In this issue: Kathy Abascal gets you ready for the flu season, the Pottinger kids explore table manners, the Epicure shares salmon recipes and much, much, more!



The Spiritual Smart Aleck talks about finding a spiritual home. page 9



Hemp's bad rap is wrong, even our first president wanted to plant it everywhere. page 11 Enjoy a new Halloween tradition: Day of the Dead Skeleton Parade! page 18



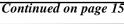
Vol. 5, #22

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM October 24, 2008

#### Fall for Orcas!

With Special Guest: "Orca Hero" Mark Sears Orca Season is from October to January in Vashon-Maury waters! The Vashon Hydrophone Project (VHP) for Puget Sound whale research invites you to "Fall for Orcas" on the Vashon Theatre's big screen at 2:00 PM, Sunday,

November 2. VHP partners Mark Sears, Orca Annie Stateler, and





Elder male Ruffles (J1), age 57, spyhops off Vashon Island. Photo © Mark Sears.

### **Green Power Boost**



Welcome Back the Salmon



A salmon works its way upstream, courtesy photo. Welcome Back Salmon Celebration, Sunday, November 9, 2008 - 1 PM at Judd Creek in Paradise Valley (corner of 111th St and 204th Ave). When the October/November rains start in earnest, salmon will begin surging up Vashon's larger streams.

#### It's About 7 Generations: We're Beginning our 11th Year

by Jane Neubauer and Yvonne Kuperberg

"Wow!! Look at that beauty jump! Look at the color on the one at the bottom of the pool. Look at.....oh, what a jump".....and off she goes.

Back in 1998, there was a small waterfall on Shinglemill Creek between reaches 2A and 2B. The reach numbers were used as locator aids by volunteers in the 'Salmon Stalker' program to report the salmonid activity in the creek. A crew of about 20 volunteers took training to be able to identify salmon types and know what redds (salmon nests) might look like. <u>Continued on page 4</u>

### Legacy of the Salmon In Odin's "Legacy of the Salmon" panel, the designs in the four

In Odin's "Legacy of the Salmon" panel, the designs in the four fish portray traditional Tlingit stories and themes that symbolize the enduring bond between First Nations and salmon. From left to right, the salmon illustrate stories about Salmon Boy, House of Migration, Fog Woman, and the theme Salmon the Sustainer.

In the "Salmon Boy" fish, the human face and hand in the salmon's body represent the story's main character. Salmon Boy teaches us the importance of proper rituals to honor the Salmon People, such as the First Salmon Commony.

### Ferry Line Cameras on VoV-TV

by Dan Schueler

Have you ever wanted to know how long the North-end ferry line is when you're headed to Seattle? Now you can turn on your TV and find out before leaving home. Voice of Vashon's broadcast on Channel 21 is showing four different camera views of the ferry line during morning commuting hours and most afternoons. You must have Comcast Cable to pick up VoV-TV, however.



The view from the Bunker Trail ferry cam, Washington State Ferries photo.

The cameras show the ferry line both North and South at Bunker Trail, about a city block above the dock. There are two more cameras another quarter mile above the dock showing the street both North and South near 112th. The picture from each camera is refreshed every five minutes. <u>Continued on page 15</u>

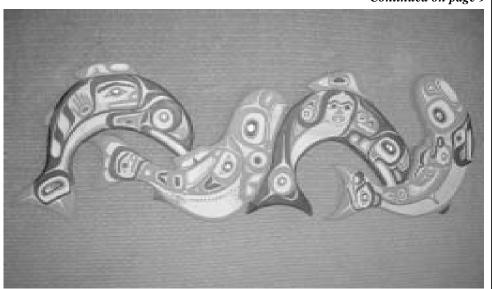


by Marie Browne

Congratulations to Melinda Sontgerath (right), owner of The Hardware Store in downtown Vashon. This month, the restaurant was presented with an "Environmental Leader Award" from Puget Sound Energy for evaluating the energy plans for the business and the recent membership with PSE's Green Power Program. 100% of the restaurant's power from PSE will come from the Green Power Program. With 7% of PSE's Vashon customers taking part in the program, the Island has one of the highest participation rates. Both businesses and residents can join by contacting PSE at 1-888-225-5773. More information about the Green Power Program can be found online at http://www.pse.com/ solutions/foryourhome/pages/ home\_greenpower.aspx. Photo and caption by AnnaLisa LaFayette.

#### First Salmon Ceremony.

Next, in the "House of Migration," Raven is upside down in the salmon's body, holding a supernatural octopus cane. In this story, Raven Continued on page 9



"Legacy of the Salmon," by Orca Annie Stateler & Odin Lonning. People interested in Odin's work can visit his website at www.OdinLonning.com and call him at 463-9041.

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

Don't get me wrong. Thriftway is a marvelous store and I love to shop there. The product selection is dazzling, the merchandising is appealing, the location and layout

Continued on page 14

#### 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.

#### **Drugs, Alcohol & Your Teen**

PTSA is sponsoring a parent information night on Thursday, October 30th at 7:00 pm in the VHS library. Stephen Bogan, a chemical dependency counselor will present information on various topics including: developmental effect of drugs, alcohol on the teenage brain, peer pressure, what parents can do, warning signs and resources available for help. There will be time set aside for questions and answers.

I	Loopy sez: Deadline for the
A	next edition of The Loop is
見	Friday, Oct. 31

### **Camp Fire USA Information Night**

Come learn more about Camp Fire USA programs for your child! Families with children three years of age and older are invited to join us Monday, October 27th, from 6 p.m. to 7:30 p.m., at the Vashon Branch Library, located at 17210 Vashon Highway SW.

Camp Fire USA club-meetings include playing games, cooking, building things, singing, drawing, camping out, going on field trips, helping others, and making craft projects. These, and other, activities allow young people to be good citizens through community service, while building self-confidence, leadership skills, and friendships.

## 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 Email: Editor: Ed Swan, editor@vashonloop.com Publishers: Marie Browne and Troy Kindred PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Published every two weeks by Paradise Valley Press © October 24, 2008 - Vol. V, #22 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! . . . . . . . . . . . . .

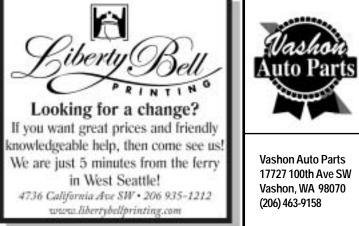
### Ink Cartridges Turn Green

In support of the BRESMA Orphanages in Port au Prince, Haiti, Spokane's Answered Prayers has partnered with Planet Green to collect and recycle used ink cartridges and cell phones. Each donated ink cartridge and cell phone will provide funds that go directly to purchase food, diapers, educational materials, etc. for the many children, ages 1-12, who live in these 2 orphanages. Many Vashon Islanders have traveled to Haiti to support these orphanages; in fact, some of the children are now members of our Vashon community. Look for collection boxes at Thriftway, Vashon Library, and Vashon High School Library. Please contact Mary Margaret Pearson, 463-6622, for information on this project or Answered Prayers and their mission of Reaching out to suffering children throughout the world.

#### **Youth Discuss** Election

Have you ever wondered what goes on INSIDE a national political convention? Great plans and promises are made. We have the opportunity to hear about some of these goings on from our Vashon Unitarian young folks. Nick Bordner was elected a delegate and Laura Hicks went as one of two Washington pages. They will be offering insights at the Sunday Conversation on October 26 at 9:30 in Lewis Hall behind the Burton Community Church, 23905 Vashon Highway. Religious Exploration and child care are provided. For more information, call Wendy Wharton 206-799-9433.

### Fruit Club Classes



October 24, '08

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### Joanna Gardiner

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### Vashon Library November Programs

**Creating a Seasonal Journal** Presented by Molly Hashimoto Saturday, November 1, 2pm

Learn how to create a journal that celebrates the natural world. We will use pencils, pens and fun watercolor techniques to sketch the beauty of late fall and early winter: bright-colored berries, pine cones and seeds, lichen-covered twigs and stones of many colors. No previous art experience is necessary. All supplies will be provided. For ages 8 and older

Registration is required and begins Saturday, October 18- please call 206-463-2069.

#### **Great Books Discussion Group:** Physics and World Philosophy by **Max Planck**

Monday, November 3, 7-8:30pm The Great Books Group has been meeting at the Vashon Library for 30 years. Join us for stimulating discussions about really great books! No registration necessary.

appearing in the Beachcomber this fall, and has focused on the meaning of place in one's life. His first novel, The Long Walk Home, also explores the theme of home and place. His second novel, Water, Stone, Heart will be published in April, and he is currently working on a third novel, set on Vashon. Join us for a stimulating conversation with one of our newest Vashon authors. Light refreshments will be served. Sponsored by Friends of the Vashon Library.

#### **Finding Money for College**

Presented by Doug Breithaupt of the College Planning Network

Tuesday, November 18, 7pm

Doug will help identify sources of financial aid for college, evaluate the costs of specific schools, and review the process of applying for financial aid. Each family will learn how to fill out the Free Application for Federal Student Aid (FAFSA) estimate their and "family contribution". This program is for adults and young adults and is sponsored by Friends of the Vashon Library. Please pre-register by calling the Vashon Library at 463-2069.

Considering planting a new orchard? These two workshops offer a wealth of information to get you off to a healthy start. We'll cover fruit tree and berry plant selection and sources, optimal planting times, sun exposure, soil requirements and preparation, drainage and more. The classroom portion of this workshop will be presented at the club's October 21st quarterly meeting (7:00 in the meeting room at Courthouse Square), where Bob Norton will summarize the principles of planning an orchard. Then at 1pm on Sunday, October 26 we will visit four sites of new or planned orchards to see examples of real cases. Meet at the Newby residence, 13617 SW235th. Call Mary Ornstead at 463-0565 for more information.

#### **Native American Flute Workshop**

Saturday, November 8, 10am-12noon. Presented by Peter Ali. A two hour class for anyone interested in learning the basics of playing the wooden American Indian love or courting flute. A handmade cedar 6 hole Native flute in the key of A is provided. This is a very personal and individual instrument....in essence music from the Heart. Please register by calling the Vashon Library at 206-463-2069.

#### An Author Visit with Will North

Wednesday, November 12, 7pm. Local author and columnist, Will North, will talk about his life as a ghost writer and novelist. Will's column, North Passages, began

#### **Hello House**

Presented by Nancy Stewart Saturday, November 22, 2pm Northwest Join singersongwriter Nancy Stewart for a guided musical tour though your house. Explore fun and easy ways the whole family can stay safe and go green. For children and families.

No registration required.

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



# HOME TEAM R E A L T Y **Troy and Marie Love Their Clients!**

These are certainly trying times for those of us in the real estate business. Those of you who subscribe to our monthly e-newsletter already know that closed sales through September are just about one half of what they were two years ago: 71 houses closed this year compared to 138 in 2006. (The downturn started in 2007; there were 115 closings through September.) The good news is that we love the business, and love our clients!

- Troy: Hey Marie, even though times are tough and the market is down, I'm really proud that we continue to earn rave reviews from our clients. I think that's the most rewarding part of this business doing a great job for people and developing friendships that last long after the house has closed.
- Marie: I agree. I love our clients, and I love learning from them.
- Troy: We've had a few good suggestions. After we sold his house and found him a new one, John thought I deserved a new paint job for my car.
- Marie: I was onto you guys. It was clearly collusion and had nothing to do with real estate service. It was a nice try, though. John did go on to say that he felt very fortunate to have us as his agents, and that he was recommending us to friends. That is always the highest compliment.
- Troy: Tim and Rhonda were pleased with our "excellent follow up" and "excellent customer service." We still need to do some work on their new house this spring, come to think of it. I'd better make a phone call.

## **Build Your Dream**



Shy two-acre lot overlooking the Sound, the mainland, and the mountains beyond. Paid Heights water share, approved 3 BR septic design, approved building permit and house plans included. \$295,000

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## **Ready for your Horses**



- Marie: Chris, an off-Island client, asked me to send her some business cards. She has friends looking for real estate over here and wants us to help them find something. They certainly have lots to choose from in this market! I'd better make a phone call.
- Two different clients had some great suggestions about explaining Troy: the buying process better. Most people buy and sell real estate infrequently, so are not very familiar with what happens. One client moved here from out of state, which made it even more confusing, since laws and customs differ from state to state. Thanks to their feedback, we are now providing our buyers and sellers with a step-by-step guide.
- Marie: Even though it's great to get so many compliments, it's truly useful to get suggestions on how to do even better.
- Troy: Yes, but one day all our clients will echo what LD said when we asked him what one thing we could have done better: "Not a damn thing!"
- Marie: That's a worthy goal, for sure. We'd love to hear about our readers' real estate experiences, including the good, the bad, and the ugly. What did you love about the experience? What didn't go so well? Please give us a call. We promise to keep it confidential; we just want to keep getting better.

If you would like to check out our free monthly e-newsletter, just email marie@yourHR.com. It covers the latest in real estate stats, and always has a valuable coupon. This month we offered \$10 off dinner at a local restaurant. Of course, if you need real estate services, please give us a call at (206) 463-LIST. We would love to add you to our list of happy clients.

### New on the Market 9715 SW 192nd St



### 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

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



Seattle Metro West

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#### Welcome Back the Salmon

#### Continued from page 1

Public Involvement and Education their swim upstream to spawn. The Contract with Puget Sound Water Land Trust's restoration work Quality Action Team, the Vashon-Maury Island Land Trust, and King land along Judd Creek as well as County. The volunteer training Shinglemill Creek.

sessions included stream ecology, stream characterization and monitoring, water quality testing, macroinvertebrate Valley(corner of 111th St and and identification. ongoing Vashon Maury Island Prior to this time, Land Trust project that preserves there was a lot of 63 acres along the main stem of a n e c d o t a l Judd Creek in historic Paradise information about Valley, including nearly a mile of fish observation the healthiest salmon spawning but no data for stream on Vashon Island. Come comparison.

Also in 1998, a water committee neighborhood kids, instruments, was set up to poems, or anything that wil monitor five locations and conduct chemical questions – call: Jane Neubauer quantitative 567-5404 or Yvonne Kuperberg analyses of various 567-4005. properties and

contaminants. The monitoring continued for two years with continuous reports - 'the water is fine'.

Historically, residents of the watershed have used the stream basin for logging, fishing, trapping, grazing cattle and pigs, bootlegging, camping, and wildlife viewing. Shinglemill Creek has been less impacted by development than most streams in Puget Sound and so became a prime target for protection and restoration. Over the last 10 years, the Land Trust has been able to protect parcels along the Shinglemill Creek totaling 107 acres and over a mile of the creek.

In the course of that first fall/ winter observation we discovered salmon from the mouth of Shinglemill Creek at Fern Cove to the upper reaches near the airport. There were chum near the mouth, coho along the main stretch and cut throat spawning in the upper creek. That was an eye-opening and exciting experience.

In those days we were shown how to walk in the creek without disturbing redds. In more recent years, King County protocol has requested that volunteers watch from a spot on the bank for a 15 minute period, eliminating the possibility of disturbing fish eggs. It may be better for the fish, but it eliminates the thrill of hearing a salmon thrashing up behind you, steaming up stream, half in and half out of the water. Over the last 10 years, much of the area has been protected by the Land Trust to make it possible to wander without threatening private property. The Land Trust has put a lot of focus on restoring Shinglemill Creek - the most dramatic of which is replacing the large woody structures that would naturally fall into an undisturbed stream. This

helps to create pools which are The program was set up as a essential for salmon rest-stops along continues today on newly acquired

We are about to begin our 11th **Welcome Back** year Salmon Celebration organized salmon watching Sunday, November 9, 2008 - 2 on the Island. In PM at Judd Creek in Paradise addition Shinglemill, salmon 204th Ave). This is a part of the there are now watchers on Judd Fisher and Creeks. year's storm s u r g e s rearranged the see this lovely place. creek bed again Please bring yourself, the at Shinglemill. The waterfall has been gone for support this annual celebration. years, Hope to see you there. For

Shinglemill tends to move its water course across its flood

of

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as

plain. In early November, after enough rain to raise the stream level, we have hopes of seeing salmon returning to spawn and start the process all over again.

**Compost the Loop** The Loop's soy-based ink is okay for composting.

There's no ocean in Missouri. The Mighty Mo is a scary river – the color of chocolate pudding and syrupy consistency with whirlpools that consumes things, like my dog. My mother's rule, "Don't go down to the river; there's quicksand down there." That was a bit of a fib, but it worked and I directed my attention to nearby Sugar Creek where crawdads hid beneath the limestone and water striders showed off their water walking skills and a kid could get thoroughly soaked without fear.

That's why I have such an affinity for Judd Creek and was thrilled to see new stream-side plantings and exclusion fencing keeping livestock away from the creek banks. About four years ago, the King Conservation District approached a couple of creek-side landowners about replanting a buffer with native vegetation. My visit showed-off thriving vine maple, Indian plum, nine bark, red osier dogwood, cedar saplings, among others, beneath maturing alder and big leaf maple. The plantings extend over 500 feet along the creek bank and, since the neighbors have an approved joint farm plan, the County paid part of the fencing cost. The fence is attractive, allows people to stroll down to the stream, but keeps the livestock from trampling the shrubs and eroding the banks. The Farm Tour on Sunday November 16th will visit this site (see below.)



#### Judd Creek Gets a Salmon Savvy Face Lift

The vegetation will help shade the creek keeping it cooler in summer and reduce sedimentation. Salmon require high oxygen levels and the cooler the water the higher the oxygen content. Salmon eggs also need oxygen to survive and fine sediment can clog up the gravel that covers the nests, called redds. As a result, oxygenated water can't reach the eggs and they smother. Increasing shade and reducing



by Susie Kalhorn

reduce flooding in the area. I then ventured north on Singer road and watched a couple of Angus cows laze in the sun. The Vashon-Maury Island Land Trust (VMILT) purchased the parcel east of the road and fenced and planted this stretch of stream last year. VMILT's, Able Eckhardt, explains that Singer's livestock still graze the pasture outside of the buffer. They do a good job of keeping weeds and grass

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down. George Singer retained the parcel to the west of Singer Road and



Judd Creek flows under brand new culvert on SW 204th street. Photo by Susie Kalhorn.

sedimentation should help increase salmon survival in our creeks.

Upstream from these buffered parcels, is a new culvert just installed under SW 204th street, (west of the Jesus Barn.) This impressive feature no longer impedes our salmons' journey upstream and should

voluntarily allowed the Land Trust to fence and plant his part of the creek, too.

I checked a map when I got home and estimate that this stretch of Judd Creek (horse owners south of 204th, the culvert,

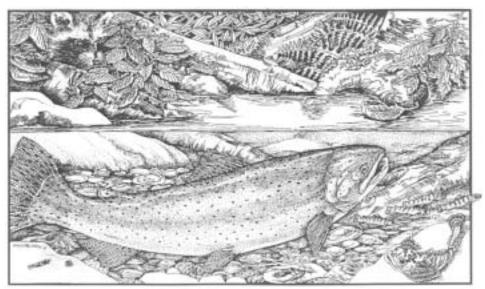
and properties off Singer Road) account for about 3,000 feet of the creek where buffers have either been enhanced with native plants or have been totally replanted. I was also thoroughly impressed with the diversity people of and

#### **Enraptured by a Creek**

Fishing on Vashon started for me in the spring of 1959. I was 10 years old and my family had recently moved from Los Angeles. With no friends in a new environment, I wondered what I could do. My aunt suggested I go fishing down in the creek not far from her house. As a city kid who had never fished before, I wasn't sure what to expect. Nearing the creek, I could hear the constant babbling and swishing of the fastmoving, clean water, creating a relaxing, musical backdrop. I was later to learn that Judd Creek was an amazing, unique aquatic ecosystem that provided a and supportive protective environment for a number of

#### by Steve Self

tug on my line. I was so surprised that I jerked the rod hard and a fish came up out of the water, flying over my head and landing among the stinging nettles and salmonberry bushes that lined the stream bank. Proudly, I carried my speckled prize back to my aunt's house where the fat, 14-inch fish was identified as a sea run cutthroat trout. An elderly neighbor who we affectionately called Grandma Mace cooked the little fish for my two cousins and me. The four of us, spanning over 80 years, shared a meal that connected us to each other and to Mother Nature herself. After eating, we drank tea from her china tea set and ate her special homemade sugar



"Sea-run cutthroat in Shinglemill Creek," Illustration by S. Noel.

critters like the skating water skeeter that scooted across the water's smooth surface. Dragonflies, redlegged frogs, crawfish, tadpoles and newts, aquatic snails and a healthy population of young trout and salmon smolt shared this watery home. Not able to fully comprehend what I was experiencing as a youngster, I was awed by the variety of thick green vegetation: ferns, mosses, cedar trees, hemlock and horsetail, elderberry, dogwood, skunk cabbage, salmon berries and stinging nettles, broad-leaved maple, alder, and cottonwood, all twisting, vining, creeping and tangling, snapped off and bent over, new growth budding, reaching upward for the light, old growth decaying downward like a soft, thick carpet on the forest floor.

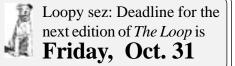
I stood in the middle of this wild sanctuary and felt a peace about me. What appeared to be chaos was also an expression of a beautiful, balanced picture of the uncontrollable, natural way of things. There is an undeniable strength, vitality and power in a place like this. At the same time, there exists a vulnerability and fragility that could be easily damaged or even destroyed by the actions of just one irresponsible, uncaring person The power, strength, and majesty of an enormous cedar tree hundreds of years old can be annihilated almost instantly by a human armed with a chain saw. Fish, amphibians, and other aquatic life thriving in a balanced environment for perhaps a thousand years can be wiped out, never again to exist by an insensitive land developer who decided his chosen way is the best choice. I baited my hook, dropped it in the water, and stood in uncertainty, wondering if I'd really catch a fish. All of a sudden there was a sharp

cookies that she always had on hand whenever we visited.

As I've learned more about cutthroat trout, my admiration and respect for this fish has grown. These trout are born in streams and rivers along the Pacific coast; they head out to salt water where they feed on many types of creatures. At maturity they head back up their natal stream to spawn. Unlike their salmon cousins who spawn once and die, the sea run trout annually return other habitat degradation they've to spawn many times during a experienced. lifetime that can span twelve years. Cutthroat trout are overlooked and first visit to the creek. Fences block unknown to most sport fishermen. entry to the places I roamed. The fish Suitable habitat needs to be

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reclaimed and protected for this wild, free creature. They are a tough and completely wild stock of fish and have survived on their own quite well in spite of the pollution and

It's been a half century since that

population has dwindled drastically. The water level is consistently lower than it was and many damaging pollutants have been allowed to enter the system from its head waters on downstream to its mouth.

We can choose to make changes in our lives; the creek can't. Judd Creek and its inhabitants are at our mercy. The choice is ours.



The Vashon Loop, p. 5

#### The Vashon Loop, p. 6 Catch a Glimpse of Some Salmon This Fall

Fall is the time of year when the salmon return to their birth streams to spawn, and it's a good chance to view the annual migration of coho and chum that occurs in Vashon's salmon-bearing streams.

The fish return after the rains come (salmon require enough water flowing in the creeks to make their trek upstream to suitable spawning grounds), with fish numbers and actual dates of their arrival varying from year to year.

The very best Island opportunity for sighting salmon is in Judd Creek, which flows through Paradise Valley. The Island's healthiest salmon-bearing stream, Judd Creek has been a conservation focus of the Land Trust for the past few years and is the object of our current capital campaign. To date, the Land Trust has protected 68 acres and nearly a mile of Judd Creek in creating the Paradise Valley Preserve.

Keeping healthy salmon habitat involves not only maintaining the water quality of the creek itself, but requires that the surrounding land

by Beth Bordner, Operations Manager, Vashon-Maury Island Land Trust

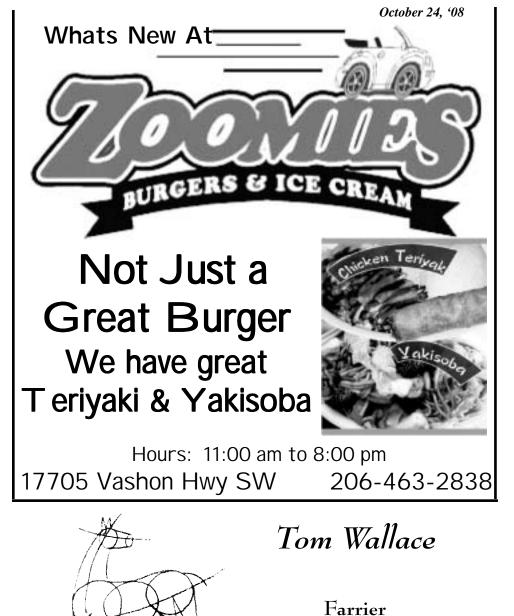
of the creek from which to watch for returning coho and chum salmon. The map points to five such spots - the three culverts; under SW 204th street, 111th Ave SW, and SW 216th St, plus the two entrances to a walking trail that the Land Trust has built. The trail, which is open to the public, loops through preserved land on the east side of 111th Ave and crosses Judd Creek at two points.

We invite you to explore along the trail and encourage you to spend some time watching for the salmon on their arduous journey to sustain their species. But, for the protection of the fish, please remember to be an observer only. Do not walk in the creeks, or disturb the fish in any way. Also, keep your dogs at home for this one. Dogs running in or through the creek can damage redds (salmon nests), and even their running along the stream edge can be very disruptive to the fish. It's safer for your pets too, as dogs can

#### Judd Creek Salmon Watching Good Salmon Watching Spots



provide conditions to promote get sick from eating spawned-out cutthroat live ten years and spawn stream health. Particularly salmon. important are diverse forests that For more information on salmon serve to shade and keep the stream or about the Paradise Valley cool, and that drop woody and Preserve, contact the Land Trust @ other natural debris into the creek 463-2644. creating resting pools that fish need () why of the as they swim upstream. October 28th The Land Trust has several 5:30 8:30 ongoing restoration projects in the Paradise Valley Preserve. We have been working to re-establish native Dialogue #14 vegetation along the banks of Judd 11 BEF Creek, to protect the creek from damage caused by such practices as clearing and livestock grazing too close to the stream, and to keep healthy bird habitat by getting the blackberry, scotch broom and ivy out of the meadows and forests.



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#### **Fish in Vashon Streams**

by Rayna Holtz

Judd, Shinglemill, Christensen, and Fisher Creeks are the big salmon streams on Vashon. When the maple leaves fall golden on gravel bars in their braided currents, and when October and November rains saturate the soil and reawaken every seasonal tributary, Islanders watch for the thrilling appearance of the big fish, chum and coho, returning from the Pacific Ocean to spawn in their natal streams. In grey February, however, few people notice the return of cutthroat trout to 16 local streams. In these tiny creeks, the cutthroat spawn and then, unlike their cousins, a few days later they slip back out to saltwater and go on with their lives. Some multiple times, though each spawning event is a physical ordeal and usually fewer than 60% of the spawners do survive. We Islanders learned much about the quality of Vashon stream habitat and confirmed fish presence in many creeks during the Vashon Stream Survey conducted in 2000 and 2001 by the nonprofit organization Washington Trout. With financial assistance from an Audubon-sponsored group of Islanders, survey teams looked at 75 Vashon and Maury streams. The teams checked stream gradients, conductivity of the water, and temperature. They noted blockages that would prevent fish passage, in some cases right at the mouths of streams that flowed out through pipes in bulkheads at heights

inaccessible to spawning fish. They also electro-fished, passing an electric current into the water to momentarily stun fish so they could net and identify them. Based on their findings, they assigned water type classifications consistent with the Washington State Department of Natural Resources standards.

Every day the Washington Trout team was guided by one or more Islanders, armed with maps and



Luckily for Islanders, the Paradise Valley Preserve offers several easily accessible viewing sites



Weighing and examining some cutthroat fingerlings. Photo by Murray Andrews.

information about where owners had granted permission to enter. As one of the guides, I scribbled notes and snapped photographs to remind

Continued on page 11

**October 24, '08** 

## We've Got a Lot of Kids Good God, Let's Eat!

#### by Kevin Pottinger

Our family is seated around our battered dining room table at suppertime. While my wife Maria and I try to discuss the events of the day with one another, one of our children is sing-shouting what sounds like an aria from a death scene from a tragic Italian opera, while another kid giggles and flicks bits of mashed potatoes at him.

Another child repeatedly tries to load a forkful of green peas into her water glass, but the peas are rolling off her fork onto the table before she can get them past the rim of the glass. Her aria-shouting brother is now inexplicably crawling under the table.

Our youngest boy has mashed his supper into a homogenized hash, and is hunched over, his head level with the edge of the plate, shoveling the food into his open mouth using his table knife like a dozer blade.

It's not a question of whether water glasses will spill at supper, but how quickly, and how many of them: sometimes it's just one, spilled before we even finish saying grace; sometimes two or more will go down with one strike, dropped like bowling pins set in a challenging two-seven split. We all toss our napkins on the puddle before it reaches our laps, barely breaking conversational stride.

For reasons known only to him, our eldest boy keeps making gagging sounds when he's chewing, like he's hacking up a hairball. When he's finished eating the parts of his supper that aren't on his no-fly list of foods that he hates, updated weekly, he forces an exaggerated burp as if he's just chugged a two-



liter of fizzy diet pop, then wipes his mouth on his shirtsleeve and wanders into the den.

Suppertime has become an opportunity for my wife Maria and me to introduce table manners to the kids.

Table manners, especially the overly fussy kind, have an unfortunate reputation. It seems as though everyone has long-polished childhood memories of sitting forlornly at the dinner table locked in a contest of wills with their parents over some uneaten piece of cold, grey meat or bizarre, experimental African vegetable that their mother read about in a women's magazine. The memory may or may not have had something to do with table manners, but regardless, when they reach adulthood, they vow that supper will be an enjoyable time for their kids, a time for family togetherness, good food and easy laughter.

All of that sounds swell to me. But remembering to say please and thank you, refraining from rude using a knife and fork so that it manners are after all quite sensible, stab someone with them, speaking meaning or forethought. For already talking, not saying words the table allows everyone enough like poopy and potty at the table and elbow room to eat their supper. giggling about it, keeping feet, ears, difficult to improve on.

abandon ordinary civilized behavior of the table. and expect peace and family



comments about what's served, kids, we've emphasized that table doesn't look like one is preparing to not just arbitrary rules devoid of without shouting over someone example, keeping one's elbows off

The kids have taken that to heart, elbows and rear ends off the table; and have become hyper-vigilant table manners of this sort are about elbows on the table, and now they admonish one another the Once we became parents, we moment an elbow crosses the discovered that one can't just imaginary vertical plane at the edge

I had an idea that if we contentment to replace it. With our designated one night to be Slob

Night, where all table manners were dispensed with for one evening, the kids could learn the value of table manners by doing their opposite. Well, so, they loved Slob Night so much that they begged for a reprise for weeks afterwards. And instead of teaching the kids the value of good manners, we taught them that bad manners were loads of fun.

Maria can confirm that it goes just like this with many of my ideas.

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Δ	CR	OSS
		UDD.

- 1 Toad
- **Religious divisions** 5
- Sixth sense 10
- 13 Extinct bird
- 14 Hazard
- 15 Presidents office
- battles 32 Ornament
- Take the wrinkles out 33

29 Site of two civil war

- 34 Match
- **36** Buying alternative
- **37** Fishnet
- 62 Animal homes Mumble 66

57

59

60

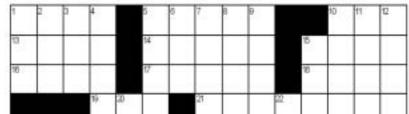
53 Bird song

**Clock time** 

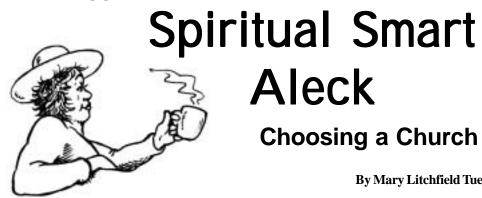
Meditation

67 Half man, half goat

Large instrument



17	Do it again Comparable	42	Petty fight Saltine cracker brand	68 69		23	24	H)		25		Z				28	┝	-	$\vdash$	┝
18 19 21	Horse game Animal covering Twice a month	43 44 46	8	70 71		23		t	30				31		12					
23	Epoch Part of a min.	49 51	Relating to birds			22	1	Γ				34		25		Γ				
	Hunts game	51 52	Distress call			36					25						30	39	0	41
D	OWN	20	Ship initials	44	Air weapon (2 wds.)					42							43		$\square$	
1	Popular president's initials		Fencing sword Ruler		Radio detection and aging			41	6				46		q	48			$\square$	
	Caviar Unpaired	24	Sparse Soon	47	Kick out of country Aurora	40	90							51		T		52	$\square$	
4	Err Extras	27	Delis Picnic visitor	49	Chasm	53	1	$\vdash$	1		54	5	55		57	$\uparrow$	8			
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	pendant Killed	38	Body of water Bawl	58	Unpunctual Despot	69	-	$\vdash$			70	-	-	+	+		71	1	$\vdash$	-
10 11 12	Aroused Rush forth		Air (prefix)	63		-														
12	Clever plans Musical production	41 42	Oodles Element	64 65	Halloween mo. Compass point									S	olut	tion	on	page	e 17	



A friend remarked to me the other day that she was thinking it was about time to start going to church, "You know, just in case it's true." "Ah," I said, "Fire insurance church."

There are a lot of reasons for going to church. Fire insurance is a big reason for a lot of people. Some parents want their children to have some sort of moral and spiritual training outside the home. Some people want to spend time in a community of like-minded souls. Some feel called to become closer to God and church seems like the place to do that. Some people want an hour's break from their kids on Sunday morning, and some like the coffee and baked goods after the service. God doesn't care how or why you show up.

you find your spiritual home?

First, look at your history. Were you raised in a faith tradition? An outcome that takes some parents by surprise is that the children they

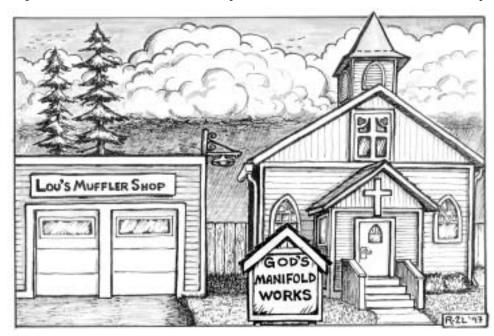
**By Mary Litchfield Tuel** 

poisoned for you, and I can't tell you that you'll ever get over it. I would advise counseling for you, to make sense of what made no sense. All abuse is toxic, and abuse within a church is more so because we have this idea that you should be able to trust people in church. Unfortunately, people are still people and some of them will use church as a place to exert power and control over children and adults.

Here is a word of caution to all: church is not a safe place. It is a human institution, which makes it a place of division and politics and power plays. Don't walk in thinking it will all be sweetness and light. It won't.

So why go?

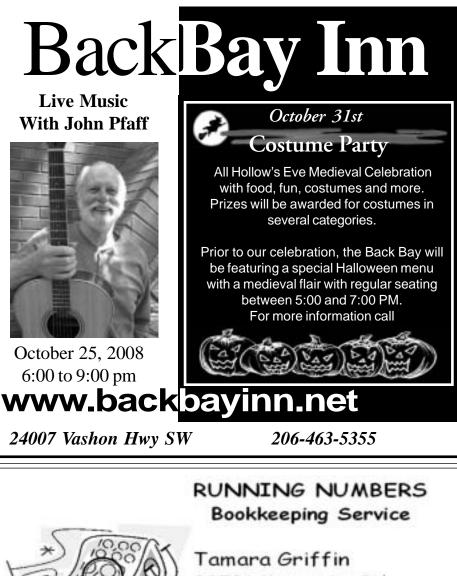
Because church is "a hospital for Whatever the reason, how do sinners, not a museum for saints." I forget which Anglican said that. You really can experience spiritual growth, and good companionship and community, and that is church at its best. It won't be an entirely



raised to be good agnostics or comfortable experience - I also atheists turn to religion with a forget who said, "Christ came to passion in adulthood, and conversely, children raised as devout something or other turn out to be atheists and agnostics. What persuasion, but you embark upon I'm saying here is that you can make a true spiritual journey, you will still choices about faith for yourself, but find it is not an entirely comfortable not for anyone else. So, was your childhood experience with religion good? You might want to start there with your adult search. Pick up where you left off, and see where it takes you. Spirit being Spirit, you can have a great faith experience even if you are running away from the past. We all experience grace whether we believe in it or not. This annoys people who think you have to do something or prove something to receive grace. Fortunately those people are not in control of the dispensation of grace. Whew. Was your childhood experience with religion bad, or horrible? Church may have been completely

comfort the afflicted and afflict the comfortable."

If you are not of the Christian journey. That's the way spiritual journeys, and spiritual honesty, work. One of the positive outcomes of spiritual honesty is true humility, and acquiring true humility can be a painful experience at times. Like that time years ago when I realized that the one consistent factor in all the crappy relationships I'd had was...me. Ouch. See, that was painful, but it was a good thing to know.



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Star Wars and Lord of the Rings fans know that.

If you're just going for the social contacts and the coffee and cinnamon rolls, it might not matter where you go, but watch out. Once

#### Judd Creek Gets a Salmon Savvy Face Lift

#### Continued from page 4

organizations involved. We have livestock owners, Vashon-Maury Island Land Trust, the King **Conservation District, King County** Roads and King County Water and Land Divisions all working in consort to enhance fish and wildlife habitat in this section of Judd Creek.

What about the salmon? Jim Scott, who lives at the mouth of the creek, is my salmon-sighting source. He says they won't be coming up Judd until late November. He knows when they arrive because he hears them splashing. Then he watches. Last year wasn't a very good run and he thinks the winter storms probably wiped out any redds. He lost about ten feet of bank and

you open up the door for God to come in, all kinds of crazy things can happen. You might end up writing evangelical columns for an alternative newspaper. You never know. തതത

reports a couple of his fruit trees ended up in Quartermaster Harbor. Once the rains begin and the salmon start their journey upstream, I'll head for the creek to watch. And, I'll thank these creek-side property owners for letting me partake.

Land and Water Stewardship **Workshops for Livestock Owners** 

Thursdays 6:30-9:00PM at the Land Trust Building

October 30 Μ u d Management: Record Rainfall, **Record Mud** 

November 6 Manure

Still want to go to church? Listen to that call, because it is a call. I hope I've made it clear that church is not for wussies, and that spiritual quests are not easy or safe. All you



Farmer John walks along fencing that separates horse pasture from Judd Creek. Photo by Susie Kalhorn.

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

Management: Got Livestock? Got Manure!

November 13 Pasture Management: Becoming a Grass Farmer

Farm Tour: Managing Horse **Properties in Winter** 

Sunday November 16, 1 – 4pm: Tour two Vashon farms to take an up-close look at cost-shared compost bins, mud-free winter paddocks, rotational grazing ideas for summer, stream protection and other chore efficient horse management techniques that make your horse life easier and reduce environmental impacts. Located at private homes.

To register and receive directions for the workshops or farm tour contact the King Conservation District at 425-277-5581 ext. 122, or paul.borne@kingcd.org.



I find it fascinating how, in these troubled times, how often we conspire against ourselves and make the solutions to our problems problematic themselves.

As I wrote this, the world searches for solutions to the numerous crises that plague us food shortages, fuel shortages, the proliferation of environmental poisons, the diminishing returns on our more marginal agricultural lands. If, tomorrow, an agricultural researcher in India found or bred a plant that would address many of these issues on an immediate basis, it would be considered a major breakthrough, supported by governments everywhere and lauded in the industrial, ecological and economic communities. In a perfect world such a dream plant

lumped with marijuana and whipped the public and Congress into a prohibitionist frenzy that resulted in the laws that, to this day, make hemp-cultivation a regulatory nightmare.

more liberal Even the administrations in recent history have not been immune to the irrational thinking surrounding hemp. Even under the Clinton administration, when a Forest Service lab in Madison, Wisconsin, published a marketing analysis that suggested that not only could hemp be profitable for farmers but also that the state's entire demand for chlorine-bleached. wood-based writing paper could be met with it, the government had it withdrawn.

Perhaps Bill "I-Didn't-Inhale" Clinton was afraid of sounding soft on drugs.

To this day, DARE officials speak against hemp cultivation as a ploy to legalize marijuana.

The fact is, hemp is a plant that could take a giant step toward solving many of our problems a l m o s t



Great Balls of Hemp, photo by Sue Lawty.

could serve as a fuel source, a food source, a paper source, a textile source, and would be easy to produce in any of its forms.

The fact is, such a plant already exists but unfortunately, due to long-held prejudices in this country, people cannot advocate its use without finding themselves lumped with Deadheads and Potheads. The truth is, there is nothing one can do to industrial hemp that would make it possible to get high with it.

Despite the fact that no tree or plant species on earth has the commercial, economic, and environmental potential of hemp, it for rope and cord and canvas is the victim of a consortium of indeed, the word canvas itself comes special interests that was poised to lose fortunes in the 1930s, when a new generation of hemp fiber machinery stood to come on line. DuPont, which had just patented the processes that made plastic from oil and paper from trees; Hearst newspapers, owners of vast timber holdings; Andrew Mellon, a timber and oil baron and financial backer of DuPont, all lined up in opposition to the hemp industry. Mellon was appointed Treasury Secretary, and created the predecessor of the DEA, the Federal Bureau of Narcotics - and, in turn, appointed the future husband of his own niece at its head. That man, Harry Anslinger, with the dedicated backing of the Hearst newspaper empire, succeeded in getting hemp

immediately. Hemp

produces the most biomass of any crop and converts the sun's energy into cellulose faster than any other plant besides perhaps hops. It can produce 10 tons of biomass per acre every four months, which is why it is the natural choice for an energy crop.

Proponents suggest that enough energy could be produced through hemp production on a mere 6% of the land in the U.S. to provide enough energy for our entire country (cars, heat homes, electricity, industry).

Hemp oil could be used in diesel engines with little or no conversion. Even after fibers are extracted from a hemp crop, the remaining biomass is easily converted to ethanol and has four times the convertible potential as corn or even sugar cane waste.

Hemp fiber has long been used from the word cannabis. It is also stronger and softer than cotton, lasts twice as long and will not mildew. Hemp is cultivatable in a much wider area than cotton, requires very little irrigation or fertilization, and virtually no pesticides compared to the pesticide-heavy cotton crop. Used in crop rotations, hemp – which has a root-system that plunges six feet into the subsoil improves the yields of subsequent crops from 15 to 25%. Hemp is more nutritious than soy and easier to grow. Hemp paper is naturally bright, but wood-based paper pulp comes out brown. The wood pulp is then bleached with chlorine, which, when released into the environment, produces dioxin and other deadly poisons. If American farmers were



allowed to grow hemp - which produces twice as much fiber per acre as an average forest - the nation could greatly reduce nonsustainable logging, and the carbon tied up in the living timber would remain there instead of contributing to global warming.

Henry Ford - who used hemp in the manufacture of auto bodies said, in advocacy of its use, "Why use up the forests, which were centuries in the making, and the mines, which required ages to lay down, if we can get the equivalent of forests and mineral products in the annual growth of the fields?"

No other natural resource offers the potential of hemp. It is capable of producing significant quantities of paper, textiles, building materials, food, medicine, paint, detergent, varnish, oil, ink, and fuel. Unlike other crops, it can grow in most climates and on most farmland throughout the world with moderate water and fertilizer requirements, no pesticides, and no

herbicides and has enormous potential to become a major natural resource that can benefit both the economy and the environment.

The first laws passed in this country concerning hemp made it illegal NOT to grow it. Right now, hemp products are much more expensive than necessary because it must all be imported. That is what I meant about cutting ourselves off from the solutions to our problems.

"Make the most you can of the Indian Hemp seed and sow it everywhere."-President George Washington, 1794. തതത



#### Legacy of the Salmon

#### Continued from page 1

uses the cane to hook the House of Migration, which holds all species of salmon. He distributes the fish inside to all animals and peoples.

In the "Fog Woman" design, the fish framing her face symbolize how she brought salmon to the Tlingit when she rinsed them from her hair into fresh water. Fog Woman also

taught the Tlingit how to dry, smoke, and store salmon for winter. Salmon nourish many Coastal Natives in the Pacific Northwest, including numerous creatures and the cedar in our forests. "Salmon the Sustainer" exemplifies these timeless relationships by depicting an eagle head in the pectoral fin, a sea lion in the body, and a bear head in the tail.

### <u> LoOp Ed</u> Finding a Septic Solution, Part II

(In the October 10th, 2008 edition of The Loop, "Finding a These products break up larger Septic Solution" examined how septic systems work. In Part II, I propose several ways to lessen the impact of using septic systems on the Island.)

expensive "luxury" of rural living. Investing in a well maintained system makes problems or malfunctions easier to spot and they are generally less costly than waiting until the last minute to remedy a problem. Ideally, all septic systems on Vashon would be in top working condition. Since this is truly not the case, here are some tips to lengthen faucets and appliances can be a the life of your system and avoid costly repairs.

Maintenance: First and foremost, invest in regular servicing for your system every five to ten years, depending on how often the home is used and by how many people. Keep careful records of the servicing; these documents will be very useful if you wish to sell your home in the future. Protect and inspect the rest of your plumbing annually and after deep freezes. Burst pipes or leaks can create problems in days or even hours. If your home is on a grey water drain field instead of a septic, look into connecting it to the septic. Make sure your drain field is not in need of regrading due to landslides and that all building runoff flows away from the system.

Placement: Know where your system is located. Knowing where your system is helpful in identifying where a possible problem is coming from. Gardens are often ruined or cause problems because they were poorly placed. Check with local building codes before building near your septic system, and avoid building or planting on it whenever possible.

Purity: Prevent toxins, nonbiodegradable soaps, food scraps and other materials from entering the drain. Do not use your septic system as a dumping ground! These items cause damage to the systems, leech into the environment or are too harsh on a tank designed for liquid waste. Refrain from using garbage moratorium actually is. In 1981, disposals; they send particles that are too large to broken down easily to the tank. Lastly, dispose of all sanitary items and diapers into the trash, not the tank. Products: If you own your home and you want to improve the value and decrease the impact on your septic tank, invest in a composting or combustible toilet. Low impact, highly functional toilets that breakdown your waste are more energy efficient and use little to no water. For those who still like the "traditional" toilet, half-flushing toilets still use water, but they give you the option for flushing a #1 or #2 with as little water as possible. Products like enzyme treatments or harsh solvents for cleaning your drainpipes are strongly discouraged.

by AnnaLisa LaFayette

pieces and often create backups. They also change the pH levels of the tanks, which are built to naturally filter without the aid of a solvent.

Conservation: Using less water We know septic systems are an can help your septic system greatly. Take shorter showers, shallower baths and do full loads of laundry. Use less detergents, soaps and cleaning products whenever possible. Checking for leaky faucets and repairing them immediately can keep hundreds of gallons a year from being wasted.

> Many items such as low-flow quick fix to reduce water consumption. You can also follow Mayor Greg Nickel's advice and, "Shower with a buddy!" I know I do whenever I can.

> The steps we take to improve our septic systems and the environment are not limited to us as sole users of these systems. There are many ways our local and statewide governments are improving the quality of our watersheds, streams and beachfronts here on Vashon Island. In the third and final part of "Finding a Septic Solution," we get in depth about the current state of our waters, how septic systems are a part of the damage we've incurred and what is being done to stop the problem.



#### Offshore Oil: a Dangerous Answer to America's Gas Woes

With the price of gasoline not quickly lower high gas prices. steadily rising, it's difficult not to follow the debate on offshore drilling. But if Congress does not reinstate the recently expired ban, will we really pay less at the pump? An environmentalist once told me that the cheapest barrel of oil is the one that we don't have to buy, but civilization currently relies on petroleum and could not function without it. To simply not consider lifting the offshore drilling moratorium on the basis of principles is not an option. We should, however, be asking ourselves: is it worth it?

The economic impact of ending the moratorium is debatable, but there are several concrete facts that let me say this with certainty. Despite the enormity of a figure like 18 billion barrels, on a national scale it is almost insignificant; alone, that amount could only power the United States for 2 ½ years1. There is a number much larger than 18 billion that oil companies do not want Americans to know, and that number is 68 billion. That is the amount of oil, in barrels, that lies within the allowed range of drilling that has not yet been tapped because First, let us explore what this it lies in areas that are too expensive to exploit for profit3. That is over three times more oil than is protected by the moratorium, but yet oil companies still push for more territory. Why? Because drilling those 18 billion barrels is more profitable than drilling the 68 billion barrels they already have access to. But with Exxon Mobil setting world profit records by making \$40.6 billion in 20074, how concerned should voters be about maximizing their profit? Of greater concern is the impact that new drilling could have upon the environment. The two major concerns of offshore drilling are the pollution resulting from everyday operation and the oil spills from the platforms, tankers, and pipelines. In order to drill oil wells, a liquid known as drilling mud must be

#### by Nat Clarke

pumped down; drilling mud contains heavy metals and toxic compounds that are much harder to contain when the rig is operated in water1. In addition, when the oil comes out, it is not alone. Water trapped alongside the oil comes out too, water that contains toxic chemicals such as mercury, lead, arsenic and benzene1. These chemicals are mostly contained, but seepage around the well and leaching from storage tanks cannot be prevented, and companies are allowed to release a controlled amount directly back into the ocean1. Furthermore, although spill prevention has improved greatly since a generation ago, the Mineral Management Service projects about one oil spill per year of at least 1,000 barrels and a spill of at least 10,000 barrels every three to four years can be expected in the Gulf of Mexico over the next 40 years1. In total, that is over 170,000 barrels spilt over the next 40 years, and that figure is only for spills produced by rigs within the current allowed range of drilling. The effects of drilling need to be fully considered before we allow the area to expand to include the entirety of our coastline. Offshore drilling is a complex issue, not a yes or no question to be answered, and it is certainly not a quick fix. We should be asking politicians not for simple opinions,

Congress passed a law halting to all new drilling on the continental shelf of the United States outside of an established range in the Gulf of Mexico from eastern Texas to Louisiana and into western Mississippi, and in the waters off Alaska1. The ban does this by outlawing the leasing of marine land for the exploration and drilling of oil and natural gas2. It has been renewed annually by inclusion in spending bills2. The current ban expired on Sept. 30, and if it is not reestablished in the coming year, it would open up the Pacific and Atlantic coasts to drilling, giving oil companies access to an estimated 18 billion barrels of oil2.

However, increasing the area in which oil companies can drill will

Continued on page 12

## 🖎 LoOp Letters

### The Fallacy of Taxing the Rich

If you raise taxes on the richest 5% of Americans, the following will happen:

Government revenues will rise in the short run and then fall to lower levels. The remaining 95% of Americans will also pay more for services and products produced by business entities paying more taxes. US job creation and economic growth will be impeded in a competitive world.

The richest 5% of Americans now have a 36% share of US income and they pay 60% of US income taxes (US Treasury Dept, Oct 2007). How can anybody call that unfair? The rich are paying almost twice as much as any other US taxpayer. Economist Glenn Hubbard of Columbia University has shown that in 1970, when the highest tax rate was 70%, the top 1% shouldered 16.7% of the income tax burden. Today, the top tax rate is 35% and the same class of taxpayers pays a whopping 39% of the burden. Raising the tax rate leads to much income shifting, reduced work and investment, and redeployment of money into tax shelters, so that the rich usually pay less, not more taxes at the higher rates. Unfortunately, the shifting of money by the rich will lead to less money being available for investment in new jobs, higher prices being charged by US businesses, and a less competitive posture for the US businesses in the world market. The Bush tax cuts



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due to expire in 2010 need to be continued because they benefit all of us over the long run. Raising the tax rate on the richest 5% of Americans to over 50% of their earnings (as proposed by Obama) is unlikely to raise government tax revenues significantly and will reduce the capability of the American economy to generate wealth. Redistribution of wealth has long been a goal of liberals, but has only been shown to make the condition of the poor worse wherever it has been tried as the growth of the economy is slower than it would be under a lighter tax burden.

Dave Carroll

#### Schools Superintendent Search

District is superintendent search this month redir.asp?URL = http:// and would like your feedback about www.zoomerang.com/Survey/ the qualifications and criteria the survey.zgi?p=WEB228DQ884MR9. school board should use in selecting If you can't open this link, the a new superintendent. The school board has hired Northwest www.vashonsd.org Leadership & Associates (NLA), a search firm, to lead the effort. NLA redir.asp?URL = http:// has conducted more than 140 searches for school districts in Wednesday, October 29th, Dr. Atwell, Howard Coble of NLA will lead a Consultant, Vashon Island School School library. He will be asking for feedback about what people perceive to be the strengths and challenges of this district and what skills, attributes and experiences people would like to see in a new superintendent. The school board will use this feedback to determine the final criteria and qualifications for recruiting, screening and selection of the next superintendent. Public involvement is an important part of this process. Please come and be heard. If you can't come to the forum, please take a minute to fill out this online survey about superintendent qualifications and criteria. http:// www.zoomerang.com/Survey/ survey.zgi?p=WEB228DQ884MR9

The Vashon Island School https://stu.vashonsd.org/ kicking off a exchweb/bin/ survey is also posted on https:// stu.vashonsd.org/exchweb/bin/ www.vashonsd.org/

> Please feel free to call or email aatwell@vashonsd.org <mailto:aatwell@vashonsd.org.

#### Fish in Vashon Streams

#### Continued from page 6

flows west through salmonberry thickets.

eyes). I followed one expert up against a steep slope on worn clay under blooming foamflower, lady old maples and alders. As we moved up through the vaulted green shade, the water rushed over and around public forum at the Vashon High District, 206-463-2121 ext. 8114, miles away Ellisport Creek flows water diversions to serve water are so scoured free of moss and soil mouths.. that they look like they belong in fish abound.

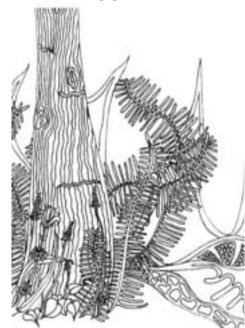
me of the beautiful little streams we Cove, Tahlequah, Fisher, Judd, the visited, each one unique. Paradise Raab's Lagoon feeder stream, Mileta, Cove Creek gave me my first Ellis, Ellisport, Beall, Gorsuch and surprise. Sure that it was too small Dilworth Creeks. Spawning adults for fish, I was amazed when they enter when water levels are high, in netted a sculpin and a four inch February or March, and leave their cutthroat about 200 feet upstream eggs in the gravels. The juveniles live from the beach. This little stream in the creeks much longer than chum shady or coho, and swim higher up the little streams to forage. Once when I Gorsuch and Dilworth Creeks, went to look at cutthroat fry in a which flow east into saltwater only small stream, a neighbor told me a stone's throw apart, are fairly short about actually seeing an adult but have some beautiful habitat. The cutthroat there one winter. Its dorsal Trout team spotted cutthroat in the fin and back jutted out of the shallow lower pools of both a minute after water, and he thought it had gotten we parked, before they even took stranded somehow during a high tide out their equipment (they have sharp and storm event. It didn't seem possible that such a large fish could Gorsuch, finding clear pools nestled have come up such a small stream intentionally.

Washington Trout keeps the ferns, and salmonberry below huge results of the Vashon Stream Survey posted on their website at washingtontrout.org. Click on "Maps" to find Vashon, and then huge rocks and ancient mossy trunks play with the interactive display. If of giant cedar, coming down stair you mouse over a fish icon, a red fish step pools of clean gravels on clay, will flash, and you can click on it to Washington, Idaho and Oregon. On me if you have any questions. Anne hiding fish in each little hidden find out more details. You can also Communications pocket of water under layers of leaf bring up photographs, information and wood. By contrast, a couple about blockages, and notes about south, and passes through broad, systems. There are even photos taken low-gradient gravelly washes that from the water showing the stream Because of Washington Trout's Utah. During the summer, Ellisport efforts, there is solid data to support flows drop below the gravel surface efforts to improve stream habitat on in some reaches, where the Vashon. There are at least half a impervious layer lies well below the dozen streams that once received gravel. After a distance the stream spawning salmonids and could hold becomes visible again from the fish again if a bulkhead or culvert surface. The many madrones were changed to accommodate growing along the eastern slope them. Other streams that are too facing the abundant western and warm could chill enough if trees southern light add to the impression were planted along them. Streams that it flows through a dryer, more too polluted by pesticides and gravelly area. In the lower reaches laundry detergent could come alive if we repaired our sewage systems Cutthroat trout presently live in and looked for garden products that

Loopy sez: Deadline for the next edition of The Loop is 📲 Friday, Oct. 31



McCormick, Baldwin, Shinglemill, have low environmental impacts. Ober Beach, Robinwood, Paradise



### Thinking About the Flu

by Kathy Abascal

Last week, I gave some lectures at the Annual Conference of the American Holistic Veterinarians Medical Association. One lecture explored how herbs used by physicians in the 1918 flu pandemic might be used in various cases of animal influenza. Preparing for the lecture, of course, brought herbal remedies for influenza back into my thoughts. Horse influenza recently jumped the species barrier when greyhounds at race tracks were fed the lungs from horses with horse flu. The new canine influenza was very severe and fatal. The virus soon became milder but also remained highly contagious. Today, canine influenza is wide spread and has an infection rate close to 100% but is seldom fatal.

Bird flu has also jumped one species barrier. Cats once were virtually immune to the influenza virus. That is, until chickens infected with bird flu were fed to various zoo cats in Asia. These cats developed severe influenza and most died. Once in the cat species,

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

By Kathy Abascal

Inflammation is a big factor in most chronic conditions including nypertension, arthritis, and diabetes

the virus was able to move from cat to cat. Cats have come down with bird flu in countries far from Asia, such as Germany.

These events show that that a new flu strain indeed could at any time jump from an animal to a human, causing a new pandemic. In any event, a new seasonal flu strain will soon be circulating around the globe. Here in the Northwest, we usually do not see much influenza until after Christmas but it sometimes begins making its appearance in late October and early November. So now is a good time to prepare for that annual event.

Having a balanced immune system is a good place to start. Eating a healthy diet will certainly help you be able to fight off the flu before it makes itself at home in your body. It also helps to have good vitamin D levels if you want a well functioning immune system. That means you should be taking a supplement because we are tilted so far from the sun during the winter



EUPATORIUM PERFOLIATUM · BONESET . Illustration by Annie Brule.

that we are unable to make vitamin D from the end of October through early spring. It is also good to make sure you have some herbs on hand to treat the flu, just in case.

My first choice in treating influenza is boneset (*Eupatorium* Boneset has an perfoliatum). incredibly long history of use for the flu by the Native Americans. Both the Eclectic physicians last century and MDs in Germany in this century commented on how effective this plant is to treat influenza. Both, blood circulation in the lungs slows based on their clinical experience, felt it could prevent cases of influenza (though this has not been proven). They were absolutely sure that boneset reduced painful flu symptoms and made the course of the disease much milder and shorter. I also would not be without lobelia (Lobelia spp.). Lobelia is a low dose plant and needs to be used cautiously. It will not kill you but, in too high a dose, it will cause nausea and vomiting. In small doses (I typically use 8-10 drops), it is simply spectacular at relieving the tight, painful chest of the flu. It has been a few years since I got the flu, but last time I had it, I could not sleep because my chest hurt so much that I could not take a deep breath. I took my drops of lobelia and my chest immediately relaxed. Lobelia also



them for details such as how, where, when, and how much drilling they are in favor of, and what they plan to do to oversee the process. I urge you to stay informed and ask these kinds of hard questions as you consider the issue, and then vote accordingly.

October 24, '08

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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 needed), improved sleep, and the disappearance of annoying aches & pains. New classes: Wednesdays beginning October 29 at 10:00-11:30 AM and at 7:00-8:30 PM. Each class runs for 5 consecutive weeks. Advance registration is required by signing up at the Roasterie/ Minglement. For more information, contact Kathy Abascal at anemopsis@yahoo.com.

down. It becomes harder and harder to deliver medicines to the lungs where it is needed most. Chest applications work because the volatile oils penetrate the skin and move into the lungs. Those volatile oils are anti-microbial and antiinflammatory. Almost any type of chest application will help prevent pneumonia from developing: The Eclectics used many types of applications, including flax seed or onion poultices. They even used Vicks Vaporub. Heat was always applied to help move the volatile compounds into the body. Remember, with a good diet,

In fact, some people

experienced such unrelenting pain

that they committed suicide to

escape those pains.) I have no idea

if black cohosh is strong enough to

deal with that degree of pain but it

can take the edge off the pains of

the value of chest applications. As

the lungs become fluid filled, the

Finally, I have come to appreciate

average influenza.

1918.

some vitamin D and some simple herbs, you stand a good chance of either avoiding this year's flu altogether or getting a mild case, should it strike. Good luck! @@@@



Plavet Wales

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

Aries (March 20-April 19) Someone seems to be insisting on an exchange of some kind; it might be you, it might be someone you view as a trading partner. I strongly suggest you look at what is being exchanged, if anything; literally, what is being given and what is being received. You have reached a time in your life when you must focus your power. Part of this is needing a solid basis of understanding who is actually working for your cause, and having clear sight of who you are serving, and how. I strongly suggest you develop clear language for one other concept: what it means to sell out. I am speaking of you personally. For some people, getting a contract from Monsanto is good fortune. For others, getting a role in a movie is selling their soul. What is your definition? Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) Now that the Sun has moved into the relationship sector of your chart, you need to face that which is pleasant, and that which counts shadow material. Loving for confrontations are not always 'nice' and the 'nice' encounters are not always loving. What you need to look for, first in yourself and then in others, is honesty. These weeks find you in a position to increasingly go into denial in situations about which you really need to be raising awareness. If you stay awake and attend to the emotional, psychological and practical details of your existence, things seem poised to proceed in the direction of a breakthrough. If you choose another path, waking up will sound more like someone thumping on your door than your clock radio. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) You can now see an old problem from a fresh perspective, and with the benefits of experience. You've figured out that it's not the effort you exert but rather the creativity you apply that matters most. And it was creativity you were struggling with all along, as you went through every old approach to the situation and were not quite able to come up with something new. You can take this a step further, and apply a special method of analysis. There is one factor that, if you identify it, can unlock the next level of success. If, however, you don't identify it and act on it, the situation could unravel. Identifying this factor will be easy, if you look for it, and if you believe it's there. It's probably something you look at all the time. but don't notice anything is amiss because you like it so much. Eric Francis has more to say at PlanetWaves.net. within your psyche are you most closely allied with? You may think it's some spiritual factor, or an ideal of yourself; but it would appear to be a form of denial. In order to cross the river to awareness. you need to pay attention, because it's a narrow, slippery bridge. So narrow, in fact, that only one person at a time can make it across, and very few try. The problem with going beyond denial is that you may not know what is there; it does not imply that you know what you're not confronting, and often, that specifically involves the fear of finding out. One way we avoid finding out is to make up stories, and you've seen recently that you're abundantly creative at that. I suggest you watch where you put your feet, and stick to the known facts. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22) What force

Leo (July 22-Aug. 23) You seem to be figuring out what's been bothering you. It wasn't as bad as you imagined, though you still need to work out the issue. This will feel a little like organizing the shoebox full of pictures in your bedroom closet; eventually that will lead to reorganizing the whole room. That, in turn, will help vou come to certain revelations about your life that will seem simple when you get there. That, in turn, will help you turn (or come out of) an emotional corner you've been stuck in for a long time. And this will help you see the direction you really want your life to be going. All from a box of pictures! I think you know exactly what box I'm talking about. It's time to put those photos in an album. And if they're on a computer, definitely print them out first. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You thought your financial problems were never going to end, but as it turned out all you needed to do was start making decisions. You made a fun discovery — they happen one at a time, if they happen at all; you can't make two decisions at once. If you're still stuck, which includes deciding the same things over and over, try the one-at-a-time approach. This is the time of year when you always figure out how smart you are. Your real intelligence is mainly instinctual, by the way, and it has a killer instinct that at times you love and at times makes you nervous. Your sign is renowned on all planets for its cerebral qualities, but the problem is that this has a way of turning on itself. When you follow your instincts, you simply know what's right for you, and generally it works for everyone else too. That's how you'll recognize the real solution. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You're starting to pick up momentum, and if you're competing against anyone, you're starting to get the upper hand. However, I suggest you drop all ideas of being better or best and make sure you do what you know is right. That is not going to be as easy as it seems for the next few weeks, because there is a blurring of certain moral issues that would normally be obvious. You need to be aware of this. A minor crisis that arises in the next week or two will give you all the information you need, if you take the time to decode what happened. It involves how another person handles a situation that you thought was settled, but they were the situation play out as it will, monitoring it carefully, but intervening only minimally. Then mine it for information. When it's over you will be so glad it all happened. Eric Francis has more to say at PlanetWayes.net. Scorpio (Oct. 23-Nov. 22) The Sun's recent ingress into your sign has come with a relief from this odd mix of persistent anxiety and the sense that you are working for personal goals that just don't happen. You've put yourself out there for weeks. You've decided (once again) to be yourself at any cost. Now to allow yourself to grow, you need to simply be. That means trusting that you are visible, that you have magnetism, and holding the idea that others will seek you out. What you need to remember is that they need you as much as you need them; but now need is what must become a lower priority. The thing to feel for is affinity. You can safely let go of anyone that you're not in actual harmony with.



### 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 and visit the website: vashonparkdistrict.org.

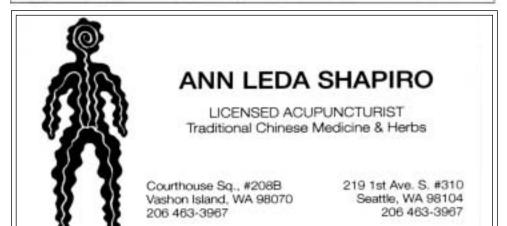
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This will make room for several key people with whom you're truly aligned. This is going to save you a lot of energy, which you can put to excellent use. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) You're not the type to succumb to irrational fear, but you do get lonely. One aspect of your life in which you may be feeling loneliness is when you consider what is the most important to you, and you wonder if anyone else really cares. You've figured out that others depend on your generosity and your sense of ethics without really sharing these things. You've figured out that people who claim to be your friends don't always act that way — and this is leading you to wonder if they're really so friendly. You seem to be standing on the threshold of an important decision, and all of these things are factors. All you need is to be there, and not push what you perceive as the truly important issues. Simply know the questions. Know what you are trying to sort out, and thinking otherwise. I suggest that you let remember, above all else, what you value and why. Eric Francis has more to say at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) The past couple of months have been a little strange, especially where your most important career goals are concerned. In fact it may seem like one thing after the next has gone wrong, and you dearly want to set them right. You need to proceed with caution, and make sure that any remaining small problems don't become large ones. The key is to work them out on the level of communication first. Mercurv is no longer retrograde, but we are still halfway under its influence. Something that is developing at the moment has the ability to magnify itself; and something that seems large may prompt you to overreact when it's really a relatively small matter. Therefore, read your emails twice, that is, the ones in your inbox and the ones you're about to send. Respect the pecking order (for now) and make sure you're at your most politically

spit-shined. And don't let anyone convince you that they're your enemy; it's a farce. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) You're starting to feel like you have some potential, but your supposed ethics are still getting in the way. You can keep chewing on this question of right and wrong, but sooner or later (as the Buddhists would say) you have to swallow. Here is the issue. You have your own view on the dilemma, but you haven't figured out the vast extent to which your own priorities are invested in or under the control of another person. And it seems like you want to impress this person with how genteel and polite and kind you are (that is the hook), which directly contradicts your plan for action in the world. Let's face it: you're not as nice as your public relations department says. My own public relations department is currently working diligently to get the word 'nice' taken out of the dictionary. We're starting with the 'n'. Eric Francis has more to say at PlanetWaves.net. Pisces (Feb. 19-March 20) You present challenges to certain people in vour life, but it's time to let that be their problem and not yours. That's when the fun begins. You're the one who makes the difference; few people take responsibility for what they feel or perceive. It's not your responsibility to be any more transparent than you already are, nor to explain the nature of your reality. If you seem to be running into obstacle after obstacle in your intimate relationships, take a moment and thank the circumstances of your life for helping you elude the people who don't belong there. Do your part to keep your space clear of anyone who doesn't belong there, and to strengthen your bonds with those who you have decided truly hold a place in your world. Make each decision consciously. Notice who you have not evaluated, and who you are taking for granted. Eric Francis has more to say at PlanetWaves.net.

## Island Epicure



By Marj Watkins

### Salmon, Good to the Last Morsel

One of the best things about living on Vashon Island is buying fresh wild salmon straight from the fishermen. You pick out your fish, and the man lifts it from the ice chest in the back of his pickup or at his roadside stand. A whole fish that fits into my oven will serve eight to twelve people, usually with a bit of cooked salmon left over. Not to waste a morsel, we freeze what's left in plastic freezer bags for later salmon salad, sandwich spread, seafood chowder, or kedgeree.

Canned red salmon has all the Omega 3 fats, Vitamin D3, protein, and sea minerals of fresh salmon, is always available, and costs less.

Here is a Scotch version of an English dish military people brought home from India during the time of the Raj. It uses leftover cooked salmon, canned salmon, or cooked firm white fish, such as cod. Kedgeree is often served for breakfast, but it's good as a main dish for lunch or dinner, too.

#### SALMON KEDGEREE

4 servings

3 cups cooked brown rice or mixed white and wild rice 1 <sup>1</sup>/<sub>2</sub> Tablespoons butter 1 <sup>1</sup>/<sub>2</sub> Tablespoons rice flour (no

- gluten, easily digested)
- 1 teaspoon curry powder
- 1 cup stock or broth, heated
- 2 Tablespoons lemon juice
- 12 ounces cooked salmon, or 2 (6ounce) cans salmon
- 2 hard-boiled eggs
- 2 rather skinny green onions, minced or thinly sliced Chutney

curry powder. Stir-cook about 2 Carefully push the rack, with the minutes, until the flour changes color. Cool. Gradually stir in stock and lemon juice. Stir-cook until thickened. Flake salmon. If using canned salmon, I remove the skin but keep the bones. They get so thoroughly cooked in canning that you can mash them and benefit from their calcium. Add salmon to rice. Gently stir the sauce in. Transfer the kedgeree to a serving dish. Peel the eggs and halve them. Put yolks in one dish and whites in another. Mince them separately. Arrange stripes of egg yolk and egg white across kedgeree's top. Add a stripe of minced green onion. Serve with chutney.

**SALMON QUICHE** Makes 1 (8 or 9-inch) pie Serves 2 hearty eaters or 4 light eaters

#### LOW GLUTEN PIE SHELL

 $1 \frac{1}{2}$  cups barley flour 1/3 teaspoon salt 3 Tablespoons olive oil 1/3 cup water + a few teaspoons as needed

In a small mixing bowl, stir the flour and salt together. In a measuring cup, put the oil, then add water to the ½ cup mark. Fork beat to a froth, pour into the flour and mix well. Add water by the drop, until the flour mixture clings together but isn't sticky. How much water you need depends on the age and dryness of the flour.

Form the dough into a ball or mound. Cover with plastic wrap. Let rest 30 minutes.

Roll out the dough on a square of waxed paper, chill it 5 minutes in freezer, invert it over the pie pan and peel the paper off. Ease the pastry into the pan.

Quick method: Skip the rolling and chilling. Pat the warm dough evenly into a buttered pie pan.

Heat your oven to 450 degrees. Place pie pan on a baking sheet. Bake it in the center of the oven for 7 minutes to firm but not brown the pastry. Assemble the filling.

#### **QUICHE FILLING:**

2/3 cup flaked cooked salmon, smoked salmon, or canned salmon

2 green onions, thinly sliced, tops included

- <sup>1</sup>/<sub>4</sub> cup minced fresh parsley or 1 slightly rounded teaspoon dried parsley
- <sup>1</sup>/<sub>2</sub> cup grated Swiss or Jarlsberg cheese
- 1/3 cup half-&-half cream
- <sup>1</sup>/<sub>2</sub> cup milk
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- 2 eggs, well beaten

Remove the pastry shell from the oven. Spread the salmon, onion, and parsley evenly in the pastry's bottom. Top with the cheese. Beat together the cream, milk, salt and eggs. Pull the oven rack halfway out. Place the pie pan back on the baking sheet. Pour the egg-milk Melt butter. Stir in flour and mixture over the other ingredients. quiche on it, back into the oven. Be careful not to slosh its filling or burn your hands. Reduce the oven heat to 350 degrees. Bake 25 to 30 minutes, until a knife inserted at the center comes out clean. The custard top should be slightly puffed and a lovely light brown. Serve it promptly so your diners can see in its full beauty. It deflates as it cools, and becomes a plain, flat quiche, but delicious and good hot or cold. തതത

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Cheryl's pick of the week: Your pets are cold, come see the masses of new beds. Sweaters have been delayed, but I've been assured they're on their way. I'll keep you posted.



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

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### **Boiled Frog: Wal-Way?**

#### Continued from page 1

are convenient, the employees are friendly and fairly paid. The Matthews family are generous supporters of the community. As just one example, did you know that Thriftway rebates 1% of receipt totals to various non-profit organizations on the Island? It's a lot of money.

So what's the problem? It's not like it's a Wal-Mart, after all. We can plywood? And what happens to all conjure up the image of the town destroyed by Wal-Mart, can't we? Behemoth retailer blows into town, sells merchandise at lower prices than the local mom and pop. Mom and pop (let's put him in overalls to complete the stereotype) lose customers who can't say no to the cheap prices and eventually close up shop. Downtown turns to ghost town, complete with boarded up storefronts. Hmmm... As a raging capitalist, it is hard for me to find fault with Thriftway's success. They have provided excellent products and services at fair prices. They have invested in expansion; they have listened to their customers. They have done everything right and have been financially rewarded, which is as it should be. So what's the problem?

Just the inevitable outcome: that we will become a Wal-Mart town. Mom and pop may be college-educated and they may be wearing hand-knit alpaca sweaters instead of overalls, but they will be out of business all the same. And our lives will lose much richness. Can you imagine walking through town on a Saturday morning when half the storefronts are covered in graffitied prices at Thriftway if Vashon Market closes its doors for lack of business? It goes without saying, but a little competition is a very good thing. I hear many people express a deep-felt and seemingly genuine desire to do something meaningful in their lives, something that will leave a legacy for generations to come. This noble expression is usually followed by "when I have more money" or "after I retire." I say that we can all do something meaningful today, something that will strengthen Vashon as a community and sustain its character and livability. We can shop at our independent stores. How simple is that? Note: For the record, I shop at Costco, too. Not much, but some. Like everyone, we are economizing these days.

Island Birding Guide **Species Identification** How to Attract Birds Ed Swan (206) 463-7976 edswan@centurytel.net. October 24, '08



#### Swimming Upstream

by Deborah H. Anderson

No one else arrived right at 7:30AM that morning. In fact no one arrived until 7:50AM. Saturday morning study groups can be a fierce challenge for promptness. If I hadn't been the leader and had to take a ferry to get there, I too might have arrived twenty minutes late.

Not wanting to spend any more time on my presentation, I searched for odd jobs I might do. My key ring caught my eye. There were so many keys on it, frequently my right knee would get jabbed as I shifted my foot from the gas to the brake pedal while driving the car. Yes, I thought to myself. It's time to purge and cleanse. My life is such right now that I only need about five keys: house, car, and two PO Boxes. I greatly appreciate the simplicity of it all.

As I carefully and sometimes awkwardly slipped each extraneous key around the ring holding it on (sometimes two rings), using my too short fingernails to hold them apart so the keys would move to slide off, I thought of the story, now passed, behind each of them.

A church key now outdated because so many people have broken into it the locks have been changed about three times. Cars long since gone to that great scrap pile overtown. Homes of clients I no longer visit.

It's a privilege to be in peoples' homes in intimate ways. Pretty much everyone puts on a bright shiny face for public viewing, but behind close doors, everyone is just a regular old person. In many ways it's reassuring. In some ways we all fall short, as the scripture says.

The biggest observation has to do with achievement. Behind closed doors, one can see the machinations of how people get things done, or don't get things done. It's the process not the product that is visible.

From the very beginning when Mondays meant tea with Irene and Edith in the mornings at Edith's house and Thursdays meant lunch with Clara, till now, when each day is assigned a different day of people on the complete opposite end of life (they are learning to walk and run and climb and use their words), there has been an endless stream of homes into which I've had the honor and privilege of serving. It's certainly fun to see people all dressed up and doing their best presentation. But I have an even deeper respect for life, seeing all the obstacles people overcome. There is inspiration in seeing people cling to hope, suffer love, and push beyond their limits. It's a shame we don't share that part of each other more transparently. Once we get to the point that we understand everyone is pretty insecure about his or her place in the world and everyone carries a burden above which they will rise, we can share those life

No one else arrived right at patterns that cause us to succeed AM that morning. In fact no one against all else.

> Otherwise we're pretty much figure skaters, or better yet, ice dancers who cover their bruises with beautiful tights and fresh skates that hold their ankles stiff.

> Consider this. When the salmon return to spawn they look their ugliest and are the most beaten up to do their most fruitful work. I love that. Isn't that glorious?

> Pop culture tells us to 'never let 'em see you sweat'. How can we be fruitful under such judgmental circumstances? Is it not necessary to endure a crooked snout and beat up scales from crashing into foreign objects to deliver the best in us? Is it not necessary to swim upstream to reach home again and leave our most productive moment; the moment that is the legacy for the next generation?

> I pray you will share your process with someone. Sure we all love spiffy graphics in well delivered folders or careful presentation in displaying our wares, or the perfect notes or words delivered in flawless efforts. But the encouragement for all of us is to see the struggle.

> Was not your sweetest victory the one that cost you the most and required greatest perseverance? Share with someone else what it took to get there. Come home. Swim upstream. Forget the physical display and be present in the accomplishment of enduring until you have birthed whatever it is in you that needs birthing.

> Look at the process as well as the product and pat yourself on the back. Even if we failed, we tried. Creatures of hope that we are, we will try again. It's inevitable.

> Someone once said to me, 'Oh I forgot. For you the hard way is the easy way. "I'd never noticed before. Save shortcuts for using the computer. Take the hard way. As we pass each other today, may the opportunity to share the process be yours. And may someone say, "Good on You!"

> > തതത



Dear Madame Toujours,

I am a bitch. I mean to say that my mother was a Chihuahua, and my father was a Pug. In the fullness of time, I joined a pack of human people and met my husband Max who came from a similarly mixed parentage. Max is extremely attractive, healthy and well-formed and has many useful job skills such as chasing chickens and biting mailmen. Our human pack mates are good providers, so when I began to feel the stirrings of nature, Max and I began a family. Together, we produced six beautiful pups, three males and three females, and our human pack mates show every sign of being as devoted to the new arrivals as I am myself, and quite properly so.

I would be entirely satisfied with my situation were it not for my husband Max. Oh, he is certainly attentive enough to me when we are outside making potty. He still smells my ears and licks my face, but he behaves as if he is afraid of his own children. Yes, he admires them from a distance. He SAYS he loves them, but he never gets close enough to lick their bottoms or supervise them when I am eating or watch over them while I go for a little car ride. I adore my babies, but raising a family is a great deal of work, and a little help from their father would make a big difference.

The humans try, of course, but I do not feel comfortable leaving the puppies entirely to their care. If I may supply an example, when the babies were first born, human Mommy had some idea of tying ribbons around their necks to tell them apart. It was quite a nuisance to me as I had to keep removing the ribbons. Now Mommy keeps picking up the babies and smelling them, but of course humans have such feeble noses that she can't tell them apart that way. How can one leave one's precious progeny to such incompetent creatures?

What can I do to encourage my husband to be of more use to me and the children?

Sincerely, Feeling Bitchy

Chere Mme. Bitchy,

Congratulations for you with the arrival of the new family. You are quite correct to be concerned about leaving the childrens to the care of the human persons. The human persons are having the big difficulties to care for only one or two at the same time. Six is being entirely too much to expect for them. Have the patiences with *M*. Max. The new father, he is many times having the uncertainties about his role and responsibilities. He is not having the instincts to know when the babies, they are needing to eat. He is having the grossfulness about cleaning up the potties. He is not knowing what to do when they are whining. This is all making him to feel the inadequacies. Bon Chance, Mme. Bitchy, and soon, the babies, they will be ready to play and hunt, and M. Max, he will be much more helpful to you.

### Fall for Orcas!

#### Continued from page 1

Love

Deborah

Odin Lonning will discuss local research and conservation issues pertaining to our endangered Southern Resident orcas. The program features Mark's spectacular slides of whales in Puget Sound and a Tlingit killer whale honoring song by Odin and Orca Annie. Learn from experts who have studied orcas in Island waters for decades why the whales come here and where you might see them. Admission is only \$5.00 and proceeds benefit the VHP. For more information, contact Orca Annie at 463-9041.

### Ferry Line Cameras on VoV-TV

#### Continued from page 1

The ferry cameras were recently installed by the Washington State Department of Transportation. The pictures can also be seen on Washington State Ferries' website, at http:// wsdot.wa.gov/ferries/cameras/ and on the Voice of Vashon website, at http:// www.voiceofvashon.org. If you have questions about the cameras or Voice of Vashon, you can email them to info@voiceofvashon.org or call 463-0301.

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## **Loop Music**

#### Piano legend, DAVID LANZ performs at **Blue Heron** by Janice Randall

Vashon Island, 8 pm, Saturday, Oct. performed

Grammy-nominated pianist and of Frank Sinatra, Ray Charles and Seattle native, David Lanz brings his Nat King Cole growing up." Adept legendary instrumental prowess to on the piano by age ten, he with Northwest 25, at the Blue Heron Art Center. His instrumental rock groups during his passionate compositions, that teens and then moved on to blues

and jazz.

L а n z



David Lanz, courtesy photo.

helped shape the New Age music movement over 20 years ago, have evolved to an international level.

Lanz has the hands; the span of his finger reaches a 10th, like C to E above the octave C, which translates to: "How does he play some of those tunes?" Thousands of piano students and teachers study David's beautifully structured, complex music.

His first recording, Heartsounds, helped launch Narada Records into the mainstream and led Lanz to a chart-topping career with nine bestselling solo albums and three popular collaborations with new age rock guitarist Paul Speer. Lanz's solo recordings include the landmark *Cristifori's Dream* (number one, on Billboard's first adult alternative/new age chart for 27 weeks).

He credits his mom for his early immersion in music. "I heard a lot

#### Subconscious Population Masked Ball

This is going be THE party to go to on Vashon Island on Halloween bringing back the annual Subconscious Population Masked Ball that was an Island Halloween away with their candy

happened onto a different path in the 1980's. "A friend of mine was leading a seminar on the energy centers of the body and wanted music to illustrate the flow of energy through these areas sometimes referred to as

chakras," says Lanz . "I was also interested in the healing qualities of music and it's effect on body and soul, so I made a little tape of piano music for the seminar and just about everyone who heard it, to my utter surprise, wanted a copy!" Today, a national spokesperson for American Music Therapy Association, Lanz is credited with having the first New Age hit single with "Behind the Waterfall."

"The chance to play the music is great," says Lanz, whose solo concerts have won critical raves. "But concerts are also opportunities to show the audience a bit more of myself than just playing the piano."

His 2008 CD Painting the Sun (Shanachie) will be available at the VAA concert, along with previous recordings and songbooks. Tickets, \$16/\$18 are available now at the Heron's Nest and Blue Heron and may be reserved by phone, 463.5131.

by Peter Welch So.....after the spooky Skeleton night. The Red Bicycle Bistro is Parade down Main Street and after all the kids have been through town trick or treatin' and safely tucked at



### **Trumpeter Thomas Marriott** Plays Café Luna

Jazz trumpeter Thomas Marriott brings his quartet to Vashon Island's Café Luna on Friday, October 24th at 7:30 pm. Marriott is the recipient of 5 "Golden Ear" awards presented by Earshot Jazz and the winner of 1999 Carmine the Caruso International Jazz Trumpet Competition. He has toured the world with jazz luminaries such as Maynard Ferguson, Rosemary Clooney, Joe Locke, The Tito Puente Orchestra and many others. He has appeared on more than 50 albums and recordings.



#### tradition in the community for years



Subconcious Population, courtesy photo.

Island band Trolls Cottage on board as special guests. For so many years, this annual event was the most anticipated party of the year....so event organizers at the Red Bicycle plan to make this particular party bigger and better than ever.

and they're doing it up big, with home...make your way up to the Red Bicycle for a night to remember.

> There's plenty of time to think about your costume and start putting something together, because it's going to be a crazy night at the Red Bicycle. There will be Continued on page 18

Marriott's first album Individuation, released in 2005 on Origin Records, was named among the top ten for the year by WBEZ radio, Chicago. Marriott's 2007 release Both Sides Of The Fence, made it into jazz radio's top ten and received more than 3,300 spins nationally. His latest album, Crazy: The Music Of Willie Nelson, features material from the great countrywestern songwriter reworked for his modern jazz guintet. Jazz Times magazine called the album "a kick in the pants."

Marriott, a Seattle native, is once again making the Northwest his home after many years in New York City. He is an active part of the local and national jazz scenes performing all over the world and here at home with local acts such as Hadley

Thomas Marriott, courtesy photo.

Caliman, Greta Matassa, Marc Seales and The Seattle Repertory Jazz Orchestra. Marriott brings his allstar band to Café Luna to play two sets of music for Vashon Island's talented listeners. The band will play original selections from Marriott's albums as well as a collection of standards, pop songs and jazz classics. Joining Marriott are Phil Sparks (bass), Matt Jorgensen Ryan Burns (drums) and (keyboards). The show starts at 7:30 and tickets are available at the door. information More at www.cafelunavashon.com.

October 24, '08



By Ed Frohning



"Artichokes ... are just plain annoying ... After all the trouble you go to, you get about as much actual 'food' out of eating an artichoke as you would from licking thirty or forty postage stamps. Have the shrimp cocktail instead." -Miss Piggy

### **One Liners**

You're just jealous because the voices only talk to me. One good turn gets most of the blankets. A witty saying proves nothing.

I don't suffer from insanity; I enjoy every minute of it. Multitasking means screwing up several things at once.

A man wrapped up in himself makes a very small package. A free society is one where it is safe to be unpopular.

A hangover is the wrath of grapes.

If a clock is hungry does it go back four seconds?

Once you've seen one shopping center, you've seen a mall. Without geometry, life is pointless.

I'm worried about my apple tree. I caught it drinking root beer!

I discovered a cooking tip I haven't seen listed in any cookbooks.

While you are preparing the food, and after the guests have arrived, you contrive to fill the house up with smoke, preferably enough to get at least two smoke detectors going.

Then you go rushing about the house, opening all the windows, setting up fans, and generally doing everything short of calling the fire department.

food.

exceed!



the mentally ill live in poverty. Actually, I'm more interested by the 23% who are apparently doing quite well for themselves." -Jerry Garcia A couple are lying in bed. The man says, "I am going to make you the happiest woman in the world."

"I read somewhere that 77% of all

The woman says, "I'll miss you." **Cowboy Wisdom** It don't take a genius to spot a goat in a flock of sheep.

What is the difference between Mechanical Engineers and Civil Engineers? Mechanical Engineers build weapons, Civil Engineers build targets.

Why don't mountains get cold in the winter? They wear snow caps.

### FFSHORE

SINGLE COLP

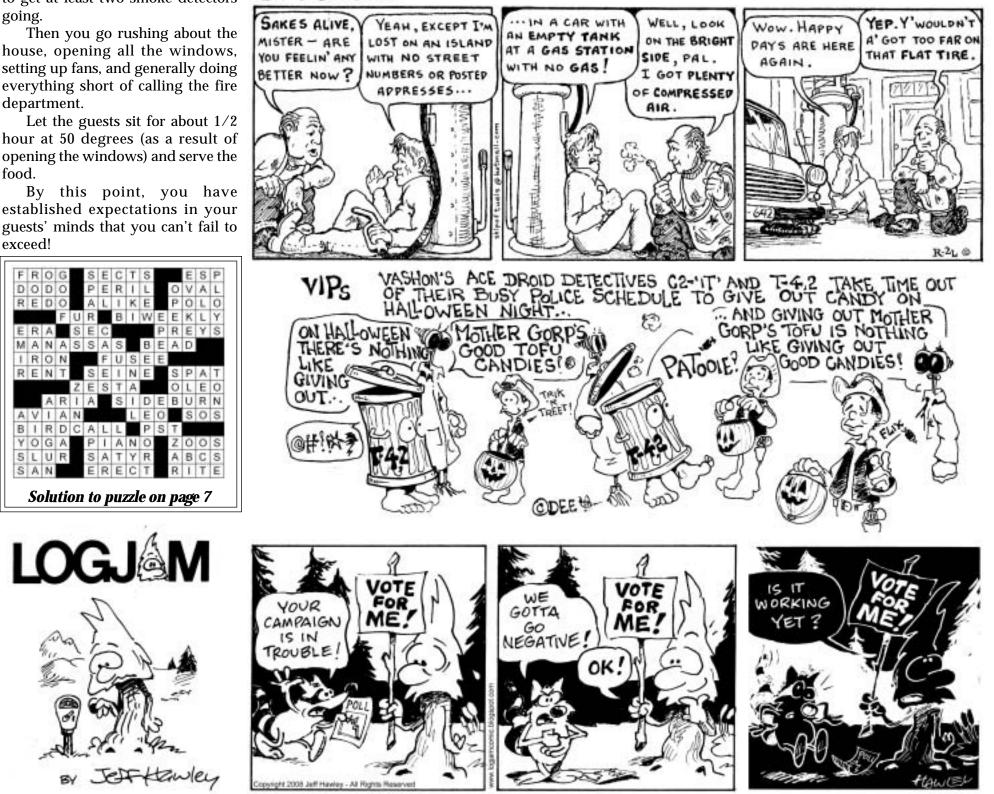
Two antennae that got married the wedding wasn't much but the reception was great.

WILD WORLD

Loopy Zen How many Zen masters does it take to change a light bulb? Four. One to change the light bulb.

Someone asked why there were empty beer bottles in my fridge. Silly, they're for my friends that don't drink.

I was at the Tav when my cell phone rang. I answered it and asked "How did you know I was here?'

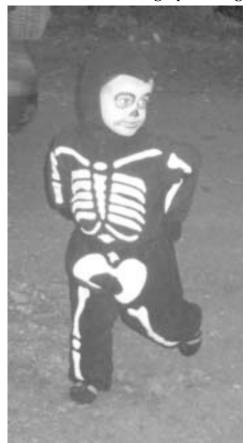


#### October 24, '08

## **Loop Arts**

#### Day of the Dead Skeleton Parade

UMO, Vashon Allied Arts, 4Culture and Vashon Chamber of Commerce are teaming up to bring



Islanders a special free Halloween treat and everyone's invited to participate! During the annual Chamber sponsored uptown Trick or Treat event, between 6 and 7 p.m., Friday, October 31, the whole Island can enjoy a new Halloween tradition: Day of the Dead Skeleton Parade!

by Janice Randall

Be a part of the event when from 2 to 5 pm, Saturday, October 25, all-ages, all-inclusive costume making event will take place at the "O" space (bring black clothes that you don't mind getting paint on).

The parade event, centered around a metal cart created by Island artist, Ela Lamblin, will take place in the center of town. Last minute participants are welcome to join; skeleton costumes encouraged. UMO Ensemble will perform and an authentic Oaxacan band, La Banda Gozona (up to 25 members) from Seattle, complete with dancers, will play in the streets. Don't miss it!

courtesy photo

#### Chakras, Sea Turtles, Abundance, Oh My!

Vashon artist Allison Trundle will be showing her recent paintings at Glendale Gallery for the month of November.Her paintings are described as full of light and wonder with a musical quality depicted on the canvas. The artist relates that the images often come from walking in the woods on Maury Island or from watching hummingbirds hover over fuchsia plants in her front yard.

When asked what her work is about she concludes that the process



#### by Scott Strachan

University of New Mexico, I began a series of pilgrimages into the canyons of New Mexico, places where O'Keefe tread, and camped alongside a handful of artists and musicians. It was an incredible time".

Nowadays she is immersed in domesticity with her husband Scott, 3 year old son Moses and baby Diana and continuing her artistic journey painting the many trees of this area

and the birds that gather outside the family's living room window. Gardening, keeping bees, seeking the colors from the farmers market chrysanthemums, flowers always play a role in her paintings "The colors knock me out. The oranges with red tips and the almost surreal yellows with no color variations or shifts. Remarkable."

Commission work has

**Ghost Town** 10/24 - 10/30 Nick and Norah's Infinite Play List 10/31 - 11/02 Justin Rogers and the Not Ready for Nap Time Players 2pm November 15



How does it feel to be voting for the very first time in the 2008 election? UMO Ensemble's exciting feature work, First Vote 2008, explores this question with six young adults who are finding their voices for the first time in a democratic society.

Funded in part by a grant awarded by the Vashon Park District and private donation, Amy Rider King, UMO's Youth Program Director, collaborates with six first time voters from Vashon and Seattle to create an original first time voters have to say!



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First Vote 2008

by Robin Miller, UMO Ensemble performance based on their thoughts, dreams and concerns about this year's presidential election.

There will be two public performances of First Vote 2008 -Sunday, November 2nd at 5 PM at Ober Park and Monday, November 3rd at 5pm at the Seattle Central Library. The cast will also perform for the student body of the Center School.

Please join us to see what these

#### Cafe Luna Hosts Mike Fekete Sat. the 25th

Mike Fekete's music is inspired by the scenery of his hometown as well as the landscapes and sounds of the Northwest where he lives. Takoma Records, founded by the late John Fahey and made popular by Leo Kottke are strong musical influences, as



"Fresh Paint" by Allison Trundle.

for her current imagery is influenced by her 4 year old's interest in birds and sea turtles. "I always depend on the study of light manifested on canvas to steer me in the right direction. I love the solace of painting and the exuberance when an image comes up through the paint from something muddled, to something tangible and often illuminating."

reports, "After a BFA at the north of Thriftway on Vashon Hwy.

her to painting lead figuratively. "I put a lot of time and thought into each piece with each family in mind; painting the toys and items they love with their children, sometimes on the wings of a giant blue jay or

the shell of a sea turtle. I go for the essence of the child and then I add favorite animals, birds and trees native to the Northwest, and always include symbols of health and abundance. I really enjoy the commission work, it brings me joy."

Opening night is Nov. 7th from 5-9pm. Show runs for the month of November. Glendale Gallery is located in the Glendale/Keller As for her artistic roots Trundle Williams Business Center, 1 block

well as the Windham Hill sound. We're

talking beautifully played acoustic guitar that you'll want to take home with you.

### Subconscious Population Masked Ball

#### Continued from page 16

spooky drink specials, yummy food, plus lots of surprises in store. \$10 cover gets you into the bar and restaurant so you can roam free between each side throughout the night. There will be a big costume contest for attendees, to be judged by the crowd and prizes will be awarded for 1st, 2nd & 3rd place...plus The Red Bicycle plans on having a costume contest for the "Best Staff Costume".

Due to the popularity of these two bands and the fact that it's Halloween, it is highly recommended that you purchase

tickets in advance either in person at the Red Bicycle or by Credit Card over the phone by calling 463-5959. Tickets will be available at the door unless the show becomes sold out due to advanced ticket sales. There are only a certain amount of tickets available for this show. Don't be left out on the street looking in the window at all those people having fun! Get there early as Trolls Cottage will take the stage at 10pm!!!

Save your strength for Halloween night....you're gonna need it! This is a 21+ event with \$10 cover and ID will be required at the door. Costumes are encouraged!

#### by Peter Ray

archived film and newsreels of the

time along with numerous still

photos and journal entries. Some

may recognize the voice of Peter

Coyote, who narrates the tale

through the words of Fox and

Lipman. Alaska Far Away will be shown at the Vashon Theatre on

Sunday, October 26th at 7pm.

Admission is by donation. Following

the screening, Jim Fox will be on hand to answer questions about this

and a smaller venue, we have made

an addition to the documentary line-

up in the Lunavision series. There

will be a special, free election eve screening of Murder, Spies & Voting

Lies- The Clint Curtis Story at Café

Luna on Monday November 3rd at 7pm. This just released film from

director Patty Sharaf follows in the

his

presence

some may be familiar with from

Bradblog.com.

Voting Lies is an

intensive look into

the allegations of

whistle blowing

computer programmer Clint

Curtis that he was asked by then

incoming

Republican

Speaker of the

Florida House,

Tom Feeney, to

vote

internet

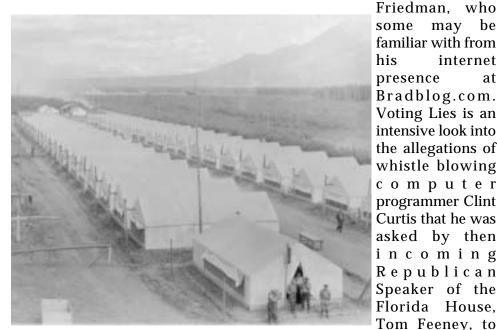
at

Making a leap to current events

fascinating piece of history.

If one were to head north out of Anchorage on Highway 1, the Glenn Highway, and to complete the crossing of the many estuarial divisions of the Matanuska River, a task now made simple by the Alaska road and bridge system, one would soon be faced with a choice. If we were traveling with the press corps of the moment, the choice would be to get on Route 3, the George Parks Highway and head westward to Wasilla, for obvious reasons. For the purposes of promoting the next film in the For Word, Vashon Film Society documentary series, we will instead remain on the Glenn Hwy. and head an almost equal distance northeastward to the town of Palmer, and leave it up to history to sort out the significance of which hamlet is remembered, and for what.

It was actually a mutual interest in plants that brought me to Palmer investigative footsteps of Brad



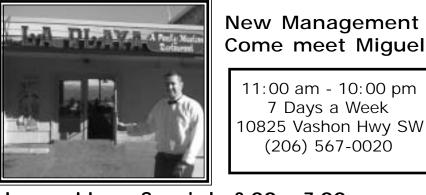
Arrival camp for colonists, Palmer AK 1935, photo courtesy Palmer Historical Society.

back in 1996 to visit then local alpine rock garden expert Jim Fox. Over the course of our stay there, we learned of his interest in local history, as well as plants. While there we were hosted by a part of that history, Jim's grandmother Irene Benson, who was one of the original "colonists" who had been recruited by the U.S. government to escape the dustbowl poverty of the upper mid west and to participate in a social experiment in collective living and cooperative farming in the rich soils of the Matanuska Valley. As one part of the many New Deal make one question the viability of a efforts to rescue those struggling to survive the great depression, the to verify how Joe Plumber or Joan government offered a loan of \$3000 and a forty acre piece of Alaskan wilderness as a way to restart their lives. To do this, it meant pulling up roots in Michigan, Minnesota or Wisconsin in the Summer of 1935, and traveling by train to Seattle, where they boarded a military transport ship for their voyage north to Palmer by way of Anchorage. Our film for this time, Alaska Far Away, was just released this year and is the result of fourteen years of interviews and research by filmmakers Paul Hill and Joan Juster, as well as through the writing of Jim Fox and editing of Mark Lipman. It tells the story of these "New Deal Pioneers" through contemporary interviews with surviving colonists,

switching software for the electronic voting machines in use there for the 2004 election, and the implications of that secret ability to flip the outcome of the voting to a 51% to 49% result in favor of the losing candidate.

write

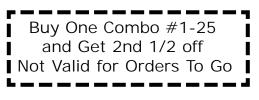
In what can only be described as one of the most bizarre tales about election fraud in these United States, Sharaf and Friedman relate a story about a swipe at the cornerstone of democracy that is not supposed to happen here. Taken as a simple cautionary tale (which it isn't) Voting Lies should, if nothing else, voting system that has no paper trail Jett entrust their vote to be counted. Seen as a shocking expose in a string of other exposes about something terribly wrong with our election system, Voting Lies should, if you're not already at your maximum dose of Zoloft, make you at least a little worried about the fact that 80% of America's votes are counted by systems that have proven to be vulnerable to hacking in the past, and nothing has been done to change that. Having spent nearly two years in this election process, come and see how it all can be made twelve lines moot by of programming code. It's your vote. For more info contact Peter Ray at 567-4542 or pgr42@att.net.



Δ

Happy Hour Specials 3:00 - 7:00 pm Tecate, Dos Equis & Well Drinks: \$2.50





Spanish/English Karaoke Saturdays 9:00 pm - 1:00 am

A Family Mexican Restaurant

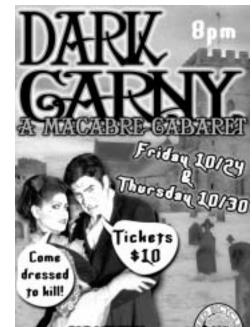
PLAYA



#### **Dark Carny Returns**

TIME to reserve your tickets for Dark Carny - A Macabre Cabaret! Two

refreshingly dark comedy at the Red



Dearest Friends- NOW is the 8pm. Come early for good seating "Let's eat, drink and be scary!"

Dark Carny is a hysterically twisted nights of outlandish show that features original songs and black humor delivered by two seductively ghoulish characters, Guto and Dita, who dwell in an etheric limbo of the eternally damned. These two waifs steer the audience through a carnival of freak shows, roller coasters, midway games and conspiratorial teeth gnashing that delights in the underbelly of existence. Adding spice to the show will be a couple of twisted puppet vignettes and a cast of Carny characters that mill in the audience, hawking odd invisible trinkets and trying to steel your wallets.

Attendees should feel free to dress to impress and prepare for a night of bodacious comedy. As the opening song says, the evening promises to "Turn your pain into pleasure." Tickets are available for \$10 at the door or by reserving tickets at the restaurant. There are only 100 seats available, so be sure to RSVP. See you there! Arlette & Steffon



Bicycle Bistro & Sushi, Friday Oct. 24th 8pm & Thursday Oct. 30th

#### **Drama Dock Call for Auditions**

Thompson. Plot: Retired professor and loveable curmudgeon Norman Thayer, and his spirited wife Ethel return to their summer cottage. Their idyll is interrupted by the visit of their daughter with her fiancé and his son in tow. Heartwarming and humorous.

Needed: Three men ages 40-80, Two women ages 40-70, One young man, age 13. Readings will be made from the script. Additionally, one

For: On Golden Pond, by Ernest to two minute prepared monologues welcome, but not required. Scripts are available for preview at the Vashon Library Reference Desk for in-library reading.

> Auditions will be held Oct. 28,29 at McMurray Middle School, 7-9 PM and October 30, at Blue Heron Art Center 7-9 PM. Performances: At the Blue Heron Arts Center, January 23,24,25,30,31 and Feb. 1, 2009. Directed by Phil Dunn.

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