

In this issue: the SSA dreams up the Prius, Vashon Peace Corps member Maridee Bonadea gets to Mali, an Ode to a Louse and much, much, more!



As if a lot of kids weren't enough, a peafowl joins the Pottingers  
page 7



Raw Milk isn't a problem for this lamb. The plot thickens.  
page 11



Jennifer and Andrew Krikawa bring opera to the Blue Heron on October 4 and 11.  
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# THE VASHON LOOP

Vol. 5, #20

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM September 26, 2008

## Barack the Vote at Ober Park!

by Lauri Hennessey

There is this quote that I have always liked. It speaks to political apathy. "The death of democracy is not likely to be an assassination from ambush. It will be a slow extinction from apathy, indifference, and undernourishment."

It is with that quote in mind that we pulled together "Barack the



The Lonely H headlines the music at the Friday Oct. 3 Barack the Vote event and plays again on the 4th at the Red Bike for two all ages performances. Courtesy photo.

Vote!!!". This event is several things. It is mainly a chance to come out and support the historic presidential

Continued on page 14



The Burning Man, photo by Peter Ray.

## Oh Say Can You See?

by Peter Ray

I have been thinking of what a friend said to me recently- that he would probably never go to Burning Man since he didn't believe in ritual sacrifice. While I briefly entertained thoughts of a rebuttal, an important hesitation kept me away from there. While I have never thought of the fireworks and fire that consumes the wooden man who stands at the center of Black Rock City throughout

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Bernie's GEM electric truck, photo by Bernie O'Malley.

## Plugging Electric Cars

by Bernie O'Malley

When I take my friend Tag out for coffee in my GEM truck, he says it's like driving around in a cartoon, a bright yellow one. Yup, it's kinda Goofy in appearance. When people are polite and say it's soooo cute, I must correct them to point out it's a truck. I guess people get distracted by the funny front end and miss the huge diamond-plate flatbed on the back.

I do admit Goofy has long been one of my personal heroes, but that doesn't explain why I bought the truck and drive it everywhere.

Cont'd on page 4

## Vashon's All-Solar Solar Tour!

by Jennifer Williams

As the sun sinks lower in the sky and the Fall Equinox reminds us of the coming darkness of winter, we Vashonites have a chance to remember and to witness the power of the sun! Eight homes will be open from 10-4 on Saturday, October 4th, for the Vashon Solar Tour. This tour is happening nationwide and the American Solar Energy Society, the national sponsor and founder, hopes to have 150,000 people tour in 46 states this year making this year's solar tour the largest solar event in our nations' history.

We are proud to announce that this year, with the addition of FOUR NEW TOUR SITES, the Vashon Solar Tour will be 100% Solar, along with the other amazing things highlighted at the homes. The tour also showcases the growing number of local renewable energy installers, both electrical and plumbing.

Continued on page 6



Jason and Jennifer Williams home, the first stop on the tour, shows grid-tied pv and solar hot water systems, photo by Jason and Jennifer Williams.

## Food Bank Has Good News

Eligibility for many programs has been increased, several restrictions reduced.

by Yvonne Pitroff

The headlines have left no doubt about it. The basics of life are more expensive compared to average wages than ever before, and people everywhere are



The food bank's door just opened a little wider. Courtesy photo.

struggling to make ends meet, even here in our homeland, Vashon Island.

Continued on page 8

## "Masters of Tibet" The Glendale Gallery presents one day must see show

The Glendale Gallery presents "Masters of Tibet". Opening night is October 3rd from 5-9pm. This is a one night only showing of rare, antique Tibetan Thangkas. Please join us for this special event.

Glendale Gallery is located in the Glendale/Keller Williams Business Center 1 block north of Thriftway on Vashon Highway.



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# 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.

## “Empty Bowl” Fundraiser

On Saturday, October 11 2008 Mary Hosick and George Wright are pleased to invite you to an “Empty Bowl” Fundraiser for the Vashon Food Bank. It will be held at the Presbyterian Church from 1 to 3 pm. For a donation of \$20 and a can of food you may choose the artisan made pottery bowl of your choice. Light salad and bread plate along with coffee and cookies will be available to people who donate. All proceeds go to the Food Bank. Artists who are donating include Mary Hosick, Liz Lewis, Sharon Munger, Frank Gosar, Vicki Hamilton, Ken Turner, Amy Kitchener, Donna Tousley and many more.

## Fatal Attraction

Fear of Death and Political Preferences, a special conversation with Sheldon Solomon at the McMurray Middle School on Wednesday, October 8th at 7:00 p.m. will be sponsored by the Vashon Island Unitarian Fellowship. Sheldon Solomon is Professor of Psychology and the Courtney and Steven Ross Professor of Interdisciplinary Studies at Skidmore College in upstate New York. Professor Solomon provides a comprehensive, accessible, and often humorous overview of the ideas of Ernest Becker. His engaging wit and style have endeared him to students and audiences throughout the world. Solomon will present research demonstrating that subtle reminders of our own death, such as the events of 9/11, increased Americans’ support for President Bush and his policies in Iraq, and more recent studies documenting the psychological commonalities between conservative Americans and Islamic fundamentalists. The implications of these findings for democratic political institutions, the 2008 presidential elections, and constructive approaches to the “war on terrorism” will be considered. Contact Wendy Wharton for additional information.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Oct. 3**

## 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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**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!

## Prepare Livestock Places for Winter

Workshops are free! Attend all four workshops or only those that meet your needs. Streams and Wetlands: Living with Livestock near Water, October 23rd; Mud Management: Record Rainfall/Record Mud, October 30th; Manure Management: Got Livestock? Got Manure! November 6th, and Pasture Management: Becoming a Grass Farmer, November 13th. These educational events are open to everyone – you don’t need to own horses, livestock or even a farm to participate. Pre-registration is required. Please call the King Conservation District at 425-277-5581 ext. 122, or paul.borne@kingcd.org to register or for driving directions.

## Modern Dance Troupe for Kids 10+

Weekly classes leading to 4 performances throughout the year. Classes blend new dance technique, improvisation skills, choreography, sensory awareness and anatomy for the dancer. This is a totally fun movement class to prepare the body and mind for innovative site-specific performances!! **WHEN:** Thursdays from 4-5pm, beginning October 16th through June 11th. **WHERE:** Havurat, Westside Hwy. **HOW MUCH:** 30 classes/\$300. To register, please call Stacey at 227-5534.

**Classes for Kids ages 6-9**  
Weekly classes blend improvisation skills, sensory awareness and anatomy for the dancer. Studio showings throughout the year. Engage the whole child — body and mind!! **WHEN:** Thursdays from 3-4pm, beginning October 16th through June 11th. **WHERE:** Havurat, Westside Hwy. **HOW MUCH:** 30 classes/\$300. To register, please call Stacey at 227-5534.

## Partner Dancing!

Learning how to Dance with March Twisdale is Fun, Easy, and YOU can do it, too! Fox Trot, Waltz, Rumba, Cha-Cha and Swing! Includes 8 Group Classes, 8 Practice Parties, and 1 Private Lesson per person ~ \$100 Tuition covers all! Group Classes 7pm-7:45pm ~ Practice Parties 7:45pm-8:30pm! Enroll NOW, while there is still room! #463-0870 w/ Questions ~ Please mail Non-Refundable Deposit (\$40) to March Twisdale @ 11933 SW Cove Rd. Enrollment runs from NOW until October 10th!

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## Land Use Workshop

On Tuesday, September 30, 2008 from 4 to 6 p.m., King County’s Department of Development and Environmental Services (DDES) will host a workshop for Island residents on building and land use processes in unincorporated King County. The workshop will be held at the Vashon/Maury Island Land Trust Building at 10014 Bank Road S.W. Topics include: Permit Process, Web Site Review and Home Occupations; Health Department: Septic Systems & Food Handling; Site Preparation: Grading, Clearing, Site Engineering & Drainage; Critical Areas, Shorelines, Stewardship Planning; Building Plan Review and Inspections. For questions about this or other outreach efforts to the rural community, contact DDES Public Information Officer Paula Adams at 206-296-6682 or Paula.adams@kingcounty.gov; or DDES Rural Permit Coordinator Joelyn Higgins at 206-296-7159, or Joelyn.higgins@kingcounty.gov.

## Free Soup and Sandwich Supper

Attention: All families and individuals without homes are invited to soup and sandwich suppers at the Village Green, downtown Vashon. When: each Monday evening, Time: 6-7 pm. Sponsored by: The Vashon Neighborhood Mission to Those Without Homes

Atencion: A todas las familias y personas que no tienen un hogar son bienvenidos e invitados a comer con nosotros, vengan por un sandwich o also de comer. Donde: en Village Green en el downtown de Vashon. Cuando: todos los Lunes, Hora: de 6-7 pm. Patrocinado por: La Mision Del Velcindario De Vashon Para Personas Sin Hogar

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Vashon Beach Cottage

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To allow Inn Keepers the chance to see other accommodations, the tour will be split between north & south Island. South Island (everyone south of Cemetery Road and Maury Island) open from 9 am to 12:30 pm. North Island (north of Cemetery Road) open from 2:30 pm to 6:00 pm.

**if you are planning an event or expecting guests, you won't want to miss this opportunity to view the Island's best accommodations!**

MAPS & DIRECTIONS CAN BE PICKED UP AT THE CHAMBER OFFICE ON THE DAY OF THE EVENT.  
Chamber of Commerce 463-6217 or email: dlinas@vashonchamber.com



# HOME TEAM REALTY

## Troy and Marie Talk the F Word

*No, not that F word. We're talking about foreclosures, and unfortunately, it's a word popping up more and more in our daily vocabulary.*

**Troy:** What a downer of a topic you chose for this week's column! Don't you think the mainstream media is doing enough to freak people out? That, and the folks on the other side of the country working on a (gulp) \$700 billion bailout?

**Marie:** Sorry. I am not trying to freak anyone out. Congress and the administration and the media covering them are going to do what they are going to do. All we can do is to give individuals information that they may find useful. Information is power, and even people who are not in danger of foreclosure would benefit from understanding the process as part of their overall financial savvy.

**Troy:** Financial savvy. I like that. OK, let's start with the foreclosure process and then move on to mortgage backed security derivatives.

**Marie:** I'll start with the foreclosure process and hopefully we will run out of space before we get to the derivatives.

**Troy:** OK. So when a homeowner falls behind on his or her mortgage payment, the bank issues a Notice of Default, right?

**Marie:** That's right. The number of payments he can miss before receiving a notice depends on the bank and the terms of his loan. He is technically in default after missing one payment.

**Troy:** When he is late, the bank piles on interest and penalties and all sorts of costs. These costs added to the amount of the late payments make up the so-called "amount to cure." This is the amount he needs to pay to bring everything current.

**Marie:** Many times a homeowner can't do that. If he knows he can't ever catch up the payments, he might try to sell the house just to get out from under the debt. This is a "pre-foreclosure" sale. If he can sell it for enough to pay off the bank, great! If not, then the bank may agree to accept less than the full loan amount. This is called a "short sale."

**Troy:** If he does not sell and can't come up with the growing "amount to cure," the bank will take it to the next step, which is to issue a "Notice of Trustee's Sale." This is the official notice that the house will be sold at auction. At this stage, the homeowner can still sell the house and pay off the bank or come up with the "amount to cure" to stop the sale. However, it gets tricky, as the lender's right hand and left hand do not always know what they are doing. It's possible for the foreclosure department to be proceeding while the short sale department is negotiating with the owner and his agent.

**Marie:** And if there is no sale and the homeowner has not "cured" the delinquent payments, then the bank takes the final step, which is to sell the house at auction to the highest bidder. In King County, somewhere between 20% and 30% of foreclosed properties end up getting sold at auction. Often the bank is the high bidder, and the house becomes a so-called bank REO, or real estate owned.

**Troy:** From both the buyer's and the seller's standpoint, the pre-foreclosure stage is by far the best time to work out a deal. The seller can get out from under the house payments with a smaller impact on his credit score than will result from an actual foreclosure, and the buyer can get a great deal on a house. Of course, in today's tight credit market, the new buyer has to be able to do more than just fog a mirror. But for people with decent credit scores and some cash, there are loans available and great deals to be had. The bank wins too, as they don't have to go through the hassle of a foreclosure and the likelihood that they will end up as proud owners of yet another house.

**Marie:** Yes, they'd rather make loans. Which end up as mortgage-backed security derivatives. Which I can't explain, as we are out of room. Dang.

*If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie@yourHTR.com. If you are interested in buying a pre-foreclosure house on Vashon or elsewhere, give us a call at 463-LIST (5478).*

## New on the Market

9715 SW 192nd St

**Open House**  
Sunday  
Sept 28th  
2pm-4pm



**Open House**  
Sunday  
Sept 28th  
2pm-4pm

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**

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Must get inside to appreciate 4 BR, 3 bath,  
2470 sft **\$300,000**

## Plugging Electric Cars

*Continued from page 1*

A better answer is my paraphrase of the visionary Shai Agassi: I want to be a citizen of a community that uses the number zero more often - such as how can we run an entire Island with zero car emissions, a zero carbon footprint and how does the Island get to zero by 2015.

Next question is: where does one person start? In my case, I read, ask for insights and experience of others, then eventually I just try something out to see what happens. I'm a person who learns by doing. Two years ago, we hopped in the gasoline car and drove to Cupertino, CA to see a gas-to-electric car conversion seminar and vehicle show featuring the Tesla and homebuilts. That hooked us. So last year I bought 3 electric bicycle kits as a starting effort to learn about batteries, plugging in and changing our habits.

What we found out: electric torque is very cool and electric quiet is super-cool especially cycling on the Pacific Ocean beaches. Change management - finding places for plugging in- was no big deal. But it was a big deal getting somewhere on a bicycle while wet and/or cold.

So next step: a car, more power, more torque. So again, more reading, asking others, setting goals. We settled on a 2005 GEM truck for three reasons: GEM is a 10 year-old company in North Dakota, using modern but simple technology; the truck was a cheap enough starting point at \$8000; has an active resale market and aftermarket parts

## Building My Own Electric

One day I was surfing the Internet and decided to look at electric cars. The thought crossed my mind of how cool it would be to build an electric car and have it be my first car. School started soon



Spencer Caldwell drives the car he converted to an electric motor in the Strawberry Festival parade. Photo by Tavi Black.

after I first got the idea, so I had to put it on the back burner for a while. That winter, however, I found time to investigate the idea further. I found that, for my purposes, the most practical way to acquire an electric car would be to convert a gasoline powered vehicle into an electric car by removing the gasoline engine and replacing it with equivalent electrical parts. This

readily available; it's a strong truck platform to haul stuff to our fruit stand.

What we found out: more electric torque is very cool and fun; the GEM is a solid a work truck like the '83 Ford Ranger it replaced; people smile when you ask if you can plug in and offer them 6 cents for the power you'll take out of the wall. And we found out where one person can start on the road to zero.

The first question I get about the truck: how far does it go on a charge? Tough question! Some days I might make 5 3-mile roundtrips to True Value to get the right size bolt for my project, with a 5-mile side trip to Minglement for coffee. Both stops have charging stations (wall plugs) and owners happy to sell power. If I plug in briefly and "top off", did I go 5 miles or 20 miles, or unlimited miles on an Island? Usually I say "unlimited" and launch into my personal talking brochure about how cool and practical the truck is.

We are emotional about our personal choices of vehicles, and we think they should go very fast and very far. Really though on an Island, 35-40 MPH is pretty fast to get "somewhere" and "somewhere" is not very far.

The next step is to figure out "What's it gonna take to have 100 electric vehicles on the Island" by Summer 2009? Today a dozen Islanders are working the question on a broad scale. But it's easy enough to just try an electric vehicle and see what happens. But be advised: electric is hot, cool and addictive.

by Spencer Caldwell

process would yield the greatest range for the lowest cost.

I began to talking about the idea with some adult friends. At this point, I still thought that someone was going to find my idea so wonderful and interesting that they would give me the money to do it for myself. They very quickly made it clear that I needed to think more creatively about my situation because no one was going to just hand me a check for a car for myself. This is when I realized it would be good to partner with a n o n p r o f i t

organization. I became so obsessed with the idea of making an electric car that I did not care who it went to, I just wanted to do it. I approached the Vashon Maury Island Land Trust and proposed a deal: I would raise money for this project using their tax-exempt status and reputation as an upstanding non-profit organization, and in the

*Continued on page 5*



# Espresso

*We have some new menu items.... Check us out!*

## Hot Dogs, Chili-Dogs and Nachos

**Sunday - Wednesday 6:00am - 4:00pm**  
**Thursday- Saturday 6:00am - 7:00pm**  
**17311 Vashon Hwy Sw**

## They're Baaaack

by Tag Gornall

In the run-up to buying a Prius, I, often to the chagrin of family members, asked every Prius owner I saw, "So how do you like this car?" It was always the same reply, "I love it". It seemed I was talking to a bunch of robots, but the occasional "great" dispelled my fears. We asked and googled and then we went off to look at the dealer's wares. We started with a family car: Prius?, no, Camry?, no, Highlander-Hybrid, just right. After some initial panic moments when we would be at a stop light, or just a stop, the "motor" would turn off, the gasoline motor that is. The electric motor was ready and waiting to go, and go they do, and it was back to the future.

The future started for us almost 100 years ago when one of our grandfathers worked making electric cars for the Detroit Electric Automobile Company. The "Electric Car" was a classy, quiet, dependable mode of transportation. It was often the reliable, and quiet, choice of doctors and ladies. The often heroic, and occasionally not successful, effort of hand cranking the motor left much to be desired. There were many models with grand features but the price was also grand. Three, four and five thousand dollar price tags did not hold much promise of ownership for the average worker of the day owning one of these gems. We have an owner's manual from Detroit Electric showing all the car models with all the finery, mechanical drawings and electrical components. The cars of that era could run quite nicely using batteries from today. (See picture) The advent of the electric starter fired off, literally, the gasoline engine revolution and the electric car was left in the dust and roar. Well,

quietly, as if on cat feet, they're back... No dust, no roar, more like a purr.

Necessity, being the mother of invention, and oil prices giving us all a slow burn, has caused a new generation of automotive pioneer to emerge. Here on Vashon there are individuals who built electric cars more than ten years ago. Islanders have done conversions, from gas to electric, and some have taken that



A 1915 Detroit Electric, courtesy photo.

leap of faith into the future into the "cute cars" category. These are the all-electric type car owners You know who you are. Well, next month one of Vashon's own will be driving an all electric 2008 Acura he built across these United States. Next month too, there is an electric dragster race being held October 12in San Diego. Check the NEDRA web site. Not a lot of roar in an electric race, it's more of a real, real fast kinda thing.

So, my hat is off to you who have jumped into the hybrid-electric and all electric world. You will see that I don't wear hats much anymore. When my buddy Bernie and I head off to get a cup at the Roasterie, in his "cute" electric truck, the wind of change keeps blowing my hat off. As for buying a Prius, sure I did, and "I love it".



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Oct. 3**

## Love at First Flight

“Or how 40 miles a day in the belly of a sparrow can change your perspective on driving”

I first saw the three wheeled Corbin Sparrow as a prototype in the Detroit auto show in 1995. I went back to look at it three different times before I let my then 60 something mother drag me from the exhibit.

One could say I was a little taken by the overall design and simplicity of this diminutive

S.U.V. (single user vehicle) The manufacturer promised a 30 mile



The Island's yellow Corbin Sparrow, photo by Aaron Hayes.

driving range with a single four-hour charge. Power windows, a heater and am fm cd player and the ability to

“Refuel” at any 110-volt outlet. All of this and an input jack for your cassette player, later renamed mp3, for less than \$14000.00

What’s amazing is they delivered on the promise. Corbin Motors built about two hundred thirty total vehicles before a combination of bad decision-making and bad timing caused them to go bankrupt. Still I can’t help but think they were on to something.

Most of the original Sparrows are still on the road somewhere. A few have been destroyed in accidents like any other motorcycle brand. Yes, the Corbin really is considered a motorcycle even though like most

folks I refer to it as the little yellow car.

I found my Sparrow vehicle number 214 on the Internet and bought it as soon as my wife saw the smile on my face. There have been a great many cars and motorcycles in my life. But there has never been a vehicle that could make me happy just to drive it until we bought what the ferry workers now call the short bus.

Owning a Sparrow will change one’s life almost as much as buying your wife a horse. If you are at all shy about approaching people, don’t worry, your sparrow will cure that for you. If you don’t enjoy meeting people you will before long. Some of the most interesting folks I know, I met when they walked up and asked for some electric car input.

The little yellow car has opened many doors for me with folks all over the world. You see there’s more to owning an electric vehicle than just driving, there is an entire community of EV enthusiast out there. If you’re at all interested in “alternative” transportation just Google EV sometime.

My own little SUV now boasts a driving range that approaches 80 miles between charges and a battery pack with a life span greater than mine, add to that a top speed of 75 miles per hour and that pretty well says it all.

P.S. You do get to go to the front of the boat line.

by Aaron Hayes

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## Vashon Kayak Center!

### Hourly Rentals -- Guided Tours

Guided tours year round at the Jensen Pt. Boathouse at Burton Acres Park: October through April by appointment. For information and to arrange guided tours call 206-463-YAKS or email: [kayaks@vashonparkdistrict.org](mailto:kayaks@vashonparkdistrict.org) and visit the website: [vashonparkdistrict.org](http://vashonparkdistrict.org).

## Building My Own Electric

*Continued from page 4*

end the Land Trust would get the vehicle.

My next and biggest problem was money. I had no idea what I was doing and started fishing around for help. I struck gold, almost literally. The mentor I found, Tavi Black, had established and run a successful non-profit organization in Seattle and was a graduate of the Harvard Business School. She kindly donated her time to my project and helped me hone my dream and focus on the steps to get it done. I started fundraising ...

With the encouragement and help of the Vashon Youth Council (who also contributed funds to the project), last spring I attended a Seattle Electric Vehicle Association meeting, and there I met Barbara Denovan. She was trying to

organize a class at South Seattle Community College. She was looking for someone who essentially wanted to purchase an electric car to order. Such a person would put up the money for the electrical parts and for the car body, would take the class for free, and in the end would receive the converted car. I approached her and asked if I could be the one to have my car converted and she agreed.

I emptied the Land Trust account, but even after that I came up four thousand dollars short. I realized I needed to foot the last part of the bill myself. My dream came true of converting a car to electricity, but not all of it is finished yet. It will not be truly paid off and completed until all of the members of the community can come together and finish the job. All along the way this project has happened because I have networked together people from different fields of expertise and combined their skills to help get this project done. And even when this car is done, it will not be the last electric car ever built. It will be just the beginning.

If you would like to contribute to Spencer Caldwell’s Watts Motor Project, donate to the Vashon Maury Land Trust, 463-2644, P.O. Box 2031, Vashon, WA 98070.

## Nice Check for SC



Chamber President, Melinda Sontgerath, having fun with some of the lovely ladies at the Senior Center as she presents a check for \$1,992.02 to Carol Slaughter who ran for unofficial Mayor. Proceeds will go to the Senior Center to benefit their programs.



# Electric Bike Moves this “Old Babe”

by Norine Grace

“How can that “Old Babe” ride that bicycle so fast???” A quote heard from the seat of an electric bicycle by me, that “Old Babe”.....over 70 years of age, creaky knees, and various other age-related deterioration in process. (I use the term Old Babe in the most kindly and best of attitudes....some of us in my age group were never “young babes”, so being thought of as an “Old Babe” has the light-hearted feeling of being young at heart for me). Back to the bicycle: fast on a bike is 20 to 25 mph and it feels faster. Riding the electric bike is so much FUN, in addition to the boost of power it generates (if you’ll excuse the expression) for the rider.

Riding the Lewis & Clark trail at Long Beach, Washington is a real joy, using the pedal power when I want the exercise, and adding the boost of the electric motor when I need extra strength for uphill, or for endurance for a longer ride. Sometimes I just turn on the power full blast, take my feet off the pedals and put my feet out to the sides and just go, with my legs straight out (helps that knee problem) for a while.

The ease of being able to plug in the battery to the house power when you get home and recharge the battery is great. Like all things mechanical or electrical, one must learn the rules and the limits. Fortunately, not too complicated for the electric bike. The motor adds some weight to the bike, but since it is a free-rolling vehicle, avoiding the lifting of the bike itself is easy, just roll it along!

We also found that riding on the hard, wet sand at the Pacific Ocean beach was so much easier with just a small boost of the electric motor. Without the electric power, the bike digs into the sand and makes forward motion a real challenge to those legs and knees! Another pleasant feature of riding on the beach on an electric bike, as opposed to riding in a car (as some Washington beaches allow) or a gas driven bike, is the silence of your vehicle. You hear the shorebirds, the surf, the wind, and experience the wildness of the beach experience while moving through it, farther and faster than you could ever stroll down the beach.

The electric motor will not take you up the hill from the Fauntleroy Ferry without a lot of pedal pushing, (the bus can get you up the hill) but it will take you up the Gorsuch Rd. hill to the highway with just enough pedal pushing to give you a good workout.

I’ll leave it to others to give you specifications and details, except to say it’s an ordinary bicycle with a Crystalyte 408 motor, 7Amp SLA batteries.

I Just Love The Ride!!!!

# House Solar Panels Fuel Car

by Judi and Tai Elgar

With the price of gas rising, the environment deteriorating before our eyes, my mother and I knew we had to do something other than just unplugging our toaster when not using it. I hadn’t driven for over 4 years and was fine walking, bussing, and hitch hiking when possible. But life led me back to driving and filling up at the pump made me sick to my stomach.

Mom wanted to put solar on the house and start producing our own energy, which of course I thought was a great idea. While we were working on getting that idea set in stone (set in solar panels??) we met a lady on the Island who had an electric car called the Zenn. Looking at her car, we fell in love with the idea of having a car plugged into our solar powered home. The next week we were in the city at MC Electric t e s t driving the Zenn a n d putting a d o w n payment on one.

During t h e Strawberry festival, as the solar was being put on the house, our gorgeous green Zenn was brought to us and has given us nothing but joy since then. Driving the 10 miles to town, or the 13 miles to the north end ferry dock, has never felt so good. Even though



Panels across the roof of their house power their electric Zenn car below, photo by the Elgars.



## Vashon’s All-Solar Solar Tour!

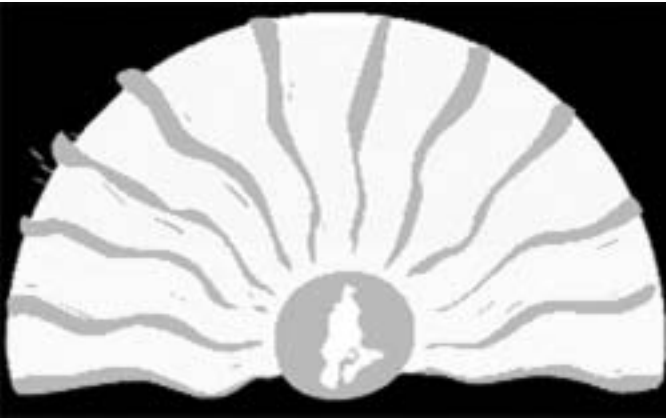
*Continued from page 1*

The kick-off site this year is the home of Jason and Jennifer Williams owners of Artisan Electric, your local PV(solar electric) designer and installer. Along with displaying our new grid-tied pv and solar hot water systems, we will be distributing tour maps and hosting question-and-answer forums. The primary goal of the Solar Tour is education so please come, ask questions of the experts, and begin to plan to reduce your footprint and harness the sun in your home.

The eight locations demonstrate a variety of systems and methods so I encourage everyone to tour as many sites as possible. To view tour site locations, please visit either [www.artisanelectricinc.com](http://www.artisanelectricinc.com) or visit [www.solarwashington.org](http://www.solarwashington.org).

The tour will showcase many sizes and styles of photovoltaic systems. One home generates enough power that, with energy conservation methods, nets the family zero! No electric bill for the life of the system-warranted for 25 years, but expected to be over 50 years. Another site did not have good exposure on the roof so the

homeowner decided to install a pole mounted system of solar panels away from the house in a sunny spot but still powers into the grid. The children’s garden at Chautauqua Elementary School uses two solar panels and a battery to power the irrigation system and



soon will have enough battery storage to power tools and lights for garden performances.

Four of the eight sites feature different solar hot water collector technology. Solar hot water, also called solar thermal, is an extremely cost effective way to reduce monthly electric or fuel bills. The average home with an electric hot water heater uses up to 40% of their electricity heating hot water. With the addition of a solar thermal

collector, you can cut that usage by up to 70%! The technology and costs vary with the different systems so be sure to ask many questions and decide which system is best for you.

The Solar Power movement has been somewhat slow coming to Vashon, but those of us passionate about such things are beginning to see the rising swell of interest in solar power nationwide come to our Island. The expanding renewable energy market creates choices for homeowners and jobs in our community. We hope the tour inspires people to go solar and make sustainable energy choices that help lower costs, support energy independence, and reduce carbon emissions. I encourage everyone to come and learn how these courageous and forward thinking homeowners have harnessed the sun’s rays to power their homes.

**Find the Loop and its archives on-line at [www.vashonloop.com](http://www.vashonloop.com).**

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# We've Got a Lot of Kids

## Like a Bad Penny

by Kevin Pottinger

When we returned home from a trip to Tennessee for the Fourth of July, we discovered a rather plain-looking brown peafowl grazing with a group of deer in our backyard.

The peafowl lacked the train of feathers of a mature peacock, so we assumed it was a peahen. She had silky green neck feathers, and a group of five or six Dr. Seuss-looking

feathers standing straight up out of the top of her head, and flat black eyes that stared back at us, questioning, as we stared at her.

The deer and the peahen would graze together all day, seemingly content. One morning, we found the peahen standing inches away from our sliding glass door, with her head cocked sideways, intently watching my wife Maria and the kids at breakfast.

I vaguely remembered my dad saying that peacocks brought good luck, but he probably made that up. We have plenty of good luck already, and have little need to keep large lucky birds that might bring us even more of it, and we're not superstitious after all, but regardless, it was a reason for not calling animal control.

Maria tossed a few crusts of toast out to the peahen and the peahen quickly gobbled them up, tearing the crusts into tiny pieces with her beak and a quick shake of her head, and when she finished she returned to stare questioningly at us through

the sliding glass door. I got a couple more pieces of bread and tossed those out to her, speaking to her in a soothing voice, giving her insincere compliments, telling her how much I admired her top feathers.

A day or two later, I found the peahen standing in the kitchen, intently studying her reflection in the oven door. I shooed her back out the open sliding glass door and she flew indignantly into the apple tree, where she eyed me suspiciously for several hours before eventually flying back down to peck at things in the grass.

Our girls would try to feed the peahen with pieces of bread, but when the peahen got close, they'd lose their nerve and drop their bread and run for it. Alec would simply chase the peahen, waving his arms

and yelling. His older brother Colin gave chase on a couple of different bikes.

Our cat Moses would stalk the peahen, slithering low to the ground in tall grass, then he'd snap like a rat trap in a blur of muscles

and sinew and claws. The peahen would run, giving a honk that sounded like someone blowing into a saxophone mouthpiece followed by a loon-like cry, and with a flutter of long gray-brown feathers the peahen would retreat to the safety of the roof, where she would cock her head and eye Moses with flat brown eyes and crap defiantly on the roof.

We fed her crusts of bread or handfuls of Grape Nuts. We tried to name her Penny, although we all continued to refer to her as simply "the peahen". Penny didn't stick.

One afternoon I found her in the TV room, investigating a Star Wars



Penny the peafowl, photo by Maria Pottinger.



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video the kids had left playing. It became clear to me that the peahen thought she might be happier as more of an indoor peahen. Maybe it wasn't working out with her and the deer. I shooed her out the open door again, and she honked and warbled like a loon and flew to her favored roost on top of our Explorer.

Our family was briefly considered for a low-budget reality TV show about staging homes for maximum sales appeal, and the production assistant who interviewed us told us her family raised peacocks in Southern

California. In fact, she told us, your peahen is an immature peacock. He's a boy; she's not a girl.

Apparently there are feral peacocks in Hawaii, southern California and Florida, but not this far north. Our peacock probably belongs to someone. As colder weather comes and our peacock begins to loudly insist on becoming an indoor peacock, we're hoping the peacock's owners come to claim him. Failing that, we might offer the peacock to a family with a heated peafowl hut, in need of a nice long streak of good luck.

00000

**ACROSS**  
1 Seaweed substance  
5 Tides  
9 Basketball position  
14 Properly  
15 Baker's dozen  
16 Strive  
17 Erie, for example  
18 Layer  
19 Brand of car  
20 Wall plant  
21 Leaseholder  
23 Skim  
24 Pester  
26 No

**DOWN**  
1 Speak without preparation  
2 Fruit  
3 \_\_ resin  
4 Grain  
5 Quoted passage  
6 Life histories  
7 Prejudice  
8 Location  
9 Chat  
10 Excessive interest  
11 Land mass  
12 \_\_ and ruin  
13 Dike  
21 Not as much

**28 Clairvoyance**  
**29 Chances of winning**  
**31 Poisonous snake**  
**34 Interpret**  
**37 Clues**  
**39 Canal**  
**40 Business abbr.**  
**41 Tiny insect**  
**42 Popular condiment**  
**44 Highest N. American Mt.**  
**47 Nervous system**  
**48 Eye infection**  
**50 Rio de Janeiro**  
**51 Boxer Muhammad**

**52 Celestial point**  
**56 German "Mrs."**  
**59 Heathens**  
**63 Pot**  
**64 Sign**  
**66 Indonesian island**  
**67 Put on \_\_**  
**68 Pacific, for example**  
**69 Austin novel**  
**70 Type of cheese**  
**71 Damply**  
**72 College head**  
**73 Surrender**

**46 Tiny sips of liquor**  
**49 Summit**  
**51 Relating to the ear**  
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**54 Goofed**  
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**56 Course**  
**57 Japanese staple**  
**58 To incite**  
**60 Bedroom furniture (2 wds.)**  
**61 Quarry**  
**62 \_\_ matter**  
**65 Some**  
**67 Most basic**



*Solution on page 17*



# Spiritual Smart Aleck

I Had a Bad Dream

By Mary Litchfield Tuel

Walking to the theater the other night, I noticed that three out of the ten parked cars I passed were Toyota Priuses. I remarked to my friend that apparently one of the requirements for living on the Island now is to own a Toyota Prius. We laughed, and went to the movie.

It got me thinking, though, which is always dangerous. I thought, and that night I went to sleep, and I dreamed...

"The Island Community Council met last week and declared that the Island would henceforth be known as the free, independent, sovereign nation of Salish Island," reported Council spokesperson Samantha Earthglaze-Hudefrick.

"The name is in honor of indigenous peoples," Earthglaze-Hudefrick noted. "However, if they want any more real estate than they already own, they'll have to buy it at the going rate just like the rest of us."

"This secession from the United States, the State of Washington, and King County is expected to reap numerous benefits for the residents. Of course, now that Salish Island will no longer receive any funding from those governments, a local tax base must be established. An across-the-board 90% assessment on the incomes of all residents was proposed, at least for the first three years, in order to get the country on sound financial footing. This may sound like a pretty stiff whack to the pocketbook for many people, but the council promises to use the funds accrued wisely for the good of all."

"The change is expected to create many new jobs. Having enough customs employees to check the passport of every single person coming off the ferries, for example, would be the first noticeable addition to the employment pool, and of course we'll need people to design, print, and issue those passports."

"Setting up our own currency may take a while, so American money will be accepted and used for the time being. Someone suggested we use sand dollars, but that suggestion was considered frivolous."

The first action of the new government was to enact legislation mandating that the internal combustion engine be banned from the Island by 2014.

"We realize this is a lot to ask of Islanders, so this will be accomplished by a gradual phase-out. All gas-powered autos, boats, airplanes, and helicopters must be gone by 2011. Motorcycles and 'smart cars' will be gone by 2012, and all gas-powered tools, implements, vehicles, vessels, machines, generators, and appliances by 2013. Hybrid cars will be the last to go. They must be gone by January 1, 2014."

"After that time we hope to have in place an Island-wide electric light rail system which will serve all neighborhoods and be focused around the Island's population centers and places of employment, rather than being focused on getting to and from the ferries."

"Electric cars will be allowed, as well as horse, pony, donkey, goat, or dog-powered vehicles, sail and rowboats, and of course bicycles and skateboards."

"We are confident that Islanders, being resourceful, self-reliant, and independent individuals, will be able to cope with the changes independence, self-rule, and the absence of the internal combustion engine will create."

In other council business, a motion was introduced to require all people who were formerly known as Republicans to wear an identifying "R" on their clothing. The motion will be put to a vote at the next meeting. A committee was formed to study the feasibility of moving all such identified residents to a property that is presently a cattle ranch, so that they might have the comfort of "living with their own kind..."

I awoke from my dream with a start and a shudder. Turned on the radio (NPR, of course) to get myself back in touch with the real word, and heard a guy saying that he believed it was safe to say that we are now in a recession.

So I decided to go back to sleep. After all, I can wake up from a dream.

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## Food Bank Has Good News

*Continued from page 1*

At the Vashon Maury Community Food Bank we have been saying as much for awhile now as we have watched our food lines grow, have listened to countless stories of folks trying to make impossible choices between food, medication, heat and car repairs, and have seen many finally give up and leave the Island for a better hope of making it somewhere else.

The problems we are facing are big. And when I say "we" I mean "we" as a country, "we" as a state, and "we" as a community. Gas and food prices have gone up tremendously, rental housing and property taxes have been going up for some time and continues to do so, ferry costs are as expensive as ever and threatening to go up again. Meanwhile average wages have not even come near to keeping pace. Frankly, it baffles me as to how many of our Island residents are making it at all.

When left with little choice, many people live without. They are living without needed medical care, foregoing the dentist, putting on extra clothes and living largely without heat, or minimal heat in the winter. They are filling their bellies and those of their kids with low nutrient highly processed foods that will give a full feeling, because this is what is most readily affordable and easy to make amidst a busy work schedule of sometimes multiple jobs.

Some good news is here though. Washington State has taken some notice and made some pretty big decisions that I believe are a first step to addressing the immediate need of many people in our communities. The gross income limit to qualify for the food stamp program, Basic Food, is being increased to 200% of the federal poverty level from 130%. Previous restrictions on assets are also being changed. This means more people, and especially the working poor, will qualify for some help with their grocery bill each month. For those that remember the

coupon books and the embarrassment of food stamps back in the day let me share something with you. Coupon books are out; they are no longer used. There is no embarrassing sign of being one of those people in line at the grocery store fiddling with your food stamps. You simply have a card that is used like a debit card at the register that automatically accesses your benefits.

These are the new income limits:

Household size/Income	
1	\$1,734
2	\$2,334
3	\$2,934
4	\$3,534
5	\$4,134

There are some cross benefits to signing up for Basic Food as well. For families enrolled in Basic Food, school-aged children will automatically be enrolled in the free/reduced price lunch program at their school. Again, at school, this program runs smoothly alongside the regular lunch program with no distinctions or identifiers of who is getting free lunch vs. who is paying full price. Sadly, this program has been severely under utilized here on Vashon, with many more kids qualifying than are enrolled and using it.

And now, thanks to numerous efforts to create the space, a group of volunteers dedicated to being trained, and a partnership with the DSHS folks in West Seattle we will be able help sign people up for Basic Food (the food stamp program) at the food bank on Wednesdays during distributions beginning late October.

The federal food stamp program, Basic Food as it is called in Washington State, in conjunction with other federal hunger programs has long been recognized as truly the only real answer to eliminate hunger in our country. In the 70's hunger was halved across the country thanks to federal programs, but then

*Continued on page 11*



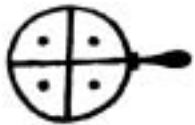
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# Garden The World

By MEarth



## More Organic Consumer News

### Monsanto Forced to Dump rBGH

Monsanto announced on August 6 it will “divest” or sell off its controversial genetically engineered animal drug, recombinant Bovine Growth Hormone (rBGH). Monsanto’s divestment of rBGH is a direct result of 14 years of determined opposition by organic consumer, public interest, and family farmer groups. Since its founding, the Organic Consumers Association has campaigned against this cruel and dangerous drug, pointing out to organic and health-minded consumers that rBGH-tainted dairy products pose unacceptable dangers to humans from increased antibiotic residues and elevated levels of a potent cancer tumor promoter called IGF-1. OCA’s “Millions Against Monsanto” campaign has generated over a quarter million emails and petition signatures on the topic of rBGH, helping make rBGH one of the most controversial food products in the world.

### Court Rules Common Factory Farm Practices are Inhumane

A landmark unanimous vote by the New Jersey Supreme Court will require more humane treatment of animals on factory farms. The case was originally brought to the Supreme Court by a coalition of organizations led by Farm Sanctuary, including the Organic Consumers Association. The decision, which is the first of its kind, could cause a domino-effect across the U.S. The court ruled that widespread factory farm practices, such as “tail-docking” or cutting off the tails of cattle, cannot be considered “humane” simply because they are considered “routine”. Many states have a similar exemption to their cruelty code for “common” practices. The court’s decision means these factory farm abuses will be reassessed, and if they are considered inhumane, they will be banned. “This decision will protect thousands of animals in New Jersey, and also calls into question some of the worst factory farm abuses practiced throughout the country,” said Jonathan Lovvorn, vice president of animal protection litigation for The Humane Society of the United States.

### New action by the “volunteer reapers” against GM crops in Vienne, France

A hundred “volunteer reapers,” including José Bové, on Friday destroyed two fields of Monsanto Mon810 maize, a GM cereal crop which is currently forbidden from being grown in France. “The ‘volunteer reapers’ identified four fields of Mon810 in Vienne. Two

were destroyed last week without a public protest and then we decided to destroy the two others publicly”, José Bové informed Reuters. A hundred activists came from many regions of France to attack a plot of 3000-4000 square meters close to the Civaux nuclear plant, South-East of Poitiers. They then continued to the nearby area of Valdivienne, where they destroyed a field of 1500-2000 square meters, according to an activist. “These were commercial trials by Monsanto based on Mon810 maize, with added herbicide [resistant] genes. Mon810 has been forbidden since February 2008 and Monsanto continues to want to force it through”, said José Bové. According to the “volunteer reapers” the local police, who carry out regular patrols past these plots, did not intervene, contenting themselves with recording registration numbers of cars and taking photos.

### Important Questions:

*“It’s harvest time, and corn is everywhere, including my local farm stand. I asked the farmer’s wife if their corn was non-GMO, and she didn’t seem to know. Could you shed some light on this in the next newsletter—whether most sweet corn for human consumption is GMO or not?”*

Response: More than 70% of the corn grown in the U.S. is now genetically modified, but the overwhelming majority of this corn is grown for animal feed and ethanol. Among the marketing problems for the biotech companies is the fact that GMO “sweet corn” doesn’t taste very good. The bottom line is that there is very little genetically engineered sweet corn being grown in the U.S. at the present time, so it is highly unlikely you will be running into this “Frankencorn” at your local farmer’s market or natural food store.

Most farmers who grow GMO crops that re-seed, like corn, are aware that they are growing genetically engineered varieties, because Monsanto and the other GMO seed giants require a legal contract to be signed which prohibits the farmer from saving their seeds. And of course we can all be thankful (and vigilant) that genetic engineering is prohibited under national organic standards. In short, support your local and organic farmers and enjoy this year’s sweet corn harvest! ☺☺☺☺



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## Africa At Last!

by Maridee Bonadea

The full moon of Africa shines through my window. In the morning I heard the call for prayer for the first time since coming to Moribabougou, a suburb of Bamako, Mali. This was after being here for two weeks. We had “Staging” orientation in Philadelphia where I met the 76 volunteers on their way to Mali and played meet and greet games, did our first cross cultural

mostly language six days a week with Sundays off. The languages are French and Bambara.

We are in homestay families that feed us and if we are lucky help us integrate into Malian life. My family is well off, the mother has worked for C.A.R.E. Mali for twenty years and the father is an engineer. The six children are well educated and a niece lives with them also.

After two months we have had one break where we went out to our sites where we will be for two years. Mine is Koutiala, the cotton capital of Mali. I will be working with the U n i o n Association of Artisans of Koutiala. Since visiting the site it has been hard



Maridee and her homestay mom.

being back on the class schedule.

Occasionally we get a break from languages and do some sector training. After the Small Enterprise Development sector attended a panel of entrepreneurs from the community; we did an income generating activity and heard a talk from the Mayor of Moribabougou. My group sold iced coffee in bags at the local market for our income generating activity. In the morning when we arrived a gentleman came up to us looked at what we were selling and laughed saying Malians drink hot tea not cold coffee. He is right but we sold out anyway, he even bought one by the end of the day. Being at the market I felt part of the community and the next day at the naming ceremony for my host sister’s baby several of the women said, “Oh you were the one at the market selling iced coffee.” We had a big laugh over it but I said we did sell out and make a profit.

That’s it for now, every day I think “This Is Africa.”

 LoOp Ed

Head Lice 101

Vashon has always had lice, but lately outbreaks seem worse than usual. So, endure the Heebie-Jeebies and read on, help is out there. First and foremost lice don't care how old or clean or rich you are, they are equal opportunity bloodsuckers. There are three human types: head, body, and pubic. Each prefers its own habitats and the body louse is the one that spreads disease.

**The Life Cycle** is about 30 days on a host and about 55 hours without a host; nit to adult takes about 14 days. They feed about five times a day, light colored after hatching; they darken after a bloodmeal. They look like a grain of sand or small freckle. Feeding is *itchy* (they attach to one spot for hours) and *tickly* as they move around. They do not jump, fly or live on pets. They breathe thru holes in their sides and can *close them for several hours*, so smothering agents must be left on for 8 – 10 hours. Shampooing will not kill them.

**Females lay eggs** during the adult stage, about 4 daily that hatch in about 7 days. The nits are light colored and resemble dandruff except they are attached firmly to the hair. New eggs are laid very close to the scalp and nits one or more inches away have hatched or the embryo is dead.

**Sensitive to heat and light**, they prefer the dark, warm area at the back of the head and around the ears. The lifespan, movement, and nit hatching are all dependent upon body heat: faster in the summer and slower in the winter.

**They spread thru** head to head contact, brushes, combs, clothing, or public seating: schools, planes, busses, cars, restaurants, or theaters. Girls are three times more likely to be affected than boys because of longer hair. Small children are more affected than older children or adults because they snuggle and often can't articulate discomfort.

**'Consistently Methodical'** is the best strategy, whether treating the person or the environment. Make scalp checks part of the daily routine and teach kids about prevention—don't share personal items, hang coats on separate hooks at school, and avoid head-to-head contact. A buzz cut eliminates most nit laying, while pony tails and braids literally shed light on a problem area, the back of the head.

**Recurring outbreaks mean:** 1) The method is ineffective, 2) Bugs or nits were left on the scalp, or 3) Contact with an infested person or environment.

by Karen Pruett

**Scalp Check:** Wet hair is easiest. Part hair, bangs to nape, and pony tail one side out of the way. Part hair, crown to nape, in a 1/8" section and spread the hair to either side along the part. Visually check the entire length of the part for nits and lice. Repeat the process from back to front, then secure that section in a pony tail and do the other side.

**Nit Pick** by sliding the nits down the hair shaft with a nit comb or your fingernail. Remove from fingers and combs with a bowl of rubbing alcohol or hot water and bleach. Catch lice with fingers or tape, sticky side out.

**Smothering:** Put the smothering agent around the edge of the hair to stop bugs from escaping. Use the parting technique above and put the agent liberally along each part, then add enough to coat the hair to the ends. *Nit pick as needed.* Cover with a plastic cap (or wrap), pat to get air out and leave on for 8 to 10 hours.

**Smothering agents** must be thick enough to stay on the scalp. Oil products and conditioners have been used with some success. Mayonnaise is not recommended because of salmonella concerns, nor is Vaseline because it is hard to remove. Cetaphil Cleanser must be dried into the hair with a blow dryer, see [nuvoforheadlice.com](http://nuvoforheadlice.com) for complete directions.

**Insecticides** (RID, NIX, Ovide, Kwell, et. al.) are under scrutiny because Super Lice are resistant or *the product contains a neurotoxin, like Lindane or Malathion.* Read and follow the directions CAREFULLY and never use on children two years or under.

**Never use gasoline or kerosene; many children have been critically burned. Any alcohol based product should never be used with a heat source.**

**Clean environments** regularly by vacuuming, heat, isolation and smothering, use water at least 130 F. Put items in the clothes dryer for at least 30 minutes. Use a black plastic bag for smothering and seal the bag tightly. Leave the bag in a hot car for 12 hours or sealed for 5 days. Carpets, furniture and mattresses should be vacuumed and isolated for 5 days, cover furniture with sheets that are washed daily. Wipe floors, counter tops, etc., in hot water and bleach. Brushes and combs can be soaked in hot water with bleach. Don't forget the car.

**Sources:** Vashon School District, Vashon Pharmacy, CDC.gov, Headlice.org, Kidshealth.org, Wikipedia.org, Headliceinfo.com, Nuvoforheadlice.com.

Questions? Contact the school nurses at Chautauqua Elementary—463-2882 or Karen for Hair—567-4247.

Ode to a Louse

by Robert Burns, 1787

Ha! Whare ye gaun, ye crowlin  
ferlie?  
Your impudence protects you sairly,  
I canna say but ye strut rarely  
Owre gauze and lace,  
Tho' faith! I fear ye dine but sparely  
On sic a place.

Burns, after watching a louse burying  
its way into the hair of an attractive  
young woman sitting on the pew in  
front of him in church, chastises the  
creature for having such nerve.

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 **LoOp Letters**

**Got Raw Milk?**

*I am writing this as a private citizen not as the volunteer director of Wolftown.*

Global warming, War in Iraq, Endangered species, Crime, The economy, Raw Milk?

Here I sit in front of Café Luna drinking my coffee. It is Saturday, farmers market day and Wolftown sets up its booth to sell our line of Wolf In Sheep’s Clothing products all hand made, hand spun.

I drink my coffee with a lot of honey and milk in it. That’s the way old Pop drank it. He gave me coffee when I was a little girl hoping that I would be shorter so I could be a flat race jockey.

I heard that Café Luna got into trouble selling raw milk that was certified USDA to its costumers. The milk they were selling was perfectly legal. But the costumers were pouring it into their coffee cups. If the costumers had taken a sip of coffee and then a sip of milk out of its original container then it would have been fine. This kind of silly law doesn’t surprise me. Look up raw milk on the internet and you will see a real little creamy war going on.

In my family my brother and I were the first ones born into a house with plumbing. There was nothing else but raw milk. You went out and milked a cow. I won’t go down the road about the dangers or positives of raw milk...you can read all about it and decide for yourself. None of



*A little raw milk at Wolftown, T. Martion photo.*

my family ever got sick. If you are a good farmer and keep things clean, and check your animals I personally think the risk is very low.

When we started milking sheep at Wolftown, (Part of our sustainable/predator friendly agriculture program we teach) I called my Grandpa for his recipes for cheese and clabbered milk and buttermilk. Before I make cheese I set the milk out overnight to ripen. (Store bought, pasteurized, homogenized, milk would spoil, if you did that to it.) I make cheese the next day with rennet (Makes the milk curdle) from nettles picked right here at Wolftown. I’m not telling you this so you run out and buy a cow. I am not even telling you this because raw milk is good. (Think of what your ancestors

drank.) By the way, in my opinion pasteurized milk tastes like feet.


I am telling you all this because three weeks ago someone called me and asked to buy all my milk. They were starting a cheese company in Seattle. I told them I couldn’t sell any because it was illegal. And I would never risk the project. But if they had a patron willing to help us build a USDA certified milking parlor and cheese room I would be glad to do it. This person told me she would call back the next day. She has never

called back. Then The Café Luna thing happened. I have never been very paranoid. But let me explain something. There are BIG companies that control the food supply. And they do not like ANY competition. Why do they worry about the little farmer that has two cows named Bossy and Daisy? Because

all of a sudden you might have ten little farmers that have two cows each and then they have lost control. Let me explain it even better. My Granny once told me something. This was the Granny that could run down a jack rabbit on foot. If you ever did something wrong just give up because Granny would run you down like a cheetah. Here are Granny’s words. “Teresa Ann, what’s the difference between a dog and a wolf? “I shook my head and shrugged my shoulders. Granny’s answer,

“The wolf gets her own food. “ Make of that what you will.


During the Great Depression my native, mixed blood folks survived well because they raised, and grew their own food and hunted and fished. My Italian folks starved in NYC and my Grandmother on that



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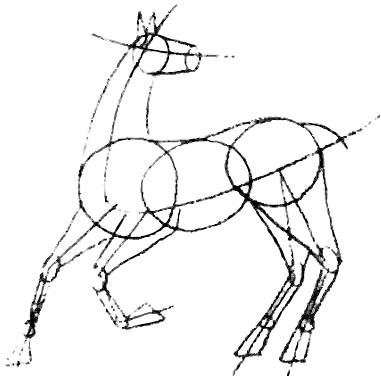
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**Food Bank Has Good News**

*Continued from page 8*

there were cuts to the programs in the 80’s, and hunger is up where it was before the big outcry in the 60’s. Yes, food banks do a lot, even more so these days as need has gone up, but food banks can never be the sole answer. It is no longer just people out of work, homeless or going through family transitions that come through our doors. The working poor is growing as wages neglect to keep pace with the costs of living. Many systemic changes including a move toward living wages will be vital to any real long term solutions. But that will take time and perseverance.

In the meantime, the Vashon Maury Community Food Bank is here, available weekly, with food for anyone in our community that needs it regardless of the reason. And now, we are also available to help connect Islanders with other programs that can make all the difference in getting through each month, and providing the best we can for our families and kids, without the trip off-island. If you would like to make an appointment to sign up for Basic Food or Basic Health, please give us a call or leave a message with contact info at 463-6332.

side lost 6 children. I am not saying that to you for gloom and doom. I am saying it because we need small, local farms. It’s Safer. We are being run by big companies that are jealous of power and control. The local slow food movement is a blessing; it could change many things in our country for the better. It’s healthier and better for the environment and wildlife. It is more compassionate.

And you should, you must partake.

It isn’t about raw milk. Really. It is about freedom. PLEASE get informed. If you don’t like a law change it. I think I’ll have another cup of coffee, and since Café Luna cannot sell raw milk I will step outside here on the public street and pour a little of my own raw milk into it and stir.

Oh and the lady that called me about the milk for cheese? I have caller ID and because of my Wildlife work I record everyone who calls. I will be calling you back to check out who you are.

And if I am not satisfied you are who you said you are. You can read about yourself in the next Loop.

*T. Martino*

### Island Birding Guide



### Species Identification

### How to Attract Birds

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### Compost the Loop

*The Loop’s soy-based ink is okay for composting.*



## Herbal or Pharmaceutical Galactagogues?

by Kathy Abascal

Herbs have been used in all cultures to stimulate milk production in women and in dairy animals. Today, about 15% of breast-feeding women in the U.S have used botanical galactagogues. (The word galactagogue comes from Greek and means leading to milk.) Many of these herbs are used in cooking and all have been used for hundreds or thousands of years without any evidence of harm. Nonetheless, conventional practitioners often caution against the use of them, and instead prescribe pharmaceutical galactagogues. As I looked at the drugs that are used as galactagogues, I was struck by their potential side effects. Galactagogues provide a perfect example of the gap that exists between those, like me, who believe that commonly used herbs are likely safe, and those who think that herbs are likely dangerous. Unfortunately, little research is being done to close this gap.

Fenugreek (*Trigonella foenum-graecum*) is probably the most commonly used herbal galactagogue. While there is little science on its effectiveness, there are many anecdotal reports on its benefits. For instance, Rima Jensen, MD, whose milk production dropped while she was nursing her third child, decided to try fenugreek. It worked so well that she also used the herb while nursing her fourth child. "With fenugreek, there is enough milk even with every 3-to-4 hour feedings." She found that a dose of three capsules of fenugreek taken twice daily was a good dose for her. She references an Egyptian study done in 1945 showing that fenugreek could increase milk production by up to 900%. Other writers say that fenugreek may be

able to initiate lactation in the mother of a recently adopted infant. Fenugreek was a main ingredient in Lydia Pinkham's Vegetable Compound, a very popular woman's tonic during the late 1800s. It also was used to increase milk production in cows. In Ethiopia, the seeds are used to prepare a milk substitute for infants. Today, the seeds are used to flavor artificial maple syrup. Studies suggest that fenugreek may have anti-diabetic properties, may reduce inflammation, protect liver cells, and reduces both depression and anxiety. Fenugreek is widely used as a spice and a food. It is generally considered safe with only sporadic claims of minor adverse effects such as digestive upset and mild allergic reactions.

Another common galactagogue is goat's rue (*Galega officinalis*) herb. Goat's rue was used historically to increase milk yield, and in 1873 the French claimed that it could increase milk production in cows by 35 to 50 percent. It is widely used in folk medicine to treat diabetes and as a galactagogue. One of the most widely diabetic drugs, metformin, is a synthetic chemical based on constituent in goat's rue. A famous phytotherapist and MD, Rudolf Weiss, described goat's rue as an



Drawing by Anne

"effective and safe lactagogue, increasing not only the volume of milk, but also the proportion of milk solids, so that it is not a matter of diluting the milk, but a genuine increase in production." A third botanical galactagogue is fennel (*Foeniculum vulgare*) seed which increases milk production

in goats. It has a very long history of use as a galactagogue in humans. Fennel is often combined with other herbs to sooth colic in infants. One study looked at a combination of fennel, *Matricaria recutita* (chamomile) flowers, and *Melissa officinalis* (lemon balm) on colicky, breast-fed infants. The formula improved colic within one week of treatment. Of course, one might think that if fennel can be administered directly to colicky babies, it would be alright for the nursing mom to take it as well.

But, instead of recommending fenugreek, goat's rue or fennel, physicians tend to prescribe either metoclopramide or domperidone. One of the most troublesome side effects of metoclopramide is depression. In addition, extrapyramidal symptoms occur with some frequency (symptoms include involuntary movements of limbs and facial grimacing). Other side effects are irreversible tardive dyskinesia, and neuroleptic

## New Classes, New Times: Eating for health & weight loss.

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 class 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 classes: Thursdays beginning October 2 at 2-3:30 PM and Tuesdays beginning October 14 at 3:30-5:00 PM and at 7:00-8:30 PM. Each class 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](mailto:anemopsis@yahoo.com).

malignant syndrome. (I do not have room to explain what those conditions are but trust me: You do not want your newborn to suffer from them.) The drug is secreted in human milk and its safety in infants has not been established. In one study, the use of metoclopramide combined with training in breast-feeding was no more effective than training alone.

Domperidone has not been approved for any use by the FDA. It is, however, used as a galactagogue in other countries. In one study, domperidone failed to increase milk production in one-third of the mothers of preterm infants. It is a poorly studied anti-dopaminergic agent that nonetheless is considered compatible with breast-feeding by the American Academy of



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](mailto:anemopsis@yahoo.com).

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## HARBOR MERCANTILE



Pediatrics. The FDA warns against its use based on cases of cardiac arrhythmias and deaths associated with high doses of intravenous domperidone.

I think it is time women demand the FDA fund studies on herbal galactagogues. Initially, their effectiveness could be studied in cows or goats. Likely such studies would show that the herbal galactagogues work — why would centuries of nursing women be wrong? — And that they are vastly safer than the drugs currently used (often unsuccessfully) to help nursing women.

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



**Aries (March 20-April 19)** Someone may have just reversed their opinion on an important matter of the heart. It may even seem like a friend has turned into an enemy. The confusing point is that this person seemed so sincere just a few days ago, and now you're left wondering your own role in the situation. I don't suggest you go down that road — you need to at least remember that people are responsible for what they decide, and at best need to be held accountable for what they decide. What I would remind you of is that this situation is still entirely in flux. So you may want to let someone's irrationality run its course; spend your time doing other things, gathering information and observing the menagerie of your life. Just be as patient as you can be with yourself and with the people around you. I know it won't be easy. Do your best. Eric Francis has more to say at PlanetWaves.net.

**Taurus (April 19-May 20)** You may feel that a whole dimension of communication has been cut off, or like you're lost in a situation that you don't understand. That may be the point; what would be the use of seeking understanding if you had it already? While the current aspects may be offering you a somewhat dark mirror to gaze into, you have a portal of communication open with that reflection. Whether it's a person, a situation or an image of yourself, be aware that it has its roots in the past, probably the distant past. And he, she or it is trying to tell you something, in essence, to reveal a secret about yourself. You may, during this unusual little spell of astrology during the next day or two, want to experiment with the messages you receive from physical mirrors, best observed in dimly lit spaces. Eric Francis has more to say at PlanetWaves.net.

**Gemini (May 20-June 21)** You're obviously in the mood to take risks. Just make sure you take the right ones. For example, if you're going on a sex spree, particularly with an ex-partner, I suggest you use what is politely called "protection." If you are planning to take a risk in business and it seems too good to be true, find out why that is. A simple test for whether you belong anywhere you happen to be is whether you're able to tell the truth about it — to anyone or everyone. It's alluring and intriguing to go stealth and have backroom encounters, but it violates the spirit of creativity and integrity you're working so effectively to develop in your life. To put it simply, the spot you're in right now is more sensitive than you may recognize. You can resolve old karma, and you can make a lot of new karma that you'll have to work out sooner or later. How much is enough? Eric Francis has more to say at PlanetWaves.net.

**Cancer (June 21-July 22)** Your domestic life is certainly in an interesting state, and you don't necessarily understand it. Understanding may not be the best approach; working to maintain some sense of order would help, though you need to do this without fighting too hard. Let go into a state of mild to medium chaos for a few weeks, and be content if you can find your cell phone, keep fresh food in your refrigerator and meet your most important commitments. You don't appear to be the one who is confused, though if you sense confusion in your environment, reality check and

determine where it matches some inner condition that you are not facing. Remember that anything anyone tells you is subject to change, and of questionable value. Your own inner sense of orientation will guide you better than anything, though you need to go deeper than your emotions. Trust your intuition instead. Eric Francis has more to say at PlanetWaves.net.

**Leo (July 22-Aug. 23)** Love is never simple, and this is a problem. You contribute to the solution by affirming your responsibilities and commitments to others, usually without ever being asked. You tend to get satisfaction from giving rather than from taking. How you handle yourself in environments where people are less than noble is one of the themes of this lifetime for you. Whatever mischief others are up to will be less disruptive if people know your awareness is focused on the situation. Simply pay attention, and send signals that you are doing so. Remember that most people are motivated by things other than an inherent need to do the right thing; usually some form of self-interest wins out. Anyway, the planets are moving in such a direction that translates to "trust no rumors," "keep your temper" and "state your truth." On the whole, these are weeks to listen louder than you speak. Eric Francis has more to say at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)** After surfing the neighborhood cafes, I have finally settled down to writing this horoscope in the quiet back of a used bookstore. Suddenly it's going easily. I realized why: I'm more comfortable in a place where there is a value on knowledge rather than consumption. Mercury retrograde in Libra represents, for you, a journey about becoming clear on what is important to you, and how it affects your life. You seem to be sorting through your passions and dispassions; your mixed feelings about yourself; your hidden pockets of anger. You are being driven on this quest by the need for self-knowledge. One of the many things we could say about Virgo is not only that her most important relationship is to herself, but rather that she has a conscious relationship to herself. I would propose that the thing you thirst for most is self-knowledge, and your life will be a lot happier place when you live this relationship out consciously. Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** Mercury stations retrograde in your birth sign on Wednesday, and this is your cue to do an authenticity check in your life. You have recently made some strong commitments to the people around you. You have, it seems, made some strong declarations of who you are and what you want. You may observe that some things you said yesterday are a little less true today; but on the whole, how much less true? Don't worry if you have to go all the way back to zero and start the conversation over. How exactly do you do this? Practice saying things like, "I spoke too soon," "I am having reservations about what I promised," or simply, "I made a mistake and I cannot do this." You may, however, want to tell people that you need some time to work out and/or re-evaluate your situation. About three



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weeks would do. Eric Francis has more to say at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)** Fear is such a powerful force on this plane of reality. I can't speak for other places; I know that here, most fear involves either physical aggression, or seems to be the result of some metaphysical situation we cannot describe. It is almost always the result of polarization of some kind: us vs. them; good vs. evil; dark vs. light; the assertiveness of someone who has vs. someone who does not have. Metaphysical fear works the same way and by that I mean anything spiritually dark, or which we don't understand. I think you're more firmly in the second condition at the moment, and I would propose that it's not strictly your imagination at work. It may be your DNA. Whatever you're experiencing now was handed down to you through many generations. It can rightly be called part of the human condition, and your moment has arrived to set yourself free: not by denial, but by affirmation of how you feel, and what you're aware of. Eric Francis has more to say at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22)** Who are your oldest friends? Where are your deepest roots in the world of people? I suggest you think this through and reconnect with some of them, either in your thoughts or in actual contact. You became the person you are with the help of many influences, and you would benefit from having those influences become fully conscious. What writers, artists and friends shaped your awareness? Who encouraged or discouraged you? Who took advantage of your weaknesses, and who devoted themselves to helping you heal them? I know I've asked a lot of questions here, though there were a lot of people, and there still are quite a few who influence you. You are growing to the point where you are beginning to have a significant influence on the world around you. It would be very healthy to know consciously what karma you want to pass on, and what karma you need to let go of. Eric Francis has more to say at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)** You are embarking on some kind of unusual professional adventure, and while you may feel that your reputation is at stake, you have a rare moment to create a new one. Efforts in this direction may not seem to get you very far at first, but I suggest you

keep working the territory. You take pride in being a practical person, though as I must have mentioned before, nothing in this world will help you succeed like bringing a sense of beauty and balance to whatever you do. I'm not suggesting you be like the kid in 4th grade who made a magnificent cover for a bad social studies report and got an A. Rather, consider not just what you say but how you say it. Consider not only what you want to accomplish, but also the style in which you want to be known for doing it. Excellence is its own reward; there will be others. Eric Francis has more to say at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** I suggest you take an opportunity to keep your affairs close to home; that is, focus on your immediate environment rather than some long-distance environment that you may be concerned with. While there is no one special concern at the moment, developments during the next few weeks will begin to emphasize the relationship between your sense of self (including your purpose), your immediate surroundings and your relationships with your neighbors. It may be that a distant situation has in effect taken over your awareness, preventing you from focusing on something of current importance. It could also be that you feel daunted by what is immediately at hand, and it's easier to focus on something abstract. If you want to know yourself, stick to what is practical, immediate and tangible. Eric Francis has more to say at PlanetWaves.net.

**Pisces (Feb. 19-March 20)** Everything you want to be up for renegotiation can be. Keep a list, and start the discussion when the time is right. If you haven't noticed, the entire economy is in a state of flux. True, a lot of the cash is getting vacuumed up to the top layers of society. However, in the most immediate sense, you need to check in with every one of your relationships where there is some financial commitment and make sure that everything is as it should be. Are you getting your money's worth? Do you want what you are paying for? Is there anyone who owes you money, who has not paid it? You need to guide your entire environment of human exchange into one that supports commitment: not just from you, but everyone, on more or less equal terms. Eric Francis has more to say at PlanetWaves.net.

# Island Epicure



By Marj Watkins

## Eating Green

“Green” = ecologically good. Dietwise, it’s eating to enhance our immune systems and get the most nutrients from our foods.

So what is ecologically good for our bodies? There’s more to it than eating lots of salads, though salads count. They give us vitamins, enzymes and chlorophyll.

Chlorophyll comes in many colors. It’s green in lettuce, spinach, kale, chard, mustard greens, the tops of green onions, parsley and cilantro, pea pods, green beans, and green bell peppers. It’s in red, yellow, and orange bell peppers, hot peppers of all colors, carrots, red onions, beets, etc. It’s in colorful fruits and fresh-squeezed, unheated juices.

You get the idea—the more color, the more nutrition. Chlorophyll doesn’t appear on the nutrition labels of foods, and you won’t see enzymes there. Chlorophyll doesn’t perish when foods are frozen or canned, but enzymes do. They die when foods are blanched before freezing because the manufacturers have found that blanched frozen foods have a longer “shelf life.” Even briefly heating to high temperature and blanching for a few seconds destroys the enzymes that make it easier for your body to get the full range of nutrients from all your foods.

To eat green is to load your diet with whole foods, to eat plenty of raw (well-washed, of course) fruits and vegetables, and to spurn foods made with white flour and sugar. Spurn sodas, too, even diet sodas. Their artificial sweeteners do nothing to tame your sweet tooth, nor to turn your appetat down. You may load up on calories from other sources. The phosphates in sodas hamper metabolizing of calcium. Your body hates that.

Some foods become more digestible when cooked, i.e., grains and root vegetables. To keep the maximum quantity of their nutrients, I cook them slowly, at a simmer on the stovetop, no hotter than 350 degrees in the oven. Or grate them for salads, or chop vegetables and fruits for salsas.

When vegetables come to the table with a little fat, you ingest even more of the nutrients. The fat breaks down cell walls so the vitamins, etc., can get out. The fat can come from olive oil or walnut oil, two monounsaturated oils rich in Omega 3 fats, or from the yolks of boiled eggs, or from poached or grilled chicken, or leftover cooked salmon

or smoked salmon or smoked oysters.

Here’s a gourmet version of what people in Eastern Europe are eating for salads right now.

### ROOT VEGETABLE SALAD

4 servings

4 lettuce leaves, washed, patted dry, and torn in bite size pieces  
2 or 3 long carrots, scrubbed and grated

1 cup grated daikon  
1 large or 2 small beets, scrubbed and grated

#### Dressing:

2 Tablespoons red wine vinegar or fresh lemon juice

4 Tablespoons (1/4 cup) extra virgin olive oil

1 teaspoon garlic salt

¼ teaspoon coarse black pepper

Wash your grater between kinds of vegetables to keep the colors fresh and untinted by other vegetable colors. Arrange equal parts of lettuce on four salad plates. Put the dressing ingredients into a small bottle with a tight cap. Shake well. Drizzle or spoon a little dressing on each pile of grated vegetables. Place some of each grated vegetable on each salad plate. Pass the rest of the salad dressing at the table, with a small spoon for stirring and dipping from the bottle.

The salad below yields 5.3 grams of protein per serving, plus 100 units of Vitamin D. Every little bit helps us metabolize calcium and boost our immunity to colds, flu, and even cancer.

Kippered salmon is slow-smoked at low temperature, which preserves nutrients and adds flavor.

### SPINACH & KIPPERED SALMON SALAD

4 servings

6 cups baby spinach leaves

8 cherry tomatoes

Thinly sliced red onion

4 ounces smoked salmon, flaked or diced

Wash and dry the spinach. (I know, the package says it’s already washed, but I have found clots of mud in packaged spinach harvested in or after rain.) Arrange about 1 ½ cups of spinach on four plates.

Place an equal amount of salmon bits in the center of each salad.

Wash the cherry tomatoes well and halve them. Arrange them equidistant on the spinach.

Garnish with red onion slices or bits.

oooo

## 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 [vippp.org](http://vippp.org) for directions or call VIPP at 206-389-1085.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Oct. 3**

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# PANDORA'S BOX

Cold weather returns. I've beds galore, about a billion shapes, sizes and colors. Also new crates, ramps and steps, Oh My!

---

Cheryl's pick of the week: Migraters \$4.95, ducks, geese, pheasants, you name it.

## (206) 463-3401

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

## Barack the Vote at Ober Park!

Continued from page 1

campaign of Barack Obama, with your wallets, hearts, and souls. It is a great chance to hear a variety of wonderful bands in a fun concert. And, it is a chance for those of you who aren't registered yet — you know who you are — to come out and register to vote.

We all know what an important election this is. But voter apathy is an insidious thing. We all have commitments — our work, our kids, our classes, soccer games. And young adults in their 20s — many of who feel the strongest about this election — put us all to shame with their apathy. In fact, the 1972 election was the first time people 18 and over could vote. That year, 50% of 18- to 24-year-olds cast ballots, according to American Demographics magazine. But during the last presidential election, that number had fallen to a low of 32%. There is an estimated 44 million 18- to 29-year-olds eligible to vote in this election, constituting one-fifth (21 percent) of the voting eligible population.

The good news? This year seems to be changing things: in fact, turnout doubled and tripled in early '08 contests around the country. The deadline for registration for everyone who will be 18 by election day is Saturday, October 4th. That is why we chose Friday night, October 3rd, as the night to “Barack the Vote!”. Families are invited to bring the kids, and come ready to listen to music and have fun at Ober Park. We also will have a brand

new island caterer offering you food at the event. A.B.U (All About You) Hospitality will be selling hamburgers, corn on the cob, barbecue and other “soul cuisine” at the event, as wel as beverages, so you don't even need to leave the park. The event begins at 5 p.m. with Lonely H as the headliner for the music line-up. Other great bands play until 8 p.m. include House Engine and Vashon's Women, Women and Song. The event is free, though there is a suggested donation to the Obama campaign of \$50 per person.

And....as if this wasn't enough reason to join us! You get to see Michael Moore's new, free, feature-length (97 min) film Slacker Uprising . This film is part of a Get Out the Vote effort nationwide, especially for 18-29 year-olds. We will be following our Barack the Vote concert with a screening of the movie in the Ober Park building at 8:30.

We will have information available that day from the Obama/ Biden campaign, including yard signs, buttons and more. Plus, if you haven't yet, come and donate money to the campaign!!! This election is, as we all know, one that gives us a very clear choice. Now is the time to get involved, donate, be a part of it, and celebrate this campaign!!

Come and celebrate history, support the campaign, and make a difference with your community on October 3rd at Ober Park!

Positively Speaking

“The Passion.....

by Deborah H. Anderson

of Christ” would be a hard act to follow (pardon the intended pun) for Jim Caveizel. I mean, what do you do after you’ve played Jesus?

You play Bobby Jones.

Now, let me tell you about me and golf.

On the back porch of my house there is a set of golf clubs I tried not to get, for free, because it didn’t make sense. Well, not the “for free” part, but the “own golf clubs” part. It didn’t make sense because I don’t have time or money to play the game. And I love the game. I used to play it...once. That’s right. I played the game once and instantly, after years of ridiculing “people who chase a tiny ball around a big lawn with a stick” (that came right next to people who flew down mountains at seventy miles an hour on two sticks) someone took me out to the Golf course here on the Island. By the time I got the to the hole that’s way down that hill by the road that goes up to Gold Beach, I was smitten, captivated and taken hostage by a new love.

It was a dangerous discovery. I knew I couldn’t play the game again until I had actual discretionary time and money. And then this set of golf clubs appeared in the recycler. I went late to the sale hoping they would be gone and there they were, waiting for me.

Money. OK. Let’s follow the rabbit trail to money. Now let me explain about boomer women. Well, let’s say women born in the fifties. We were not raised to earn money. That was the man’s job. Until we were in our teens. But by that time it was too late. The world had gone mad in a sea of new rock music and well distilled poppies. Or strawberry fields forever.

But for me it didn’t matter because I knew what I was called to do. I thought. And the job I was interested in didn’t pay a lot. I wanted to be a pastor. It’s a nice job that comes with housing and you don’t have to worry about the issue of making money because, a. you don’t (my only full time job in the pastorate paid eight hundred a month for 24/7 plus \$100 a month for travel and a kinda sorta broken down house and no benefits and when you take away the top earners, the average Joe or Joes in the pulpit – on TV— is basically earning about the same) and b. it’s not about making money. It’s about encouraging faith in others. Well, in God. Encouraging faith in God in others. Plus whatever doctrinal issues one’s denomination sets forth.

Let’s get back to the golf clubs. And money. And Bobby Jones. So because I rented three for three, I was dutifully watching “Stroke of Genius” because I paid for it right? I didn’t know who Bobby Jones was. He was, of course, the man who started the Masters at Augusta, Georgia.

OK. OK. So there’s this line in the movie where he confronts this guy who keeps wanting to beat him. But Bobby’s so good that even this killer disease couldn’t stop him from wanting to win all these titles...as an amateur. He did it for no money. And back in the day when amateur meant no endorsements either.

So this guy says to him, “WHY do you stay an amateur?!!” and he answers something like, “I do it for the love of the game.” Get it, the next movie Jim Caveizel did was also about passion. Isn’t that great?

Having just been asked in my monthly writer’s group overtown, in a little exercise, “what are you passionate about,” having landed on a really solid path where I could actually search out the answer to that question, I thought to myself, “What do I love like Bobby Jones loved golf.” I went through the list: music, children, the rest of the arts, reading, traveling. Hmmmmmm. They are likes. I say they are passions, but they are not the underlying passion. Go deeper. What do they all have in common? Then I realize...

Transformation. That’s my passion. I love anybody and anything that has transformation as the core experience. That’s why I loved being a pastor even though it paid nothing. Everyday, you see people surrendering to transformation and encourage people who say “no” to transformation.

Transformation happens in the blink of an eye after many years or transformation takes years and then happens in a moment.

The biggest life lesson for me has been learning to understand people who don’t want a thing to do with transformation and to let them stay stuck wherever they want to be. What was it they taught us in the 70’s? Stay out of the drama triangle.

My life is committed to transformation. Tell me you’re trying to change and I’m your new best friend. Show me a cause that will completely reverse an evil in the world and I’m your poster girl to bring it to the masses. Introduce me to a new activity that will create a new “me” within me and I’m there.

Writing is a transformative process. Reading is a transformative process. Music, children, travel, all those nouns involve transformation. Growing, changing, shedding old skin, doing a purge, letting go, giving up, surrendering, all of those verbs are involved and I love it.

And the golf clubs. Like I said, transformation can take years. And then in the blink of an eye.....’FORE”

Love

Deborah



Find the Loop and its archives on-line at [www.vashonloop.com](http://www.vashonloop.com).

St. John Vianney Catholic Church  
presents our annual

ITALIAN DINNER

Saturday, October 4<sup>th</sup> 6 to 8PM

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Tickets: \$40 adults, \$20 children (12 and under),  
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St. John Vianney \* 16100 - 115<sup>th</sup> Avenue SW, Vashon

Thanks From Zanzibar Chocolates

Greetings. As owner of “Zanzibar Chocolates,” I’ve wanted to thank all the people here on Vashon for an amazing year of being in business (as of Sept. 28th!) You’ve been so wonderfully welcoming and friendly to me. It’s hard to open a small shop here, as you must imagine, and I know you’ve seen many come and go. But I’ve loved it, and had the privilege of meeting so many of you, and -- well, thanks. The store has done well, and it has been terrific to have you check in with me since the beginning to hope it stays successful. Regarding my sale of the store: this is my 3rd small chocolate shop (1st was in Oakridge, OR in the Cascades for 8 months; 2nd was my taking that store to Madison, Indiana), and now here. I ran the shop in Indiana for 2.5 years & sold it to move back here to the NW... it’s still going strong (“CocoaSafariChocolates.com”). I couldn’t resist, after living here awhile, trying to open yet one more shop... especially next to “Curves” & across from “Cafe Luna.” But - without a personal or business partner to help me, it’s been lots of work. A good friend put it best: “She has more she wants to do.” Indeed. This has tied me down more than I could have imagined, and I suppose it’s because of more of a focus on the hand-made chocolates, as well as how well they’ve been received!! I’m working HARD. And the store has done amazingly well. I appreciate each and every person who comes through that door, and hope that is communicated.

I’m turning 56 soon, divorced about 6 years. I’ve been lucky to travel to all 7 continents, working in Antarctica all thru the ‘90’s and visiting Africa 3 times. I wish to work with animals - they are what drew me to Africa in the first place. I want to fly again (have a Private Pilot’s license), and have time to ride horses (thanks for those of you who have offered!)... I would love to learn to sail, and just travel more of the world. Because I have no children (my decision), I would love to “give back” something of myself... have something for the future... by writing about my travels. I would most like to encourage others to travel. For me, it has been the best education possible, and I believe all could benefit from viewing the world through other people’s perspectives. There is just so much to learn from different people and their cultures... so many ways of doing and living and believing.

As I turn the store over to another, I want to thank all of you who have made “Zanzibar Chocolates” the success it is! cheers, jodie o’kelly



Continued from page 1

A Thangka is a painting on fabric mounted on a scroll used for teaching and/or as a guide for contemplative experience. Thangkas were important teaching devices of the tent culture of nomadic monastic groups in medieval Tibet. Scholars, yogi’s and priests would travel by yak to distant regions, set up tents, unroll the Thangkas and serve the local people by teaching before moving on to another area. They are a well traveled tool used to convey beliefs and iconographic information of Tibetan and Indian Buddhism. They are also very beautiful and stunning to look at.

Masters of Tibet





Get your calendars out as September is National Calendar Month! Time to get organized. Upcoming Vashon High School Sporting Events are as follows. (You can also check vashonsd.org for updates and exact times.)

*Girls Soccer vs. Cascade Christian on 9/30*

*Volleyball vs. Orting on 10/1*

*Tennis vs. Washington on 9/26*

*Cross Country hosts a Quad Event on 10/2*

*Football vs. Port Townsend on 9/26*

Also, check out the photos by VHS Student Photographer, Cassaundra Bergman.

Ernest,  
I haven't asked you many questions recently, but I have one now. Can you put the following sporty piece in your little sports section. It was written by Slim Smitty, the Take 2 Scrabble Champion and the Runner-Up for the University of Oregon Mascot selection.

Yours in  
Deportes,  
Soapy the  
Soapbox  
Soapy, I will  
do that for you!  
E.

McMurray  
Mustangs  
Football Opener:  
Wed. Nov. 1st!  
The McMurray  
Mustang football  
team has their 1st  
home game of the year at Bud Snaza field on Wednesday, October 1st. Come support these young stallions on their quest to the championship! Under the direction of Coach Bob Cannell, Andy Sears and Eric



Graffiti Artist, Spencer Sinner, drops some art on The Rock with his funky fresh VI style.



VHS Seniors catch up on current events at the Pep Assembly last Friday.



Austin Saathoff and Geran Webb yank on their rope at the tug-o-war class competition.

Edwards the team promises to play with passion and desire. This is one group of Mustangs you just can't tame! Nick "The beast" Easton and Jeff "Wild Boar" Douglas lead a promising offensive line that plans on stampeding the competition.



They got spirit, yes they do, they got spirit, where are you (going to be this Friday)?

TAKE A LOOK AT ALL THE  
NEW DEALS HAPPENING AT  
CASA BONITA

**SIESTA TIME**  
Come take a siesta on Monday thru Friday from 2:00 pm till 4:30 pm and receive  
25% discount on your entire check.  
Not available on to go orders

**HAPPY HOUR**  
Join us 7 days a week from 9:00 pm till closing, and take advantage of this great  
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FOOD	DRINK'S
Side order Taco..... \$ 1.75	Regular Margaritas..... \$ 3.50
Queso Fundido..... \$ 4.75	Regular Grande Margaritas..... \$ 4.50
Hongos al Mojo de Ajo..... \$ 4.75	12 oz Tecate or Dos Equis Draft Beer \$ 2.50
Spicy Chicken Wings..... \$ 5.75	25 oz Tecate or Dos Equis Draft Beer \$ 4.50
Taco Salad..... \$ 5.75	Coronas..... \$ 2.50
Chicken Taquitos..... \$ 6.95	Shot of Puerto Vallarta Tequila..... \$ 2.50
Super Burrito..... \$ 6.95	Shot of Jagermeister..... \$ 2.50

NOT AVAILABLE ON ORDERS TO GO

Add Cuervo Gold to your margarita  
for \$ 1.00

**AND DON'T FORGET EVERY SUNDAY  
CHILDRENS PLATES ARE \$ 1.50**

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17623 100th Ave ~ Vashon

Oh Say Can You See?

Continued from page 1

the yearly Burning Man Festival in the Black Rock desert of northwestern Nevada as any kind of sacrifice, it certainly is a ritual that has become a regular part of our end of Summer activities over the past seven years. I know that there are some in the nearly 50,000 people who attended this year, as well as a sampling of those in the past, who do see it as a sacrificial pyre, but I believe that the vast majority of the crowd ringing the Man on that Saturday evening are there to see a good fire and to launch their last party night of the burn. It's up to the individual what one brings to or takes away from Burning Man.

In part, that is why I chose to stay in camp and let the burn go on without me this year. In truth, there had been intermittent to persistent dust storms all afternoon and into the twilight, and the thought of getting out there and securing a good spot to watch and then being pelted by wind and dust through what could be a long wait was not appealing right then. Combined with the thought of a surly and impatient crowd, the likes of which I have seen here, this mix did not sit well with me either. But the fact was that, in spite of the attraction of a good fire, I had already had my Burning Man

moment, or rather moments, that day, and that was what I wanted to take away from the playa ( the name given to the dry lake bed on which this temporary city is built) this year. I guess what it came down to was that I chose not to go to church since I'd already been living the principles all day, which it seems to me is the way it should be, although many current political and religious leaders seem to believe otherwise.

For those uninitiated among us, the Burning Man festival actually did have roots in ritual sacrifice when its founder, Larry Harvey, decided to burn a wooden man sculpture on Baker Beach in San Francisco as a celebration of the Summer solstice back in the mid 1980's. Within a few years the annual party got so large that the police shut it down. So at the end of the Summer of 1990 a group of eighty people packed up some rental trucks and drove to what is now the site of the festival on Bureau of Land Management desert in a remote corner of Nevada. Billed as an art festival, Burning Man is pretty much what you want it to be. The terms radical self-reliance and radical self-expression are thrown around, and the fact that you need to pack in and pack out all you need and use (food, water, garbage) for the week in one hundred degree heat and random,

Continued on page 18

# Loopy Laffs

Cowboy Wisdom:  
1. Never slap a man who's chewing tobacco.  
2. During branding, cowboys have sore calves and cowboys in a rodeo can be sure to get a few bucks.

Loopy Zen  
If someone has not called you an idiot lately, something's wrong.

Normisms – one liners from Norm on Cheers:  
COACH: Can I draw you a beer, Norm?  
NORM: No, I know what one looks like. Just pour me one.  
COACH: How's a beer sound, Norm?  
NORM: I dunno. I usually finish them before they get a word in.  
SAM: How's life in the fast lane?  
NORM: Dunno, I can't get on the on-ramp.

## One Liners More or Less

If people from Poland are called Poles, why aren't people from Holland called Holes?  
Do infants enjoy infancy as much as adults enjoy adultery?  
Why isn't the number 11 pronounced onety one?  
Everybody is somebody else's weirdo.  
Out of my mind – back in five minutes.  
Campers are nature's way of feeding mosquitoes.  
Suicide is the most sincere form of self-criticism.  
Mothers feed their babies with tiny little spoons and forks, so I wondered what if Chinese mothers use toothpicks.

It's always better to be down here wishing you were up there, than up there wishing you were down here.

History will be kind to me for I intend to write it. —Churchill

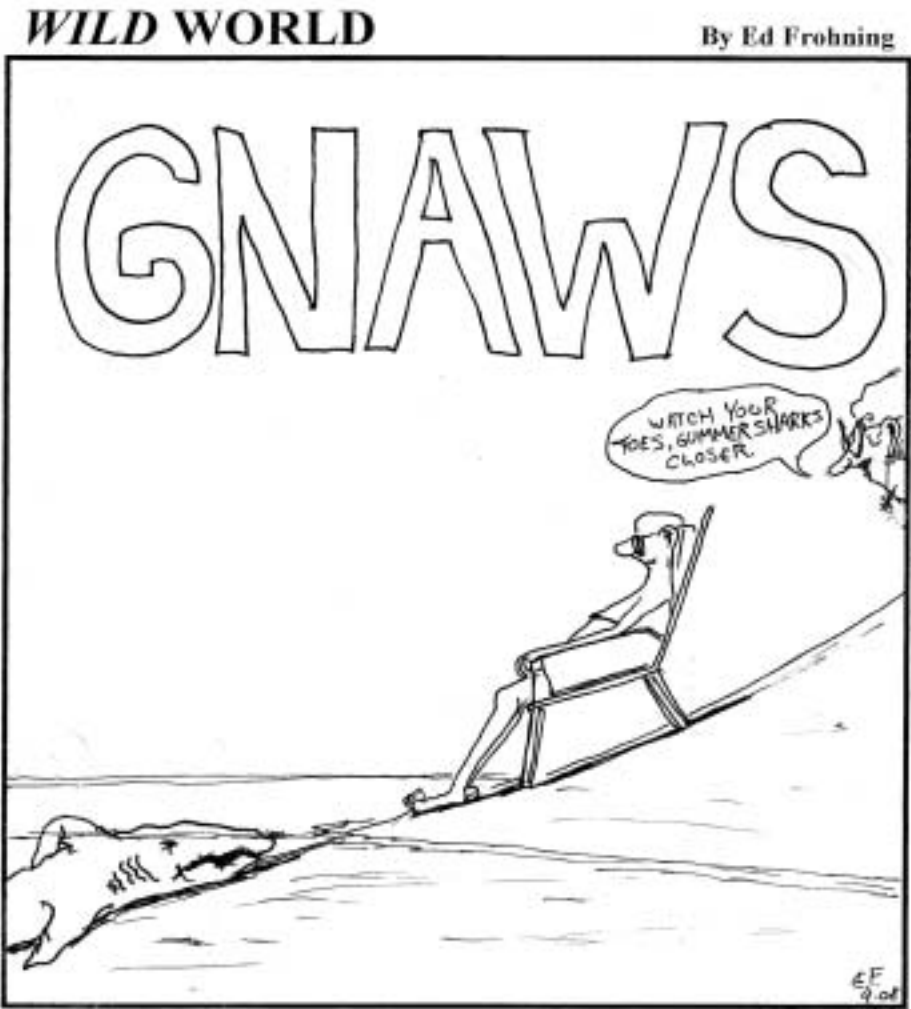
The future will be better tomorrow. —George W. Bush

Truth Children Have Learned:  
Never ask your 3-year old brother to hold a tomato.

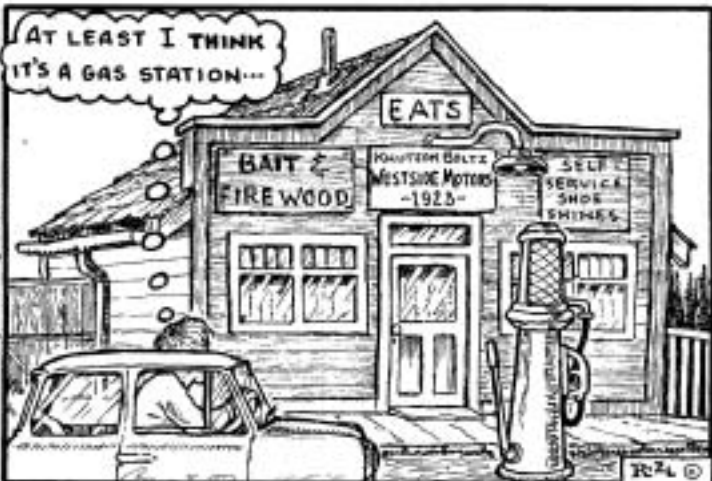
What do you call a musician without a significant other?  
Homeless.

A	G	A	R	E	B	B	S	G	U	A	R	D	
D	U	L	I	X	I	I	I	A	S	S	A	Y	
L	A	K	E	C	O	A	T	B	U	I	C	K	
I	V	Y	L	E	S	S	E	R	A	K	E		
B	A	D	G	E	R	N	A	Y					
		E	S	P		O	D	D	S	A	S	P	
C	O	N	S	T	R	U	E	H	I	N	T	S	
E	R	I	E		I	N	C		G	N	A	T	
S	A	L	S	A		M	C	K	I	N	L	E	Y
C	N	S		S	T	Y	E	R	I	O			
		A	L	I		A	P	O	G	E	E		
F	R	A	U		P	A	G	A	N	S	U	R	N
L	I	B	R	A		B	A	L	I	A	I	R	S
O	C	E	A	N		E	M	M	A	B	L	E	U
W	E	T	L	Y		D	E	A	N	C	E	D	E

Solution to puzzle on page 7



## OFFSHORE



## LOGJAM



# Loop Arts

## American Opera comes to Blue Heron

VAA New Works 2008  
An Evening of American Opera  
Saturday, Oct. 4 & 11, 7:30 pm  
Tickets: \$12/\$14 (limited seating,  
call 463. 5131 to reserve)

by Janice Randall

*Dominus*, Vaughan William's *Benedicite*, and Poulenc's *Gloria*. She earned her Masters degree from Boston's New England Conservatory of Music. Awards include First Place NATS winner, Metropolitan Opera National Council Regional Finalist in Boston and Metropolitan Opera National Council Honorable Mention in Connecticut. She recorded a CD entitled *Songs of Walt Whitman* composed by Malcolm Peyton with



Andrew Krikawa, courtesy photo.

Centaur Records. Jennifer has been a soloist with Vashon Island Chorale for the past several years and has been a cantor at St. John Vianney Church.

While based in New York, Andrew Krikawa (Baritone) sang for numerous companies including New York City Opera, Pittsburgh Opera, Virginia Opera, Cedar Rapids Opera, Opera Festival of New Jersey, Nashville Opera, Annapolis Opera and more.. Andrew's most performed roles include Marcello (*La Bohème*), Sharpless (*Madame Butterfly*), Germont (*La Traviata*) Albert (*Werther*) and others. His career highlights include appearances with Pittsburgh Opera as Albert in *Werther* opposite Jerry Hadley in title role and performances of *Così fan tutte* with the world renowned Orchestra of St. Luke's. Andrew is a Sullivan Foundation award winner and recipient of the Richard F. Gold Career Grant. He holds a Masters degree from the New England Conservatory of Music in Boston.



Jennifer Krikawa, courtesy photo.

Virginia Opera, Connecticut Opera, Sarasota Opera and many others. Her most performed roles include: Fiordiligi (*Così fan tutte*), Mimi (*La Bohème*), Musetta (*La Bohème*), Micaela (*Carmen*), Gretel (*Hansel Und Gretel*) and Pamina (*Die Zauberflöte*) among many more. She appeared at Carnegie Hall as the soprano soloist for Scarlatti's *Dixit*

Tropic Thunder  
9/26 - 10/02

Burn After Reading  
10/03 - 10/09

Burning Man:  
Beyond Black Rock  
Sunday Sept. 28



Or, for show times and info, check  
[www.vashontheater.com](http://www.vashontheater.com)

## Oh Say Can You See?

*Continued from page 16*

blinding dust storms, does lend some credence to these credos. The only place money is exchanged is at Center Camp where one can buy coffee or cool drinks, and at Arctica which expanded from one to three locations this year and is where you can buy ice, the proceeds from which go to the local high school in Gerlach.

Beyond this, there is the principle of the "Gift Economy" whose spirit is meant to prevail as far as any other playa transaction is concerned. As I understand it, this



Photo by Peter Ray.

is intended to transcend even barter, this for that, quid pro quo. Is that redundant? If someone needs water and you have an abundance, you give it away without expecting something in return. If you have a bag full of rubber ducks, or homemade Burning Man medallions or condoms you hand them out as you deem appropriate. On more than one occasion I have repaired or replaced flat bike tires, and/or tweaked and de-squeaked ailing drive trains. One memorable time, a passing cyclist got hailed into our



Fall Specials  
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In the Garden:  
Fresh Corn!  
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Winter Cover Crop  
Seed Available Now  
Soil Sweetener (lime)

Fall Plant Sale Continues  
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20% off  
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Baking Mixes & Spreads  
Country Store & Gardens  
20211 Vashon Hwy SW  
(206) 463-3655

If you are interested in getting a larger taste of what Burning Man is about, we will be screening Burning Man-Beyond Black Rock as a part of the Vashon Film society documentary series at the Vashon Theatre on Sunday, September 28th at 7pm. I will also have a pre-film slide show and two shorts I've made related to Burning Man. We will also have members of the Vashon Burner community on hand for questions and answers afterward, as well as a possible fire spinning demonstration. Admission is by donation, the proceeds of which will go to the Black Rock Arts Foundation. For further info contact Peter Ray at 567-4542 or [pgr42@att.net](mailto:pgr42@att.net).

camp because he was riding on two flat tires. We pumped up the front and replaced the mangled rear tube and sent him on his way, only to have him turn around and come back to say, "...thanks, it really is easier to pedal now..." That was worth the price of the tube and the cost of admission, on more than one level.

Peter Ray's discussion of Burning Man continues in the next Loop.

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## VAA Photography Class Goes to Wolftown

by Ray Pfortner

Have you ever wanted to improve your photography skills, to get more out of your camera? Everyone, from amateur to pro, always does. This fall Vashon Allied Arts will again offer its popular class, The Art and the Craft of Photography, with Island photographer. Ray Pfortner. The class is aimed at doing just that – teaching the ART of photography, visual literacy, the rules of composition, cropping, and selecting when to show what photograph plus the CRAFT of photography, understanding camera handling, the technology, settings, and making the camera work for the photographer. Without the craftsmanship there is no real art. With only craftsmanship and understanding the camera but

theme is learning by doing, practicing for improvement, experimenting to see where it will lead. There will be one group shoot, this year at Wolftown. The emphasis there will be a very rare opportunity to photograph birds of prey in flight.

The class meets in October and November, specifically 4 Wednesdays every 2 weeks up until Thanksgiving – Oct 15 and 29, Nov 5 and 19, from 7-8:30pm. The Wolftown shoot will be on Saturday, November 1, from 11:30-3pm. The class is open to all ages, all levels of photographic experience, and all kinds of cameras from point and shoot to more complicated single lens reflex cameras, film or digital. The cost of the class is \$125. To register contact the Blue Heron at 463-5131. Class size is limited to 12.

*Ray Pfortner has been teaching photography and the business of photography for over 30 years and on Vashon and around Puget Sound for nearly 10 years. He frequently teaches for VAA and has taught for the Heritage Association and the Land Trust. This spring he received the coveted Margin of Excellence Award from Bellevue Community College for his teaching, the first instructor to ever do so from Bellevue's Art-Zones program. The North American Nature Photography Association awarded Ray its 2006 Russ Kinne Grant for sharing his expertise, its 2006 Recognition Award for making a difference with his photography, and its 2003 Fellow Award for career contributions to nature photography. The Land Trust gave him its infrequently-awarded Emma Award in 2003 for a decade of using his photography to conservation on the Island. For more information about the class and his teaching in the region, email pfortner@centurytel.net or call 463-3043.*



Photograph © Ray Pfortner.

no sense of design and photographic eye there is no art. A large part of the class is shooting a series of assignments over two weeks that push participant skills and techniques followed by sharing a tight selection of the results in a supportive group critique. The

## Terrordactyls Land on Vashon

The Terrordactyls will kick off their Fall tour with a concert at the Vashon Island Music Studio on Sunday September 28th at 4pm.



The Terrordactyls, courtesy photo.

Since the mid-90s Michael Cadiz and Tyrel Stendahl have made music together on Vashon, and elsewhere on the east and west coasts. They have produced acclaimed CDs and their animated video for “Devices,” a duet between Cadiz and free folk chanteuse Kimya Dawson has received international airplay. (Check it out on YouTube.com) The Terrordactyls’ music has been called indie rock, freak folk, and perhaps most accurately “unclassifiable.” After all, what musical genre comes to mind when their instrumentation includes guitar, piano, toy piano, xylophone, and a kazoo “horn section?”

Tickets are \$5 each, and this show is appropriate for all ages. Seating is limited and pre-purchase of tickets is highly recommended; the first 30 people will receive a free kazoo with ticket purchase! Call or stop by Vashon Island Music for more information.



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## The Lonely H Plays All Ages Show at the Red Bike

by Peter Welch

This is a band that appeals to people of all ages. So what better thing to do than to offer up an All-Ages show for Vashon youth along with the 21+ crowd. These guys are rock stars and have to be seen live to really appreciate their amazing talent. The Lonely H will perform two sets at the Red Bicycle. The first set, from 8:30pm-10:30pm is ALL AGES and the second set, from 11-12:30pm is 21+ only. Cover charge is \$3 for the under 21 crowd and \$5 for 21+.

Swaddled tight in the electrified buckskin of their classic rock-n-roll forefathers, these four Washington

etched on colored vinyl, the band lifted, lightened, and gave rise to every technical challenge. Bulletins started coming in over the wire from fans and bloggers [MSNBC, The New York Post, CMJ]. So, from Memphis to Manhattan went pockets full of picks, licks, pianos, and the living-loving swagger that has happily intoxicated the Pacific Northwest the last few years.

Thanks to these starlit marauders, Port Angeles can sometimes sound like the good parts of 1970's Los Angeles



The Lonely H headlines the music at the Friday Oct. 3 Barack the Vote event and plays again on the 4th at the Red Bike for two all ages performances. Courtesy photo.

braves set out to blanket America in a hot winter blizzard. Don't be fooled by the silk strands tucked behind their ears: what the maps don't tell you is that all-night drives make for better lives, deer come out of nowhere, and what parents don't know (night after night) won't kill them.


The Lonely H spent their graduation summer [2007] touring coast-to-coast in support of their new record and got a glimmer of the mission they were born to undertake. Tour is a magical place where every stage, no matter how high, is a new opportunity to deliver the goods. Armed with melodies that sound like letters to Penthouse

depending what Saturday night they're home. Idling the van for a wise fall quarter at the University Of Washington, the H cracked books and fantasized with giddy relief about their soon-to-be-months out on the road in 2008. They can handle it, mama. Not only did they survive the twelfth grade riding ferries to play rock shows on school nights, they simultaneously penned and released two albums with heart and heat to match [Kick Upstairs (2006) and Hair (2007) – The Control Group].

*“The achingly epic vocal and lead piano belongs in a stadium full of bell bottoms and lighters raised heavenward.” –MSNBC*

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