In this issue: Interesting responses to last issue's salmon and affordable housing articles, Mary Tuel finds Ayn Rand Ayn-nally retentive and much, much, more!



Wild and not so wild geese on Vashon. page 7



Orca's are dying for respect.

page 15



VoV, McCabe and Dougherty present radio theatre to Vashon.

page 18

# THE VASHON COP

Vol. 5, #23

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

November 7, 2008

# Helping Other Islanders Vote

by Andrea Walker and Tressa Azpiri

Tressa Azpiri, a former neighbor of mine and a family member and friend to many on the Island, has been living in Jamaica on Breezy Hill farm for a couple of years now. She is instrumental in Project Jamaica/Project Vashon - an exchange program with the Vashon HS. The high school students visited Jamaica last year, and in early 2009 the Jamaican

Continued on page 10



From left to right. Shannon and Stephanie both have birth certificates and get to vote. They both claim that it is important to take the time to vote so that change can take place. They feel that Jamaicans are not fairly represented because so few people can vote. Kimone and Sashaunie are not able to vote. Sashanie says, " if I could vote I would elect people that would take care of our country and our people better, especially the elderly." Photo by Tressa Azpiri.

# 5th Graders Study at Waskowitz



Chautauqua 5th Graders just completed a week of learning and fun at the Waskowitz Outdoor School. They learned a lot about forests and watersheds. In this photo by teacher Kay Burrell, students examine samples they took from the Snoqualmie River. For many students, this week is also a milestone event in their lives, their first away from family. Founded in 1947 by a group led by future superintendent Carl Jensen, Waskowitz Outdoor School is recognized as a leader in the field of residential outdoor education. The Carl Jensen Environmental Education Center at Camp Waskowitz serves the students of many Washington school districts through environmental education and team building programs.



Jason Everett works with Sucia Sauer at the Vashon Athletic Club. Photo by David Weller.

# Fall Fitness and Holiday Health

Jason Everett, Personal Trainer for Vashon Athletic Club

For many people autumn and the holiday season are not welcome, especially in the Pacific Northwest. The weather makes it hard to get outside to exercise, the lack of sunlight affects our moods, and the endless parade of holiday treats can affect our waistlines in the wrong direction.

Our bodies also seem to work against us when it comes to staying fit, as many of us succumb to the genetic programming of our body's urging to put on more fat for insulation in the winter months and become more sedentary as if going into hibernation. Cont'd on page 4

# Stewards Now Retailing Island Wood

by Jay Becker, SPJ, retired reporter

First talked about as a way to help keep forests healthy and the Island rural, Vashon Forest Stewards recently moved into a new phase of their mission; retail sales of "appearance" wood from Island forests. The Stewards have their own sawmill and a molder shaper machine to plane (smooth) lumber suitable for modern home building. Recently they completed construction of a kiln in a recycled freight container to dry wood so it's stable and less likely to warp.

Continued on page 9



Morgan Holtz, center, and Dave Warren, left, and Daniel Haag, Vashon Forest Stewards' three paid employees, hold a display of the kind of special wood they commonly mill in the sawmill behind them. Custom milling is available as well.

# Foreclosure Rumors A Bust

by Emma Amiad

I have had calls from folks asking about all of the foreclosures on Vashon. I've heard numbers from 12 to 85 houses, supposedly in foreclosure! Wrong! Like a lot of internet sites dealing with real estate information, there are gross inaccuracies in these figures.



Courtesy photo.



Almost hopelessly outdated, the high school's response to new data and office systems requires bundles of wires to hang from the ceiling or taped across floors, photo by Anne Atwell.

# Survey Shows Islanders Support School Overhaul

by Dierdre Grace

A random telephone survey of island residents over the age of 18 recently revealed strong support for significant improvements at Vashon High School. Conducted in early October by the Portland survey firm Conkling Fiskum & McCormick (CFM), the survey was requested by the school board to help inform its decision on what options to put in front of voters next February.

Before asking specific questions on high school and

Continued on page 14

The Vashon Loop, p. 2 November 7, '08

# Get in The Loop

## Submissions to the *Loop*

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

## **Diabetes Health Fair**

The Diabetes Health Fair will take place November 22nd, 10-2 at the Fireman's Association Building

November is Diabetes Month. Because of Diabetes, each day in Washington one person becomes blind, one person begins dialysis and ten people suffer amputation. Come learn about diabetes; eat healthy snacks; get a free blood pressure, foot check, or blood sugar check; take home information. Printed brochures will be in both English and Espanol. Bilingual staff will be available. Come and learn about acupuncture treatments for diabetes with Jessica Bolding, MS, L.Ac. Jennifer Foege, MS, CN will be discussing diabetic nutrition. The Foot Fairy, Trish MacDonald, will be there for discussion about foot care and diabetes. Stephanie Lee, PA will be available for information about diabetic health care including exercise, blood sugar maintenance, eye care and other aspects of diabetic care. Many brochures will be available to take home including information on low cost diabetes supply pharmacies. We will be having a drawing at 11:30 and 1:30 for free blood sugar monitors, a month at Curves, massage and other items. Healthy snacks and drinks donated by Minglemint, Thriftway and Vashon Market. The Diabetes Health Fair presented by Vashon Health Center, Highline Medical and the Diabetes Collaborative. For more information call Susan Pitiger at 463-3671.

## The Vashon Loop

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

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\$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!

# Help Wolftown's Intern

Hello Vashon, please don't forget about Wolftown in these hard economic times. We need a patron to help pay a stipend to our Hardworking intern, Grace. The project needs at least \$1000 per month to keep going! Grace is 18 years old and is going to be studying sustainable agriculture. After Nov I will not be able to give her this stipend.

Also we need funding to pay for our older wolves medications and wildlife food and medical supplies. Become a member! Volunteer, do a fund raiser! www.wolftown.org. 206-463-9113. Po Box 13115 Burton, WA 98013.

## **Green Party Meets**

Now that the election is over, you can check out the most progressive party on Vashon! The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Democrats, Independents, and other interested parties are most welcome. Tuesday, November 11, 7:00 PM. 10329 SW Bank Road (206) 463-3468. Parking along Bank Road

Agenda includes: 1) Questions and Comments 2) Cynthia McKinney Presidential Campaign (General Election results) 3) Green Party of Washington State fall convention report 4) Vashon-Maury Island Community Council (Tom Herring elected) 5) Where do we go from here?

Questions? Steve Graham, Administrative Coordinator, (206) 463-9579 or Melvin Mackey, Secretary, (206) 463-3468.

## **Cat and Dog Care Presentation**

Vashon Island Pet Protectors (VIPP) sponsors a talk on cat and dog care Sunday, November 16th from 1 pm to 4:30 pm at the library (but please remember our 4 legged friends are not allowed in the library). The program includes a discussion of the new VIPP shelter; Alan Givotovsky and Kay Arthur-Farris on normal weight, first aid techniques & medication; the pros and cons of processed food versus and homemade poisonous plants, food and substances to avoid; Wendy Dahl on how to choose a pet, how to care for your pet and how to handle pet behavior issues. Questions from the audience are welcome. If you have any questions about the program, please contact Emma Newby-Letestu (tel. 463-0979).



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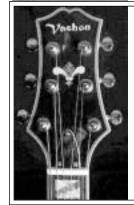
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# **DDES Offers** Workshop on **Residential Building Permits**

DDES is offering a free (Service permit applicants and property remodels in unincorporated King business nationwide. County in the coming year. The 20, 2008 from 9:00 a.m. until noon at the Master Builders facility in DDES Web page www.kingcounty.gov/permits.)

with single family construction. The marketing plans, and sales forecasts. workshop will also explain technical requirements, as well as project review process.

workshop is offered free of charge, but registration is required. DDES Web page under "Features".

For more information or questions about this workshop, contact Paula Adams, DDES Public Information and Records Officer, at 206-296-6682 or paula.adams@kingcounty.gov.

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

# **Small Business Seminar**

The Chamber of Commerce is excited to invite you to a free seminar presented by SCORE Corps of Retired workshop to prospective building Executives), a nonprofit association dedicated educating owners who intend to build one or entrepreneurs and the formation, more single family homes or do growth and success of small

SCORE will present a free workshop will be held on November seminar on Tuesday, Nov 18th. It will cover their Business Plan Guide to aid established businesses with Bellevue, 335 - 116th Ave. S.E. their challenges and questions. (Driving directions are available on Many businesses on Vashon have at used them to start and grow their businesses. SCORE business The purpose of the workshop is counselor, Ed Milan, will lead the to examine the various permit group in creating your own business application review stations involved plan, including financial reports,

The Chamber is beginning a partnership with SCORE and will management strategies for smooth host SCORE meetings for individual completion of the permit application businesses on a monthly basis at our office. If you wish to sign up for Registration process: This additional assistance from SCORE, this would be the time to do so. SCORE offers one-on-one help in all Individuals may register on  $\bar{l}$ ine via aspects of growing your business. Their working and retired business www.kingcounty.gov/ddes. Look counselors are experts in various business needs.

The Chamber will also, later the same day, offer SCORE's guide to helping you create a new business. So if you or someone you know has e-mail thought about a new business please let us know if you want to attend. To R.S.V.P., please respond to this email. Any questions, call Lee Ockinga, Executive Director of the Chamber at 463-6217, lee@vashonchamber.com.

The Vashon Loop, p. 3 November 7, '08



# HOME TEAM Troy and Marie Sell the Dream www.vashondream.com



Nestled in the heart of Vashon Island, this 9 acre property consists of a Northwest style 2800 square foot private residence on a separate two acre lot, and seven adjoining acres that include a two story log house fully equipped with a kitchen, bedrooms and bathrooms, an enormous barn converted to a recreational facility, with a kitchen, bathrooms, and private bunkhouses, a cantina, and assorted outbuildings and amenities.

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# New on the Market

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The Vashon Loop, p. 4 November 7, '08

# Fall Fitness and Holiday Health

Continued from page 1

So should we just give in to these urges? As a personal trainer and peer fitness trainer for Vashon Island Fire and Rescue, I firmly reply, "Not without a fight!"

Here are some tips that I use to keep me on the right track. Perhaps some will work for you.

#### **Goal Setting**

I like to set goals for myself to work towards. Every March, there is the Firefighter Columbia Tower Climb, that I start training for in December, and each year I change up my training program based on what I learned the previous year in terms of my performance.

The goals you set for yourself should be relative to where you are in your current health improvement plan and should be attainable. So if you don't do any exercise, you might want to start by getting thirty step.

#### **Fitness**

Obviously, getting regular exercise is going to help you get fit and improve your health. I think you will find that once it becomes part of your regular routine (after 2 - 3 months) you body will crave it and you will be crankier when you don't work out versus when you do. The types of workouts you can engage in are nearly infinite, and where you should start depends totally on where you are now. As mentioned before, start with small, achievable steps. But do something!

There is strong evidence that people who exercise regularly are more productive and are less depressed than those who don't. Regular exercise can be a strong and natural anti-depressant against the darkness of winter.

If you are not currently working out, consider easy cardio exercise of at least thirty minutes per day. If you are working out, ask yourself what it is you want out of your body, and set goals to help you get there. Sometimes you might need the help of a personal trainer if your goals are specific. There are many fine trainers on the island who can help you tweak your workout to get you on track to achieving your goals.

I am not a nutritionist, so my advice in this area will be tairly general. First, be mindful of your alcohol intake. Most alcohol is high in calories and can interfere with digestion and metabolism.

Second, set limits on treats. I would not suggest that you not enjoy life to stay fit, that perspective lacks balance. Simply seek balance by setting limits. For example, you might limit yourself to only one piece of pie on Thanksgiving, instead of

Third, drink lots of water. Most of us do not get enough water in our daily living. Adequate hydration is good for our bodies in terms of organ function, removing toxins and waste products from of our systems, and having supple skin. Drinking a full glass of water before a high calorie meal (like Thanksgiving) can make

you feel full more quickly and minimize the quantity of your intake.

Fourth, eat (low fat) soups. Soups are a great winter food; they are warm, have high water content, are cheap and easy to make and fill you up. Eat a bowl of healthy soup for a meal several times a week and see how it makes you feel. They are a fantastic comfort food.

While these tips are pretty general, they might be able to help you battle the bulge and improve your mood during the upcoming holiday season. If you are not working out, remember to ask your doctor before you do, and stay with Exercise should be part of everyone's daily life. It takes work to make it part of your routine, but once you do, you will never be the

Have a safe and healthy holiday! minutes a day of walking as a first Jason Everett is a trainer at the Vashon Athletic Club.





Expires 11/30/08

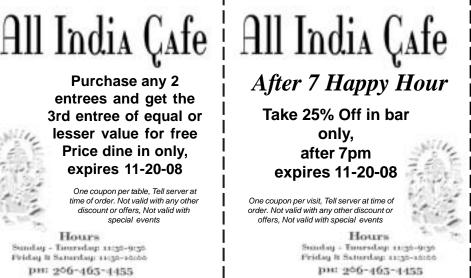
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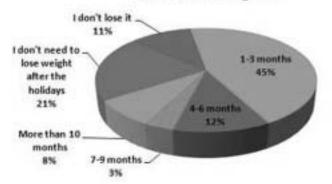




# Some Healthful Seasonal Eating Advice

Treating yourself from October's tricks to the New Year's bash can surely cause your scale to moan, not to mention your ego and stitches on the waist line of your favorite jeans that now lay folded neatly in your closet. Since the average individual can accumulate 1-10 pounds of fat in that three month stint, it's not comfy clothes

unusual to find yourself pulling out several years and are now 20 to How long do you think it takes you to lose that weight?



accommodate the extra space you now take up. I find that it's not just the parties of overindulgence and extra rich foods that should amass the majority of the blame. Maybe we should look at stress and often the eating that accompanies the emotion. This holiday season may prove even more of a challenge and potential for dietary disaster than years past. The state of the economy and election race will surely be the home-made gravy to top off the "season of stress" for those who

may remain unconscious until their more. 5. Once at the gatherings, shocking discovery which is likely to be made on or around January 2, 2009. As I see it, one has two potential options: take action now and make a plan or deal with it later. Since you've probably used the "deal with it later" tactic for the past pounds in the black since then, I

> suggest the first of the two options. And no, you cannot starve yourself for two gym membership undo damage. You've option too without success, remember? So, what to do next?

Here's your plan: 1.Do not skip meals to make up for the overindulgence of rich foods. This will only cause you to binge on the rich foods. 2. Eat before you go to parties so you won't be as likely to eat as much once there. 3. Watch your liquid calories. Alcohol and sweet drinks will pack on the holiday pounds and cause your liver to stop burning fat while it tries to process the alcohol. 4. Use food as a catalyst to create conversation and relations, not the other way around. Prepare less, eat less and relate

grab a plate, fill it with some lean protein, lots of veggies and fruits, maybe some nuts and a goody or two and leave the area. Do not remain near the food to converse with someone or you will continue to eat unconsciously. 6. Move your body, that's why you have it. Push ups, squats, pull ups and walking hills briskly will do the trick. You can modify those to fit your abilities. There you go people...put some effort into it. Get conscious about your habits, The holiday feeding weeks and buy a frenzy is a great time to do that. No better time to stop being a consumer and start being a participant.

by Rochelle Gravance, vashontrainer@yahoo.com or habitsforming@yahoo.com

Rochelle Gravance is a NAFC already tried that Master Level Certified trainer and IYCA Certified Youth Specialist on Vashon Island that writes regularly for her website blog at Habitsforming.com and has written health and fitness articles for Self Magazine. She may be contacted at vashontrainer@yahoo.com or habitsforming@yahoo.com.

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# Rinse Cycle

by Peter Ray

There is a sense, as the evening dark comes earlier and the autumnal rains remoisten the summer-parched garden soils, that now is the time to rest. As one does the back and forth glancing between the rain jostled leaves outside the window, the sturdy two-wheeled steed in the corner and the pile of protective wear one must now layeron in order to endure a ride, it is much easier to look further to the couch, the stacks of books and magazines or the tv/dvd player remote controls and just say: screw it. I know. It just isn't fun to ride a bike in Winter, and if one were to look to our more primal roots, the idea of working out and shedding pounds and layers of warming fat that are there to shield one from



Dan Willsie rides rain or shine, photo by Peter Ray.

seasonal thermal deficits just doesn't make sense. To that end, freezing one's butt off and getting soaked to the bone in the process seems even more ridiculous, but it doesn't have to be that way.

For me there is a certain satisfaction gained by immersing oneself in the elements, beyond just the training effect. I can recall a level of smugness creeping over me when years ago I looked down from an overpass to the empty New York State Thruway below and realized that even though highways could be closed by blizzards, I could still go out and run anyway- I'm not quite that driven anymore. One thing you do have to realize when heading out into the Winter- or Summer- wet is that staying completely dry on a bike is simply not an option, but there are degrees of relative moistness that one can prepare for and achieve.

As far as the bike goes, there are four non-negotiables one should consider. While it is easier than ever to get stuff that quickly straps on and comes off bike frames these days, the ideal would be to have a Winter bike dedicated to more inclement weather. In this way, one can also drag this bike out when needed no matter what the season, and be somewhat shielded from wet instantly no matter what the time of year. Anyway, the four things one needs on this or any wet weather bike are good tires, fenders, wet weather chain lube and lights. Tires for the wet should be thicker, since

the damp causes things to stick more easily to the tread, and in the case of sharp and pointy things, this can lead to punctures. A tire liner inserted between the inner tube and the tire is an invaluable layer of insurance in this regard. As with cars, tires should grip when wet. Try riding out of the saddle (standing on the pedals rather than sitting) up a slight, paved incline that is wet- if the tires slip on the down stroke, find some new rubber. Ask for wet weather tires-you'll benefit from the added grip in dry times as well. Lube your chain regularly and don't be afraid to hose off your bike after a particularly wet ride to remove some of the grit and other unmentionable road detritus. And always have a white light on front and a red blinker on back- and turn them on to be seen in these darker times.

As far as dressing for wet weather success goes, the two main considerations are layering and breathe-ability. There are no right or wrong combinations here- this is something one has to experiment with for oneself. One should dress to keep your core warm, which usually involves a variety of those moisture-wicking undergarments, a long-sleeved cycling shirt and a wind vest or jacket. If it is just cool or misting, the wind vest is the best choice since it allows the sweat an easy exit out the arm holes. As soon as you close the system with a full jacket- even if it does claim to be ventilated- the more likely it is that sweat will build up inside and you will get cold. Keeping the core from chilling will add to warmth in other parts of your body. My legs don't tend to get real cold, so pulling on knee- or leg-warmers below my cycling shorts generally does the trick for warmth here. Generally speaking, if I have to add tights to this mix it's just too cold to go out on a bike.

I hate wet feet in shoes, so I've found that winter cycling boots- a rain is the ventilation/ sweat build

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

Friday, Nov. 14

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kind of high-topped cycle shoe- are essential to Winter riding. Neoprene booties over regular cycling shoes work well, and booties over cycling boots are near perfect. Probably the only thing that has not been solved to my warming satisfaction is the cold weather cycling glove problem. Again, the dilemma that reigns in the

up conundrum. What works for me so far is to bring along a second pair that can be dry and changed to when the first pair gets soaked. As far as your head goes, a head band or short stocking cap can be worn under your helmet to keep out those vent holes breezes.

Continued on page 15



## Holiday Fitness? You can Park It

How do you like your fitness program? However you like it, Vashon Park District probably has it. 'Like it hard? Try Stationary Cycling with Dari Haffie at 6:30 Tuesday mornings. You'll know you've had a workout. Gentler? Join Kelly Chevalier for Strength & Stretch at 10:15 Tuesday and Thursday mornings. You won't know you've had a workout 'til you get home. Soulful? You're a candidate for Sam Scherer's brand of Yoga. He leads beginners through basic poses on Tuesday and Thursday mornings at 7:45 and "active" yogis in a more vigorous practice on Monday Wednesday nights at 5:30. You're guaranteed to go home a happy noodle.



Yoga practice cares for the body, mind and spirit, and it's exercise that lasts a lifetime.Courtesy photo.

Just because daylight savings time has turned on the dark, you needn't crawl into a winter hole with the ground hog. You can choose your brand of fit from the Vashon Park District website at www.vashonparkdistrict.org or just drop in to peruse the activities kiosk in the Ober Park lobby. Your real estate tax dollars provide the facilities and you pay small fees to keep the instructors going.

For families there's the very popular Tang Soo Do, a brand of classic, Korean martial art that focuses on kicking and balance. Kids age 6 to 9 put on their dobros at 5P Tuesdays and Thursdays; people over 10 work out at 6:00. Another style of martial art, Vashon Aikido, offers classes for people age 17 to adult.

It's basketball season for kids. The Vashon Island Junior Basketball league keeps kids from kindergarten to sixth grade dribbling through evening practices and Saturday games until March. It's almost more excitement than one human heart can handle. For more excitement, everybody's rushing to sign up for Vashon Ski School. People age six to adult who sign up before December 5 can get discounted lift tickets, lessons and a ride to Snoqualmie Pass on the famous Vashon Ski bus every Saturday in January and February.

If the great indoors speaks to you, your choices are plentiful. Dari Haffie is offering Zumba classes this guarter — ditch the work out and join the party with Zumba's hypnotic Latin rhythms and simple

by Susan McCabe, Program Coordinator, Vashon Park District

dance steps to help you sweat off a few pounds and love every minute of it. Combine strength training with a cardio build in Balance & Tone classes Wednesday mornings at6:30. Or focus on strength in Weight Training classes with Kelly Straight - early or late on Monday, Wednesday and Friday mornings.

Make it all cardio in three different, and varied, stationary cycling classes at Ober Park. There's nothing that works up an exhilarating 'glow' like stationary cycling, and the Park District offers three different teachers at six different times. Is aerobic dance your thing? Move into the 21st century with World music in World Step Dance created by Kelly Chevalier. If the movement doesn't always motivate you, the pounding Afro-Caribbean rhythms will.

As Northwesterners, we're lucky to live in a climate that welcomes us outdoors year-round, if you don't mind being a little wet. So, soak up your Parks. Vashon and Maury are islands of parks. Vashon Park District alone manages 18 of them, including beach parks, hiking trails, wildlife sanctuaries, whalewatching sites and plenty of places to sit quietly with Nature. You can even rent a kayak for the day or arrange a guided tour around Quartermaster Harbor. Just call the Park District at 206-463-9602 - it's fit for you.

how much physical activity is enough. That is a tricky question. For most healthy adults, the American Heart Association's recommendation of getting around 150 minutes a week of moderateintensity physical activity is a good place to start. (Children should be getting around an hour of moderate to vigorous activity most days of the week.) Moderate-intensity activity means elevating your heart rate and breaking a sweat, while still being able to have a conversation.

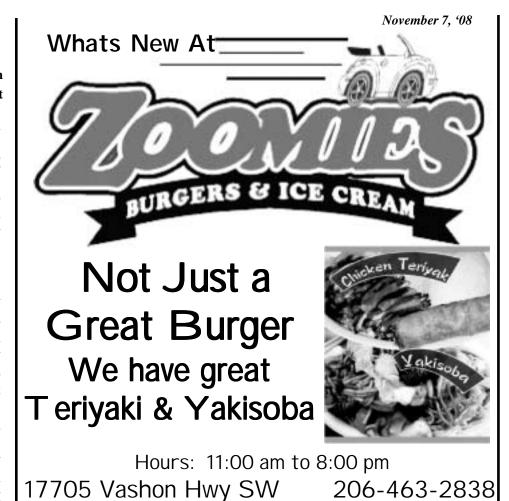
In addition, I would incorporate two days of strength training along with flexibility and simple balance to see how long you can stand on exercises to help maintain and one leg. There are limitless options several certified trainers on the improve your balance.

Trying to figure all of this out and then how to fit it into your already busy schedule can seem a a special hike you've always wanted bit daunting.

Do what you can and don't worry about not hitting the 150 minute magic number. Something is always better than nothing!

Remember the recommendation is accumulative minutes. So let's look at some options for getting started.

Set a realistic schedule for yourself. Any variation works, as long as the duration is at least 10 minutes of moderate-intensity activity and you are doing something a minimum of 3 days per week. What about parking a mile away from your destination? For strength, spread your workouts out



# Tom Wallace

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## How to Fit the Fitness In

People are always curious about so you have a few days of rest inminutes. per week. A simple balance drill is

between. For a basic beginning program, perform 8 to 10 strength exercises, 8-12 repetitions. 3-5 abdominal/core exercises, 10-20 repetitions and stretch after strength and physical activity for about 5-10 Balance enhancing exercises can be done whenever you have a minute or two a few times by Kelly Straight, Certified PersonalTrainer, kstraight@centurytel.net

your family/friends Get involved.

Join a class/club/sports team. Classes and sports have the social benefit which is great for our emotional and physical health.

Monday	Tuesday	Wednesday	Thursday	Enday	Saturday	Sunday
Strength Train Walk 15 min morning	Walk 20 min at lundi		Gentle Yoga/Stretch Walk 40 min track w/Ian	Strength Train Walk 15 min moming	Walk Burton Loop w/family or Fisher Pond	off
Walk 15 min evening	9			Walk 15 min evening		

and many resources available to assist you in creating a program.

Set an attainable goal. Is there to do but need a bit of conditioning before you attempt it? Goal setting is a very motivating way to stay committed to an exercise program. Write some short term and long term goals down.

Hire a trainer. Vashon has island that can help you assess your goals and prescribe a personalized program to meet your needs.

Reward and acknowledge your accomplishments! If you enjoy what you are doing, chances are, you will keep doing it.

Staying active transcends into your health and your families health both emotionally and financially.



Kayaking is the full body workout you won't know you're getting because it's so much fun. Courtesy photo of Vashon Park District's Kayak Center programming.

# Don't Forget the Birds

## **Vashon Geese**

by Ed Swan

time during this season hear the calls of geese overhead if they pay attention at all to the natural world. The migrating and local resident Canada Geese just flying around make themselves pretty hard to miss. The lucky might notice some calls that sound a bit different, the harsh "laughing" of the Greater White-fronted Geese or the raucous calls of Snow Geese heading south.

Through experience one can learn to tell them apart by their calls and they all look quite different on the ground. In flight, the way most people will see the Greater White-

Those outside for any amount of white cheek patch. They have a pinkish or slightly yellowish bill with a white patch at the base compared to the Canada's and Cackling's jet black bills. The Snow Geese compare in size roughly the same as the GWFs.

> Size does matter here in that a large number of domestic and domestic X wild geese hybrids bless the Island with their presence. For about the last year, a flock consisting of resident Canada Geese, domestic geese gone wild and a variety of hybrids (Canada X domestic, GWF X domestic, domestic X who knows what) continues to visit all corners,



Part of the now notorious flock of mixed feral and wild Geese. Note that the two white geese have no black on their wing tips and one is as large or larger as the Canada Geese hybrids. Photo by Gary Peterson.

fronted (GWFs) and Snow Geese, the Snow Geese with their white prove fairly easy to identify but the brown bodies of the GWFs appear pretty much like the Canada Geese when high up.

On the ground, size provides the most important identifying factor. Experts now recognize two Canada The like a small Canada without the

shores, fields and farms of Vashon and Maury. They really get around.

Size matters because feral domestic geese, white hybrids, GWF X Canada or GWF X domestic hybrids will all be fairly close in size to the Canada Geese or even obviously larger. That will rule out a true GWF or Snow Goose right away. Snow Geese may also be told from the domestic geese by their black wing tips which show up standing on the ground or with close observation in flight.

Examples this fall of real wild geese sightings include Fran O'Reilly finding a flock of twenty plus GWF Geese grazing in her Maury Island pasture October 14. They stayed for





Parker Plaza 17232 Vashon Highway

Vashon's farming past, this email at edswan@centurytel.net. pasture remained in addition to fields with the leftovers of edible already harvested crops. In the last decade, GWF Geese landed for close observation only a handful of times. The most recent Snow Geese sighting consists of a flock seen overhead by Rich Siegrist on October 22. No verified water or land sightings exist in the last few decades for Snow Geese, only birds seen flying by.

If you have an interesting bird sighting to report or a question about local birds, call me at 463-7976 or

occurred much more because more I'm also available as a guide for finding birds around the Island for you or your visitors.



One of the Greater White-fronted Geese at Fran O'Reilly's pasture, photo by Steve Caldwell.

#### Geese species, the smaller Cackling Goose, not much larger than a big Mallard and the Canada Goose, the common large goose around here. Over the fall and winter, a few of the Cackling Geese will show up by themselves or mixed in with Canada GWFs range intermediate in size between the Cackling and Canada Geese, looking

at least a week. 40-50 years in

#### **ACROSS**

- 1 Hotel
- 4 Halo
- 8 Dress
- 12 Ill-being
- 13 Baby's bed
- 14 'love' (Italian) 16 Color
- 18 Cowboy's leg
- 20 Ermine
- 21 Back talk
- 23 Pearl 24 Desert
- 25 Teaspoon (abbr.)
- 26 Woof

- **42** Consecrated
- 44 Vague
- 47 Shaded
- **51 Wok**

- 29 Egypt king

27 Reject

- 32 Estimated time of arrival
- 33 Whimper
- 34 Loo
- 38 Detectors 40 Flambovance
- 41 Spreads on
- 43 Women's undergarment
- 46 France & Germany river
- 50 Writing liquid

- 25 Not that
- 28 Object

- 31 Slimly

- 36 Jewish scribe
- 39 Spoken
- 40 Blemish

- 52 United Parcel Service 53 Hotel room cleaner
- 55 Side note
- 58 Idea
- 60 Male Ireland dwellers
- 63 Guts
- 64 Pocket fiber 65 Air Cushion Vehicle (abbr.)
- 66 Alter
- 67 Young Men's Christian
- Association
- 68 Repose

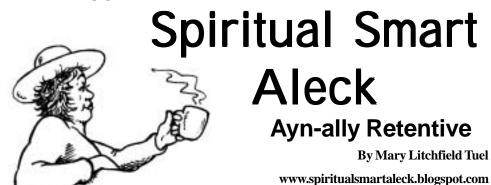
# **DOWN**

- 1 Southwest by south
- 3 Flying machine
- 4 Angle less than 90 degrees 5 Vase
- 6 Free of 7 Gulf-like 8 Scads
- 9 Famous cookies 10 Affray
- 11 Stick out 15 Shallow area
- 17 Horse's walk 19 Greenwich Time

- 22 Rainy mo.
- 26 Expert 27 Jessica's nickname
- 29 Analyze
- 30 Inclined
- 33 Tattered 35 Rat (2 wds.)
- 37 Russian ruler
- 42 Conveniently

- 45 Twelve 46 Girdle
- 47 Attila the 48 On
- 49 Painter Richard 51 Italian food
- 53 Bustle
- 54 Fresh
- 56 Prefix ten 57 Look up to
- 59 Gall 61 Flange
- 62 Business abbr.

The Vashon Loop, p. 8 November 7, '08



Alan Greenspan is not having much fun these days. Three years into retirement he's taking a fall for the way things are going now. He's saying things like, "Gee, maybe I wasn't right about everything."

If Greenspan made decisions that affected a lot people, a lot of people went along with those decisions, so I think that if there's going to be blame, it doesn't all belong to him, but then I am of the belief that blame is not a helpful thing. I'm talking about the kind where you demonize someone else and don't hold yourself accountable for your own actions.

I was not aware that Greenspan was a follower of Ayn Rand, but that is one of the things I've learned in recent days. He was part of a group that met in her apartment in New York City, where the tenets of Rand's philosophy, Objectivism, were hammered out. Rand said in the appendix to the 1957 edition of Atlas Shrugged, "My philosophy, in essence, is the concept of man as a heroic being, with his own happiness as the moral purpose of productive life, with

brutally taken by the sweaty superior male and loving it, and him. I thought then, and I think now, "Eee-

Then there was the scene in which Rand gleefully killed off a whole trainload of liberals by asphyxiation. She described with evident pleasure the gasping demise of these poo-poo head do-gooders, one by one.

Also, she had a striking hostility toward soy beans. I'm not sure what that was all about.

A lot of people admired her philosophy and became her followers and disciples. You can see the attraction - the belief that you are superior to everyone else? The assumption that the superior being (you) should lead and triumph? That selfishness was the supreme good and that living selfishly can make you rich, and that's good for everyone? Hey, sign me up!

Ayn Rand went to her final reward on March 6, 1982. That news may have been buried beneath the news of the death of John Belushi, who was a more popular public figure at the time, on March 5.



Originally published July, 2004

achievement as his noblest activity,

She was born on February 2, 1905, in St. Petersburg, Russia, as Alisa Zinov'yevna Rosenbaum. Her family moved to the Crimea at the time of the Russian Revolution, and she came to the United States at the age of 21, changed her name to Ayn Rand, and went to Hollywood to write screenplays. There she met and married her husband, Frank became O'Connor. She naturalized citizen in 1931. She and O'Connor later moved to New York City, where they lived the rest of their lives.

I read Rand's novels, Atlas Shrugged, and The Fountainhead, when I was in high school. The scenes I remember most vividly from her novels were the violent sexual encounters, with the woman being

Her books still sell. People still and reason as his only absolute." buy into her Objectivist philosophy and occasionally you still see a bumper sticker that says, "Who is John Galt?"

> Apparently Alan Greenspan is having second thoughts, though. Ayn Rand was brilliant, no doubt, and she worshipped the rational, but it turns out that the rest of the world, with all its inferiority and irrationality, does not live up to her tenets. Darn.

> So perhaps now we'll try a new philosophy. You thought philosophy was a dusty old subject that had no meaning to the real world, but we have all been had by the teachings of a dead philosopher. It's a cruel truth, but bad philosophy happens.

> You can read more of the Spiritual Smart Aleck www.spiritualsmartaleck.blogspot.com.

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## **Tour Island Horse Places in Winter**

It's dark. It's cold. It's raining. It's a great time to see how to deal with the challenges of winter. Tour two Island horse farms on Sunday November 16th from 1-4PM. To register, contact the King Conservation District paul.borne@kingcd.com or 425 277-5581 ext 122

See mud-free winter paddocks and manure compost bins in action. Come discuss what type of footing material makes sense for your place and your animals. Get ideas for summer time rotational grazing and explore chore-efficient horse

bank erosion and protecting water quality. If we are lucky, maybe we'll get a glimpse of salmon in the Creek!

by Susie Kalhorn

The tours will be held at the homes of the current and the past presidents of Vashon Horse Association, Janet Quimby and Carole Friend. Janet's place fronts Judd Creek, while Carole's is inland and she has integrated her horse place into her residential garden setting. Alayne Blickle of Horses for Clean Water along with the local landowners will lead the tours and a farm planner from the King



Carole Friend proudly stands in front of her two-stall manure composting bin. Photo by Susie Kalhorn.

management options. Take a look at how a buffer on Judd Creek has been enhanced with a variety of native plants protected by an attractive exclusion fence. Although people can slip through and visit the creek, the horses are kept out of the buffer thereby preventing stream

Conservation District (KCD) will be on hand. The KCD can help pay for projects that protect natural resources such as the creation of winter paddocks and installation of barn gutters and downspouts. Come see what you can do to create a horse place that's fun for you and your animals even in the rain.

# Garden The World By MEarth

# The Global Village

-compiled from various sources on the web

If you could fit the entire population of the world into a village consisting 100 people, of maintaining the proportion of all the

people living on earth, that village would contain 57 Asians, 21 Europeans, 14 Americans (North, Central and South) and 8 Africans.

There would be 52 women and 48 30 men, Caucasians



Earth from Apollo Seven, courtesy photo.

70 non-Caucasians, Christians and 70 non-Christians. 89 heterosexuals and homosexuals. Six people would possess 59% of the wealth and they would all come from the USA. 80 would be illiterate, 50 would suffer from hunger and malnutrition, 1 would be dying, 1 would be being born, 1 would own a computer and only 1 would have a university degree.

If we were all to look at the world in this way, the need for

compassion and understanding should be obvious and we should all consider again the following: If you woke up this morning in good health, you are better off than a million people, who will not live through the week.

If you have never experienced the horror of war, the solitude of prison, the pain of torture and have never been close to death from starvation, you are better off than 500 million people. If you can go to your place of worship without feat

> that someone will assault or kill you, then you are luckier than 3 billion people. If you have food in your fridge, clothes on your back, a roof over your head and a place to sleep, you are wealthier than 75% of the world's population.

> you have money in the bank, in your wallet or in your purse, you are one of

30 8 of the privileged few among those 100 people. If your parents are alive and still married, you are a rare individual. If you are reading this article, you do not comprise one of the 2 billion people who cannot read.

> If you are one of the lucky ones in this world, follow that classic piece of advice and work like you don't need the money, love like nobody ever hurt you, dance like nobody is watching, sing like nobody is listening and live as if this were paradise on Earth.

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# Stewards Now Retailing Island Wood

Continued from page 1

They don't sell many 2"x 4"s, however. "You can buy 2"x 4"s from commercial lumberyards for less per board foot than we can buy raw logs," explains Dave Warren, one of three employees of the Forest Stewards. They seldom mill 2"x 4"s, because they can't make enough money off that work, even if you give them the logs, as some Islanders do. "Appearance" wood is the nicer finished lumber used in interiors for flooring, paneling and trim. It sells for a higher price than 2"x4"s and other "common" wood.

Their strategy now is to mill special orders, "custom" milling in the jargon of the lumber business, and flooring and trim of Douglas fir. They've become good at producing it efficiently. Morgan Holtz, sawyer and mill yard manager for the Stewards, says what they are doing is milling the kind of wood you may not find stocked at any local yard.

An example is vertical grain Douglas fir flooring thinned from our local island forests. Second growth lumber without knots (clear) that has grooves cut in the back of the board to keep it from twisting or cupping. Another example is window and door trim of various cross sections.

Holtz assures me they can make what were called boat boards 70 years ago, wide, thin boards without

big knots. They are also currently cutting several historic profiles such as shiplap and drop siding being used on several historic barn restorations underway now on the island. About the only thing they stock regularly in any quantity is full one inch thick rough planks of Douglas fir in various lengths. new kiln, and processed into either flooring, paneling, trim or according to their custom orders. Odd shaped wood is some times milled. Other varieties of wood like maple, Madrone, alder, hemlock, cedar, and whatever you have in your yard can be milled. Milling is \$75 an hour.

Islanders are coming to the mill behind the bone factory (Sawbones Worldwide) on 188th for sawdust and firewood as well, adds Daniel Haag, the mill yard technician who assists Morgan. There is a nearly constant supply of firewood from wood trimmed from logs as they are squared off to be milled. One Island baker uses the Stewards' firewood for his wood-fired bread oven

Though as a non-profit they've had to take a "Granny's Attic" approach to building up our mill yard infrastructure, there's maybe worth of capital equipment invested now at the site, Steward's director Warren estimates. Even most of their logs damaged or hazard trees that had Forest Stewards. to be taken down.

The Stewards have stayed active in the woods, working to make them healthier and improve their aesthetic and recreational qualities. Starting with the thinning of Agren Park in 2004, they have managed thinning operations for landowners, involving 233 acres, an average of 6.3 acres per landowner. 233 acres is roughly 2% of the forested area on the island.

So the Forest Stewards have Those planks are then dried in their come a long way from the early conversations by the Vashon Community Council in the 1980s



Dave Warren examines Forest Stewards' wood used to finish a window on a remodeling job. He's crouched on flooring from the Stewards' mid-Island mill.

and 90s about poor forest practices in Island woods. The Forest Stewardship Classes, held on the island since 1994, helped educate Island forest landowners, and are donated, coming from storm motivated some to start the Vashon

The forest stewardship movement has helped dozens of Islanders prepare forest management plans and gain tax advantages which help many of them keep their land in forest. Now county forester, Amy Grotta, 206 205 3132, holds forest stewardship classes yearly. The 2009 class begins Tuesday, Jan. 13, 2009, at the Land Trust building in Vashon town.

The Stewards' operation is nonprofit. Utilities, licenses, insurance, taxes, and workers must be paid. Some logs are bought, some donated. Warren says they've developed enough efficiency in operation that now their appearance grade woods are competitively priced. This wood is special because it comes from local operations that enhance forests rather than degrade forests. And their local production also benefits the community's rural economy.

Many of the 38 other similar small sawmills identified by Grotto on the west side of the Cascades are hobby or part time operations using portable sawmills. Long ago this class of sawmills were called "farmer" saw mills. They were small enough for one or two men to move around. Then the portable band mill was developed on a trailer. It was faster, more precise, and heavier. Here in the heart of the Douglas fir region with millions of small second growth trees on long-ago loggedover land you might find a portable mill up any gravel road. There are even two small sawmills in Seattle,

Continued on page 12

# 🖎 LoOp Ed

# Affordable Housing and ADUs

I've just come from a good by Frank Jackson, Commissioner, Dist. 19 discussion with Emma Amiad, whose article "Town Challenges: Affordable Housing" appeared in the October 10th edition of the Loop. We wrestled with a number of issues, the most important being the effects of lack of water for new uses in Water District 19, and how that restricts the supply of "granny flats" also known as mother-in-law units or in King County parlance, accessory dwelling units (ADUs).

Emma is my gold standard for what a community citizen and activist can be. She is dedicated to important issues and has been amazingly effective over the years in efforts, including spearheading the transfer of our parks from King County to the Vashon Park District, helping to establish the Land Trust, significant affordable housing efforts, and more. She has talked to District 19 in the recent past about the need for water for ADUs. So far, the District has been unable to make significant progress in this area.

Being a commissioner of District 19, I am well aware of the difficulties that the lack of water imposes on various parts of the community. It's a regrettable fact of our life on the Island, and I've discussed it before on these pages (see the May 9, 2008 Loop – "Water District 19 – Water Supply and Sustainability").

I think that all District 19 commissioners are in tune with the many benefits of ADUs — as affordable housing, as a place for relatives to live and to possibly help care for grandchildren, and as a supply of income to those renting them — retirees for example. The problem is in determining how to help the situation without creating other problems.

In many ways, the current mortgage lending crisis is relevant to our water situation. Sure, everyone wants to approve home loans for people who need houses but can't quite afford them. But was it wise to do so? As it turns out, the answer is "No". Big Mistake. In the long term, it is leading to large bailout expenses for citizens and general turmoil.

Similarly every commissioner wants to approve new water for their neighbors who need it. There is lots of pressure to do so. But would it be prudent? The answer has been "No" for nearly all District 19 commissioners since 1994, and there have been many. Given the water situation, approving new water could lead to a major crisis for the District 19.

In fact, the state Department of Health explicitly prohibits districts who can't meet "peak day" water demand from issuing more water. District 19 has experienced summer peak day demands that exceeded supply capacity several times in the past several years. Temporary operational measures taken by the District staff have saved us, but the

ramifications of running out of water are enormous. Think large expenses and being out of water for days.

The District 19 capacity problems continue despite many dedicated, but expensive, efforts. For example, nine wells have been drilled - two are currently productive and a third soon to come on-line. Surface water treatment improvements have been made. An artificial aquifer recharge pilot project was done, but problems prevented that approach. aggressive conservation program is being pursued which includes a steep pricing structure to encourage conservation, voluntary water use audits, rebates for low flow fixtures, and more. The conservation effort is working, and is cost effective. Future considerations include a water line to the mainland, desalination plants, large retention reservoirs, and more. The costs would be spread amongst the 1400 customers. Even without major new capital projects, current District 19 rates are already high due to previous projects for which payments will continue for many years. Such high water rates do not help the affordable housing situation.

Emma and I did come up with some potential approaches. Some questions arose: What if a single family residence (SFR) owner that wanted to add an ADU could get their total water usage down —- to well under that for most residences? Would they be willing to pay steeply for water used beyond a normal, minimal amount? Could King County be persuaded to embark on a program to facilitate ADUs? What about code enforcement? What about water usage restrictions and paperwork in line for these enforcement? What about District students to come to the US. 19 strict rules for one water service unit per occupied building? What birth certificate and introduces about the people on District 19's and tradeoffs in successfully answering these questions.

is the vibrant discussion of issues. youth to vote in this country, I Here is an issue that would benefit thought it would be interesting for from more discussion, and Vashon to know a little of the particularly from new ideas on how political landscape of this island to enable "granny flats" to get part of the West Indies in the Greater water, without compromising those who have been on the District's waiting list for a decade or more. I had a good positive discussion with Emma and would like to expand it to more Islanders. Let's talk - I'll be watching these pages for comments. the process of obtaining a birth

Thanks,

Frank Jackson



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



# **Helping Other Islanders Vote**

Continued from page 1

students are expected to come to Vashon. She has been keeping many of us informed via her email list, of her life and her challenges of getting the proper

The VISA process starts with the many challenges right at the start. waiting list who are waiting for She has climbed mountains to help water? There are obvious difficulties these young adult individuals get their paperwork including her money and time. As we approach One of things I like about Vashon the election, and campaign for the Antilles - an area of 4,471 square miles, population - over 2.6 million. The birth certificate not only is needed for the right to get a passport but also to have the right to vote.

Tressa writes: Understanding certificate helps me understand why so few Jamaican residents actually have birth certificates, passports, TRN#'s (like our IRS#) and can registrar to vote. In America when you turn 18 years of age and you can registrar to vote. Yet so many Americans do not vote. They tell me that 80% of Jamaicans do not have birth certificates, are not educated past age 10 or 11, do not vote or pay taxes (no TRN #, no taxes). In my

'very American' way of thinking I have to wonder why the government does not 'give' people birth certificates and at the same time assign TRN #'s and have more people paying taxes and having better education? Well, the only answer I seem to get is that then the people would be able to vote and the government does not want that. I guess things are similar everywhere, but watching the larger % of the people living hand to mouth is hard.

What I am told is that 20% of Jamaicans have birth certificates. Those residents, if they have TRN#'s can registrar to vote. What % really votes? Not a whole heap! I am sure the more affluent Jamaicans have the opportunity to have their papers in order and are able to vote. I asked someone the other day how he was able to get a drivers license when he cannot read to take the written test? He looked at me and said flatly "I bought it." This is how a lot of things get through in Jamaica.

I have made progress on helping Taj Hunter in trying to be approved for a birth certificate. Kids can go to primary school without a birth certificate. Once they complete grade six (age 11 or 12) they can not go on in school without a birth certificate. I have helped several students obtain birth certificates. It is not an easy process. We have to journey to St. Ann's Bay and wait in a line that begins forming at 6:00a.m. just to apply for the paper

# LoOp Letters

# **Local Birth Control** Services on the **Chopping Block**

You may already know that King County is facing a major budget crisis. What you may not know is that the King County Council is currently considering a budget which eliminates five family planning clinics, as well as family planning and STD services for teens in juvenile detention. These proposed cuts are unconscionable. Without these clinics, literally thousands of low income and uninsured women and teens will have no other place to go for reproductive and sexual health care in King County. At the White Center Public Health Family Planning Clinic, the clinic closest to Vashon, women receive birth control, annual exams and pap tests to screen for cervical cancer. The White Center clinic is just one of the five clinics currently on the chopping block.

Eliminating Family Planning doesn't make fiscal sense. Making free family planning services available to uninsured and low income women actually saves money. For every \$1 invested in family planning, \$4 is saved.

Access to birth control and STD services is the single most effective way to reduce unintended pregnancies and contain the spread of STDs. These services also function as a critical entry point into broader medical care and social services for low-income women and their families.

The issue of reproductive health care is frequently discussed in the national forum and often in an almost philosophical way. But right now, I urge you to act locally, in a very direct and real way, to help protect contraceptive services for women right here in our own county.

King County Council members are accepting online testimony and emails from county residents in deciding their budget priorities. But time is short. The County Council will adopt the 2009 budget by November 24th, the Monday before Thanksgiving. I believe we must insist that the County Council retain Public Health Family Planning Clinics, on which so many women depend for their reproductive health care needs.

Carole Mullin





# Re: "Welcome Back the Salmon"

Loop:

This article brings back childhood memories of the facts that my mother, Della Harrington, often told me. Her brother, Alfred Holmes (Burgess) homesteaded on Vashon above Paradise Cove Beach. I am (inside a bigger and better one). However, I digress.

My mother visited her brother from her home (then in Minneapolis) during the Alaska-Yukon-Pacific Exposition in Seattle in 1909. During the visit Alfred took my mother to watch the harvesting of salmon in Judd Creek. It was done by nets strung across the creek and pulled on either side by a team of horses. Hundreds of salmon were caught at one time by this method. Probably this was repeated in various streams of the area, helping with the original depletion of the fish.

By the time I was born my parents lived in Wisconsin. At my come and gone and my uncle, stamped and signed by the JP. having moved into Seattle to work in the shipyards was a wellestablished house painter. While we visited his old friends on Vashon, nothing was ever said of the salmon

Congratulations to all who have worked on this project, giving us the review the paper work and either hope of similar salmon runs to be viewed.

Vy Biel, Owner, the Country Store

# **VIPP Adopt-A-Cat** Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day every Saturday from 11:30-2:30 at our NEW VIPP ADOPTION CENTER at 12200 SW 243rd St. Please go to vipp.org for directions or call VIPP at 206-389-1085.

# **Helping Other Islanders Vote**

Continued from page 10

To Yvonne Kuperberg and The work and a #. From there we take the papers to both parents (if you can find them), or a relative that 'witnessed' the birth if you can not locate parents, if the child was born in a hospital you can also try and find the attending nurse to sign. (So you find a nurse and say "Do you sure parts of his house are still there remember in 1994 when so and so came in and birthed a baby girl/ boy?") Then if the child was baptized we have to go to the church and find the record in the large hand written old paper book and have someone sign and stamp that the child was baptized. Next we go to the primary school and look through their huge old paper book registration of children attending and try to find the child's name in the year they 'should have' began school. The principle has to fill out a paper and sign and stamp it testifying that the child did register and attend school. Once we have all those papers we travel to a JP (Justice of the Peace) and have age of 6 my mother and I came out everything signed and stamped here in 1927. We made the same visit again along with two passport size to Vashon. The First World War had images of the child that must be

Finally with all the papers signed and stamped we head back to St. Ann's Bay early in the morning to join the queue of people wanting help with papers. The queue takes hours. Once it is our turn we sit in front of someone and they send you out again for more information or tell you to pay J\$3,500 (about US\$50.00) and go stand in another line to sign up for an 'interview' to be scheduled (several months later) to see if the child will be granted a birth certificate. Your interview day is another long wait in line as nobody has a time, just a day and it is done first come first served. After the interview you are either approved or not. If you are approved you pay

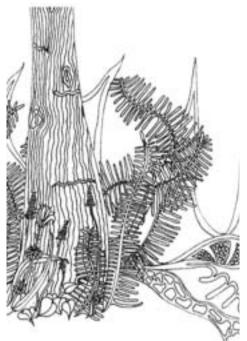
another fee of J\$2,000 to have two copies of the birth certificate brought to you via Currier service (which means you will receive a phone call to meet a unidentified car in the closest big town in your area on a certain day at a certain location, yet not a certain time, you just go there early in the morning with a good book in hand and wait to pick up your birth certificates.) Of course I did not realize it was an unmarked car the first time and it took me a long time of watching others approach the car and walk away with brown envelopes to realize that was where I was suppose to go. Then, you have to 'tip' the courier driver to get your papers! KEEP IN MIND YOU HAVE TO BE ABLE TO READ TO EVEN BEGIN THIS PROCESS!

I was able to get all four Project Jamaica-Project Vashon students Visa appointments. The first two are tomorrow in Kingston. Please pray that we get through! Love to you,

# Vashon's Fruit **Growing History**

The Vashon Fruit Club will be hosting a program on "The Fruit and Berry Growing Heritage of Vashon" on Saturday November 15 at Courthouse Square from 2 pm 4 pm. Sally Fox and Bob Norton are researching the history of fruit growing on Vashon, with the intention of writing a book. They will share how they are approaching the project, what they are finding, and invite community members to share their thoughts. Members of the community with history recollections, memorabilia of our fruit growing past are especially invited to attend. For more information about the project call Sally Fox at 567 5027 or Bob Norton at 463 6113.

The Vashon Loop, p. 12 November 7, '08



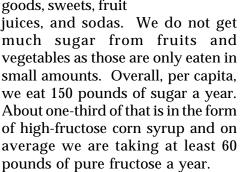
# Fructose — Stranger to Our Bodies?

by Kathy Abascal

I recently spent some time studying fructose and walked away convinced that we need to be very careful with fructose, especially fructose added to our food rather than occurring naturally. Historically, man got relatively small amounts of sugars from fruits and sweet vegetables. Most of those foods contain some, but not too much, glucose and fructose along with lots of fiber and other nutrients. The overall amount of fructose in the diet was low.

Today, we eat a great deal of sugar and increasingly eat more

fructose alone. Our diets are rich in refined sugar (which consists of equal parts glucose and fructose), highfructose corn syrup (a blend industrial fructose and glucose) as well as pure fructose. Usually, we eat sugar in ways that provide little or no fiber: Refined baked goods, sweets, fruit



Glucose enters the body easily, triggers the release of insulin, and can be picked up by any cell in our body. Fructose is transported into the body, does not cause an immediate increase in blood glucose levels, and is handled by the liver. The body responds quite differently to these two different sugars.

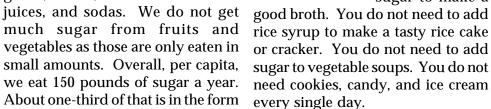
The worst effect attributed to excess glucose (when tested alone) is tooth decay. Fructose tested alone causes blood cholesterol, LDL (the 'bad' form of cholesterol), triglycerides, cortisol, and uric acid levels to rise. It is quite clear that excess fructose is bad for heart health. Fructose is linked to gout, because it raises uric acid. A fructose rich diet makes platelets

more prone to form clots. It also raises blood pressure. While both glucose and fructose cause weight gain, fructose increases abdominal fat. Abdominal fat is inflammatory as it wraps itself around our vital organs and impedes their function. Animals on a high-fructose diet rapidly developed fatty livers, much as alcoholics tend to do. Finally, fructose affects hormones involved in appetite control. It reduces the production of leptin and ghrelin, both of which signal the brain to reduce our appetite.

It gets worse. Because fructose is not easily absorbed in the intestines, excess fructose ends up being fermented by the colon flora where it often causes bloating, diarrhea, flatulence, and pain. Thus, fructose likely triggers or aggravates many digestive disorders.

So, why are we eating so much fructose in addition to the excessive amount of fructose we get from plain old table sugar? It turns out that fructose is the sweetest of all naturally occurring sugars and synergistically increases sweetness when combined with other sweeteners, both natural and artificial. On its own, it is 73% sweeter than refined sugar. So, fructose is increasingly added to our foods as you can use less sugar (more expensive) if you use more fructose (less expensive) and still satisfy the public's sweet tooth.

drastically reduce sugar in our diet. foods added sugar (i.e., sugar that does not occur naturally in the ingredients). After all, you do not need to add sugar to make a

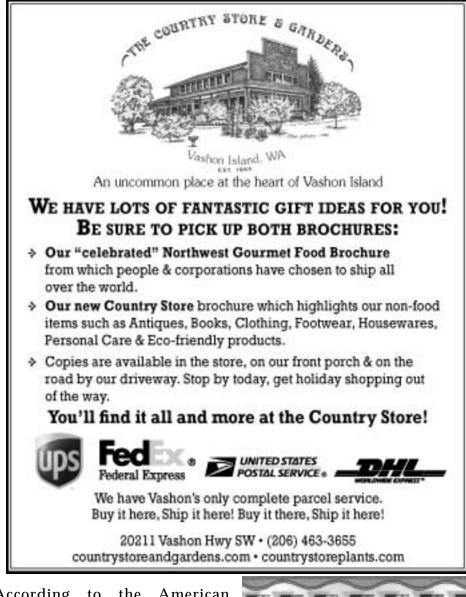


Sugar, by Kathy Abascal.

Next, we need to firmly reject any food with added fructose. High fructose corn syrup is a blend of glucose and fructose, technically much like white sugar. Except that it is made in an industrial setting used genetically modified enzymes. We do not need it. We do not need any food that has the words "fructose" on its label. Or any food that contains too much fructose. Agave syrup, which many are using as a "natural" sugar, contains more fructose than high-fructose corn syrup.

So, what about fruit? All fruits contain fructose as do many of the very sweet vegetables like beets, sweet potatoes, and carrots. Should we eliminate them as well?

Right off the top, we should avoid fruit juices for the most part.



According to the American Pediatric Society fruit juices are inappropriate for infants and fruit is much better than juice for children of all ages. Woman who drank juice had 18% more diabetes than women who ate fruit instead. Obviously, if Dried fruit should be eaten carefully we want to be as it is easy to eat larger amounts of healthy, we need dried fruit, leading to excess fructose.

Most people should continue We eating fresh fruits. They are rich in need to reject fiber, minerals, antioxidants, and with vitamins. They are extremely satisfying. But people experiencing bloating, flatulence, and/or diarrhea should try eating less fruit or switching to low fructose fruits d like berries. They might well be ultra-sensitive to fructose, even in small amounts.  $\omega\omega\omega$ 

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



## **Stewards Now Retailing Island Wood**

Continued from page 9

blow down or are cut down.

The Island was logged over so long ago that some second growth trees have the characteristics of "virgin" forest Douglas fir. I saw logs like that at the sawmill site; tight grain, clear Douglas fir that grows tougher as it ages. Mostly the Forest Stewards mill Douglas fir. This is because owners find good alder brings more income than fir when hauled off the island, Warren says.

Vashon Forest Stewards is the only such community mill I know of on the Island devoted to restoring Island forests and utilizing the thinned trees to mill lumber and timbers for Islanders. Ask Dave Warren and he'll tell you how these Island trees make particularly

both of which advertise that they special lumber. Wood from the specialize in sawing urban trees that Stewards' mill is "consistent" in dimensions, says contractor Erik Johannessen, admiring vertical grained clear flooring he was installing on a Kingsbury Beach cottage Oct. 23.

In the interest of retailing their services and lumber, Holtz and Haag invite the public to stop by the mill yard between 3 to 5 p.m. any Tuesday or Thursday. Chat, look over the stock, order something and help your fellow Islanders "do green forestry", Warren invites. Or call Warren, 463 9405, or Holtz' cell phone, 206 818 5254. Your orders make sustainable forestry and lumber possible. For more information about Island wood for Islanders refer to the web, www.vashonforeststewards.org.





Aries (March 20-April 19) You seem to have broken free from your tether, but what may be surprising is that it wasn't a physical bond; it was a psychic one. These are the ties that bind, and they are all the more challenging to deal with when we don't know quite what's going on. Part involved the influence of one person. Part involved the influence of a group — your friends, colleagues, some version of your tribe. To be an individual, you need to be mindful of how both of these things can steer you off of the course of your chosen existence. If you feel lost now, it's because you're free of these influences for a while, but now you have to determine your own path and your own bearing. It may take a while and what you are likely to discover is that 'it' finds you. Really, it's a meeting and you need to be mindful of when that meeting occurs. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20) You seem intent on protecting your purity in some way, while you may feel that others are equally intent on corrupting you. Isn't this fun? Could you see the situation working in the other direction, with you as the naughty influence? If you think in terms of an energy relationship, however, there is something else happening, which is that something in your life is trying to balance itself out. You can't live with your head under the covers forever, and you can't pretend you don't feel actual desire. It's not all someone else's doing and feeling; you exist in a relationship to the world, and it has a relationship to you. Instead of resisting, I suggest you listen. You will learn something, and by that I mean something useful. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21) What exactly is all this effort for? What is the goal of the game? Are you really going to be included in the rewards? I suggest that rather than looking out for your own interests — which seem taken care of well enough — you check in on a companion who appears to be going through a particularly challenging moment, or is unwittingly headed for one. You have been through this kind of thing a lot of times in recent years, and you may take it for granted that other people have the same kind of experience or wherewithal. The question you may face is, how directly should you intervene? I would start with initiating a conversation where you ask some basic questions about what is up with their life, where they see themselves heading, and figure out if their optimism is at a potentially dangerous level. Eric Francis has more to say at PlanetWaves.net.

**Cancer (June 21-July 22)** People are slippery and they are mostly informed by their pain and their fear of loss. I marvel every day that people trust one another as much as they do, but I reckon this is because they need to more than they want to. You are in the process of developing something that is ambitious, risky and worthwhile. To do it effectively, you need to become a master of psychology: your own, that of a key individual, and that of a group. You need to do this all at once, and it won't be easy — but you do have the mastery to work through this at a significant profit. I mean this in the individual sense and the group sense; you will neither gain nor lose alone. So you may as well gain, and get everyone around you on that page — even if one or two are having issues at the moment. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You seem to be pursuing a goal of some kind. You don't want to catch up with it too soon, though, so I suggest you be happy about the thrill of the chase. It's going to lead you someplace different than you currently imagine; the whole nature of the enterprise is due for a change, but you can't get to one stage of the process without going through this one first. At the moment you seem to be on a quest for some kind of self-understanding, and you may have, in this experience, the support of a true friend. In the next stage, the world opens up; something changes and your view of existence becomes less internally oriented; less emotionally driven and takes on the dimensions of a true quest. What you are doing now is interesting; you love better where it leads you. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) How are your financial plans coming along? It looks like you're discovering that perfect measure of creativity, drive and discipline, which you can apply to many other aspects of your life. My sense is that you're working toward something, but you're not sure quite what it is. I can tell you — it is more freedom. Think of your goals this way. You want money to work for you, rather than you working for it. You want your sense of responsibility to include information about when the basics are fulfilled, and then that is the time you have to yourself. You want to feel secure all the time rather than in just selected moments of clarity. In reality, you would love money to not be an issue at all; and the best way to do that is to become very, very good at handling the stuff. Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** I've commented before that the current phase of your life may be arriving with a strange sense of isolation. It is not the sign of things to come — please trust that. Yet what you are experiencing now is an entirely necessary phase of your journey wherein you face something essential to the privilege of living in a body with an ego. That is the perspective that to be an individual, there is a necessary moment of renunciation of companionship; indeed, there may be many of them. There is the truth that no matter now deep we may go with someone else, our own experience is unique and cannot, in truth, be shared. Most people run from this dimension of existence. It's actually easier to dive into the core, taking with you a breath of the knowledge that the closer you are to yourself, the closer you can be to others. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) Yours is the original sign of dancing on the edge, flirting with the edge and ultimately, diving over. At the moment, Pluto (the modern ruler of your sign) is fractions of a degree from entering Capricorn till 2023-2024. This is likely to have you feeling like some enormous change is at hand, and that is the truth: it is. Yet Pluto in Capricorn represents such a long phase of history, and one so crucial to the human family, that it's impossible to separate your own evolutionary process from that of the world. You may indeed be one of the people called upon to participate in significant developments on our planet. If you were, would you respond? What personal goals would you be willing to give up? What changes would you be willing to make? And where would you see yourself fitting in, ideally? Here is a



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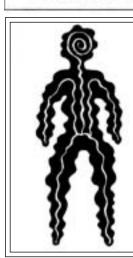
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clue: you've been thinking about this for years. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Pluto in Sagittarius has had two distinct sides, at least (please write to me with your ideas). One, as I see it, has been the rise of globalism expansionism, fundamentalism. The glossy, hard shell of this long transit (since 1995) has been about ideology, often ridiculous. The subtler side has been about many people making contact with this elusive thing known as their soul. This does not make the news, and most people don't talk about it; usually they lack the language to do so, though they are quite aware of the development. You have clearly been through many trials. Your world has grown and shrunk and grown again. You've had to focus your energy, make decisions you would rather have avoided, and you've seen the benefits of not avoiding anything at all. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) Set aside judgment on whether someone close to you is being honest. They are having their doubts in a time when it's crucial that you maintain your confidence. The only thing you or they have to be concerned about is self-deception, so in that spirit, start with yourself. You may not recognize it yet, but the entire basis of your reality is shifting. There is an external expression: something unusual, some powerful force, is acting on you and trying to get your attention. And it's internal: a missing factor of your psyche is in the process of birthing itself, pushing through the ego barrier and taking up residence in your awareness. You may be aware of the first process and not the other, but tune in, listen, feel and allow. You are not the same person you were, and there is no going back now. Eric Francis has more to say at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** Your instincts should be telling you that this is a crucial time in the development of your professional life, but what they are not likely to be saying is how subtle the

process is. The world is poised at the cusp of enormous changes, and you may be wondering where you fit into the puzzle. There is no one answer to that, but there is a method, and that mainly involves communication. We live not in a world of ideas, but a universe of relationships. Without them, our ideas are meaningless because all ideas manifest in contact with other people. Therefore, the language you use is vital now: the words and the feeling behind them. You need to express your inner environment as accurately as possible, in an understated way. You are coming across with far greater impact than you may recognize. Listen as you speak: to others, and to yourself. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20) Tune into how strong you are right now. Observe your sense of balance, and contrast it to what you were going through just three or four months ago. Truly, feel how different this time in your life is, perhaps different than any other. If you are still feeling your limits as things that block you rather than things that offer a sense of potential, reach for your confidence and you will find it. The beauty of the sky right now is not about how easy everything is; rather, the cosmic geometry speaks of both tension and the ability to apply it creatively; that is, to draw strength from the natural movements of the world and allow them to move you like a lever. You may feel like you are the one playing a passive role in this equation, yet what you bring specifically is understanding, awareness and an agenda whose time has arrived. Eric Francis has more to say at PlanetWaves.net.



The Vashon Loop, p. 14 November 7, '08

# Island Epicure



By Marj Watkins

# Eat well and Stay **Healthy**

Eating well doesn't mean eating a lot of rich food. Au contraire. It means eating food that your body welcomes for its nutrients and tastes good to you. As we go into the busy pre-Christmas season, we also enter the flu season. Its worst weeks run from December through March, so we still have time to shore up our immunity.

Okay, here's an outline of the basics:

#### A. Eat a good breakfast.

It fuels you to start your day and energizes your immune system.

- **1. Fruit**, preferably whole, i.e. a sliced orange or half a grapefruit, or a kiwi or two.
- **2. Something protein**, i.e. an egg or two any style, and don't throw out the yolk. That's the most nutritious part. Or a PBJ, closed or open: Peanut or almond butter on whole grain bread with sugarmarmalade or apricot jam or raspberry jam.
- **3. Wholegrain cereal**, i.e., oat bran hot cereal, Roman meal cereal, or old-fashioned oats, cooked with raisins or craisins for nutritious sweetening and eaten with whole milk, goat's milk, or yogurt for calcium.
- **4. Hot drink of your choice:** Coffee, tea, chocolate or warmed dairy milk or almond milk.

#### B. Wash your hands often.

Sanitize doorknobs and light switches. This is especially important if your world includes hoards of children, both because they readily pass around the cold and flu germs, and to encourage them to wash their hands well before eating. That means warm water and soap, not just a splash of cold water and the dirt wiped off on a towel other people may also use.

#### C. Get enough sleep.

People who sleep 7 to 8 hours live longer than people who sleep less. Take an afternoon nap, even a 20minute snooze, when you can or feel the need of it. You'll do better at whatever task awaits you than if you skip your nap. If not napping, at least snatch 10 minutes to stretch out or relax in a chair and meditate.

#### D. Take a comprehensive vitamin and mineral formula.

It should contain Vitamins A. C. and D, all 11 B vitamins, and a wide range of minerals. Look for:

1. Vitamin B1 (thiamin) for energy **2. B2** (riboflavin) for healthy eyes and skin,

- 3. **B6** (pyridoxine) to nourish your nerve system and keep your sphincter muscles strong
- **4. B3** (niacin or nicotinic acid, or niacinamide) for blood circulation, keeping cholesterol in check, and a happy disposition. The niacinamide form doesn't cause flushing. Be aware that overdosing on B3 taxes your liver. No multivitamin will contain too much, though.
- **5. Inositol**, to lower cholesterol without harming your liver
- 6. Biotin for metabolizing fats, carbs, and proteins
- 7. Choline for cell membrane integrity, for good use of fats and cholesterol (your brain cells walls made of it), healthy neurotransmitters in your brain, and to avoid neurological and psychological problems.
- **8. PABA** for hair color, healthy skin, and healthy intestines
- **9. Folic acid** for proper duplication of chromosomes during cell reproduction, especially important during pregnancy to prevent birth and to regulate defects, homocysteine levels and ward off heart attacks, osteoporosis, strokes, and Alzheimer's.
- 10. Pantothenic acid for efficient adrenal glands to aid you in coping with stress and allergens, and for functioning neurotransmitters, which carry messages from your brain to the rest of your body, and in making hormones. (Eat raw; food processing destroys Pantothenic acid.)
- **11. Vitamin K** for blood clotting and for transporting calcium to your bones. This one is best got from foods: kale, collards, cabbage and cauliflower, Brussels sprouts, broccoli, darkest green lettuce, endive, and spinach, also meat, liver, egg yolks, yogurt, and cheese.

For lunch or supper, often have Chicken Soup. Chicken bones with some meat on them, including skin for cysteine; chopped garlic, onions, carrots, parsley, and a dark green veggie like kale; water, salt and pepper, 4 to 6 cloves (antibacterial and anti-viral); shiitake mushrooms, sliced. Bring to a boil, reduce heat, cover and simmer until the vegetables are tender and the meat falling from the bones. Garnish your bowlful with a lemon slice.

Cold symptoms need to be recognized and foiled at the start. Spicy Pau d'Arco tea as a gargle, mouthwash, and as a tasty hot drink with lemon and honey will often head off a full-blown cold or

#### SPICY PAU D'ARCO TEA

Makes about 1 pint, keeps well 2 ¼ cups water 1 rounded teaspoon pau d'arco bark (Minglement has it) 1 stick cinnamon bark, broken up (bash with hammer if you have to) ½ teaspoon whole cloves

Bring to a low boil. Reduce heat to medium low. Simmer for 15 minutes. Store in tightly capped pint jar. The spices both preserve the tea and add their own virus and bacteria fighting abilities.

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This is safe for babies age 12 months or older.

# **Survey Shows Islanders Support School Overhaul**

Continued from page 1

other capital improvements, pollsters asked respondents to provide opinions on broader aspects of the district's performance. Seventy-four percent gave the district an A or a B overall and 76% graded the district's quality of education at the same level. The results prompted the survey firm to comment that these numbers are significantly higher than average for Washington school districts.

"Obviously, we're pleased to see this evidence that our community has confidence in the job we're doing," says district superintendent Terry Lindquist. "It helps us know we're moving in the right directions."

Similar numbers of respondents support Option B, the option to both renovate and repurpose 80% of existing high school facilities while also constructing a new classroom Sixty-three percent building. support this option, while 23% oppose it. Reasons cited for the support included concern over lack of funds to address facility issues

(35%) and concern over the state of the facilities (32%).

"Both of those concerns are really valid," says district facilities director Dave Wilke. "I'm relieved to see that islanders really seem to understand the challenges we're facing."

In addition to strong support for Option B, those surveyed also expressed support for upgrading classroom technology across the district (76%), improving the practice fields at the high school and replacing (64%),grandstand (60%).

To view the full survey results, please visit www.vashonsd.org

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The Vashon Loop, p. 15 November 7, '08

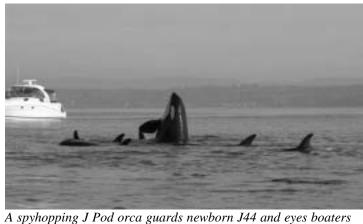


# **Dying for Respect**

by Orca Annie Stateler, VHP Coordinator

When I first met J, K, and L Pods as a Whale Museum intern in the early 1990's, their population verged on 100. L Pod had 59 members in 1993. The Southern Resident orca population peaked at 99 in 1995, according to the Center for Whale Research. It has fluctuated in a downward trend since then.

Only 83 Southern Residents remain after the recently announced deaths. L Pod has plummeted to 40 whales. Eight orcas died in the past year: four in L Pod, three in J Pod, and one in K Pod. My count includes "Baby J44," a newborn Mark Sears photographed in East Passage last November, in the J Pod losses.



near the Maury Island Aquatic Reserve, 11/07. Photo by Mark Sears.

Orcas of all age classes died. Newborns J43, J44, and L111 did not survive. Baby L111's grandmother, 58-year-old Ankh (L21), died. Juvenile Aurora (L101), a 6-year-old male, died and so did his 23-yearold mother Splash (L67), still of reproductive age. Compounding the tragedy, Splash (L67) was Tsu'xiit/ Luna's mom and Aurora (L101) was A tug propeller killed Tsu'xiit in Nootka Sound in 2006.

Blossom (J11), another 36-yearold reproductive female, also died. Finally, we lost beloved elder matriarch Lummi (K7), who was about 98 years old.

Weeks before she disappeared, researchers observed Splash (L67) with a pronounced indentation behind her blowhole called "peanut head," a sign of malnutrition, disease, or both. They took a blubber sample from her to compare with a sample from a year ago. Results should be available soon.

Indisputably, our orcas are struggling to find enough Chinook salmon to eat, their preferred prey. Southern Residents travel great distances to eat the Chinook of river systems ranging from the Central

Valley in California to the Fraser in British Columbia. Most of these runs have severely declined from historic

Salmon are not in our waters solely for human consumption. Resident orcas and salmon have been interdependent for millennia. Illogically, the commercial salmon harvest does not take into consideration our orcas' nutritional requirements. For both salmon and killer whales to persevere, that must change.

Other major threats plaguing the Southern Residents include deadly toxins in their blubber; stress from ever-increasing underwater noise and crowding by boats; military sonar; disease; oil spills; and global warming.

In addition, from 1962 -1977, captures for marine parks removed an entire breeding generation of nearly 60 orcas. All are now dead except one. Today's 83 Southern Residents still suffer from this blow.

The Southern Residents endure year-round whale watching pressure throughout the Salish Sea. A plethora of private vessels and 83 commercial whale watch boats (2004 count) converge on 83 endangered orcas in their core summer range.

Research by Dave Bain and others shows that when the

Chinook salmon supply is low, the noise and presence of whale watch boats intensifies the harm to our orcas. The whales forage when surrounded by vessels and expend precious energy dodging boats.

Another study shows a 15-20%

increase in the duration of orca calls to compensate for boat noise. In other words, Southern Residents must "talk" louder to each other to be heard above the increasing underwater din.

time. Without bold recovery efforts, SIGHTINGS ASAP TO 463-9041. they face extinction in the next 100 The VHP does not disclose sightings years. Addressing the complex to whale watch boats. Contact Orca the younger brother Luna never met. threats facing Southern Residents Annie at Vashonorcas@aol.com. from depleted prey resources and persistent bioaccumulative toxins are long-term recovery goals. We can help our orcas NOW by reducing boat pressure on them.

> We had a spirited discussion of these issues at our "Fall for Orcas" talk. Mark Sears, Odin, and I are grateful to all who attended and to all who helped us stage the event. With any luck, we recruited more citizen conservationists to our cause of saving J, K, and L Pods.

> The Southern Residents are a Nation, a vulnerable Indigenous culture. What is happening to them is equivalent to genocide. Watching my killer whale relatives die in droves is heartbreaking. I do not intend to sit quietly and allow them to disappear from the Salish Sea.





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Please support the work of the Vashon Hydrophone Project J, K, and L Pods are on borrowed (VHP): REPORT LOCAL WHALE

# Recreating the **Nuclear Family**

or, How to Get Back What You Never Had in the First Place. This presentation sponsored by the Vashon Unitarian Fellowship uses mythology and developmental psychology to explain how we create our families trying to either replicate the idealized image we have of the family in which we grew up, or to avoid recreating a family based on the painful images of our families of origin. There will be lots of examples from real life.

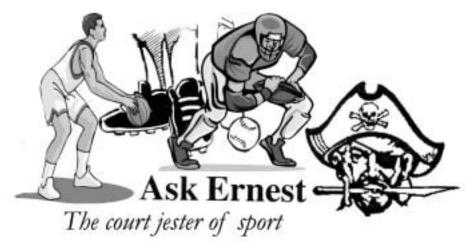
The discussion will happen in Lewis Hall behind the Burton Community Church 23905 Vashon Highway at 9:30am, November 9. For more information call: John Purrington 206-817-6205.

## **Rinse Cycle**

Continued from page 5

What if you just don't want to go out there? There is a way to ride inside. Training stands that clamp on to the back of the bike frame can provide a fixed riding position and adjustable resistance to pedal against. This gives you a baseline to start from and from there shift up through the gears to add variety and an increased workload to your training. While I never do the IPod /earphone thing while riding on the road, I crank up a variety of African rhythms while cycling indoors, and trying to match my pedal strokes with the variation in speed and rhythm of the drum beats almost succeeds in mimicking a changing terrain of an outdoor ride. Be sure to have plenty of water and some dry towels if you take up this route- that sweat thing is guaranteed to start soaking your handlebars and floor within ten minutes of your first pedal revolution. Happy Cycling.

The Vashon Loop, p. 16 November 7, '08



# **Pirate Pride: Homecoming Week at Vashon** High School, 2008







And one photo by the Jester. Beebs' Dirty Laundry: Beebs, G-Webb, and Rooster at a Jam Session. After rockin' out, they ordered Chinese Food.

#### Autumn Food Detox Class

This class will teach participants how to take a break from potentially problematic foods, which often include wheat and baked goods, dairy products and sugar. We will focus on easy and healthful seasonal recipes that will incorporate anti-inflammatory foods that will nourish the body in preparation for the holidays and winter. Emily Vogt and Hillery Crocker will teach this class. Choose either Saturday, November 15th 3-6:00pm OR Wednesday, November 19th 6:30-9pm. The cost is \$40. For more information, contact Emily at eavlight@juno.com or 463-6658.

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# The Crucialities Play Foreclosure Rumors the Red Bike

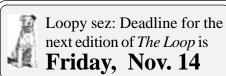
Continued from page 18

their music unique, innovative and deeply inspirational.

Next up, the Crucialites will take the stage, accompanied by their latest member....our very own Sarah Christine, who makes her home here on the Island. Their foundation is firmly rooted in 70's Jamaican roots reggae with a vision to bring forward positive, conscious music. The Crucialites play all original music and harken back to the dread rhythms of roots era reggae with booming bass, slicing guitar, and lyrics that strike to the core. Their music deals with reality and the pressures of this time with a heartfelt message of hope and love.

And if that wasn't enough, we will close out the night with Jahson Ites, known for his super-positive lyrics and energetic stage show. Jahson Ites tears up the dancehall, inspiring the people to dance 'til they're about to drop, jump up in the air, and shout out for joy, leaving copious amounts of sweat and smiles in his wake.

If you enjoy reggae music, you can't go wrong with this lineup! The night will begin at 9pm at the Red Bicycle, so get there early....it's bound to be a crowded show. This is a 21+ event.



# A Bust

Continued from page 1

It's not that we are immune to foreclosures. In fact there are always a few foreclosures in every community anytime, not just in our current economic crisis. But the figures on the internet sites are not a reflection of the true picture.

Currently there are only three properties on the market that arae being sold by banks or financial institutions because they were foreclosed. There are four more that are close to foreclosure. I expect there might be more foreclosures in the months ahead, but there's no way to know. That's a lot different than 12 to 85 that some web sites talk about.

Many of the houses listed on these internet foreclosure sites are already sold and no foreclosure took place. Many are owned by people who are always a month or two behind in their payments and the bank sends out foreclosure notices regularly. That seems odd but I know that it's true.

Of course there are some folks trying to sell because they've lost their job and can't make the payments and of course, the usual reasons we always see, such as job transfer and divorce issues. As with most real estate information, ask an experienced real estate professional. Don't trust everything you see on the internet.

#### Compost the Loop The Loop's soy-based ink is okay for

composting

Art by Ed Frohning / Idea by Michael Meyer

SOME SAY PLACING WALNUTS AROUND

THE FLOOR OF AN ENTRYWAY WILL KEEP

SPIDERS FROM ENTERING THE HOUSE.

A POSSIBLE EXPLANATION:

# Lopy Laffs

John Montagu, the Earl of Sandwich, declared "Sir, I do not know whether you will die on the gallows or of the pox."

John Wilkes replied "That, sir, depends on whether I embrace your principles or your mistress." A man to his friend: "At my house I always say the last word."
His friend: "What is the word?"
The man: "I am sorry."

Some people claim to enjoy exercise - some people claim to have been abducted by aliens too.

I have a stepladder – it's a very nice but it's sad that I never knew my real ladder.

# One Liners

Be nice to your kids. They'll choose your nursing home.

If ignorance is bliss, why aren't more of us happy?

The older you get, the better you realize you were.

Women like silent men, they think they're listening.

Pride is what we have. Vanity is what others have.

If you haven't much education you must use your brain.

You can't strengthen the weak by weakening the strong.

Three out of four people make up 75% of the population.

Of course I don't look busy, I did it right the first time.

Diplomacy is the art of letting someone have your way

If the shoe fits, get another one just like it.

#### You might be a drunk if:

- \*\* You lose arguments with inanimate objects.
- \*\* You have to hold onto the lawn to keep from falling off the earth.
- \*\* The whole bar says 'hi' when you come in.
- \*\* You have ever claimed to be "As jober as a sudge."
- \*\* The parking lot has moved.

## The evolution of medicine:

2000 B.C. - Here, eat this root. 1000 A.D. - That root is heathen. Here, say this prayer. 1850 A.D. - That prayer is superstition. Here, drink this potion. 1940 A.D. - That potion is snake oil. Here, swallow this pill. 1985 A.D. - That pill is ineffective. Here, take this antibiotic.

2000 A.D. - That antibiotic is no longer working. Here, eat this root.



his teacher, "Would you punish me for some thing I didn't do?" The teacher says, "No, of course not."
"Good, because I didn't do my homework."

A student asks

A workman goes to the doctor and tells him he hurts all over.

"Show me" and the doctor

WILD WORLD

"Show me," says the doctor.

The man touches his arm and says

"Ouch," he touches his knee and says "Ouch," he touches his side and says

"Ouch."
"I see the problem," says the doctor.

"Your finger is broken."

Strip Mining Prevents Forest Fires.

One good thing about Alzheimer's is you get to meet new people every day.

I only wish the buck stopped here.

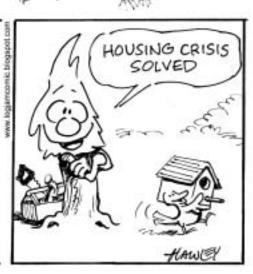
# Offshore











# **Loop Arts**

## Panache Jazz Double Bill

**Key of Dreams & Maggie Laird Tickets: \$14/\$16** 

**Includes champagne & dessert** 

When I first heard the Portland trio Key of Dreams group last year I listened to their CD for two days straight. You'll understand why when you come to the show Saturday, Nov. 8. They bill themselves as acoustic Latin jazz, but their musical mix offers so much more than a convenient category. Think of a combination of Pat Metheny, Ottmar Liebert and Joe Satriani to get an idea what these guys do with rhythm and melody. Accomplished musicians each (Eric Schultheis and Abe Wirth, guitars, Doug Narry on percussion) they have built a solid fan base since they started playing together in 2003 and rightly so. Drawing from jazz, rock, classical, Flamenco, world, Slack Key, finger style, and funk, audiences have been known to be spellbound through the entire set. This is not sleepy music! Unexpected changes in tempo and pace, diverse tunes and stage banter provide class entertainment.



Key of Dreams, courtesy photo.

by Janice Randall

Their debut CD, Unlocked (available at the show) offers 14 original, instrumental tunes. Key of Dreams has played festivals, concert venues and private events in addition to receiving radio airplay and rave press reviews. "Key of Dreams has the ability to take a conventional and traditional Latin



Maggie Laird, courtesy photo.

riff and rhythm and turn it into a huge showcase piece with very little effort," said Music Spectator. See more their website at keyofdreams.com.

As if that's not enough! Queen of the Island jazz scene, Maggie Laird, will treat us all to a rare solo jazz cabaret performance. She'll share some of her favorites by Edith Piaf and Gershwin, and mix in her own arrangements from less likely tunes by Hank Williams and others. Known for fronting the Portage Fill and Island Jazz Quintet with her powerful vocals, come hear Maggie Laird in a more introspective mood.

## The Crucialities, Laborer and Jahson Ites Play the Red Bicycle by Pete Welch

The Red Bicycle Bistro & Sushi has thought long and hard about Bike decided to continue to bring you the best possible entertainment that they can, but sweeten the pot even more by putting on more shows with FREE COVER!

The Red Bike is excited to what they could do to make things announce that they will begin by easier for people on the Island that bringing a jam-packed night of are tightening up their budgets in reggae music with three bands and these tough economic times. The a DJ on November 8th at 9pm, absolutely free! DJ Maka Roots will start the night off with some nice reggae beats, followed by an emerging band out of Tacoma called Laborer. Laborer are nurtured by



The Crucialities, courtesy photo.

the influence of the roots reggae sound of St.Croix and Jamaica, as well as their African-American heritage genres of Gospel, R&B, Jazz, and Hip-Hop that lace their reggae tones. The unification these diverse

> Continued on page 16

influences makes

**HIGH SCHOOL** MUSICAL 3 11/07 - 11/13

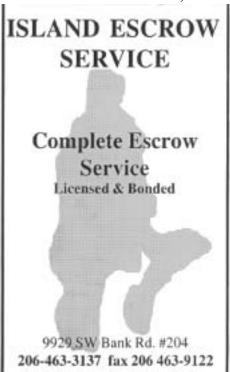
THE DUCHESS 11/14 - 11/20

Justin Roberts and the **Not Ready for Nap Time Players** 

2pm November 15



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





# **Justin Roberts**

November 15, 2008 @ 2 pm

Tickets on sale NOW and going fast!

Stop by theatre evenings or call (206) 463-6845, during the day time stop at Vashon Island Music Or on-line: use Brown Paper Tickets..

**Buy tickets for Justin Roberts & The Not Ready For Nap Time Players NOW** 

"Pure Fun" — Entertainment Weekly "Some of the most inspired and intelligent kids lyrics ever." - Amazon.com

Justin Roberts is truly one of the "all-stars" of the indie family music scene. With national awards, recognition and a devoted fan base, Justin and his wonderfully named bandmates "The Not Ready for Naptime Players" dish out unexpectedly intelligent and whimsically rockining music for kids and their parents.

Opening act: "Just Fiddling Round" @1:15pm -1:45

#### **Dougherty and McCabe Present Radio Theatre** by William Wood

Voice of Vashon Radio Theatre's 10 Minute Play Festival is making its debut Saturday, November 15th, at the Ober Park performance space. The entire evening will be recorded for later broadcast on voiceofvashon.org internet radio, and VoV-TV Comcast Channel 21. The evening is a collaboration of the

Vashon Park District and Voice of Vashon. Perhaps more accurately, it is a collaboration Jeanne Dougherty and Susan McCabe, who have been interested in creating radio theatre content for Voice of Vashon for years. Both were founding members of Voice of Vashon and

both have done radio theatre in the past. When Jeanne approached Susan, who is Program Director for the Park District, about funding for an evening of radio theatre, Susan was delighted. had worked with Jeanne before on a play reading and knew that if she took this on, we'd end up with a great evening of theatre." Funding for the evening came through the Park District's Request for Programming Proposals. With the commitment of the Park District in hand, Dougherty reached out to the theatre community to find like-minded souls who wanted to do a little theatre. "The advantage of radio theatre is that is doesn't have a lot of production values. The time it takes to prepare is much shorter than a full production." This abbreviated time frame makes it easier for busy island thespians to join in.

And join in they did. Twelve actors and four directors will present six short

plays, represent an eclectic blend of dramatic writing and performance. Each piece will approximately 10 minutes in length. "I thought short plays would work well on radio," Dougherty. "It's kind of like a short story, rather than a full

novel. It also gives a lot of actors and directors a chance to participate.'

Participating theatre artists are: Lyndsay Aicken, Jeanne Dougherty, Phil Dunn, Stephen Floyd, David Godsey, Antonia Greene, Mik Kuhlman, Louis Mangione, Janet McAlpin, Tim Morrison, Chris Ott, Patti Pimento, Lynann Politte, Janice Randall, Chaim Rosemarin and Stephen Seigel.



Jeanne Dougherty and Susan McCabe

Loopy sez: Deadline for the next edition of *The Loop* is Friday, Nov. 14

# Cafe Luna Hosts "A Peace Of...Vashon" and the Peace Film Festival

**Artist Reception for Twenty Vashon Artists** November 7, 6pm - 9pm

"A Peace Of...Vashon" is a mixed media art show featuring Island artists who have taken the challenge to explore the meaning of peace. Co-curators Kara Jones, Hawk Jones, and Lynndee LeBeau asked artists to consider creating artworks that were peace inspired



Returning by Jenn Reidel. "The feminine spirit is rising to heal the chaos on earth."

or peace questioning, with the hopes of raising awareness, exploring nonviolent communications, how to

move from war time to peace time, or to just consider how to be the peace we wish to see in our world. Not only did 20 artists respond with media for a gallery show, but Nan Joy also stepped up to volunteer a companion, month-long, peace themed Film Festival. So art being featured this month includes films, sculpture, watercolor, monoprint, assemblage, photography, and more. Artists who answered the call include the co-curators along with Mary Lynn Buss, Brian Fisher, Ben & Nadine Meeker, Beverly Naidus, Irene Otis, Nanette Pawlowski, Deborah & Sequoia Perpetua, Peter Ray, Jenn Reidel, Jeanne Robinson, Jane Valencia, Jeffrey & Cynthia Zheutlin, Rick Skillman & Sherene Zolno. The show will hang the month of November.

If you missed the call for this physical show, don't fret! We are continuing to curate peace themed art for an online exhibit at APeaceOf.blogspot.com and will be keeping that call open indefinitely. See the blog for call guidelines as well as Film Festival Schedule

#### Peace Film Festival

to announce the Peace Film Festival, happening on Vashon during the month of November. The festival

will run concurrently with the Peace Art Show, which is cocurated by Kara Hawk Jones, Jones, and Lynndee LeBeau showing at Café Luna. The film series, being curated by Nan Joy, is showing six anti-war peace films from a N diversity

cultures between

shown at Cafe Luna, starting with Two Women, the Oscar winning film from Italy. All films will be shown on Sunday evenings at 6:00 pm. Come to Luna early, browse the Peace Art Show, get a cup of tea and

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

The Vashon Film Society is proud then settle in for a great film and discussion. The Cafe Luna Peace Film Festival schedule is:



of Sophia Loren stars as Cesira, a devoted mother and a successful and small business owner, in this Vittorio De Sica's TWO WOMEN, a perspectives. Each dramatic adaptation of Alberto Moravia's touching novel, be CESIRA. When the Allies begin bombing Mussolini's Rome, Cesira followed by a and her 12-year-old daughter, Rosetta (Eleonara Brown), travel d i s c u s s i o n by train and foot to the countryside where Cesira was born. The considering these two women find food and shelter with other fugitives, and stand witness to some of the horrors of war. After the Allies land and other head North from Rome, Cesira and Rosetta begin the long walk questions: what home. Resting inside of a Church, mother and daughter are makes a film a discovered and gang raped by a cruel band of soldiers. Rosetta "peace" film? Is traumatized, and temporarily becomes mute. Recovering from her there a difference initial shock, Rosetta displays a hardened licentious persona. But a when Cesira informs Rosetta that a boy she adored has been "peace" film and killed, Rosetta's true feelings come to the surface in an outpouring film?" Four of the they struggle to survive and maintain their love for each other. six films will be Courtesy photo. "anti-war of grief. Both Loren and Brown turn in wonderful performances as

Sunday, November 9, 6:00 pm, Two Women (Italy), Café Luna Sunday, November 16, 6:00 pm, King of Hearts (France), Café Luna Sunday, November 23, 6:00 pm, Das Boot (Germany), Café Luna Sunday, November 30, 6:00 pm, Dr. Strangelove, or How I Learned to Love the Bomb (USA), Café Luna

For information, call Nan Joy at email 463-6569 vashonfilm@comcast.net.



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### **Hans York in Concert**

Islanders are in for a delight with received honors at the renowned Kerrville Folk Festival and his most entertain us! He plays on Saturday,



Hans York, courtesy photo.

by Jessa Zimmerman

a live performance by Hans York. November 22 at 7:30 pm at the Back from travels to Texas where he Havurat Building on Westside Highway.

Hans is a strong, engaging recent tour to Europe, he is fitting performer with distinctive style. in time to come to the Island and Seeing him live, you understand that you are experiencing a world-class talent. He's a consummate musician, traveling between folk, jazz, and pop effortlessly, while his voice soars above it all. His voice feels smooth, silky, and unique, with a breathtaking three octave range that pulls you right in. He creates music with brilliant emotional momentum. Richly textured as well as utterly intimate, his performance will sweep you off your feet. And beyond his musical talent, he has an irrepressibly delightful approachable manner. This is a man who is doing exactly what he was meant to do! His joy is infectious, and the audience is lucky to catch

> Advance tickets are available at the Vashon Bookshop for \$12. Tickets at the door are \$15.

The Vashon Loop, p. 20 November 7, '08



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

Friday, Nov. 14

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