



THE **VASHON** LOOP

Vol. 6, #20

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

October 2, 2009

Going Green! The VHS Cap and Gown Re-use Program

by Barbara Gustafson

The class of 2009 began a legacy gift to VHS by donating graduation attire to a permanent inventory for use by senior classes of the future. This ongoing effort allows the students the opportunity to re-think our current spending practices and step forward to make a change. By the students taking a step towards re-use they know that their actions directly make a difference. The Cap and Gown Re-use Program at VHS is a project that benefits the community through a valuable experience. Sustainable Vashon has granted a Green Seed Grant to this project and are "delighted to be a part of such a creative and resourceful idea."

Cont'd on page 14



Seniors Jessica Olmhert and Steven DeWalt, photo by Barbara Gustafson.

Girls Go to State



Maricsa Mozeleski on the firing line, photo courtesy Vashon Sportsmen's Club.

by Joe Matter

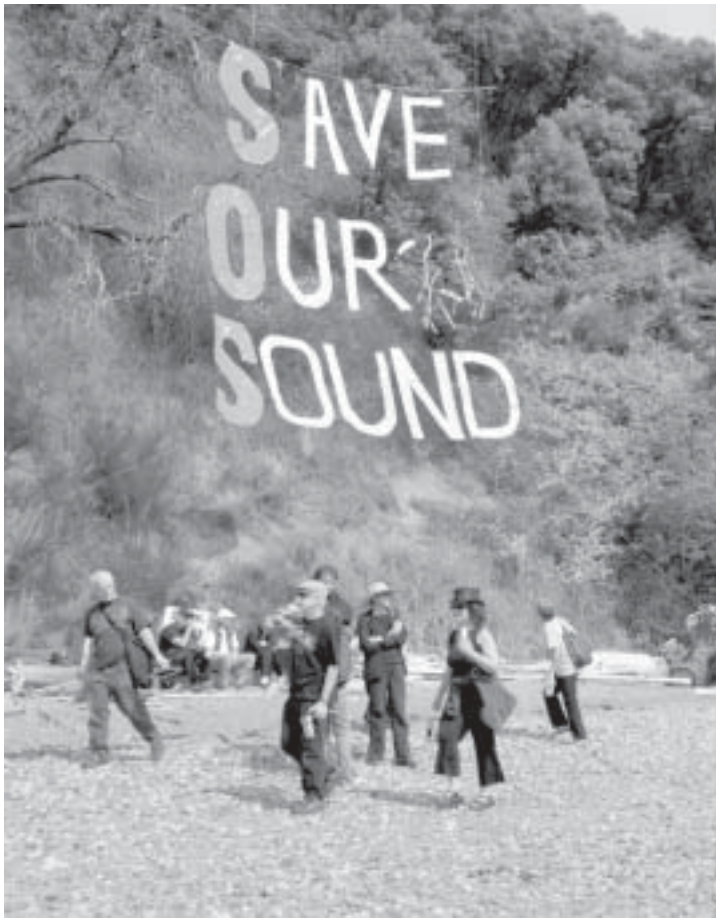
On September 12, the Youth Marksmanship program of the Vashon Sportsmen's Club took two Island kids to the State Prone Match in Tacoma at the Tacoma Rifle & Revolver Club. A total of thirty-seven participants entered the match. Katelyn Carter and Maricsa Mozeleski finished 2nd and 3rd respectively among the women at the tournament and 7th and 8th overall.

Cont'd on page 7

From Opposition to Proposition

Green Jobs & Community Stewardship, Water, and You! Come to the Sunday, Oct. 11 Forum at Ober Park, 3-6 PM

by Bill Moyer



Backbone Campaign members at the August 15 Community Rally to celebrate the court victory that stopped Glacier from restarting dock construction. Photo is by Jeff Dunncliff.

In a time when bad economic news abounds, it is a pleasure to have something good to announce. Last spring, as the Backbone Campaign was ramping up for the next phase of grassroots mobilization against Glacier's plans, we were also launching a new front on this fight with an emphasis on stewardship and green jobs. In September we got some amazing news.

Part of this effort was to launch a webpage for Islanders to submit their creative ideas for stewardship and green jobs. (Submit your ideas at www.GreenJobsNotGravel.org). A second piece was to investigate important stewardship opportunities and attempt to match them with funding. Through a series of conversations with Island contractors, State and County agencies, environmental experts and other Island activists such as Susie Kalhorn and Steve Graham, it soon became clear that our Island's ongoing septic drama was the place to start. Luckily, we also learned of King County's Water Works program and the \$75,000 grant opportunity for water related efforts.

I called a couple members of the School Board and they introduced the idea to VHS teachers and

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Solar Tour Returns!

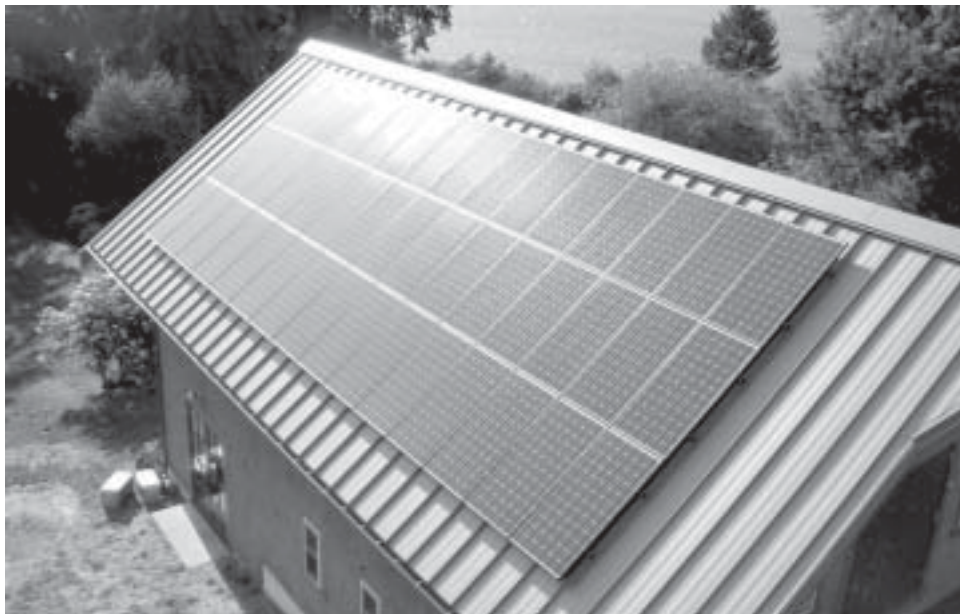
by Jennifer Williams

The Fifth Annual Vashon Solar Tour is happening Saturday, October 3rd from 10 am-4pm. This free event will showcase renewable energy technology and this year's tour has seven new photovoltaic systems to visit. The growing number of solar arrays on Vashon shows that solar power is taking off. In the past year, Vashon has tripled its number of grid-tied photovoltaic systems and now 15 islanders generate solar power for their homes, and, in these sunny times of solar excess, put electricity back onto the grid.

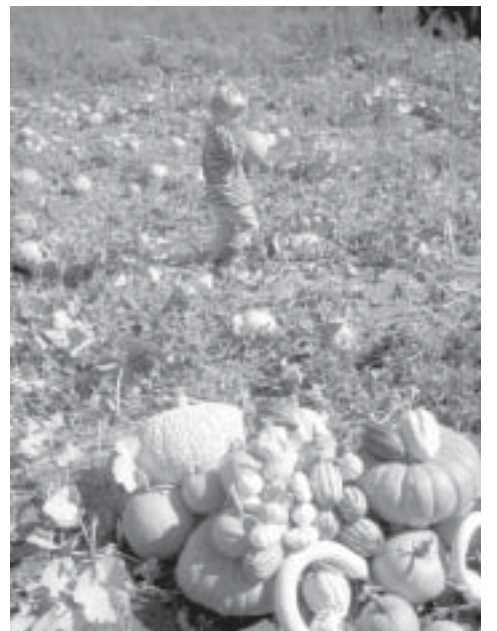
Federal and State incentives intended to encourage homeowners to go solar are working as more and more islanders see the benefits of solar power. Last fall, in the middle of the Financial Crisis, Congress renewed the 30% federal tax credit for purchasing solar arrays until 2016 and lifted the \$2,000 cap. You can now claim a 30% federal tax credit to offset your cost of purchasing solar.

This spring, the Washington State legislature extended the sales tax exemption set to expire in June 2009 to instead expire in June 2011

Continued on page 11



Tour Site number 2, a 9.45 kW grid-tied array, photo by Artisan Electric.



Freddy explores the pumpkin patch, photo by Matt Langley.

Bounty Overwhelms

by Matt Langley

We have so much to celebrate this Autumn (October, already?), after an amazing summer. The summer shows no sign of slowing down, the bounty here on the farm is somewhat overwhelming, and we are hosting a farm tour October 3rd.

There will be U-Pick pumpkins for sale. Miniature, small and medium - sized orange pumpkins, as well as unusual French varieties such as Cinderella (Rouge du temps) and the Bumpkin will be available.

Continued on page 9

Get in *The Loop*

Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Vashon Neighborhood Mission

In celebration of Vashon Neighborhood Mission's first anniversary, we would like to invite you to donate funds to support this community service. Vashon Neighborhood Mission (VNM), which began on Labor Day of 2008, provides a soup and sandwich supper, and basic help with non-diagnostic medical concerns each Monday from 5:30-6:30 p.m. at the Village Green. This service is for anyone who has no permanent shelter. The mission is staffed by volunteers and 100% of donations go to providing food and basic medical supplies. Blueridge Company, located on Vashon Island, will match up to the first \$1,000 of donations made. Please send your donation payable to VNM to: SCS, Inc., PO Box 920, Vashon, WA 98070. Attn: Zack Krieger.

VCCC Hosts Caregivers

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm, in the Break Time rooms of VCCC. This group is geared toward family or friend caregivers, not paid caregivers. Call Julea for details or with questions: 567-6142.

The Vashon Loop

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Don't miss an issue. Really.

We are in our 6th year of publication and still not bankrupt! (Yet) Wow!

Senior Center Recognition

Sandy and George Eustice, who are world-class fundraisers for the operating expenses of the Vashon Senior Center and who provide inspiration in many other ways, were presented with the center's Volunteer of the Year tile designed



by Irene Otis, at a desert soiree honoring SC volunteers by the staff recently. Board President Ellen Trout was also recognized for her leadership in achieving the SC's independence and present partnership with the Vashon Park District.

Blessing of the Animals

The Episcopal Church of the Holy Spirit will celebrate the life of St Francis of Assisi on Sunday, October 4th at the 10:15 service. St Francis is known for his love of all of creation; it is said he preached to the birds, tamed wolves with his gentleness and helped frogs out of the road, to save them from cart wheels. Francis considered the sun and moon, life and death, indeed, all created things to be his brothers and sisters. The Franciscan Order grew from his loving example.

All animals are welcome to accompany their families to church that day, and each will receive a blessing. If the weather is good, the service will take place outdoors. In case of rain, the worship will move into the fellowship hall, animals and all.

The blessing of the animals will take place as part of the regular Episcopal liturgy, but all are welcome, whatever their spiritual leanings may be. The Creation is non-denominational.

Scholarship Party

On Saturday, November 14, the non-profit Cedarsong Nature School will be hosting its annual House Party Fundraiser for our scholarship fund. Please mark the date on your calendars now. More details will be arriving soon. We're planning a fabulous evening of enchantment that you will not want to miss!

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Italian Dinner & Auction

St. John Vianney Church invites all hungry Islanders to attend one of its most delicious annual events — a gourmet Italian dinner and auction slated for 6 to 9 p.m. Saturday, October 17. The event will be held in a giant tent in the church's parking lot. This year's dinner will feature delicious, home cooked Italian food, wine, sumptuous desserts, delightful live music and plenty of amore. Island



impresario Kevin Joyce will emcee and also serve as auctioneer, offering up travel packages, lavish dinners, classes, artwork and more on the auction block.

Tickets will go on sale at the church and Windermere at the end of September. Ticket prices have been rolled back to \$30 adult and \$15 for children 12 and younger. A table for eight costs \$265. Call the church, 463-4149 for more information.

Annual Holly Daze Bazaar

Children's Hospital Aux. is sponsoring the Christmas Bazaar on Saturday, November 21 at the High School from 10 a.m. to 4 p.m. This year Langley Organic Farms will offer a variety of produce to sell. This is a welcome addition to our many other displays. Betty Beymer is taking reservations for any other vendors interested. She is at 463-2683.

There will be raffle tickets for a pastel painting "Summit Crossing" by Janice Wall. At present Jan's artwork is being shown at the Columbia Tower Club in Seattle. She is known especially for her pastels and has won many awards for her works.

The new cup which is #4 will also be for sale for the first time done by Jean Snell. This will be our last cup and the \$10 donation will go to Children's Hospital for uncompensated care.

We hope you will enjoy our new date and be ready for the Christmas Holidaze.

Vashon Islanders for Peace

The invasion of Afghanistan began Oct. 7, 2001. Vashon Islanders for Peace invites all Islanders to a Memorial Candlelight Vigil at 6:30 p.m., Tuesday, Oct. 7 at the corner of Bank Road and Vashon Highway. It is our intention to stand silently in opposition to the invasion and continuing death and destruction in Afghanistan. We mourn with all the families who have lost loved ones from 9/11 to this day. Candles will be provided. Participants are invited to bring a sign, and/ or to wear black. Kate Hunter 463-5117.



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Acreage on Burton Peninsula

Location and Land! This comfortable house sits on almost two level acres on the Burton Peninsula, one of Vashon's most desirable neighborhoods. The property consists of two tax lots and borders Vashon Park District owned lands and trail system. Sunshine and fruit trees, lots of room for gardening and playing. Inside, the cozy living spaces look out over the private acreage, and a full unfinished daylight basement with a bath provides great opportunity for additional living space. **MLS# 29096848**

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Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

Call us and ask about MLS#29035811

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28112 135th Ave SW

This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. **\$279,000**



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Positively Speaking

A Sense of Journey

by Deborah H Anderson



Dear Readers...
Just a note before I dash off for the day. God Graced me with an amazing set of opportunities about four weeks ago and I'm off to celebrate my journey today which in previous years I would have termed a "hooky day."

The sky is blue, the waves are rolling in and for one whole day I'm going to enjoy the Puyallup Fair all by myself. If you have taken small children, or for that matter medium size children or teenagers to the any country fair, you will understand what a treat it will be.

Today I will look at the quilts and crocheted and knitted items as long as I want. I will not pack a sandwich but will eat corn on a stick and have an onion burger. I will look at the cows and never notice their body functions or the size of any of their body parts. I'm going to listen to almost every vender and eat every sample. I will only walk into a restroom two times tops.

I have to do it today. Last week I saw the third set of ultrasound pictures of my soon to arrive grandson (Isaac not Caity for everyone for whom that is the first question) and next year's fair will involve diaper bags, a stroller, and negotiations on time and travel.

Today, I celebrate the joy of motherhood. Without children. My daughter called this morning to tell me she sent me a picture of the new kitty she is adopting. "It's the first time I will have cared for a kitty all by myself. I hope I do OK," she says.

This week, I organized the things they left behind in my care. Isaac's law books, cub scout badges and art work. Chris's volleyball pictures, baby book, St. Ben's memorabilia , and art work. Joe's early pictures, greeting cards and notes, and art work. Caity's laniards, notes passed in classes to friends, Interlochen programs and art work. I will carry each one of them with me today at the fair. The eight years they were together were the hardest work and the most joy I'll ever experience.

Tomorrow, new opportunities are flooding in. At a time in life when my peers are retiring and reaping the benefits of years of building, I'm just starting over. I love it. It's OK.

I was so excited last night, I spent an hour watching *Oprah* just waiting for time to pass so today would arrive. Jay-Z and Barbara Streisand were on. They both said the same thing. Follow your passion.

Others wanted a pretty life. I wanted a genuine one. And I wanted a genuine love filled life for my children as well.

The last thing I'll do tonight is find one ride to go on. That was our family rule and the kids never fought it. The rides were last.

Chris loved that space thing where you stand on the sides and the centrifigul force of this spaceship looking thing whirls you into a pool of butter. Joe and Caity loved the little boats that bump around in the water. Isaac...well rides weren't his thing but he loved to watch. In our family it was OK that everyone didn't like the same thing. Still is.

There won't be any meltdowns at the fair today because somebody didn't get a nap or someone else is afraid we'll lose them. Nobody will fight about who got the larger whatever or stayed longer wherever. Truth be told? I'll miss it. But I'm remembering all the moments I said to myself "Someday I'm going to come to this fair alone and really see it." Today, I honor my journey, the season I'm in and the hopes for tomorrow.

May your day be blessed with a sense of joy in your journey.

Gotta go...ferry dash..

Love
Deborah



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Learn About Microcredit

In a world characterized by huge inequities in wealth, where a billion people live on less than a dollar a day, poverty has been remarkably resistant to all attempts at a cure. However, a relatively new tool, microcredit, has shown great promise in allowing many of the poorest individuals and groups in the "developing world" to better their own circumstances and take significant steps away from an inevitable life of poverty.

What microcredit is, and why it affords such a unique means for improving people's lives, will be the focus of a community forum at the Land Trust building on Oct 12 at 7:30 PM. The event will feature Terry Provance of Oikocredit, one of the largest and most successful microcredit lending agencies in the world. Although the discussion will be primarily general in nature, specific information will also be available for anyone interested in participating as an investor in microcredit-financed projects.

Mohammad Yunus, who received the Nobel Peace Prize in

2006, believes that "unleashing of energy and creativity in each human being is the answer to poverty", and his work demonstrates how microcredit can facilitate it. Microcredit has been implemented in a number of forms, and perhaps its greatest benefit is flexibility to meet the needs of the poor as they themselves see them, rather than as the typical charitable organization sees them. It combines with other economic and social concepts, like fair trade, justice and women's empowerment, to offer an effective, local means of combating the effects of poverty, ranging from disease and homelessness, to environmental degradation, all the way to armed conflict and terrorism.

For more information on the October 12 meeting at the Land Trust, contact Dennis and Rebecca Drewes, 463-2247.

Find the Loop on-line at
www.vashonloop.com.



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

We've Got a Lot of Kids 'S Up, Doc

by Kevin Pottinger

We announce our presence to the front desk and take seats in the half-full waiting room. Patients are coughing into wads of Kleenex or their elbows, restlessly flipping the wrinkled pages of a year-old Newsweek, or simply staring slack-jawed at the large institutional clock on the wall as it ticks over one more minute.

Our oldest boy, age eight, commandeers a brightly-colored play desk in the corner and instantly his three younger siblings try to wrestle control of the gaily painted midget chair from him, knocking over a small stack of ancient Highlights, grinding shards of broken crayon into the brown waiting-room carpet. Our youngest boy is squirted from the scrum like a watermelon seed, careening into a small book shelf.

The waiting patients stare at us dully. My wife Maria hovers over the kids, whispering forcefully and gesturing at our seats. All four of them abandon the play desk to sit quietly in an orderly row in the padded chairs. In a few seconds, our youngest boy, age five, starts fiddling with his older sister's skirt; she slaps his hand, he hops to the floor giggling and tries to shove her off of her chair.

Number one son has folded a pointy paper airplane out of a ripped-out page from one of the ancient Highlights, and he sends it sailing the length of the waiting room. I retrieve the plane and return it to him with whispered instructions to not do that again, appealing emphatically to his sense of self-preservation.

The patients return to flipping through their magazines. An elderly woman with a kindly, grandmotherly air leans over to ask our littlest girl her name. She shyly retreats between her mother's legs to bury her head between her breasts, and then turns mutely to eye the grandma for several seconds. Maria conspiratorially fills the silence with our daughter's nickname, and the grandma gamely tries again, "What a lovely name. How old are you, dear?" Our daughter squeezes a few fingers into position, and holds up five fingers: three on one hand, and two on the other.

Our oldest boy returns to the play desk in the corner, followed by number two son. Within a minute son number two is complaining loudly to his mother, as well as the rest of the waiting room, in a stylized, droning whine, complaining that his older brother has all the crayons and he won't give him any. Son Number One sputters that he tried to give him the

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yellow crayons; his younger brother retorts that he doesn't want yellow crayons, and returns to his chair to pout with folded arms. Over our oldest boy's earnest protest, Maria instructs him to hand over a few of the green and blue crayons.

Our oldest daughter, age seven, suggests a game of I-Spy to pass the time, but as usual no one is interested. Often, when it's his turn, number one son will spy something with his little eye that brings the game of I-Spy grinding to a halt, because he spies things no one can, or even wants to try to guess, such as I-Spying a passing car that's now long gone, or one particular tiny speck of dirt on the floor. It's guessing which speck of dirt that takes the fun out of it.

At last the nurse pokes her head through the side door, calling for our twins. The two older kids race each other to the door and we all traipse through the busy clinic to a tiny exam room.

We have a tradition of going to the doctor together, as if it were some sort of family picnic. It started when our oldest kids were small and there weren't very many of them, and Maria and I would attend the annual physicals and vaccinations and ear ache visits together, so we could each pose our questions of the doctor, and both hear the answers. When more kids arrived, we didn't bother changing the routine, plus when Maria is home with the kids during the day she has little choice but to bring everyone along. The clinic seems to be a pretty good sport about it; perhaps it's worthwhile for family practice physicians to see complete families every so often.



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Once in the exam room, the kids turn the surgical light on and off and on and off until we suggest that they desist, appealing to their sense of self-preservation, and they blow up latex gloves into balloon chicken-heads, and examine the contents of the medical waste receptacle with the foot-operated lid. Soon, a harried but pleasant physician knocks on the door, and after a minute or two is showing the kids how an otoscope works, and listening to their chests and writing out a couple of quite legible prescriptions.

Maria and I take turns holding the little kids down for their

vaccines, and the kids howl in a mixture of pain, disappointment, surprise and outrage; an "I-can't-believe-that-nice-nurse-would-take-that-needle-and-just-stick-it-in-my-leg-and-not-only-do-Mom-and/or-Dad-let-them-do-it-they're-holding-me-down-what-kind-of-a-completely-messed-up-deal-is-this" kind of howl.

After the vaccines, it's time to go. The sniffing kids pick out colorful consolation stickers and we pile the kids and the gear into the minivan and head uptown to fill the prescriptions at the pharmacy, feeling a lot better already.

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Ed King 10.09



Planet Waves

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

For more astrology, horoscopes and information on private consultations please visit www.priyakale.com/blog. Please email priya@priyakale.com with comments and feedback on the horoscopes.

Aries (March 20-April 19) This weekend's Full Moon is raising questions in a partnership, but just what questions are they? One thing stands out: can you be yourself in a particular relationship? Or is the whole thing a political exercise, wherein you must follow a kind of intellectual choreography? Second, can you extract yourself from these old emotional patterns that you know you need to be free from? Bear in mind that this is a matter of how you're going to do it, not whether you will do so. Beware of a potential overlap in the issues, which is how your own life story has led you to the situation you're currently in. Life is not about playing a role in a drama; it's about having an authentic experience. If you use that as a reference point, the specifics will be more obvious.

Taurus (April 19-May 20) You may feel like a partner or colleague is way ahead of you in terms of their ability to express creative energy, and that they make everything look easier than it will ever be for you. If you keep that opinion, you'll miss the obvious truth that you're sitting on a well of untapped creative energy. You'll benefit profoundly from sizing up your relationship to your inspiration, and noticing what you do with it when it arrives. That relationship feels stressed, as if the ideas you entertain are more of a fancy notion than something you can reduce to a practical plan of action. What you may not be remembering is that everyone who already knows how to do something learned how from someone, and then turned that knowledge into experience. This takes consistency and dedication, and more than anything, willingness to learn.

Gemini (May 20-June 21) Suddenly you understand something that seemed impossible to sort out just a few days ago. That something would be your own feelings, which were mired in conflicting internal viewpoints and moreover, a sense of self-reproach. If there is anything you're not forgiving yourself for, now would be the time. You seem to be working through this issue in layers. The last phase involves coming face to face with the part of you that both judges you and is stuck in the past. Whatever you hold in your mind is an idea, and all ideas are subject to change. What you may not have figured out yet is that you are an idea, though throughout your life many people have tried to have a hand in shaping you. It's time to value your own opinion about yourself above all others.

Cancer (June 21-July 22) We hear the word "proactive" a lot, and today is a good day to talk about what it means. Simply: setting up the present so that you increase the likelihood of the future that you want. Opportunities are opening up with this weekend's Full Moon, and your job is to remove from your path any obstacle that you can perceive. Look straight at the future you want to create. Be bold and tell yourself what it is, going further than describing it in general terms. What comes your way will surprise you and is outside the scope of my vision, but it's clear that doors you didn't even know existed will be opening; contacts you make now can lead you far and wide. Maintain your optimism, do your small part, and recognize a gift when you see it.

Leo (July 22-Aug. 23) In an odd and unexpected way, your fears will provide you with vital information. This is rarely

so; fear tends to be the thing that steers us wrong nearly every time. The key now is to engage yourself in a dialog, though this may feel awkward or unproductive. It will be worth the effort. Primarily, the fear will orient on a concern that you cannot change something rooted in the distant past. Your motivation to do so is an indescribable internal pressure compelling you to make some immediate change, based on a belief that seems to have suddenly reversed. If you can recognize the pressure or anxiety specifically for what it is — that is to say, actual fear rather than one of its candy-coated feelings — you will be able to enter into a direct dialog with yourself. Remember, the real information is veiled. See the veils for what they are, and remove them one at a time.

Virgo (Aug. 23-Sep. 22) Though much remains unresolved, one especially difficult point of confusion suddenly worked itself out this week. The added challenge is that you may be looking at what feels like too many options, and relationships you don't understand. Meanwhile, the most exciting and positive opportunity seems like the most daunting, and the one that will jolt you out of your old tendencies. I suggest you look at every decision you make for the next few months as a point of no return, and consider every chance a once-in-a-lifetime offer. Things have not been moving too quickly for you; they have been moving far too slowly. The main thing that's been hanging you up is your own idea of who you are. That is about to change fast, and I suggest you go with the flow.

Libra (Sep. 22-Oct. 23) What if everything in your life, all the improvements you want to make and every issue you've identified, hung in the balance on the food that you eat? Any nutritionist would tell you this is true every day of your life, but your astrology says it's something to consider now. Whether you're considering how to advance your professional goals or your emotional state (which are related), or how to make your relationship a better place, think food. More to the point, think differently than the food your parents taught you to eat. They didn't know everything, and a lot has changed since you were a kid. You're older and you can't live on your old diet of ramen and ghetto pasta. You need actual flavor and nourishment.

Scorpio (Oct. 23-Nov. 22) Family or community matters seem to be occupying more bandwidth than they deserve. Yet over the next few weeks as matters begin to work themselves out, you'll likely agree that it was worth the time and effort. What you've accomplished over the past four or five months will help you ensure that you proceed into some truly exciting, challenging times with a clear head. While you may feel responsible for your family and tend to take on responsibility for groups of all kinds, you (thankfully) have a limited leadership role. At the least, you have learned to share responsibility and learned how to tell others they need to look after their own affairs, and look after one another. The key will be heading into the future with no guilt that you've promised yourself to take on less of their stuff.

Sagittarius (Nov. 22-Dec. 22) The primary skill you must bring to your



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professional activities involves public relations. You have invested your labor, your ideas and your time. Now you need to present yourself to those who have the power to make a difference. For anyone oriented on doing quality work, the process of presenting that work comes with its own challenges. Despite its blustery reputation, Sagittarius faces many of the same challenges the rest of us do when it comes to advancing their own cause. But you do love a challenge, and currently it involves having faith in the quality and value of what you are achieving. The public relations phase is, for you, the harvest phase. I propose, though, that you'll have a pleasant surprise when you get into the groove: a lot of new ideas coming from the people you talk to.

Capricorn (Dec. 22-Jan. 20) Be on the lookout for a revelation that will greatly advance your long-term goals. You might discover something that was hidden, or come up with an entirely new idea. Indeed, if there was ever a weekend to draw up the 10-year plan for your life, this is the one. Remember, plans are a sketch that gets you thinking; a space to explore the possibilities; a space to stretch into territory not exclusively defined by what was possible in the past. That is the best value of plans: something to aim for, but not to be trapped within. Once you have a sketch (one page in length will suffice) you can ask yourself if it works for you, and adjust accordingly. But these will not be ordinary plans; rather, something more like channeling your future self.

Aquarius (Jan. 20-Feb. 19) You need to live with the tension for just a few more weeks. Mercury has stationed direct and the Full Moon is about to pass; many people will feel better as these events take hold. In terms of direct results, Aquarius is on a bit of a time delay; as we anticipate Jupiter and other planets stationing direct in your birth sign. Before that happens, I suggest you conduct all your conversations with the utmost care and awareness. People who say casual things to you will reveal profound insights into your life. They will spark off inner processes that get you asking the right questions, and provide a mirror for your most difficult-to-see issues. Note all these things carefully. When your life goes into overdrive in a few weeks, you will be very pleased to have this information.

Pisces (Feb. 19-March 20) The Full Moon in Aries this weekend will light up the horizons of your financial potential. Yet any such awareness really comes from a deeper level, which is learning (in the words of my office manager Chelsea's Pisces husband TJ) how to feel good about yourself. This is the name of the game, fellow fish. When you feel good about yourself, your life goes well. When you don't, things tend to slide backwards. When you feel beautiful, you get dates. When you don't, you're left wondering why not. For you especially, the heart of your cosmic mission needs to start with your emotional environment: the feeling-tone of your existence. Eat well, live well, and invest in yourself. The rest will follow.

Island Epicure



Summer’s Gone, Soup’s On

by Marj Watkins

The Indian-gift of September’s summer is history. Cooler, shorter days with gray skies increase. But why borrow gloom? These are days when we can treat our souls and bodies to hot soups or to bowls of simmered chicken stew finished off with fluffy egggy dumplings.

These are the days when the heat from an oven and the enticing aroma of home-baked bread warm and cheer the kitchen and the cook. Root vegetables are in. Applesauce, and apple pie from fall’s sweet abundance grace our tables. Our Jonagold tree’s fruit this year is so large and sweet that three or four of the biggest apples make a pie without added sugar. The fridge is stocked with a large jar of applesauce spiced and preserved with cinnamon and cloves.

Our Chinese daughter-in-law left us a parting gift of a large packet of dried brown-capped Chinese mushrooms among other edibles. She said to soak the mushrooms overnight. That seemed like an excessively long soak, but I did as she directed and they fattened and softened nicely. I don’t know that I, or you, will ever be able to quite reproduce this soup. The packet label had only Chinese characters on it, so I can’t tell you for sure the name of these very mushrooms, but the resulting soup tasted a lot like shiitake, though these were chubbier than the dried shiitake I’ve occasionally been able to find at Oriental stores in Seattle and Tacoma.

Here’s what was in that delightful bowlful. I adapted a Thai recipe using ingredients readily available on the Island. Feel free to tinker with the recipe. Slivered pea pods could be added or substituted for the water chestnuts. You could use fresh shiitake mushrooms instead of dried ones.

THAI CHINESE MUSHROOM SWEET & SOUR SOUP

- Makes 2 main dish servings
- Or 4 starter servings
- 5 dried mushroom caps soaked overnight or all day
- 2 cups vegetable or chicken stock
- ½ chicken breast cut in thin strips
- 2 cloves garlic, thinly sliced
- About 1 ½ inches of peeled cucumber, diced
- ½ can sliced water chestnuts
- Dash red pepper or red pepper flakes (to taste)
- 2 teaspoons Rice vinegar, or to taste

- Black pepper to taste
- 1 or 2 green onions, thinly sliced
- 2 Tablespoons minced fresh parsley or cilantro
- or 2 teaspoons dried parsley

Slice the mushrooms, removing the tough stems. Put all the ingredients except the onion green part slices and the minced parsley into a saucepan. Bring to a low boil, reduce heat and simmer a few minutes, until the chicken is opaque clear through. Add the green onion leaf slices and parsley. Stir. Serve hot.

A hearty stew with dumpling puffs like thistledown

CHICKEN & DUMPLING STEW

- 4 to 6 servings
- Bring to a boil in a 6-cup saucepan:
- 4 cups chicken broth
- 1 small onion, chopped
- 1 celery rib, chopped
- 1 carrot, chopped
- 1 red potato, chopped
- 1 teaspoon dried tarragon leaves

Reduce heat to medium low. Cook 20 minutes (until vegetables are nearly done.). Add: ¾ cup diced or thinly slivered raw chicken breast
Soy sauce to taste
Dumplings (recipe follows)

While the vegetables and chicken cook, mix the dumpling dough below. Bring broth back to boiling. Add big spoonfuls of dumpling dough. Cover, but leave the lid a bit ajar so it won’t boil over. How long the dumplings need to cook depends on the size of the dough gobs you put in.

FLUFFY DUMPLINGS

- 1 cup sifted flour
- 1 ½ teaspoons baking powder
- 2 Tablespoons butter cut in bits
- Dash salt, optional
- 1 egg, beaten in
- 3/8 cup milk
- 2 Tablespoons snipped chives or green onion tops, optional

Sift flour, baking powder, and salt if using, into a small mixing bowl.

Cut in butter, or mix it in with clean fingers.

Stir in the mixed egg and milk. Drop by spoonfuls into the boiling stew. Try to place them on solid parts. Cook 5 or 6 minutes, or until a fork-split dumpling looks cooked all the way through.

Find the Loop on-line at www.vashonloop.com.

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Girls Go to State

Continued from page 1

Our kids entered the iron sights only portion of the competition, which included four matches. The competition was a 1600 point aggregate match, made up of 4 matches with two stages to each match. Each stage was worth 200 points. Match #1 consisted of 2 stages of shooting at 50 yards. Match #2 was a Dewar match, which is one stage at 50 yards and the second stage at 100 yards. Match #3 consisted of two stages at 100 yards. The final match was two stages at 50 meters.

The match turned into an all day affair, with two relays of shooters for each match. The competition started at 9am. Each relay took about an hour to complete a match. Each relay started with a 10 minute setup time, where competitors got their gear on the line, and got their 1st targets in position. Another 3 minutes was given to allow adjustments to scopes and sights. After the preparation time was complete, the participants were given 20 minutes to shoot 20 shots into the designated scoring targets. When the 1st stage was complete, the second stage targets were put in place, and another 20 minutes was given to shoot the second stage.

The girls started out shooting very well in the 1st match, with Katelyn placing 5th in the 50 yd match with a score of 381-5x with Marisca not too far behind. The girls were very competitive with each other throughout the course of the day. Marisca closed on Katelyn

during the second match, and Marisca surged ahead of Katelyn by 12 points at the end of the 3rd match. The final match at 50 meters decided the competition between the girls. Katelyn put together a string of tight groups around the 10 ring and surged ahead by 13 points. Marisca finished the day with a score of 1439-20x and Katelyn finished with 1452-23x. It was a great day for both girls. Both showed marked improvement and set personal best scores.

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

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Tourist

By Mary Litchfield Tuel

It has been a big week at Casa Tuel. My friend Sonya came to visit, and as often happens when someone who doesn't live here comes to visit, I went to see some of the sights and places I only visit when I'm showing out-of-towners around.



Sonya at Kerry Park, photo by Mary Litchfield Tuel.

First, we had Big Box Monday: we went to Ikea, and we went to COSTCO. Normally a trip to either one of these stores would be enough for one day, but I was trying to comparison-shop cheap mattresses. Recently a friend told me about an internet show called *Ikea Heights*, a mystery/comedy/soap opera that is filmed in the Burbank, California, Ikea, using the store's displays as sets, without the permission or knowledge of the store's management. The show is extremely silly. You have to assume that the Ikea management knows what's going on by now, but fans can hope that Ikea sees the show as free advertising and will not put a stop to filming. David Seger, the man behind the series, says there will be a new episode toward the end of this month. You can see the show at www.ikeaheights.com

Back to our tourism. Sonya and I found the Ikea mattress department, and along with a few other customers tried out mattresses. One or two were okay. Most were for people much younger and more fit than someone our age.

We headed off to the Southcenter COSTCO, which, like Ikea, is a huge place, but unlike Ikea, with its winding layout that intentionally disorients you, is wide open so you can see how big it is. We learned that there were no mattresses at COSTCO that day, which was a disappointment. The Christmas decorations were in, but

that was just depressing. We walked out without buying a thing.

That shot our energy for the day and we wandered home.

Tuesday we shopped Vashon – Granny's Attic, of course, and various collectible shops. In a bit of shameless booster-ism I will say that shopping on Vashon is much more fun than shopping ashore. Takes less time and energy, you get to see your friends, and you don't have to get in line for a ferry to go home.

Wednesday we went to Seattle because I had a cardiologist appointment. Don't panic. It was just a check up to see how I'm doing, and I'm doing well, thank you. After that we went to Kerry Park up on Queen Anne Hill to have a picnic lunch Sonya had prepared, and soak in the view. The view has changed since I first saw it in 1972 – many tall buildings have grown up in downtown – but it remains breathtaking, looking out over the city and Elliott Bay. It was a warm and hazy day and Mt. Rainier was

not visible. You'd think something that big would be a lot harder to hide.

After our scenic picnic I took Sonya to a bead store up on Stone Way. Sonya loves beads, and makes jewelry, so this stop was a hit.

After the bead store I took Sonya to see the troll under the bridge

in Fremont, and down the hill to see the statue of Lenin, and then circled around to go by "Waiting for the Interurban," then across the Fremont Bridge and around Queen Anne on Westlake, pointing in the general direction of the "*Sleepless in Seattle*" house which can't be seen whizzing by on the road, and from there back to the ferry.

Thursday we hit Granny's one last time. Sonya loves Granny's. Then I took Sonya to the ferry and wished her a good trip home on the train.

It was fun being a tourist with Sonya for a few days. Fun, and exhausting. Now I'm ready to go back to unpacking moving boxes. We'll get moved in again some day. One box at a time, friends, one box at a time, with occasional breaks for tourism.

Permablitz on Vashon

Mandala Garden Workshop
Emet Degirmenci will show how to make the most of a small space in this hands-on intensive! For renters and owners - grow your own food using garden geometry that integrates with your landscape. This will be 1-3p.m. on Oct. 10 at 5221 Point Robinson Road. \$ 20 includes presentation, snacks, and handouts. Bring friends! Space limited to 12. Get directions and sign up with Emet at: koruora@gmail.com, 206.463.0729, www.koruora.com.

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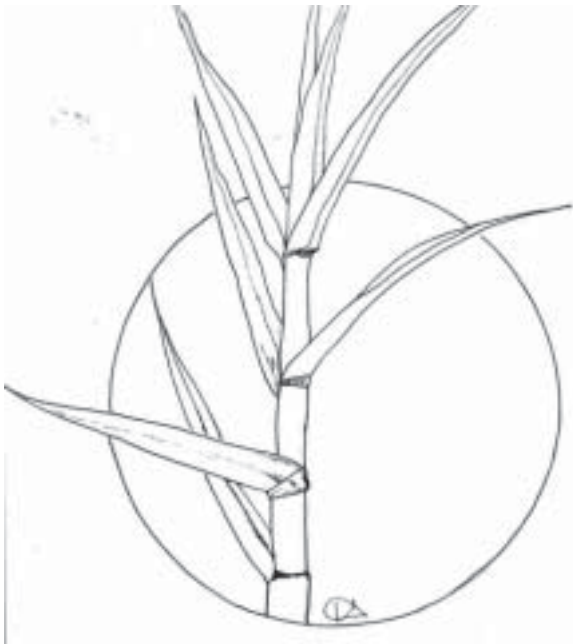


Fructose — Stranger to Our Bodies?

by Kathy Abascal

Lots of people are using agave nectar instead of sugar to promote their health. Agave nectar is almost pure fructose, a sugar that we need to be very careful with in our diet. 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



Sugar, drawing by Kathy Abascal.

refined sugar (which consists of equal parts glucose and fructose), high-fructose corn syrup (a blend of 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 juices, and sodas. We do not get much sugar from fruits and vegetables as those are only eaten in small amounts. Overall, per capita, we eat 150 pounds of sugar a year. About one-third of that is in the form of high-fructose corn syrup and on average we are taking at least 60 pounds of pure fructose a year.

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.

Obviously, if we want to be healthy, we need to drastically reduce sugar in our diet. We need to reject foods with added sugar (i.e., sugar that does not occur naturally in the food ingredients). After all, you do not need to add sugar to make a good broth. You do not need to add rice syrup to make a tasty rice cake or cracker. You do not need to add sugar to vegetable soups. You do not need cookies, candy, and ice cream every single day.

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 and contains mercury. 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, discussed above, contains more fructose than high-fructose corn syrup.

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New Classes Starting: Eating for Health & Weight Loss.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.

New 5-week series: Sundays beginning October 11, 12:00 – 1:30 PM.

Thursdays beginning October 15, 7:00 – 8:30 PM

Advance registration at the Roasterie/Minglement and prepayment (\$75) is required. There are also classes beginning in Burien, West Seattle, and online. For information on these classes go to ToQuietInflammation.com or email Kathy Abascal at info@toquietinflammation.com.

Bounty Overwhelms

Continued from page 1

We'll feature fall and winter varieties of organic vegetable plants ready to plant now, tours of the greenhouses and fields, and lots of fresh produce: Potatoes - 10 varieties, Tomatoes - 40 varieties, winter squash - 20 varieties, Zucchini, summer squash, onions, leeks and 6 varieties of garlic, salad mix and much more.

Mardi, from Sound Food and Catering will provide food for sale and will be cooking on site with our farm's vegetables including both vegetarian and meat lover's plates.

There will be live music from Island musicians and free for kids: a nature craft table, with the fixings for making seed art.

Come on down to Dockton, see the Bumpkins - I'm referring to the pumpkins, not the local residents, and chat about the bounteous summer which we've all enjoyed, and discuss methods of preserving the bounty through the winter. Here, we are canning, pickling, freezing, and fermenting like crazy. The mental ferment here is really picking up speed. Winter projects will include continued adventures in large-scale composting, water-wise farming techniques.

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification
How to Attract Birds
Ed Swan

Harmelings Celebrate 50 Years - A Life-long Adventure

Do you recognize this couple? If so, please join with us in celebrating their 50 years of togetherness! Pat and Craig Harmeling will celebrate their Golden Wedding Anniversary on Saturday, October 10th at the Vashon Sportsmen's Club.



Photo courtesy the Harmeling family.

Festivities will commence at 3 p.m. with a reception, buffet supper, and live music.

Pat and Craig Harmeling were high school sweethearts; married on October 10, 1959 they've been together through 50 years of life's ups and downs. They've come from being a young couple with two small children, barely two nickels to rub together, and working multiple jobs just to make ends meet, to the current state of togetherness when they have the leisure and means to travel as they wish, exploring the world on their own terms in another chapter of life's adventure.

From Opposition to Proposition

Continued from page 1

administration. Amidst a time of staff cuts, this possibility matched their values, their vision for future vocational training, and provided a partial answer to funding challenges assaulting the district. Roxanne Lyons, the School District's Director of instructional services and grants manager took the reins and with contagious enthusiasm got all parties to hustle a proposal together in a heroic three week sprint.

In mid-September we learned that King County awarded VHS \$73,700 to launch the Stewardship, Water, and You project that includes: integration of nutrient monitoring in the Maury Island Aquatic Reserve and vocational training related to plumbing, septic design and horticulture into existing classes; the State's first green sustainability and design technology class; provides funding for lab improvements, the building of a water catchment and drip irrigation project, and \$10,000 for youth internships with contractors working to address the impacts of human gray water and sewage on our island ground water and tidelands.

In the Gandhian nonviolent tradition, a constructive program is an essential component of a larger campaign. In India that translated into making salt from sea water and spinning one's own cloth. On Vashon it means finding meaningful ways that our Island can truly be the pivot point for saving Puget Sound by replacing the short term economic prospects of extraction with the long term benefits of green collar jobs and a sustainable

economy that responsibly manages our waste, protects our water, and restores our shoreline and ecosystems.

Backbone Campaign organized two delegations to Olympia this year, one to the Governor's office and a second to Washington State Department of Natural Resources (DNR). At both we made the point that our Island is the perfect partner, a Poster Child in the fight to save



The August 15 orca created by Backbone Campaign participants, aerial photo by Ray Pfortner.

Puget Sound. Our Aquatic Reserve is the only one in Central Puget Sound. The tidelands within the borders of that reserve are approximately 82% privately owned. Therefore its success or failure – and the future of Central Puget Sound - rely upon partnership, stewardship and self-compliance. Our delegation to DNR included a number of community leaders whose creativity and commitment to our water and ecosystems demonstrated that we really could serve as the pivot point from a regulatory system designed to facilitate extraction, to a regulatory system designed to favor sustainability.

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Recently, the State has been doing their part, exemplified by the strong leadership of DNR's head, Commissioner Peter Goldmark and his letter to Glacier regarding Lease Compliance Requirements, followed by his visionary OpEd, "Tough choices in the recovery of Puget Sound," (*Seattle Times* 08-11-09). That OpEd was read into the record at the Federal Lawsuit against the Army Corps of Engineers that resulted in a legal victory for Preserve Our Island (POI) that prevented the restart of construction of Glacier's barge loading pier.

On Sunday, October 11 the Backbone Campaign will host a Green Jobs Community Stewardship Forum at the Ober Park Activity Center from 3-6 PM. A panel discussion will be followed by opportunities for questions and breakout sessions for in-depth dialog. VHS teachers Tom DeVries and Amy Bogaard will introduce the Stewardship, Water and You program. King County's Larry Stockton will speak about the Marine Recovery Area, the nitrogen loading study, a Shellfish grant, and the willingness of King County to partner with islanders to find creative solutions for failing septic systems. Rayna Holtz and other islanders will address other aspects and visions for community stewardship of our Aquatic Reserve, shorelines, and groundwater.

Now it is our chance to be visionary. It is our chance to show that loving the place where we live is about more than opposing a mine, it is about proposing and taking responsibility for a new way forward. The grant to VHS proves that resources are out there and islanders can benefit from working together to develop creative solutions. We can be co-authors of a beautiful future, with a vibrant local economy with good jobs that rebuild and rather than destroy our ecosystems. See you on the 11th!

Wolftown and Problem Critters

NO I am NOT a Licensed Trapper. Never have been, never will be.

What I do is Wildlife Rehabilitation and education. Rehabilitation is taking injured and orphaned wildlife and returning them to the wild. And we also teach sustainable and predator friendly agriculture with sheep. The otters could have been dissuaded by non-lethal means. (Was that attempted?) Playing a radio, lights on etc. Perhaps people don't know this but you can always call us at Wolftown to help with a situation like the Otters and we will help!

206-463-9113. One other thing, PLEASE leave seal pups alone! I know of at least two this season who were abandoned by their mothers because people bugged the pups and it scared the mother seals away.

T. Martino, www.wolftown.org

Vashon Audubon’s 20th Anniversary

by Rayna Holtz

This is part two of three in Rayna Holtz’ look at the 20 year history of Vashon-Maury Island Audubon Society (VMIAS).

Fabric and art have provided especially creative ways to share Vashon Audubon concerns. Through a local art grant for nonprofits, Audubon received elegant bird costumes including a Western Tanager, a Swainson’s Thrush, and a Purple Martin sewn by artist Bonnie Wilkins. Audubon members have worn them at events conveying the problems of Migratory Birds, representing the chapter in Strawberry Festival parades, and for teaching about shade grown coffee. Concern about the coffee issue also inspired artist Sandi Noel to design a Shadegrown Coffee t-shirt that advertises the importance of protecting Latin

Candidate Species) that have traditionally overwintered here, plus the 35 other species of water birds that use it for rest and forage during winters and migration times. Our Recycling Committee, very active for over a decade, started a recycling program at the elementary schools, expanded recycling options at the landfill, in 1992 started the chapter’s Adopt-a-Road cleanups along Vashon Highway south of town, produced several editions of a Vashon materials exchange catalog, and presented recycling and worm bin information at Strawberry Festival booths for many years.

Vashon Audubon has provided a supportive matrix for many committees and projects. Susan White and Eugene Smith started a Landmark Trees program in 1989, to acknowledge old, beloved, beautiful, large, and rare trees on Vashon. The project was later championed by Nancy Silver, who created maps and lists of trees and shared local tree lore in school classrooms. The Vashon Wildlife Inventory project produce a first checklist of Vashon birds in 1995, followed by lists of mammals, butterflies, amphibians, reptiles, and shoreline species. The Vashon Stream Survey committee raised money in 2000 and 2001 to help pay for a survey of all Vashon-Maury streams by Washington Trout, establishing correct water typing maps and showing which streams are able to support fish. Dan Willsie and Rich Siegrist started a teaching collection of bird skins in 1999 under the supervision of Gary Shugart, curator of birds at the Slater Museum in Tacoma. Since then many members have salvaged dead birds found in yards and along roadsides and passed them to Gary, who enables them to have an afterlife enriching classes for adults and for 4th grade students.



An early Vashon Audubon field trip at Ellispport. I’d be tempted to say this one comes from the Van Olinda files at the Heritage Association, but Vashon Audubon’s only 20 years old. Photo courtesy Rayna Holtz.

American forests for habitat, instead of replacing them with coffee plantations. Over the past two decades Sandi has created art for Audubon posters, shirts, and articles for many educational purposes. Artist Judith Pearce designed our Western Grebe and Landmark Trees logo.

Every year the group has held field trips both locally and to great places in the region, such as the Dungeness Spit, the Nisqually Reserve, the Skagit Flats during the winter influx of raptors, Gray’s Harbor/Bowerman Basin during spring shorebird migrations, and Westport to travel offshore by boat and observe pelagic species seldom seen in Puget Sound. In the winter of 2003, Dan Willsie led one of Vashon Audubon’s most successful field trips out to the coast for a weekend. Participants looked at birds all afternoon, enjoyed a delicious dinner and charming rooms at the Tokeland Motel, and then birded in the morning before heading home. Starting in 2004, the chapter has provided a local outing on the second Saturday of every month.

The chapter has also actively pursued conservation goals. Dan Willsie worked with National Audubon Society to designate Quartermaster Harbor an Important Bird Area, ranking it with top areas in the country for breeding, migrating, or overwintering birds. Its importance is due to the large number of Western Grebes (a State

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Solar Tour Returns!

Continued from page 1

thus eliminating another 8.6% of the installation and materials cost of a solar array. Our legislators also extended the production incentive; the state program that pays solar power generators for every kilowatt of electricity they produce. Set to expire in 2014, it will now be effective until 2020. These laws empower homeowners and businesses who want to go solar by offsetting the costs and making solar technology more affordable.

The Solar Tour is an excellent way to see the homes and arrays, talk to the homeowners, and learn more about the costs and benefits of solar electricity. The Tour will host eleven sites this year, as compared to seven last year. Also, seven of the sites are new installations and new to the tour. The sites feature the latest solar technology available on the market. Now available is a micro-inverter that, coupled with each solar module, boosts the efficiency of each module and counteract any tree or roof shading. Shading is a problem with many potential solar sites on Vashon so micro-inverters are a great use. The Solar Tour will showcase four systems with micro-inverters.

New on the tour is Vashon’s largest array, a 9.45 kW system on a beautiful barn off of Cove Road. Or, view a small, 8 module system put in place to produce power for

Green Built home. This system is expandable and after a year of monitoring electrical use, the homeowner can add modules if necessary. Also, site number 11 features a grid-tied system with battery backup to provide emergency power during an outage.

Vashon’s two community solar projects, donated by Sustainable Vashon’s Solar Initiative will be on display at the Land Trust building and JG Commons –a Vashon HouseHold senior residence. These arrays were funded by Puget Sound Energy’s Green Power program and a host of other community groups to demonstrate how well solar power works in the Northwest.

The organizers of the Solar Tour believe that education is critical to the advancement of solar energy. Tour Day will feature educational workshops at the Land Trust Building home of the kick-off site and solar classroom. Topics to be covered are- over coming solar challenges on Vashon, connecting to the utility, solar hot water, passive solar design, and grid tied solar with battery backup that can be used during a power outage. Please visit www.vashonsolartour.org for detailed information about each site and the Solar Classroom schedule.

The community is encouraged to come, learn, and imagine how solar could work in their lives. Contact: Jennifer or Jason Williams of Artisan Electric at 463-3111. We can also provide contact information for the site hosts upon request.



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Lo'py Laffs

Little Johnny wanted to go to the zoo and pestered his parents for days. Finally his mother talked his reluctant father into taking him.

“So how was it?” his mother asked when they returned home.

“Great,” Little Johnny replied.

“Did you and your father have a good time?” asked his mother.

“Yeah, Daddy especially liked it,” exclaimed Little Johnny excitedly, “One of the animals came racing home at 30 to 1!”

Women are like apples on trees. The best ones are at the top of the tree. Most men don't want to reach for the good ones because they are afraid of falling and getting hurt.

Instead, they sometimes take the apples from the ground that aren't as good, but easy.

The apples at the top think something is wrong with them, when in reality, they're amazing. They just have to wait for the right man to come along, the one who's brave enough to climb all the way to the top of the tree.

I got a job at a zoo feeding giraffes but I was fired because I wasn't up to it.

I'm hoping God grades on the curve.

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last she headed for the door, saying sagely, “Grandma, I think you should try to figure out some of these yourself!”

A man went to apply for a job. After filling out all of his applications, he waited anxiously for the outcome. The employer read all his applications and said, “We have an opening for people like you.” “Oh, great,” he said. “What is it?” “It's called the door!”



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Viva Vashonistas!

Celebrating Vashon's Independent Designers

by Nancy Scott-Wienker

Like the independent cloth from which its Island inhabitants are cut, an inspiring array from Vashon Island apparel designers, fabric artists and jewelers will assemble for a one-night-only celebration: Viva Vashonistas! The runway will come alive at O - Vashon's Open Space for Arts and Community, 18870 103rd Ave. SW; the Oct. 17 event begins at 5:30 p.m. and includes a collaborative fashion show and on-site, pre- and post-show boutique shopping.

"We have a world class design and fabric arts community here on Vashon Island, whose clientele and following span the globe," said Karen Person, an Island educator. "It's a privilege to have all of them under one roof and witness such overwhelming collective talent."

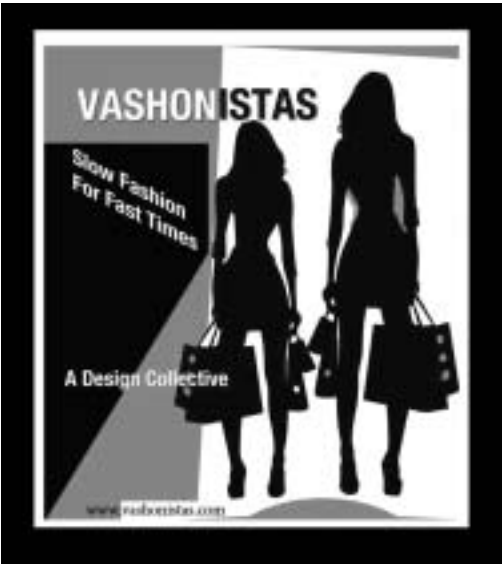
Featured are: Dova Silks - Dorothy Dunncliff, Wild Life Clothing Co.- Sally Shivers, ReGenr8 - Nancy Scott-Wienker and Roxy Hathaway, Heron's Nest featured artists , Ciszek Designs- Ginny Ciszek, Cicada - Elizabeth Klob , Rain and Remy Sherman of Global Revolutionary Fashiondesign Co., Mica - Mica Gaxiola, Kathleen Kinney jewelry designs, Kronos featured artists, Elemental Stitches - Tess Crocker, Costume designs by Patricia Toovey, Anne Gordon Brooches,

Jack Strubbe, artist/designer (also the event's lead set designer).

Live jazz from the highly acclaimed Hobson-Person Trio warms up the event beginning at 5:30 p.m. An explosive, packed runway revue from 7 to 8 p.m. features artist after artist of inspirational clothing and accessories, complete with aerialist and stilt-walking models for one segment. The fashion show will be followed by up-close boutique shopping and perusing, accompanied by renowned musician Jessika Kenney and others from 8 to 9 p.m. The affair will be co-emceed by Nancy Scott-Wienker and designer Rain Sherman. Adult, no-host beverages and desserts will be served from the cash bar throughout the evening.

Ticket price is \$20 per person, which includes one dessert ticket. Tickets are available online at Brown Paper Tickets (www.brownpapertickets.org) and on Vashon at Heron's Nest, Dova Silks and Kronos. Partial proceeds from the event will be donated to the Vashon Maury Community Food Bank.

Viva Vashonistas! produced by the Vashonistas, is a collective of sustainable designers of wearable art. Its common vision supports and promotes one another and community business for economic viability. Many of its artists and designers create from renewable or reclaimed textiles and resources. For images and details, contact Nancy Scott-Wienker at 206-463-3170.



Drama Dock Presents Ray Bradbury Stories

by Shannon Flora

Just in time for Halloween.

Drama Dock will offer an evening of two different One Act plays from master science fiction writer, Ray Bradbury. *The Veldt* and *Kaleidoscope* will offer a short evening of mysterious and thought provoking stories. Performances will be October 22, 23 and 24 at 7:30 pm and Oct. 25 at 2pm at Vashon High School Theater. Bradbury's writing melded the genres of science fiction and fantasy. The plays add up to a perfect fall evening of theater for mature audience members.

Kaleidoscope finds seven astronauts in a situation of slow but certain death. The characters explore their abandoned dreams, how they might have lived different lives and face their own mortality.

Although some of Bradbury's stories were written 50 years ago, he predicted the negative impact technology might have on family relationships. In *The Veldt* well

meaning parents leave much of the child rearing to machines and technology. The transformation of the children and disturbing conclusion are sure to provoke conversation and surprise.

The surreal aspects of the play will be enhanced with original music and sound effects designed by Christopher Overstreet. Cast members include: Dianna Ammon, Kirk Beeler, Jill Bulow, Sue DeNies, Michael Fitzgerald, Antonia Greene, Maya Krah, Molly Mazor-Brown, Gordon Millar, Gretchen Neffinger, Mary Kay Rauma, and Adam Westerman.

Tickets available at Vashon Book Shop, Books By the Way and at the door. Subject matter may be too intense for younger children.



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

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Comedy Night Extravaganza

by Steffon Moody

It's time to fall into the funny at the Comedy Night Extravaganza on Friday, Oct. 9th,

8:30pm @ the Red Bicycle Bistro & Sushi. The bi-annual local stand-up comedy show will be hosted by, the always irreverent, Steffon Moody, and will feature some of the funniest folks on Vashon.

You might only know these Islanders by their day job identity as



Host - Steffon Moody, courtesy photo.

a stone worker, or welder, realtor/restaurant owner or bamboo importer, pre-school teacher, computer programmer or radio personality; but underneath that façade of functionality is an irrepressible monster of comedy who cannot wait to jump onto stage to deliver the performance of a lifetime!

The All-Star local comedy line-up includes: Per-Lars Blomgren, Darryl Caldwell, Katherine Daves, Jim Farrell, Jeff Hoyt, Troy Kindred

and Andy Royer. These hearty souls will ply the dangerous waters of the comedy stage and throw themselves at the mercy of your collective funny bones.

"Last year at the Red Bike, we brought in the pro-comedians, but honestly, the draw wasn't as good," says host Steffon Moody. "The local comedians that perform at the Extravaganzas bring their own audience, and make fun of stuff on the Island, and the result is a packed house that is having a great time. With comedy, the old saying truly applies: The More the Merrier!"

So come out and laugh at, and with, your neighbors. It's good, cheap, wholesome therapy, and, a Ton O' Fun. You must be 21 or older to attend, unless you have a signed permission slip from Christine Gregoire. \$5 cover.



Troy Kindred, courtesy photo.

Find the Loop on-line at www.vashonloop.com.

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