get to work on this problem. This isn't just an issue for farmers — this is an issue that concerns us all. Just try to imagine a pizza without the contribution of bees! No tomatoes. No cheese. No peppers. If you eat apples, cucumbers, broccoli, onions, squash, carrots, avocados, or cherries, you need to be concerned."

Chavarria has spent more than 20 years studying bees, and has published a number of academic papers on the taxonomy, behavior and distribution of native bees.

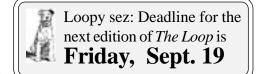
This qualifies as good news because, if European agencies are fighting these lethal chemicals successfully, it means there is prescient for legal claims by our real watchdog agencies when they are given their real power again. The truth is out there and, very soon, the agencies that should be empowered to enforce their mandates in our names, will be.

That's my message this week to the hopeful folk – don't look back, just keep going. Love, ME. **\omegacom** 

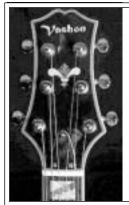
#### Hawley Appears in New Book

Continued from page 1

Says Jeff about the cartoon: "It's got a one-two punch. My wisecrack satirizes the Republicans' fear card of illegal immigration at the same time it swats Huck's transparent attempt to violate the sanctity of separation of church and state." The book is available at Amazon.com, Barnes & Noble, and fine bookstores everywhere.







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#### **Planting Your Drainfield**

by Susie Kalhorn

Have you ever considered making your drainfield a destination spot in the garden? There are creative alternatives to lawns. Learn what to plant and what not to plant on or near your drainfield. Join Sylvia Matlock and Ross Johnson for a free workshop on "Planting Your Drainfield" at 1PM on September 21 at DIG. Participants have a chance to win coupons for a free septic tank inspection and \$150-



off a tank pump-out, if needed. Preregister by calling Susie Kalhorn at 463-4006 or email at burnhorn@earthlink.net.

Drainfields are amazing. They are responsible for cleaning up the mess after we wash our clothes or flush the toilet. What happens to wastewater in the soil is incredibly complex. We depend on the drainfield to remove harmful microorganisms, as well as a variety of chemical components.

The drainfield soils tend to act like a filter and trap the larger diseasecausing microorganisms, like protozoa and helminthes (worms), while smaller organisms like bacteria and viruses in sewage are transported through the soil more easily. These microorganisms are destroyed in oxygen-containing soils because they compete poorly with the naturally-occurring soil microorganisms. The opposite is true if the system lacks oxygen; the sewage organisms survive better, while the natural soil dwellers die.

To take care of your drainfield, it's important to keep the soils unsaturated so that oxygen can easily diffuse through the soils and keep the natural soil organisms healthy. Compacting the soil in the drainfield inhibits oxygen diffusion and can break pipes, so making it a parking area is not a good idea! These days, pipes that distribute wastewater in the drainfield are often placed close to the ground surface to keep the system well oxygenated and to allow some evaporation of the wastewater.

When considering landscaping options for your drainfield, keep in mind that you don't want to risk saturating the soils, so plants that require watering aren't recommended. Nor do you want to pile much new dirt atop your drainfield because that can inhibit diffusion. Growing oxygen vegetables on your drainfield isn't recommended and they tend to need a lot of water anyway. Shallowrooted drought tolerant species are the best choice. Come to the 1PM Sunday afternoon workshop at DIG on September 21 and Be One With Your Sludge.

The Vashon Loop, p. 10 September 12, '08



#### A Matriarch's Legacy

by Orca Annie Stateler, VHP

Coordinator

The Dorsal Spin was on hiatus this summer while Odin and I trekked throughout the West, from the San Juan Islands to Santa Fe, with our trusty canine assistant, Stogarita. All of our trips were work-related. Critters highlighted the road trip to New Mexico: pronghorns, mustangs, blue grouse, osprey, a cougar, and a bighorn, to name a few.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Thanks to everyone who called in whale reports. Patti provided an outstanding report on the



Three of Lummi's (K7's) survivors: Skagit (K13), Georgia (K11), and Sequim (K12.) Photo © 2000, Mark Sears.

Transient killer whales in Dalco point. Pass on August 27.

Juan Island for OrcaSing in June, rumors swirled that Lummi (K7), the eldest female in the Southern Resident Community, was missing. When we returned to San Juan for a marine educators' conference in mid-July, she was still missing. On both trips, we saw enchanting humans transcend the barriers of superpods of J, K, and L Pod orcas, but no sign of Lummi. No one had seen her. The Center for Whale Research publicized her apparent demise on August 4. Realistically, nothing else explains Lummi's disappearance.

I am coming to terms with the transition of Lummi, circa 1910 — 2008. I love this Pod Elder. I feel her loss personally; she is like my dearly departed grandmothers and great aunt. Yes, Lummi was 98 (or so) and her death was inescapable, but an encyclopedia of Southern Resident killer whale Indigenous wisdom went with her. Elders inevitably take secrets to the grave, cultural insights that may be lost forever.

Lummi was an extraordinary teacher, and for that, I am indebted to her. To me, she is equivalent to a First Nations Elder, a clan leader

and culture bearer. As she transmitted her prodigious knowledge to her pod and community, she taught me about the lifeways of Southern Resident orcas. Fellow sage Granny (J2), born around 1911, is now the oldest Southern Resident female and ubermatriarch.

Mark Sears and I have history with Lummi (K7) and her family. She was one of our special gals, a source of many fond memories. With her distinctive open saddle patch and nicked dorsal fin, Mark called K7 a "flagship" for K Pod. Her absence will be conspicuous.

We have watched her greatgranddaughters and greatgrandsons mature. In December 2004, Mark discovered Comet (K38), Lummi's first great-great "grandchild," with mom Spock (K20) in Colvos Pass. Until her death, Lummi headed the only fivegeneration matriline among the Southern Residents.

We last saw Lummi alive in Vashon-Maury waters in January 2008. On January 2, Mark collected prey samples from her as chum salmon sought refuge under his boat. On January 6, Odin and I greeted Lummi as she swam close to shore

> at Pt. Robinson. Friends watching with us had not previously experienced orcas at Pt. Robinson. We wowed them with K7's age, and emphasized what an honor it was to see the supreme

Islanders can be grateful to Lummi's passing. When Odin and I traveled to San Lummi and K Pod for countless inspiring encounters. Lummi and my article "Three Saddles." It her relatives have shown interest in shows Lummi's close female Tlingit songs, the didgeridoo, the relatives: granddaughter Skagit flute, choral music, barking dogs, (K13), age 36, in the foreground; and squealing humans. Many daughter Georgia (K11), about 75 witnesses to these remarkable years old, beside her; and niece or exchanges believe that orcas and

> interspecies communication. This year's OrcaSing was a prime example. This annual concert for J, K, and L Pods typically begins at 8:00 PM on the summer solstice or the Saturday closest to it. At 8:05 PM on June 21, Ruffles (J1) led a regal superpod toward shore at Lime Kiln VMICC Survey in your mailbox. State Whale Watch Park. For more than an hour, scores of killer whales from all three pods proceeded by the park in small groups. The orcas appeared truly engaged with the human singers this year, spyhopping and exhibiting other behavior that strongly suggested they were listening to the music.

> "Amazing Grace," sung by the mellifluous City Cantabile Choir, creating a 2-Class system of seemed to strike a chord with the boarding!! The ferry system is orcas. Odin and I sang more Tlingit complicated enough - imagine





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Southern Resident killer whales respond to our drums matriarch at close and songs, as we know they did in range. That chilly, the time of our ancestors, was a blustery day, she profound honor. The audience was was the final awestruck, with many observers member of K Pod moved to tears. I ponder whether to traverse the the orcas' receptivity to OrcaSing this year bears any relationship to

Mark Sears calls the photo with



cousin Sequim (K12), also 36, in the back. One of these orcas, likely her daughter, Georgia, may assume Lummi's extensive matriarch mantle within K Pod.

Lummi's loss is difficult for me to absorb; I have deep empathy for how her podmates must feel. Precious, beautiful Lummi now swims with the canoes of spirit and leaves her indelible fluke print on our minds and hearts - killer whale and human.

Contact Orca Annie at Vashonorcas@aol.com.  $\omega\omega\omega$ 

### LoOp Letters

#### **Ferry Survey**

Dear Ferry Riders,

Many of you, like me, have a Please, please read it and respond! Many of these ideas have been proposed by the WSFS - they are desperate and that's BAD news for users! Do you want to pay more to travel during "peak" hours? Do you want to see wealthier islanders driving ahead of you because they can afford an extra fee of \$3, \$5, or \$10? I am horrified at the idea of songs this year. Seeing our beloved taking your child to the dentist and

having to go on-line and book your "reservation" with a pre-paid deposit required? What about those that don't have a computer at home or don't use credit cards? Do you want your kids watching adult "gaming" on the ferry or loudspeaker advertisements while you're trying to sleep or concentrate? Please, please get involved and speak up now, while we still have the chance! Many thanks to the Transportation Committee for gathering our voices so that we have a better chance at being heard in Olympia.

March Twisdale

## LoOp Letters

#### **Voter Owned Elections**

You have an opportunity to tell the King County Council (KCC) that you would like them to use Voter-Owned Elections (VOE) within the county. Please come to the Vashon-Maury Island Community Council (VMICC) meeting on September 15 at 7:30 PM to vote YES for VOE. Your YES vote supports the position that VMICC endorses the use of VOE, and calls on the KCC to use VOE.

The motion that will be voted on is nearly identical to this one: www.washclean.org/voter-ownedresolution.htm

The difference is that references to Seattle have been removed. Following are some key points about VOE. For more info, see www.washclean.org or contact Roger Fulton at 463-0079.

Provide Equal Opportunity and Expanded Voter Choice: Eliminate financial barriers to running for local office for persons otherwise qualified who demonstrate community and voter support. A program should allow citizens to run for office regardless of personal wealth or access to a pre-existing network of wealthy donors.

Refocus Candidate Time on the Public Interest, Not Fundraising: Allow candidates and elected officials to focus on the tasks and responsibilities of their position (representing voters in their district, studying issues and crafting laws and public policies) rather than on raising funds for campaigns and reelection.

Undue Influence: Curb Eliminate special influence or access to elected officials resulting from financial contributions

## All India Çafe



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campaigns. Influence and access are diffused by giving candidates the incentive to raise funds in small amounts from a large number of donors.

**Ensure Appropriate Resources:** Provide sufficient financial resources for candidates to get their message out, within the confines of reasonable public budgets.

Discourage the "Arms Race" for Money Among All Candidates: Discourage unreasonable growth in campaign contributions, and in expenditures tending to influence election outcomes. A public financing program should not only cap expenditures of publiclyfinanced candidates, but also discourage excessive spending by privately-financed opponents.

Roger Fulton

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#### **ARE YOU READY?**

Continued from page 8

status of the neighborhood to pre- neighborhood designated locations.

Vashon is subject to a variety of potential disasters, natural and man-made, including earthquakes, material spills, terrorism, etc. or property damage Inasmuch as the island is totally functioning ferry system, we are extremely vulnerable should a disaster drastically curtail or shut down ferry service. Hence there is a greater need for preparation on Vashon than for comparable communities on the mainland

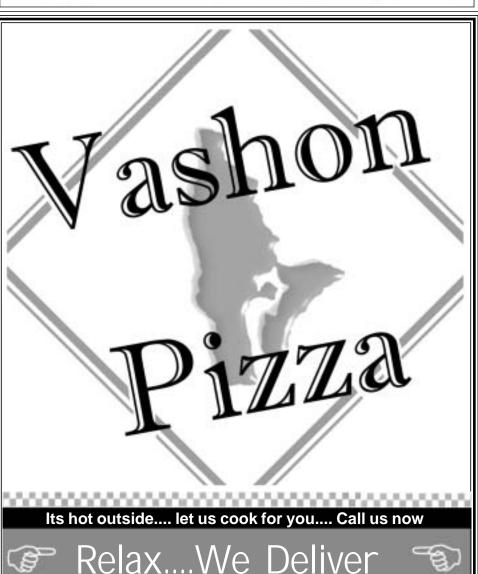
Vashon currently has 115 NEROs formed, forming or committed. In the event of a region wide disaster that also impacts Vashon, these NEROs, which average approximately 12-15 households each, will cover households—not nearly enough to facilitate efficient use of Vashon's scarce disaster response resources.

Ideally, each NERO has three designated coordinators— a primary and two alternates. This ensures at least one coordinator will be available should a disaster occur when one is off volcanic eruptions, wild fires, wind, island and should the third snow and rain storms, hazardous coordinator need help due to injury

NERO coordinators conduct dependent on an effectively pre-disaster neighborhood surveys to identify potential problem areas such as individuals who have special needs due to infirmities, or who require oxygen, critical medications, medical devices requiring electricity, etc. The surveys also identify individuals who have skills which could be helpful under emergency circumstances and locally available resources such as generators, chain saws, tractors, tools, tents, etc. that could be used to mitigate the impact of a disaster

In addition to the survey, each approximately 23% of Vashon's NERO household is asked to check on two pre-designated neighbors so the status of every household and

Continued on page 12



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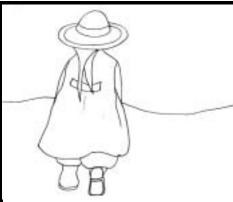


#### Vitamin D Reminder

by Kathy Abascal

The leaves on the trees are yellowing, and the fireweed is done blooming. The angle of the sun is changing and the days are growing shorter. Fall is here and it takes more sun exposure to make the vitamin D we need. As we move into late fall and winter, we will not be able to make the vitamin regardless of how much time we spend outside. So, it is time to think about adding a supplement to your regimen.

Research shows that vitamin D plays a vital role in our health. Vitamin D helps our bodies maintain appropriate levels of calcium and phosphorus in our blood. This action is vital to bone health. Vitamin D also helps regulate our immune system to prevent an excessive or prolonged inflammatory response. It is an important player in ailments like multiple sclerosis, rheumatoid arthritis, irritable bowel problems, and diabetes. A Finnish study (where sunlight is largely absent for months and months) found that children getting 2,000 units of vitamin D a day reduced their risk of diabetes by 80%. A study of over



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 available for herbal and nutritional consultations at Court House Square. The 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 any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9311 or at anemopsis@yahoo.com.

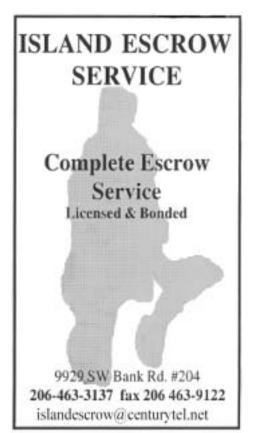
11,000 adults found that a lack of vitamin D profoundly affected periodontal disease: Women with the least amount of the vitamin in their blood had a 74% higher risk of periodontal problems. Adequate amounts of the vitamin may prevent cataracts, PMS, menstrual migraines, seasonal affective disorder (SADS), and obesity.

Vitamin D is believed to help inhibit tumor growth and help limit the growth of new blood vessels created to feed growing tumors. One study showed that patients who had cancer surgery during the sunny months (May to August) did much better than cancer patients who had their surgery during the winter. Overall, 72% of lung cancer patients who had their surgery in the summer and got at least 600 units of D a day from foods and supplements had a 5-year cancer free survival. In contrast, only 29% of patients who had their surgery in the winter and who consumed little vitamin D experienced a 5-year cancer free survival. Thus, vitamin D levels at the time of treatment looks to be very important for cancer patients.

How much vitamin D do we need? The government has set the required daily amount of vitamin D at 200-600 units with a top limit of 2,000 units. However, many think the RDA should be raised to at least 1,000 units. In studies, it took 2-4000 units, or more, to overcome an existing vitamin D deficiency. may not have made enough vitamin D during the summer. Sunscreens inhibit the rays needed for its manufacture, and most of us do not spend enough time out of doors without sunscreen to make an adequate amount during the months when we could. In addition, most that vitamin D is fat soluble and fat cells essentially act as a sponge for the vitamin. They absorb it and then prove highly reluctant to let go of it even if the body needs it for other uses. In addition, it appears that obesity reduces the body's ability to make vitamin D from sunlight. And, to add insult to injury, as I mentioned above low levels of vitamin D actually contribute to obesity. Finally, many prescription medicines affect the absorption and activation of the vitamin.

Unfortunately, most of us do not eat, and do not want to eat, the foods richest in the vitamin: Animal intestines, organ meats, skin and fats from certain animals, shellfish, oily fish, insect eating fish, and insects. And, in order for these foods to contain enough of the vitamin, the animals need to been exposed to enough sun to make the vitamin. Factory farmed animals likely do not and farmed fish may be a poor source of the vitamin. Many foods are now fortified with vitamin D. But, a glass of fortified milk will only give you 100 units per serving so it is not wise to rely only on food as a source for this important vitamin.

The vitamin D you buy or get in fortified foods is typically made either from sheep's wool or from



fungi that are irradiated to activate the vitamin. Neither sounds particularly appetizing to me but so it goes. Finally, the metabolism of D is quite complex. Some say that you should not sunbathe or take extra vitamin D unless you are sure you are getting enough calcium, magnesium, and vitamin A. Vitamin D increases the absorption of heavy metals like cadmium and, in excess, can cause us to absorb too much calcium. It may also affect the effect of certain medications like calcium channel blockers and diuretics.

You may want to have your Another problem is that many of us vitamin D levels tested — especially if you usually get depressed during the winter — to determine how much of the vitamin you may need in the coming months ahead. For most, about 1-2000 units per day will suffice to provide adequate support during the winter. But, if you are already low, you may need of us are overweight. It turns out higher amounts to keep things working well during the winter months ahead.  $\omega\omega\omega$ 

#### **New Class: Eating for Health & Weight Loss** By Kathy Abascal

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this series of 5 classes you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if one is needed), improved sleep, and the disappearance of annoying aches & pains. New class series begin: Wednesday September 24 at 7:00-8:30 and runs for 5 consecutive weeks. Advance registration is required. You can sign up for the class at the Roasterie. For more information, contact Kathy Abascal at anemopsis@yahoo.com.



#### Time to Economize! 30% Off Plant Sale

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#### ARE YOU READY?

Continued from page 11

individual in the neighborhood can be quickly determined in the aftermath of a disaster. NEROs will also survey roads, utilities, etc. in their vicinity. Thus by aggregating information about injuries or damage, or the lack of these and reporting that information to the nearest VIFR sub-stations or the Vashon Emergency Operations Center using a specific report form, NEROs facilitate the timely and effective use of Vashon's limited disaster response resources.

While not directly related to emergency/disaster response, formation of NEROs also facilitates the development of community spirit as neighborhood residents meet and get to know each other, something that should routinely occur but which, unfortunately, all too frequently does not happen.

Do you have a NERO in your neighborhood? If not shouldn't you help form one? For more information, call Joe Ulatoski at 463-1321 or e-mail him jbigranger@centurytel.net.



Loopy sez: Deadline for the next edition of The Loop is Friday, Sept. 19







Aries (March 20-April 19) All oneto-one relationships seem to triangulate. It's as if they also exist on another dimension where we need the stability of a triangle rather than a line between two points. We usually hide the triangle factor; we don't mention the people we use to counterbalance our relationships. We tend to not admit other intimacies, out of pride or the fear of making those close to us insecure. However, the number three keeps arising in your charts, and it doesn't appear to be going away anytime soon. I suggest you keep the triangulation factor at the top of your thoughts rather than down in the basement. Allow others into your most intimate spaces, and grant yourself the luxury of honesty. Your real objective is the sense of emotional freedom that would arrive with it. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You seem to have so much to do that you have no time to think, much less make a move. Yet the planets are arranged such that you can work on many different levels at once. See if you can define your choices in such a way that they touch several aspects of your life, rather than treating them one at a time. The truly progressive solutions will have a way of expanding much like a crystal grows, following its own pattern. When you try to solve one problem, identify a way that you can apply that solution to two things, or choose a solution that at least does not create another conflicting issue. What you are working for is a method of living where you get into a plusplus symbiosis with yourself, rather than working at cross purposes. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) Your life seems to be a grand experiment at the moment. I could interpret your current solar chart as signifying anything from exploring two or three entirely different means of creative expression at once, to craving an experience of bisexuality, to having a dangerous affair. The thing that all of these possibilities have in common is you. No matter how multivalent you may feel, you exist at the core of yourself. The way to make contact with this is to observe yourself. Observe until all you feel is the observer and the rest is more like an image. Then plunge into the subjectivity of your experiences. Dive in and feel the polarity on the emotional, physical and intellectual levels. Reverse your viewpoints, experiment with the impossible, and dare to change your mind. Then, watch yourself do it. Where will this lead you? Somewhere very different, that's for sure. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) There is an unusual connection right now between the world of your most abstract fantasies and that of your most tangible emotions. This is edgy territory. It's edgy because the thing about fantasies is that they are inherently safe. Once we start to feel them as desire, we run the risk of daring to let them happen, or make them happen. In the currently accepted philosophy of the Western world, this is anything but safe. But look, there's a reason for this, and that reason is that most people are more subject to their stupidity rather than their intelligence. You have a choice in the matter; your intelligence is the thing you need to apply in any situation where you are actually daring to feel and to imagine actively rather than dream of idly. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You are, at this moment, in an encounter that has one primary purpose, which is to set you free from your ideas about yourself. Leo is an unusual sign, being the one associated with the center of the zodiac and the center of the solar system. Yet this implies enormous responsibility, and that can come with an overdeveloped sense of ethics. You don't need to violate your ethics as much as you need to learn new ones. In a world of seeming opposites, right and wrong will always exist, if only on the most personal level. The question is less about what is right or wrong for you, and more about why it is so. Someone close to you is offering you an entirely different explanation of your existence than you've been willing to consider seriously up until now. This would be a great time. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You seem to know what's important to you. So why don't you go for it? The main reason I can think of for not doing so is that you're concerned that to express yourself you must do so with passion and gusto. And as much as you think of yourself as a passionate person, you frequently approach and withdraw from the warmer or hotter emotions. I know you crave consistency, and you can have some if you want it, but this is directly contingent on allowing yourself the room for desire and the disturbances that it can cause. I mean inner disturbances, where you face the prospect of shattering your self-image by daring to open up any more than you usually consider safe. The real choice you face is between being safe and being real. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You are going through one of the most interesting explorations of gender identity that I've ever seen. While this would mean different things to a soccer mom, a corporate exec and a transvestite, the thing they all have in common is that gender identity is as much a mental and emotional experience as it is a physical one. Rather than judging what you feel, I suggest you feel what you feel; rather than attempting to analyze it, I suggest you observe and make a few notes about the inner scenery you're encountering. Also there is the vital aspect of communication. The aspects of who you are want a voice within you, and they want a voice that you can speak to the world. If you think fear might get in the way, I propose that meeting your fear is the way. Eric



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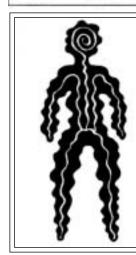
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Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) This is an incredibly rich moment for your imagination: a moment when you can plant the seeds for dreaming yourself into any form that you like. Remember, though, that it's just form. You contain all the elements of life within you all the time. Though it rarely feels this way, you can express any of them at any time. The place to start is in your feelings and in your mind. That is to say, exercise your imagination, and then take the extra step of manifesting something you feel in a tangible way in the physical world. I suggest you do this slowly and consciously enough to see the process working. The process is as important as the results. It is, in fact, one of the most important results because it is the process of guiding your own life. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Life has thrown you quite a few curves the past several days, but one by one you figured out that you're bigger than all of them. Even those who would seek to limit you in some way have managed to work to your benefit. The message is that while we all have needs, most of them are exaggerated. We have desires, but most of them don't pass the test of actual sincerity. requirements for happiness and living, you'll see that you have most of what you need and most of what you want. Conveniently, you're in a position where your limits have less meaning than ever, as long as you don't give them any credibility that they don't deserve. In other words, the way you seek to travel is already open. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) The drama unfolding on your professional stage needs to be handled with the utmost care. You seem to be holding all the aces; you have some excellent allies; what you don't see is how many conflicting interests are mingled up with the scenario. These are what you need to sort out. I also suggest you keep close tabs on the commitments people are making now, so that you have something to hold

them to later. It all sounds good, that is for sure. You need to be the one who keeps track of various claims, facts, figures, promises, suggestions that are being made and for that matter that you are making. Don't lose the list. You will need it starting in about three weeks. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Do your best to avoid confrontations. By doing so you will not actually be avoiding them, but rather gaining some sense of control over situations that could become confrontational. These are not your normal instances of head banging. You really are involved in several significant cases of old versus new, dumb versus smart, regressing versus progressing. You can afford to take a long-term approach while you refine your vision for what you actually want. It's from that firm and grounded footing that you need to meet the world, rather than from the somewhat foggy, sometimes clear cycle that you typically morph between. Your real moment of clarity comes next spring. But you have a pretty darned good one coming in November. Chill, and observe. Mostly, observe yourself. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) If I were writing the Eriscope sex horoscope When you reduce your basic this week, I would say you are trying to sort out whether you're gay, straight or something in between. Were I writing a financial horoscope, I would caution you to be careful where investments and future commitments are concerned, and to account for your money carefully but to be on the lookout for excellent opportunities. In your old-fashioned weekly horoscope here and now, I would suggest that you consider both points above; and keep your options open. Plenty is poised to change, evolve and develop over the next few weeks, typically where your most important commitments concerned. If you keep your mind clear and attend to all points of communication, that change is most likely to be improvement and opportunity. Pay attention. Eric Francis has more to say at PlanetWaves.net. യയയ

The Vashon Loop, p. 14 September 12, '08

## Island Epicure



By Marj Watkins

#### **Breakfasts for Brain Power**

Perhaps you're off to school, trying to get your brain back in gear for study. Perhaps you're off to work hoping to excel and keep your job, maybe even get a promotion. Or a nectarine dice. Ezekiel raisin stay-at-home mom facing community responsibilities, volunteering as a mentor at school, or a helper at the Food Bank, or planning a fund drive for one of the Islands charities. Oh, yes, and that stack of laundry, and the messes and tracked-in dirt the kids leave behind.

A tasty and healthful breakfast is just as important for retired people intent on staying as smart and fit as possible. Brain boosters, and fuel for energy, can make or break your day whatever's on your To Do list.

Protein is prime. Folate keeps your mental faculties sharp. Quick and easy, but delicious you need, too. Include fruit for enzymes and vitamins. Here are some taste tempting, nutritious breakfast menus that go together fast and keep your brain cells humming and your energy up

Practically instant oatmeal. Cook it according to package directions, but add a couple of or ½ cup frozen baby peas tablespoons of raisins, dried cranberries, or snipped dried apricots. Serve it with yogurt for the lacto bacilli to help digestion, and the calcium for optimum muscle function, and to add protein for staying power.

Elvis's peanut butter and banana toasted sandwich. I wrote about this in a recent column. In case you missed that one, just peel a banana and slice it lengthwise. Spread peanut butter on one side of serving bowl. Stir in a little brown each of two slices of bread. Lay rice syrup or honey if you're not into banana slices on one slice. Top with the other, peanut butter side toward the banana. With wholegrain bread it's delicious, chewy, and gives you vitamin E, protein, and zinc, as well

as carbohydrate for energy. I toast it in my iron skillet.

Turkey sandwich to go: Wholegrain bread, buttered to hold the turkey slices on, turkey cold-cut slices, lettuce, slice of a big tomato (use the rest for dinner salad). Orange cut in wedges and carried in a plastic zip-lock baggie.

Breakfast burrito in corn tortilla. Wrap slices of leftover cooked meat, or a couple of tablespoonfuls of cooked beans, or some scrambled egg, with salsa, lettuce, grated cheese, and diced or sliced tomato in a tortilla. Wrap the tortilla in a napkin. For fruit, try halving a kiwi. Eat it with a small spoon. I'm lucky enough to have a couple of demitasse spoons, but any little spoon will do.

Cottage cheese with peach or cinnamon bread, toasted.

Remember to include a good source of folate to keep your brain sharp, and other good deeds to your body. The best sources are spinach (it can sub for lettuce in a breakfast sandwich), citrus fruits, cantaloupe, chicken and turkey, brown rice, peas and beans, and shellfish.

When your morning includes a few minutes for cooking, consider this Korean breakfast favorite. As soon as you get up, put the water on to boil over medium low heat. It won't boil dry while you're in the shower.

#### **RICE WITH RED BEANS**

Prep time: 2 minutes Cooking: About 15 minutes Makes 3 to 4 servings 1 quart water, in large saucepan 1 packet boil-in-bag Uncle Ben's or Success brown rice ½ teaspoon salt, optional 1/2 cup cooked red kidney beans, drained

Sugar or Splenda® to taste Put the rice packet into the water when it boils. Add salt, if desired.

Boil 10 minutes. Remove rice bag from pan and drain it in a colander. If using frozen peas, put them in the water and bring it back to boiling. Boil about 2 minutes. If using beans, warm them in a microwave or small pan on the stovetop. Cut the bottom off the rice bag and empty it into a those other sweeteners.

Combine cooked peas or warmed beans with rice.

Enjoy with a whole fruit of your choice on the side.

#### Fruit Club Field Trip

On Saturday September 20 the Vashon Island Fruit Club offers a field trip to the Olympia Farmers Market and then on to Evergreen State College for a tour of their organic garden and orchard. Snack lunch will be served. You may choose to return via the Tacoma ferry at 2:00, however, you may opt to continue on to a roadside farm and market, located between

Tacoma and Puyallup, and possibly a grape vineyard which is exploring new varieties, if time permits. We will assemble at Tahlequah at 8:30 a.m., and after organizing carpools depart on the 8:50 boat. All those interested in attending; please contact Mary Ornstead at 463-0565 to register and to receive further details.

## PERRY'S VASHON BURGERS

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Open 11am to 8pm Monday-Saturday 12am to 5pm Sunday



## Well, as the worm turns, so do pet food prices.

If you are a Sensible Choice customer we have bad news for you. Stop by and get it in person. If you are a Nutro customer we have inconvenient news for you.

Cheryl's pick of the week: Anything but Sensible Choice and Nutro. Canidae and Felidae, California Natural. Come see me after Vegas, I'll help.

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

#### Back-to-School Drive a Success

Continued from page 1

(coordinated by Gene Lipitz and Joyce Olson), followed closely by the Windermere Foundation and the Vashon-Maury Benevloent Fund for Christ. Other key sponsors included the Vashon Beachcomber, George and Lois Meng, Dream Soft Bedware, Books by the Way, Kerri Goodwin-Small, LDM Worldwide, Jay Williamson, Susan Lofland, Ted and Kristin Barker, True Value, and Karen Pruett.

Some of the key changes in this year's drive included a new "Rummage Sale" organized by McMurray Middle School kids, which netted over \$500.00, and a new fund that will be set up for long. The fund will start with \$2,000.00 and be available for teachers to use when they spot a lack of school supplies. Parents can also access the fund throughout the year by contacting the School District. There are also leftover supplies from the August 27 Food Bank Distribution, which will be housed at the School District. In addition, each of the three main principles has petty cash on-hand from the drive to help families that are short of supplies.

Key volunteers are the big Rummage Sale August 9th were Sharon Brooks, Teresa Lewis and Kevin McConnell, Coriel Reilly-Silkett, and a group of middle school kids. The rummage sale also got help from Marian and Michael FitzPatrick, who did balloon twisting, and Paul Colwell, who

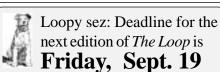
pulled together musicians for the

The Vashon Methodist Church once again stepped forward, hosting a collection at the church. Local merchants were supportive as usual, setting up bins and tins around town. The School Drive especially wants to thank Thriftway for once again hosting volunteers as they ask for donations, including Jenny Granum, Coriell Reilly-Silkett and

Susan DuFresne supervised distributing the supplies at the Food Bank on August 27, serving approximately 80 kids. DuFresne was assisted by Food Bank Director Yvonne Pitrof, plus many school supply assistance all year volunteers, including Valerie Manusov and her son Cameron, Patricia McClements from Puget Sound Energy, Crist Granum, Carrie Van Buren and her daughters Madeline and Annika, Garret DuFresne, Alesha Rosford, Nicholas Osgood.

The Vashon School Supply Fund will be run out of the School District office indefinitely. You can send donations anytime, earmarked for school supplies. The money will be used by parents and teachers in need of supplies throughout the year.

The Vashon Back-to-School Drive has been coordinated by the family of Bob and Lauri Hennessey for the last six years.



#### Sshhhhhhhhhhhh

The first cold of the season. Drat. Until I realize that I, an empty nester, can cancel going to church on Sunday, someone else calls to cancel the Sunday evening activity leaving me with almost the entire weekend to rest against the sniffles and sneezes and drippy fatigue of a body under attack.

by Deborah H. Anderson

catch

up on

news.

But my body

needs

silence.

writer,

silence

can be

deafening

sometimes

A s

cooling and maintaining is about the only noise.

Silence.

Can you imagine silence?

It's the noise that puts us on edge I think. Silence and peace are equals sometimes.

I have nine hundred channels of pictures and music. I have many people to call and do business with



Unlike the flu, a cold leaves you

upright. It doesn't completely drain

your body. The symptoms can be

draining. Sneezing and coughing

are physically fatiguing. But I don't

have that feeling in my body that

etc. I ponder what will be the most

healing tactic. There's movies and

chicken soup. There's a good book

and NPR. Or, as I begin to realize,

there is silence and gazing out the

devices, my home is incredibly

refrigerator as it shifts gears between

Yes, that's it. Left to it's own

The hum of the

death is imminent.

windows when I rest.

peaceful.

#### In the Midst of Everything...Joy!! a

emotional and spiritual

New unwritten words swirl like kids asking for money or peanut butter sandwiches. They want attention.

To silence those words. I must use my eyes. Gazing, I silence the new projects and the rewrites.

I have to stop typing. It's time to So, its' do a little, rest a little, etc be silent.

> I know most of the world does not get this silence. It's a luxury. I am the richest woman in the world. For the next twenty-four hours, anytime I want it, I can have and sink into and enjoy and be restored by silence. And I can gaze at will.

My cold is feeling better already. Love

 $\omega\omega\omega$ Deborah



Waterlily Workshop Focusing on the physical, psychological,

aspects of Joy will be lead by Deborah Anderson Sunday 28 September from 2-5 PM. Cost is \$35. Call 206.853.2388 for registration and directions.

### **Chamber Greets 6 New Lodging Members!**

Continued from page 1

The Chamber of Commerce website has beautiful photos and links to all member B & B's. Our "About Our Island" link now boasts a new transportation section with links to ferry & bus schedules and travelers tips making navigating the Island easy and exciting.

their doors for everyone to see what makes them unique. If you are planning an event or welcoming holiday guests, this is a perfect accommodations available to your families, friends, visitors and clients.

Please join us in welcoming our six new members!

Giraffe Guest Suite: your Green Stay, owned by Priscilla Schleigh-Kimmel. Arrive by bus, rent local bikes, eat locally and then sleep in luxury. Your haven in the Heart of Vashon above GIRAFFE.

Vashon Beach Cottage: owned by Bill & LeeAnn Brown. Waterfront cottage seductively nestled on north end of Island. If privacy, nature, comfort and beauty are what you desire look no more!

Seaside hot tub; sleeps 5. Walk to Seattle ferry.

e-i-e-i-om farm: owned by Loreen Milbrath, Classic farmhouse on a 5-acre farm. Unwind in the serenity of this country setting. Gardens, orchards, cows, turkeys, chickens and goats.

Heart of the Sound Retreat: September 30 marks our 3rd AyurVegan Wellness Massage & Chamber sponsored Lodging tour Lodging Studio Cottage for 2 has with over 14 Inn Keepers opening quiet pastoral view of gardens. 3 acres of privacy yet in town! Walk to cafes & shops. Treat yourself to a custom therapeutic massage

Cove Haven: owned by Loreen chance to view many of the Milbrath. This cottage actually sits on pilings in the Puget Sound. Located in a serene cove on the west side . . . just 10 minutes from the north-end ferry. Newly renovated and fully equipped. The perfect spot for your romantic weekend getaway, personal retreat or family gathering.

> Rambling Rose Bed & Beach: owned by Marla Herb. Charming waterfront suite surrounded by rose gardens, beautiful sunsets, and glistening water. beachcombing, swimming or just a lazy afternoon in the porch swing.

Congratulations to Jose and the entire Casa Bonita staff on your 12th anniversary September 12th you rock! We love you!



#### **Boiled Frog**

Continued from page 1

we face as a community are what make us beautiful, healthy, vibrant, and diverse. Tangible problems give us something to work on, something to band together over, something to talk about. But our new problems personal cost. are harder to get your hands around. They appear so innocuous that we will not even recognize them as life threatening until we are poached.

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Enough metaphorical spewing. My goal in writing is simply to bring awareness to the issues, and encourage each and every one of you who live on Vashon to take whatever small step you can manage to help we are it. Let's do it. We are not

as I see them. We have very little done, read "The Small-Mart affordable and suitable housing, even with real estate prices Shuman. If reading a book seems declining, and many people are like more than you can manage this being forced off the Island. We have very little retail competition, just a seductive eight hundred pound gorilla, a small handful of established independent stores, and everybody else. Thus, prices are through the roof and local issue. Please feel free to send me entrepreneurs struggle to stay afloat. your thoughts via email, at We have very few living wage jobs. mariebrowne2000@comcast.net. Even if we did, we have nobody to work, except a growing population of "undocumented workers." Families are fleeing the Island; school enrollment is decreasing at an unprecedented rate. We are an annoying pimple on the butt of King

## Live Entertainment

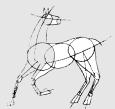


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County, inflamed enough to catch their attention, but without any real ability to self-govern. We are held hostage by the ferry service (is "ferry service" an oxymoron?), and many Islanders are soldiering on through the daily commute at an ever-increasing financial and

But lest you think it's hopeless, far from it. As a community, we care deeply about our quality of life; we share common values, and respect differing ones. We are thoughtful and intelligent, and caring and kind. If ever there was a community that could turn off the burners and avoid being boiled by outside forces sneaking up on us, even blazing a new trail here. To Here is a summary of the issues learn what other communities have Revolution" by Michael H. week, then how about visiting an Island business that you've never been in, or attending a community council meeting? Even a small step in the right direction is still a step in the right direction. More next



Tom Wallace

Farrier Licensed Massage Therapist



Yo Ernest (sent by text message to my fax machine),

What do u think of my fantasy picks? Any suggestions?

- 1 QB Tony Romo
- 2 WR Terrell Owens
- 3 WR Marvin Harrison
- 4 RB LaDainian Tomlinson
- 5 RB Jamal Lewis
- 6 TE Jeremy Shockey
- 7 W/R Edgerrin James
- 8 BN Ben Roethlisberger
- 9 BN Donald Driver
- BN Maurice Morris

BN - Nate Burleson

BN - Torry Holt

BN - Justin Fargas

K - Phil Dawson

Let me know before I put my 50 bucks in the bucket.

Hansel Bloom

HB,

I'm going to leave this up to the readers. Send in your comments to my blog.

E.

PS. Check out the pictures below!

The Vashon High School Cheerleaders, the senior class, and the VHS student body rally for the pep assembly on Friday, Sept. 5th. The Pirate Football Team beat Sultan 24-21 later that night in a come from behind thriller. They opened the season undefeated and look to be a very entertaining and competitive team to watch this year.



"Coach Sassara said that he won't shave all year if they continue to win," Buddy Boy Smith stated while finishing off his non-fat banana cream pie without whip cream.



The Salonen Family getting down at the Open Mike at Ober Park. They played Cajun music, wowing the audience with their skills and French vocabulary.

#### Septic Solutions Committee

Continued from page 6

Special emphasis is being put on shoreline issues, particularly in those areas that can provide shellfish harvests. Parts of the Vashon shoreline have been designated as a Marine Recovery Area, and will be singled out for the initial inventory and evaluations. But all property transfers will now involve a much more complete evaluation of the septic system, performed by a professional certified for the work. And if systems do not measure up, the buyer or seller will need to address the identified problems.

For more information on future developments, or to join the Septic Solutions Committee, contact me at sngraham@centurytel.net. I can

add you to our email list, and can also provide details on the new legislation and its potential impact on specific areas of the Island.

#### VIPP ADOPT-A-CAT DAY

**Vashon Island Pet Protectors** (VIPP) will host an Adopt-A-Cat Day every Saturday from 11:30-2:30p.m. at our NEW VIPP SHELTER. Please go to vipp.org for directions or call VIPP at 206-389-1085.



Chicken Teriyaki or Yakisoba So many Choices Stop in and try some today



Hours: 11:00 am to 8:00 pm

17705 Vashon Hwy SW 206-463-2838

## Not Just a Great Burger We now have great teriyaki

Zoomies is looking for daytime help, If you're interested, stop by and ask for Kelly.

#### **Transportation Committee**

Continued from page 4

government agencies, and WSF. To that end, Vashon residents began to form a plan to heighten the presence of Vashon and other ferry communities. This plan included creating a position paper that could be used by our legislators and our residents as a basis for letters and campaigns for better transportation service on- and off-Island.

Additionally, we created an Island-wide transportation survey addressing the issues NOT raised by Washington Transportation Commission's last two ferry surveys. No economic and no thought was given to future service or improvements, suggestions, etc. The Transportation Committee will use the data to address transportation issues and support the position paper. It will lend credibility to our testimonies in Olympia and with other government agencies.

So, what have we done? We at developed a mission statement, subcommittees for buses, PO boat and task groups addressing the specific issues mentioned above. The survey is out now and the position paper is being presented to the VMICC this month. We are working closely with our legislators to prepare for the upcoming session in January,

which will determine our ferry fares, commuter discounts and with ferry traffic and operating costs. We are working with the Ferry Community Partnership to unite all ferry-served communities with a single voice we can use in Olympia.

There are still unresolved issues. Work with us to find solutions: to mitigate the south end ferry service outages; join our Outreach so you can be available to write letters to our elected officials when needed; join one of our Bus or PO Boat Subcommittees; become part of our State advocacy group working with our legislators

You can make a BIG impact just impact information was captured by participating in a meeting, writing a letter or giving an hour or two of your time on a specific project when we need help. Anyone can also join our monthly meetings for an update. We meet the 3rd Thursday of each month usually at the McMurry Middle School Library.

Contact information:

Outreach Network: Gary Sipple 463-5560 gnsipple@comcast.net.

Committee Information: Kari Ulatoski 567-0587 at kulatoski@centurytel.net.



Loopy sez: Deadline for the next edition of *The Loop* is

Friday, Sept. 19

## Lopy Laffs

I figured out how to save water and electricity at the same time - I use an electric shaver, but I don't plug it in.

I wanted to keep in shape, so I bought a rowing machine. I took it down to Quartermaster and it sunk like a rock.

#### **One Liners**

one's throat." I'm not the outdoor type - for me, camping is sleeping with the window open. They were yelling so loud that I couldn't hear them.

This tastes good except for the flavor. It's never too late to give up hope. There's no mind in my doubt. I overeat only in moderation. The skywriting's on the wall. It's unlucky to be superstitious. I'm slowing down as fast as I can.

Before God we are all equally wise - and equally foolish. Albert Einstein

**Origin of Phrases** 

**Meaning**: I'm hoarse from a cold. **Origin:** Surprisingly, this wasn't inspired by the croaking sound of a cold-sufferer's voice, but by a

weird medical practice. "In the

Ammer in It's Raining Cats and

Dogs, "infections such as thrush were sometimes treated by putting

patient's mouth; by inhaling, the

Middle Ages," says Christine

a live frog head first into the

frog was believed to draw the

patient's infection into its own body. The treatment is happily obsolete, but its memory survives

in the 19th century term frog in

I've got a frog in my throat

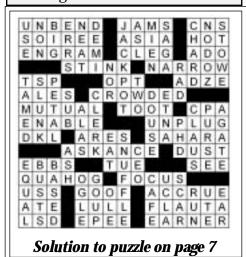
The squeaky wheel gets the worm. I started to fall in love once, but the phone rang. My brother lives in a gated community - San Quentin.

I don't know why they tell us to buy fish oil - aren't they slippery enough already?

An Englishman, a Scotsman, and an Irishman took up a collection and a problem arose as to how much they should give to the church.

'I draw a line on the ground," said the Englishman, "And I throw all the money up in the air. What falls to the left of that line, I keep for myself and what falls to the right of the line I give to the church."

'I draw a circle on the ground," said the Scotsman, "And I too throw all the money up in the air. What falls outside the circle I keep for myself and what falls inside the circle I give to the church." "I just throw all the money up in the air," said the Irishman, "And what God doesn't want he throws down again."



My ex-girlfriend kept going out with me because she said I wasn't worth breaking up with.

I met a tough biker up at the bar his tattoo still had the needle in it.

#### OFFSHORE





Alfred Gator

Alfred's Olympics





Vaps

















The Vashon Loop, p. 18 September 12, '08

## **Loop Arts**

## Vashon Allied Arts 32nd Annual Art Auction

"The Mad Hatter's Ball: A Whimsical Journey down the Rabbit Hole"

Enjoy an evening of food, art and fun, Vashon Island's biggest art event of the year! Sponsored by John L. Scott Real Estate, Puget Sound Energy, Thriftway and U.S. Bank

**Dates:** Friday and Saturday, September 19, 20

**Place:** Blue Heron Art Center, 19704 Vashon Hwy SW, Vashon Island

**Contact:** 206.463.5131/www.vashonalliedarts.org

#### FRIDAY, 6:30-10 PM:

Silent and Live Auctions feature Original Art & Extravagant Experiences

Live entertainment by Lelavision, Buffet dinner, Fine wines and beers, MC'd by KIRO morning radio host, Gregg Hersholt and Matt Smith.

#### **SATURDAY**, 5:30-10 PM:

Silent and Live Auctions feature Original Art & Extravagant Experiences,

L i v e entertainment by Lelavision, sitdown three course dinner with fine wines and beers, MC'd by KIRO morning radio host, Gregg Hersholt.

#### Ticket Info:

\$45 Friday only

\$25 Friday with purchase of Saturday ticket

\$25 Friday for contributing artists (who also may purchase two tickets at this price)

\$120 Saturday \$145 Friday and Saturday both Tables are \$1200 for 10

## 2008 VAA Art Auction Commissioned Artists: Ivonne Escobar de Kommer

Originally from Santiago, Chile, Ivonne Escobar de Kommer has worked in many artistic mediums during her life, from photography to jewelry and textiles. But after discovering metalwork she says she's 'never stopped hammering.' Although she works in bronze, aluminum, brass and silver, her copper repoussé sculptures have become her trademark. Her work may frequently be seen at Silverwood Gallery. She also commissions pieces for private collections and teaches metal work through Vashon Artists-in-Schools and for Vashon Allied Arts' summer arts education programs.

Jenn Reidel

Photographer Jenn Reidel says her VAA art auction commissioned photograph, "The Truth," is about her personal transformation. A graduate of Photographic Center Northwest in fine art photography, words play an important part of Reidel's photographic process. She also has a solo show at Gallery 070 in September.

#### Jerry Balcom

Islander Jerry Balcom wanted to be an artist when he was 18, so he started creating art in college. But by the time he finished his education, Balcom had become an urban planner. When he retired, he found his way back to art through a workshop taught by Islander Darsie Beck. Since then, Balcom has become a prolific artist in both watercolors and pastels and a member of the Island's Barnworks



Rabbit by Corma Otterson

collective. He will be featured artist at Heron's Nest in October.

#### JiJi Saunders

Inspired by the likes of American painter George Inness, English romantic landscape painter J.M.W. Turner and contemporary abstract artist Arthur Dove, Saunders painted primarily in oil while attending art school. Always drawn to texture, she began incorporating burlap, leaves and straw into gesso and found it was too heavy for canvas. "It became evident that a new medium was calling out," she said. Saunders took a class in encaustic and has been painting exclusively in the ancient medium since 2002.

#### John Anderson

John Anderson never planned to be an artist until he took his first of the World
9/12 - 9/15
Special Benefit
Showings:
Young@Heart 9/16 for
VCCC and Orgasmic
Birth 9/21 for BOLD



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

high school photography class. Thirty years later Anderson's haunting, emotive landscapes hang in prestigious galleries (currently represented by Linda Hodges Gallery) featured in award-winning films (Cannes Film Festival and Sundance Film Festival) and held in many private collections. While his techniques continue to evolve, Anderson's passion for remote wilderness and conveying it through primarily black and white photography has remained the focus of his artistic vision.

#### Karen Dale

Former student of Pam Ingalls, Dale has been painting since 1997. Her works employ vibrant color and strong light. A graphic designer by trade, with degrees in film, writing and photography, Dale says she took life drawing classes which lead to working with Ingalls. She says painting has since become nearly an obsession for her. In 2003 she founded Vashon's Plein Air Painting Festival. The group will exhibit their work at The Hardware Store Restaurant in October, 2008.

#### Bid on a Rabbit!

The White Rabbit is transformed by our Island artists into their vision of what can happen when you drop "DOWN THE RABBIT HOLE"! They graciously accepted the challenge to create a personal work of art with these charming centerpieces. The rabbits will grace Saturday night dinner tables and will be auctioned off to the highest bidders. A photograph and bid sheet for each Rabbit will be displayed at the back of the tent. Auction guests may continue to bid on any Rabbit until the Auctioneer announces the closing of bidding. Special thanks to David Erue and Bobbi Arnold for sponsoring the Rabbit Centerpieces!

Find *the Loop* and its archives on-line at www.vashonloop.com.



## GROUP NOW MEETING WEEKLY

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

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

Addiction and recovery counseling for adults and youth.

For more information and to register contact:

Stephen Bogan at 463-3050 Weekly/monthly fees negotiable.

## Janie and Joe at Café Luna

Janie and Joe's mix of folk-rock, Americana and blues will be heard Saturday, September 20, 7:30pm at Café Luna. Janie and Joe perform as a duo, Janie sings and plays keyboards, various percussion instruments and the Bodhran, an Irish goatskin drum, while Joe amazes audiences with his skills on



Janie and Joe, courtesy photo.

numerous acoustic and electric guitars. They are gifted songwriters able to go from a sparse achingly tender love song to an up tempo sultry blues number and then turn the corner into a bouncy Irishflavored instrumental and top that off with a rockin' balls-to-the-wall socially conscious tune that leaves the crowd begging for more. In a world of pre-packaged "muzak" this music is refreshing, relevant and real! They perform at major Art and Music Festivals, Brew Pubs and Coffeehouses all over the Northwest and in Ireland.

by Peter Welch

#### Publish the Quest Plays at the Red Bicycle

There's a new band on the rise in Seattle called Publish The Quest and they are slated to perform their very first Vashon show on Saturday night, September 20th at the Red Bicycle Bistro & Sushi. There's quite a buzz about this band already, especially following their first ever live performance at the Lo-Fi in Seattle a couple of weeks ago.

The buzz also comes from the knowledge of the key players in this



Publish the Quest, courtesy photo

band and what they are capable of. sound, so different and original... If Publish The Quest is comprised of current members of several wellestablished, popular bands in the Seattle area such as Clinton Fearon's Boogie Brown Band, Picoso, Reptet, Trolls Cottage and The Panda Conspiracy.

Publish the Quest is a combination plate of some of great Seattle's musicians. Orchestrated by Islander Jacob Bain of Trolls Cottage, who put together a stellar lineup and drawing from a variety of influences...one of them a recent trip to Cuba, where he spent time with a number of local noted musicians who opened up a whole new sound for him to explore.

Also part of Publish The Quest is Earl Clay, drummer for Trolls Cottage and a good friend of Jacob's

from the many years they spent together growing up on Vashon Island. On bass guitar is Jeff Demelle, the man behind those wicked bass lines when he performs with Clinton Fearon. On saxophone and flute is Izaak Mills, a member of several bands on the forefront of the Seattle music scene...including Clinton Fearon's band, Picoso and

Reptet. Samantha Boshnack, who you may know from Picoso and Reptet, brings the trumpet flugelhorn to the mix. Last but certainly not least, Chris Poage of Panda Conspiracy adds his expertise on keys to round out the mix.

A recipe for an incredible

you'd like to listen to a few of their song's, check them out on MySpace and see what you think. http:// www.myspace.com/ publishthequest

Opening for Publish The Quest is Old Dockton, a band that is composed of musicians with Island roots and fronted by Islander Patrick Bennion. Heavily influenced by the work of musician friends and the works of Bob Dylan, Patrick uses the Folk tradition to structure ideas and create new stories with his rootsy, earth-driven

If you like what you hear, come to the Red Bicycle on September 20th for a show that you won't soon forget. The show starts at 9:30pm, the cover is only \$5 and it is a 21+ event.

#### **BOLD Women's Choices**

BOLD, the global movement to create childbirth choices that work for mothers, brings together artists, community groups and childbirth leaders for BOLD performance events will bring the issue of childbirth choices for mothers center stage for the second year on Vashon. The events are sponsored on Vashon by Integrative Body Work for Women & Island Doulas, as well as Seattle Midwifery School, The Birthing Inn of Tacoma, and Pregnant in Puget Sound.



Islander Tami Brockway Joyce in Birth, courtesy photo.

For a very BOLD Vashon weekend, we are offering a BOLD Red Tent that brings mothers together

by Lynn Hughes

to share birth stories on Saturday morning September 20th at The Playspace (the old YMCA), the play Birth on Saturday evening, and on Sunday, the recently-released documentary film, *Orgasmic Birth* will be screened on Sunday at the Vashon Theatre.

The 2008 performance of Birth at Vashon High School Theatre is a full production directed by Vashon resident Deborah King with Vashon actress Tami Brockway Joyce gracing the stage again as Amanda. Birth is a critically-acclaimed documentarystyle play that tells the birth stories of eight women, painting an alarming picture of how low-risk, educated mothers are giving birth today.

"Through BOLD we have seen how art can influence change. The time is now to be bold and make childbirth choices work for mothers, to create a movement that supports birth choices and helps women access the powerful experience available to them when giving birth," stated BOLD founder Karen Brody. Details at http:// www.boldinseattle.com; national info @ http://www.boldaction.org



#### **Dallas Wayne Brings Unique** Twang to the Bike

Dallas Wayne, a celebrated singer, songwriter, and recording artist with a Texas-sized baritone voice, will take the stage at Red Bicycle Bistro & Sushi at 9 p.m., Friday, Sept. 26. Wayne has been hailed as one of traditional country music's most talented torchbearers.

sounding Randy Travis - stripped of vanish and steeped in the hard-twang influence of Buck Owens and Merle Haggard - a roughhewn gem." Bob Allen, Socinet.com, said, "Wayne's sterling originals shine with exquisite hillbilly wit and poetry."

Wayne shared the stage with country legends such as Jerry Jeff Walker, Jerry Lee Lewis, Hank Williams Jr., Emmy Lou Harris, Merle Haggard,

Monroe, and Alison Krauss. A native of Springfield, Missouri, Wayne began performing professionally in 1975, and by the age of 18 he had toured throughout the entire U.S. and Canada. After moving to Nashville, he further developed his vocal style singing demos for many of the top publishing houses in the music industry.

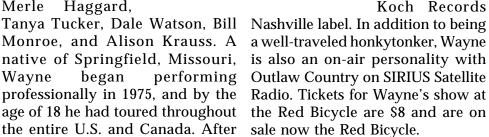
His career took an unusual turn in 1991, when he forged a deal with Texicalli Records in Finland and was signed to record an album. One album soon became six, and Wayne decided to move to Scandinavia in 1996, where he was contracted as a staff writer for Warner/Chappell Music. After four years living and

touring in Europe, Wayne returned to the U.S. Within one month of his return, he signed a record deal with HighTone Records. In addition to recording two albums (Big Thinkin' and Here I Am in Dallas) on the HighTone label, Wayne joined Redd Don McLeese, of Amazon.com, Volkaert, Joe Goldmark, and Bill described Wayne as "a burlier- Kirchen to form the honky-tonk supergroup, the

TwangBangers. Wayne also well-known songwriting collaborations

by Liz Shepherd









Dallas Wayne, courtesy photo.



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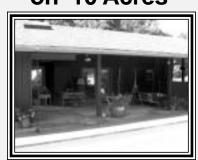
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