

Vol. 6, #21

Levy Provides Needed Funds

by Anne Atwell, Vashon For Schools

This November, Vashon Island School District (VISD) is asking voters to renew a \$2.7 million technology and capital maintenance levy that will provide \$900,000 a year for the next three years (2010 through 2012). Funds from the last levy – which expired in 2007 — are almost depleted.

Levy dollars will refill the coffers of the capital fund so that district can move forward with its commitment to "fully fund" maintenance (a refrain we heard loud and clear during last year's bond campaign) by hiring more maintenance staff and upgrading Continued on page 8 equipment.



Students in the computer lab, photo by Anne Atwell.

Businesses Join Creative Forces



American Hero Quilts

Drop In



A soldier enjoys a quilt quilted by Sue Nebeker, photo by Debbie Job.

On November 7th, 2009, American Hero Quilts will celebrate its' 5th anniversary with a fundraiser, Operation Quilt Drop, at Sound Foods. This event will begin with a high tea from 12:00 until 4:00 p.m. and conclude with an evening soiree. Both events will include silent auctions, a raffle, fabulous food, and live music. The evening event will also feature coffee and wine bars.

American Hero quilts has just received a special request from Lt. Col. Lee DePersia on behalf of Craig Joint Hospital at Bagram Field, Afghanistan. He is asking that quilts be delivered directly to the wounded warriors in Afghanistan. The cost of shipping quilts to Afghanistan is currently prohibitive for this small, volunteer organization operating on a very limited budget. Cont'd on page 10

Vashon Has a H.A.R.T.

Holistic Approaches for Recovery Treatment

by Marianne R. Rose

by Jo-Anne Kirby

I've heard this Vashon question for almost 20 years: "Why don't we have a publicly-funded addiction treatment agency here?" Our higher-than-average abuse rates and perceived tolerances are wellpublicized. Is there a reluctance toward substance abuse treatment here, or have we not yet formulated the best blend of support for Islanders who find themselves at the opposite end of prevention services?

Vashon families have access to prevention/intervention programs

School Board **Candidates Discuss** Why They Run Jake Jacobovitch

After guiding all my children through the Vashon Island School District, sending the last one to the UW this fall; after about 20 years of serving on community boards such as the School Board, Park District, Community Council, VYBS, VIJB, the Ferry Advisory Committee and others; after more than 25 years of coaching and mentoring our Island youth; and while entering the late summer of my life; why do I want to serve on the School Board?



Jake Jacobovitch, courtesy photo.

I came to this Island in 1976 as a directionless young man. I spent Continued on page 9 Steve Ellison



Sherry Evans (left) of the Shady Lady and Rebecca Douglas of Rebecca Douglas Photograpy.

The Shady Lady and Rebecca Douglas Photography are joining forces and blending their artistic talents to hopefully become a stronger creative identity on Vashon Island. Sherry Evans, owner of the interior design and window treatments business The Shady Lady, has been on Vashon for 13 years creating beautiful settings in private homes that are inviting and a reflection of who her clients are; using color, texture, fabric, furniture and art. Cont'd on page 8

and expert training, Parent University and perfect organic food. But, even with protective factors and practiced skills, dedicated parents may still be surprised by substance abuse in their families.



Debbie Rieschl (left) and Marianne Rose (right) with Otis of Vashon Youth and Family Services (VYFS) Holistic Approaches for Recovery Treatment Program (HART). Photos courtesy VFYS.

Steve Ellison, courtesy photo.

Vashon School can and should be world class. For our graduates to be prepared and thrive in a world of increasing global competition, our schools must be world class. We currently are good in many areas, but to be great, we must identify the weak areas and improve them. In addition, we must understand phenomena which threaten our current programs like decreased

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.

School of Rock and **Rockets**

An information Open House will be held October 18th from 2:00 PM to 4PM at 21421 Monument Rd. where the school will operate starting in January, 2010. The Afterschool School of Rock and Rockets will open in January. It will serve upper elementary youth and middle school youth. Its mission is to provided creative and engaging activities in creating music, doing science experiments and the arts. The program also offers supervision every day because they lack health and homework support. Transportation from the schools is available.

The founder of the Afterschool is Jean Navarre. She has been deeply involved with Island youth and served on three boards since she arrived on Vashon seven years ago. Jean Navarre has devoted her life to educating highly capable youth and founded three schools in Ann Arbor to serve their needs. Jean Navarre.com. Phone 463-4948.

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

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

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

Health Care Discussion

"Public option...single payer...co-op plan...triggers." If you've been following the discussion on health care reform and have been frustrated by the terminology and various proposals, please come participate in the "Health Care Crisis and Solutions" event cosponsored by Single-Payer Vashon and the Vashon-Maury Island Green Party.

122 Americans die unnecessarily insurance coverage, according to a Harvard Medical School report published last month. If that many people were dying every day from terrorist attacks, what do you think the reaction would be?

Perhaps you currently have a private insurance plan that you believe will cover you adequately, regardless of the nature or severity of any medical crisis you may incur. The Center for American Progress released a report this year stating that nearly 14,000 Americans are losing health insurance coverage every day. And last month, the California Nurses Association reported that 21% of health care claims are denied. You may think you have good health care now...do you? And will you have it next year?

Our event will feature the documentary Sick Around the World from Washington Post correspondent T.R. Reid. Mr. Reid did what any intelligent person — or country should do when facing a crisis: examine others who have successfully surmounted the crisis, and learn lessons from them. He travelled the world to learn about other countries' health care system successes and failures. His results are both compelling and informational.

After viewing some other very short videos, we'll discuss what critical votes are currently before Congress, and then open up for Q&A. Join us on Sunday, October 18, 4:30-6:30 PM, at the Ober Park Performance Room. Donations will be accepted, with proceeds evenly divided between Physicians for a National Health Program and Health Care for All - Washington. For more information, contact Roger Fulton. 463-0079. spv@personaltechaid.com. Find the Loop on-line at www.vashonloop.com.

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a supportive and encouraging environment to practice your communication and speaking skills is The Grizzly Wars: The Public Fight - ultimately leading to personal Over the Great Bear. The North development, career enhancement, Cascades are designated as a self-confidence.

Vashon Peak Toastmasters Club meets every grizzly bears are perhaps the most Thursday at 6:00pm. Go to controversial species in North www.toastmasters.org and type our America. In "Grizzly Wars", Knibb 98070 zip code in the meeting finder explores the complex policy and section, or go directly to http:// peakspeakers.freetoasthost.com for managing and attempting to save the Vashon Island Peak Speakers any species, especially one that can web page. We'll C U soon!

Grizzly Bear in the North Cascades.

The October Audubon program will feature David Knibb, author and hard working conservationist. Knibb wrote compellingly about the efforts of a small group of citizens (of which he numbered one) to preserve the Alpine Lakes U R: Looking for a good time in Wilderness Area in Backyard Wilderness: The Alpine Lakes Story.

David Knibb's most recent book grizzly bear recovery area. Long a Speakers magnificent symbol of the wild,

Soriano. Steve Krueger

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Don't miss an issue. Really.

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

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Loopy sez: Deadline for the next edition of The Loop is Friday, Oct. 23.



political issues involved in pose a grave danger to humans. In his presentation, David Knibb promises to pose and discuss the following questions: Are grizzlies still in the North Cascades? How many? Where are they? What is their future? What plans are there to save them? How do the North Cascades fit into the broader picture of recovery for the grizzly bear? The program will be at 7:00 at the Land Trust building on Wednesday, October 21st. As usual, the program is free and all are welcome. Please see vashonaudubon.org for more information.





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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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. **\$265,000**

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October 16, '09

KOSTINELY SDEA

String of Pearls

by Deborah HAnderson

He travelled the length of the Pacific Crest Trail. She was raised in the Rainier Valley as a black girl even though she was white and going to the IPP (gifted program) in the Seattle School District. The other woman was a book explorer of sorts who would search out the origins of manuscripts tracing the clues within their physical pages, in this case the Haggadah of Sarajevo. And lastly, no, I didn't know the Germans occupied the Isle of Guernsey during WWII.

For a time they were all my friends. I carried them with me to work, the ferry, any place I was going. I couldn't find out about them fast enough. You see, this past two months, in the midst of many many miracles, I have experienced one my biggest ever. I have read four good books in a row!

You know that feeling you get when you've finished a good book and you just can't pick up another because the next one is bound to be a disappointment? Didn't happen. Actually, it still hasn't happened. I just started another one and settling into it have realized it's going to be a winner as well.

Oh...the titles? *The Cactus Eaters* by Dan White; *I'm Down* by Mishna Wolff; *People of the Book* by Geraldine Brooks, and The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows. The one I'm reading now that will make it five in a row? *Swimming* by Nicola Keegan.

How did it happen? This run of good luck? This amazingly fulfilling alternative to September TV premiere's and new releases On Demand? It all started with an issue of *Good Housekeeping* with the Jonas Brothers on front. I won't embarrass the person for whom I purchased it. to ya. Read the free ones in the Turns out they already had it so I started reading. There was an announcement about a short story contest (which I entered because it's always a good way to get a start on a full length feature) and below it was the recommendation for Cactus whatever it is you once loved, lost *Eaters* and *I'm Down*. The front the time to do and want to do again, picture of Mishna Wolff is her at a may it reappear in your life. We are young age with a two foot high a collection of passions. We are Afro. My secret dream has been to travel the part of the Pacific Trail you can do by horseback. *Eaters* came into the library holds list before *People* is this month's Down. selection for the Vashon Presbyterian Book Club, and Billie recommended Guernsey when she and my youngest daughter and I were out celebrating various occasions and well...just being alive. Swimming was also on that Good *Housekeeping* page but it was also a "Pearl's Picks." For those of you who did not grow up with the mantra "The reference librarian is your best friend" know now that Pearl is a librarian from Seattle known for



great reading recommendations. If you go to www.KCLS.org and look under book reviews (or what we like or something like that) you'll find her recommendations.

Once I get past "how anyone can read so many books is beyond me" and read the reviews, I know I'm on my way to some satisfying book time.

A friend asked me what I thought of the new Kindles. I replied I was a real paper and pencil person, which means I'll probably end up getting one this next year. Every time I disparage a new technology, I somehow end up with one in my possession. I'll probably decide that getting lost in a book is getting lost in a book whether I'm turning pages or scrolling down.

There were years and years when my biggest goal was to get three pages read at bedtime. I thought there was something wrong with me that the only books I could get through were Good Night Moon and I Am a Bunny. Then they all grew up and left and I found myself with ten minutes here, a half an hour there and the good times of extending my vision of life through someone else's experience returned.

I love learning. I love hearing someone another person's story. I carve with words like some people work with wood or slather oils or watercolors on paper. Reading is the culmination of all that.

If reading is your thing... here's library. Buy the new ones or used ones in stores on online. Check out the Friends of the Library bookshelves. Good books are everywhere.

But if you are not a reader, stories already told and yet to be lived waiting to be shared. May you have the courage today to hear and tell yours. And in the meantime...I highly recommend the above mentioned books! Love Deborah



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October 16, '09 Don't Forget the Birds

Every year it seems I revisit the story of Vashon's Canada Geese population because I find out a little by more of the history. Recently, I read D. B. Williams piece "A Little Goose Poop" in the Seattle Times 07/17/ 2005 issue of *Pacific NW*. I also talked to Bud Angerman of the Tacoma Game Farm. These two sources provided some new interesting parts to the puzzle of how Canada Geese spread in the Puget Sound region.

The large Great Basin form of the Canada Goose makes up 99.9% of the Canada Goose sightings on Vashon. All Island nesting Canada Geese consist of birds of this subspecies. Other sub-species visit at least occasionally and probably provided most of the passing geese in the past. Observer coverage



This 10Jan2006 photo by Peter Murray shows a Lesser Canada Goose. Note the small size of the bill compared to the Canada Geese usually seen around the Island. Also, this bird shows a sloping forehead at the same angle as the bill, a Cackling Goose head would look "boxier," almost straight up and down in front and back. Finally, this isn't one of Pete's beauty shots, this one was strictly for attaining an identification. We don't need a fancy photo for documentation purposes, so please just take what ever shots you can when finding these geese.

hasn't focused long enough on this possibility for many records as yet. The only documented occurrence happened on 9Jan2006, when I noted three unusually small Canada Geese at a pond created by run-off in the corner of fields at Old Mill Road and 220th Street. With help from photos by Peter Murray and Jack Dawdy, I consulted Steven Mlodinow, one of the editors of the Birds of Washington State, who determined that the birds were of the parvipes sub-species, common name Lesser Canada Geese. In the past, Canada Geese merely migrated through Western Washington along with the Cackling Goose, which looks like the Canada, only smaller with a few morphological differences. Breeding occurred only east of the Cascades with small numbers of Great Basin Canada Geese. In the early and mid-20th Century, nesting numbers increased along the river systems and around lakes and ponds for a number of reasons: regulated hunting seasons; a lessening of use of rivers as transportation corridors and hunting areas first by Native Americans and subsequently later



better settlers; range management; irrigation and planting of crops.

However, in the 1960's many officials and bird lovers still worried about Canada Geese numbers because of habitat loss across the country. Wildlife officials and others apparently conducted several introductions in the Puget Sound area with eggs from nests soon to be covered by water backed up from dams. A particularly large such operation took place as the John Day dam neared completion in 1968 according to William's Pacific NW article. Bud Angerman, who worked at the Tacoma Game Farm during this time, traces the start of the breeding population of Pierce

County Canada Geese to the goslings they raised that came from the John Day operation. At one point, they had over 300 birds to release. The local their poop but the golfers liked seeing the birds so much that they carried bags of feed in the carts with them. This Puget Sound.

Meanwhile, over the last region forested to the waterline into a "virtual geese paradise consisting of wellkept lawns, golf courses, fields," according to one US Department of Agriculture report As development climate meant birds obtained now Great Basin Canada went from 69 to 5591 from 1969 to



decade from killing geese to addling their eggs.

Vashon, fortunately, seems to golf course complained about have manageable numbers, though the geese are uncommon to common throughout the year. Several pairs breed on small residential ponds and protected inlets around the Island. same scenario occurred The garden tour can sometimes be a simultaneously up and down good time to see a nest on some of the private ponds. In the middle of south Vashon, Joe Van Os has a pair century, humans transformed in his field every year. Raccoons or the Puget Sound area from a Red-tailed Hawks have always taken their young. Goslings appear as early as May following the adults. By August and September large groups make the rounds looking for parks and recreational handouts, especially in Paradise Cove, inner Quartermaster Harbor and by Tahlequah.

As we continue into the fall and spread, hunting and natural winter, look at the Canada Geese predators declined. The mild flocks and see if they include birds obviously much smaller than the food easily year round so that main group. Let me know and/or get photos if possible so that we can Geese stay all year. Birds counted document more occurrences of in the Olympia-Tacoma-Seattle area Cackling Geese or other sub-species of the Canada Goose. If you have 1997. The City of Seattle took an interesting sighting to report or measures several times over the last photo to share or question about

local birds please call me at 463-7976 or email at edswan@centurytel.net.

This is a great time to be out birding with winter birds returning. If you'd be interested in a guided bird tour of Vashon or an off-Island trip to the Skagit for some falcon excitement or the Nisqually Wildlife Refuge, contact me as listed above. I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.

Eat at the...







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) You've started a new cycle within your relationships, marking a crucial turning point toward your personal and professional destiny. A conversation you have this week with a friend or partner can be hugely informative, as well as fuel your expansive vision of the possibilities for the future. Recognize now there is a deeper fire growing within you to explore your creative as well as sexual potential. You are an Aries and with the planets aligned the way they are the sky is the limit when it comes to a heart's desire. If you can be bold and honest, you are more than likely to gather all the support you need from friends and benefactors alike who want to see you succeed. Let your actions be from the heart; be playful yet fair, so everybody wins.

Taurus (April 19-May 20) You've scaled a mountain recently. Now you enter a phase of reaping the rewards for your efforts, to what can only be considered a labor of love. It may finally feel like you can see beyond the horizon with one close relationship, offering you a chance to deepen your intimacy. This may even bring fresh hope regarding a financial situation surrounding your home or family that has been unsettling you recently. This is freeing you to focus your energy where it matters. You've learnt a thing or two along your journey and your desire for inner peace. Let these invaluable teachings guide you as you light the way for many that find hope in your message of truth.

Gemini (May 20-June 21) You could find yourself flying high on wings of love this week. Or it could be a hugely creative idea whose time has come. You've already confronted your deepest fears regarding your own creative and sexual potential. Speak honestly and from the heart within a dialogue with an important partner. Also listen closely to what someone is saying to you; this can only open and expand your awareness to the possibilities beyond the horizon. Be innovative and creative. You are entering a phase of learning the art of heartfelt expression of your creativity as well as passion. It's time to leave the nest and follow that great hope in your being, that longs for connections that open up your world rather than tie you down.

Cancer (June 21-July 22) Something is lighting a fire deep inside you, fueling your desire to live your life on your terms. If you can gather your courage, confidence and faith, you can have important conversations with the people closest to you so they know where you stand. Your passion is nothing to be ashamed of, neither are your needs for greater freedom of expression and I suggest you begin with self-acceptance. Those that love you will understand and support you, but for that you have to open up and speak your heart. This will go far in bringing you a greater understanding of the ground you stand on, so you can be free to venture beyond your limits daily, consciously and creatively.

Leo (July 22-Aug. 23) You make contact with your heart this week, asking you to be bold as you speak your truth. You are at the end of a long phase of examining your own self-worth, which may have in the past prevented you from expressing your true desires. Now you move into the next phase of learning the art of expressing your creative and sexual passion and individuality in these matters. There is at least one partnership that can open up to a new level of understanding as a process of this dialogue. Recognize your emotions are not something to be afraid of, so don't be shy. There are many who hang on to your message of hope — it gives them wings and the precious gift of freedom and truth.

Virgo (Aug. 23-Sep. 22) You are heading into brand-new territory starting now, marking the end and beginning of am important phase of your personal journey. You've learnt difficult lessons over the past two years that may have had you questioning your own integrity. In overcoming your selfdoubts, you are learning important truths about what and which relationships give you the security you need to express yourself freely. This has little to do with your ego, yet has to do with your deepest values. You know well, it is in giving that you receive. Help others see this crucial interdependence we



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Sagittarius (Nov. 22-Dec. 22) After walking the razor's edge with a precarious financial or professional situation, this week should bring you your first taste of freedom. You are likely to be having important conversations with partners this week, marking the sign of times to come over the next couple of years. Over the coming months work on exploring your aspirations and creating consciously the kind of life you have always dreamed and hoped for. There is no need to fear judgment for your unique ideas; they hold a great big, beautiful message of hope. Your gift to this world is your ability to dare to dream, so be bold and honest as you share your vision. You can have the support you need, if you can find the courage to believe in yourself first.

Capricorn (Dec. 22-Jan. 20) An important professional opportunity could come your way that can tangibly improve your position. You can stand to reap the tangible and financial rewards of this association. But be sure to know where your deepest values lie. What you are trying to build now requires nothing less than your deepest integrity and commitment to the collective lives you touch through your endeavor. Reach for honesty and openness within all your negotiations and there will be a way for everyone to come out on top. Don't be fooled by something shiny but ultimately shallow, and be bold enough to reach for a greater truth. The only thing that could limit

share. You have a greater message of self-acceptance, healing and wisdom you bring to all the lives you touch daily simply by your "being."

Libra (Sep. 22-Oct. 23) It may feel like you are standing in a new world, only a babe in the woods. You are indeed moving into a new journey of rediscovery of your own being that will teach you through experience that you can only be true to yourself. If you can start with taking responsibility for yourself, it will be easier to speak this truth with others. This week brings an important conversation with a creative or romantic situation close to your heart that requires you to be bold, honest as well as keep your sense of humor. Be honest and willing to reach for your wildest desires, as you create the life you were born to experience, brick by brick, one imaginative step at a time.

Scorpio (Oct. 23-Nov. 22) You've had to overcome deep doubts about a financial or deeply intimate relationship. Clear any lingering doubts you have this week regarding a domestic situation by being willing to speak them honestly with all parties concerned. No matter what you fear, this can go far in soothing your worried mind. Professionally you are coming into your own and are likely to have more opportunities coming your way to shine. But you well know what you are trying to manifest as your mission is so much bigger and greater than you. Be honest, humble yet bold as you move forward. The ghosts of the past need not continue to haunt you as they have. Listen to the soulful truth and growing hope in your world that wants to liberate you from the shackles you've gotten used to.

your success now is your own fear of it and the changes you are making.

Aquarius (Jan. 20-Feb. 19) Expect to feel the passion rise within your closest relationships. You move toward a phase of greater understanding where everyone is free to speak their mind without the fear of judgment. Be fair and wise in all your conversations this week. An important opportunity can come your way turning your luck around within a situation you've been tempted to consider hopeless. You've been on an inward journey recently of finding your own truth. Have faith in your growing sense of expansiveness and idealism, and act with this awareness. Your enlightened perspective will be your greatest teacher and confidante over the coming phase of your journey. Remember the lessons of humility, but leave the past behind for higher truth coming to light.

Pisces (Feb. 19-March 20) An important conversation you have this week with a partner is likely to open your relationship to a new level of understanding. If you listen carefully and speak honestly, this has a greater message for your psyche that can help you heal all your relationships — the ones you have and the ones you haven't even formed yet. You are learning the power of truth to liberate. What someone is saying is awakening a deeper soul awareness within you about your role in shaping the collective psyche. This is a dialogue that can expand your consciousness and release your creative passion to heights untold. Now and in the coming phase of your life, no matter which way the winds blow — anchor yourself to truth and let the rest blow over into the dust where it came from.

October 16, '09



When Do You Toss It?

by Marj Watkins

We've read a lot in the past few months about contaminated food in grocery stores, and about restaurants that didn't pass their health/cleanliness inspection, but what about our own refrigerator shelves and our own kitchen counters? The way we store foods? How long we keep our leftovers?

The USDA has come out with some guidelines for fresh and cooked foods in our fridges. Here's the short list: Suggestions following times below are from me.

Eggs in their shells: 4 to 5 weeks. Note date on box. Write date you buy. (Hard to imagine eggs uneaten longer than 2 weeks)

Dairy products: 1 week. Keep that spare container of milk in the back of the refrigerator where it's coolest, and blocked from that wave of warm air when you open the door. Keep only the container you'll use in a few days in the door shelf.

Leafy lettuce: 1 to 2 days. And wash it no matter what the bag says. Once I found a gob of mud in a bag of "prewashed" baby spinach. Sometimes rotting leaves cling to good ones.

Iceberg lettuce: 1 go 2 weeks Lunch meats: 2 weeks unopened; 3 to 5 days opened

Cooked meats: 3 to 5 days. I use them within 4, or freeze them

Cooked chicken, turkey, or game hen: 3 to 4 days

Fresh poultry, fish, raw sausage, leftover gravy, meat **broth:** 1 to 2 days

3 to 4 months

I would add: Bean dishes, Casseroles, Veggies: 1 to 4 days

container of leftover food.

chemotherapy drugs are hard on our immune and digestive systems.

Marinating may kill some surface germs, but don't count on it. If you're marinating food, do it in your refrigerator, and don't reuse marinade that has touched raw meat, nor put cooked food back into the dish it marinated in. You probably wouldn't do that, anyway, but it's worth a mention.

Wooden cutting boards store up fewer germs than plastic ones. If your cutting boards are plastic, keeping separate ones for meat and for vegetables and fruits is advised. (But who could always keep them apart, or be sure that some helpers would know the difference?) For me, I stick with wood. It's a good idea to a good cleaning, especially after cutting meat, with diluted bleach and to sanitize counters, your kitchen sink and drain, and garbage disposal if you have one.

Different meats cook at different temperatures. Stick a meat thermometer into the thickest part of the meat, not touching bone, fat or gristle. Cook beef and lamb to 145 degrees F; ground pork, casseroles containing meat, meat-based sauces, and custards to 160 degrees; whole poultry to 180 degrees, poultry breasts to 170 degrees.

You need a meat thermometer because you can't tell by looking, or just sticking a fork or thin, sharp knife into the food. Poultry, if the thermometer says it's done, is safe to eat even if it's pink next to the bone. Not so with pork.

Eggs should be cooked until both the white and the yolk are firm.

Microwaved foods need to be steaming hot when you serve them. They'll cook evenly if you cover the dish and stir the food once or twice while cooking. In our microwave the bottoms of potatoes get done while the tops are still hard. We turn them over half way through the time. Microwave ovens are not all created equal, though, for even cooking you will probably need to stir or rotate your food even if yours has a carousel and high-tech temperature controls.

Soups and sauces can be deadly Frozen TV dinners in freezer: if allowed to sit uncovered after they've finished cooking. Bring them back to the boil before serving.

Put the leftovers in the fridge as Remember to date every soon as you've finished eating and cleared the table, within two hours,



other foods as well as to avoid developing those nasty aldehydes.

Oil need not be refrigerated, with the exception of extra virgin olive oil. It quickly goes rancid once you've

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 nondiagnostic 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 Blueridge medical supplies. 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.

days, even though they look and smell okay, have begun to build up toxic aldehydes. If your immune system already fights allergens or germs, food that has begun to spoil, even though you can't tell it, can tip you into illness.

Young, healthy digestive systems produce enough acid, digestive juices, antibodies, and friendly organisms to ward off attacking pathogens. But as we get older, stomach acid production slows down, our immune systems get less responsive, and some medicines including acid blockers frequently prescribed for acid reflux may overdo their job, antibiotics kill all of those friendly bacteria in our colons, and corticosteroids and

Meats stored more than four certainly, and within one hour on hot summer days. Try not to overstuff either refrigerator or freezer. Food keeps best when air can circulate around it.

Keeping food warm in your oven works well because germs die off at 140° F and up. They get sluggish about multiplying at 70 ° F. but for safety we're advised to set our refrigerators at 40° F and our freezers at 0° F.

Eggs keep better stored in their boxes than in the refrigerator door where they get a blast of heat every time you open it.

Raw meats and seafoods should be sealed in their separate containers for refrigerator storage, and used soon per the above chart, to avoid cross-contamination from

opened the bottle. It solidifies in the refrigerator, but take it out when you begin cooking a meal and it will reliquify by the time you're ready to serve. If it threatens not to reliquify in time to dress your salad, just set it in a pan of hot water for a few minutes.

Herbs and spices that enhance keeping qualities as well as flavor: Cloves, garlic, cinnamon. These are antiviral and antibiotic, too. Oregano is anti-viral. Basil and marjoram aid digestion; basil goes will with vegetables and marjoram with meats.

And don't forget to wash your hands before your start cooking, and after handling raw meat of any kind. Any questions?

Levy Provides Needed Funds

Continued from page 1

much-needed technology; nothing too fancy, just basic equipment that to stay current with applications and Web-based learning tools.

The district's business operations will benefit from faster connectivity and computer replacements to support critical applications like student information, food services, and fiscal management. Along with hardware, software and network upgrades, the levy will also fund training and technical support, so that staff can effectively use the new technology.

And, since this money will come from a capital levy, the district can redirect scarce general-fund dollars that have been used for capital needs back to teachers and textbooks, where they belong.

If the levy isn't renewed, VISD projects that the capital fund will diminish to about \$250,000 in the next school year. To put that in perspective, VISD spent \$650,000 last year alone on numerous capital projects, ranging from a drinking fountain at McMurray and faucet replacements at Chautauqua to security cameras and a scoreboard at Vashon High School (just to name a few). With a depleted, capital fund, money for these types of projects would have to come from the general fund, taking money away from the classroom.

Why collect these taxes locally? Computer hardware, software, professional development and technical support have never been funded from Washington State's basic education budget. Furthermore, the state provides inadequate funding for preventive maintenance and major repairs. Consequently, many districts either fund limited and insufficient which will mean less money for the technology and maintenance classroom. Please vote yes in programs through the general fund, November!

or pass capital maintenance/ For the classroom, it will buy us technology levies to fund such programs adequately.

Up until 2007, the district had a will allow our students and teachers regular flow of levy dollars for capital expenses: In 2002 through 2005, Vashon taxpayers funded \$750,000 annually for technology and capital maintenance projects. In 2006 and 2007, voters approved \$1,240,000 annually. This levy will provide \$900,000 annually for the years 2010, 2011 and 2012.

The tax rate would be approximately \$.34 per \$1000 of assessed value. For a \$500,000 home, it would cost about \$170 per year (or \$14.17 per month.)

This levy will not fund:

Major additions and renovations to the high school and other district facilities. The school board is developing a revised capital facilities plan that they hope to put on the February 2010 ballot.

District operating expenses, including teachers' salaries, curriculum materials and operating expenses. These are all funded through the four-year operations levy which expires at the end of the next school year, and VISD will ask the community to renew it in February 2010.

Renewing this levy is a good investment for our schools and our community. It will allow the district to proactively and systematically take care the buildings that so many of us use without dipping into the general fund. And, it will provide our schools with adequate technology for learning and business operations. . If we don't renew the levy, our capital budget will be depleted within the next two years. After that, money for major repairs, preventive maintenance and technology improvements will need to come out of the general fund,

Two Island Businesses **Join Creative Forces**

Continued from page 1

Rebecca Douglas, owner of Rebecca Douglas Photography, has been in business for 15 years, 10 of which have been on Vashon Island. Rebecca's natural instincts, creative eye and ability to connect with people have earned her high regards in the photography and art community, as well as with her clients. The two businesses will be sharing a work space at the current Shady Lady store, to create an artistic and creative space in which clients for both businesses will be able to experience the unique sensibility Rebecca and Sherri bring to their art forms. Through home design and wall portraits, Rebecca and Sherrie aim to design living spaces that are a true reflection of their clients.

A revamped web site for The Shady Lady will be going live soon, featuring Vashon and Seattle homes.



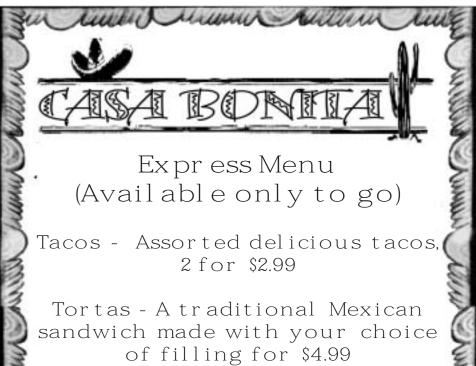
Vote YES to renew the technology and capital maintenance levy. This levy makes up nearly 100% of the school district's capital budget for:

- major repairs, improvements and preventive maintenance
- adequate technology for students, teachers and business operations

Mail in your ballot today!

Tax Impact: About \$0.34 per \$1000 of assessed value or \$170 per year for a \$500,000 home.

For more information, about the levy renewal, go to www.vashonforschools.org or www.vashonsd.org/ and click school bond and levies.



Composting Demonstration

Mariposa Gardens will sponsor a free Composting Demonstration Day on Sunday, October 18, 11:00 am to 3:00 pm. Learn about many different ways to compost, including worm bins and quick compost methods. We will also be demonstrating fall garden prep and how to start new beds this fall for planting. spring Hands-on participation will be offered as well as a free raffle for kitchen-waste composting cones. 9228 SW 209th Street (off Monument Road—watch for signs) For more information, contact Cathy Fulton, 463-5652, cathy@MariposaGardens.org, or see our web site: MariposaGardens.org.

Burritos - Flour tortilla stuffed with beans, cheese and chicken, ground beef or picadillo Three sizes to fit your appetite! Pequeno (8 inch) \$1.99 Grande (10 inch) \$4.99 El Muy Grande (12 inch) \$6.99

Chips and salsa \$1.99

COMMUN

463-6452

17623 100th Ave ~ Vashon

The Vashon Loop, p. 9

Bring your completed

the two grocery stores the Library and the

questionnaire to one of our volunteers on the reckends of October 17th and 25th at

IT HAPPENS EVERY WINTER!

In more than 40 years as a Vashon Island firefighter, teacher and school principal, Mike Kirk has helped thousands of people through tough times. He's seen it all and he sees it every winter.



'Every year, the winter storms seem to take some people by surprise. Snow and wind kill power and block roads. People don't have enough food. They don't have medicine or baby formula or some other vital necessity. Worse yet, they're cold and uncomfortable."

"It doesn't have to be that way. Take the VashonBePrepared Challenge. Complete the Household Readiness Self-Assessment and enter the free drawing. It's a small step but it's the most important one because it will get you started. And there's a great incentive to take action

now because Island organizations and businesses have come together to offer some wonderful prizes."

Enter the drawing for a generator and many more home preparedness prizes! Fill out the VashonBePrepared Challenge Questionnaire and bring it to one of our collection stations on the weekends of October 17th and 25th at the two grocery stores, the library and the Saturday market.

Clip out the questionnaire in this ad or it is available on our website: www.VashonBePrepared.org/challenge. Our volunteers will also have copies of the questionnaire at our collection stations.

It's simple. It's fun. IT'S FREE!

VashonBePrepared & Neighbors Adapting Neighbors

	HE	HOUSEHOLD	READINESS	SELF-ASSESSMENT	QUESTIONNAIRE
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Take just one step towards being more prepared. Take the VashonBePrepared Challenge by making an honest appraisal of your household's ability to weather a storm and survive an earthquake.

Saturday market Just complete the survey and return it to one of our collection points on the weekends of October 10th and 17th at the two grocery stores, the library and the Saturday market. When you take this small step, we'll enter you in a free drawing for a generator and other home readiness prizes.

- Our household has a stash of non-perishable food supplies that could feed us for at least three. days. [5 points for 3 days, 5 bonus points for a week or more]
- We have stored one gallon of water per person for at least three days. [5 paints for 3 days, 5 banus points for a week or more]
- We have an emergency medical kit at our house, including copies of prescriptions, spare eyeglasses, hearing aid batteries and other health essentials. [5 points]
- We have planned with our neighbors to check on each other after a disaster. [5 paints, 5 bonus points if in a Neighborhood Emergency Response Organization]
- We have an emergency "message center" plan. We have agreed on an out-of-state friend or relative where everyone can leave word after a disaster (5 points).
- We have a battery operated radio to tune in Voice of Vashon at 1650 AM. [5 points]
- One of us has signed up to work as a volunteer with a VashonBePrepared partner. (CERT, Medical Reserve Corps, Amateur Radio Emergency Service, The EOC Team, etc.) [5 paints each hausehold member]
- We have emergency kits of food, water and other essentials in our cars. [5 points]
- We can keep warm even if the power goes for more than a day in the winter (fireplace, sleeping bags, etc.) [5 points]
- We can check off many items on the VashonBePrepared Disaster Preparedness Checklist. [5 paints for 40+ items, 5 banus points for 60+]
- Total (60+ = Excellent 40+ = Okay but could be improved Less than 40 = Needs work)

Only one questionnaire and drawing entry per household. Complete rules at www.VashonBePrepared.org.

VashiorBePrepared thanks your neighbors who funded this community preparedness and education outreach nitiative



School Board Candidates Discuss Why They Run

Jake Jacobovitch

Continued from page 1

the previous six years as a merchant marine working on ships around the world. While the adventure and the money were fine, I knew that I did not want to end up an old lonely man, sitting with a wool blanket across my lap, in an Adirondack chair gazing emptily into the fog blanketing the harbor. I did not want my life to end up like that of my father's. I wanted a house that was a home with a family; a loving wife and children, a garden, a dog and two cats in the yard. I wanted a community to be a part of; to belong to, to give back to, to live the life I dreamt of as a child.

Thankfully, I found this Island and its people that welcomed me, had patience with me, taught me, loved me and allowed me to blossom. For this, I will be forever grateful. This is my driving force for giving back to this Island. Traveling around the world, I have seen a lot of pain and suffering. I soon realized that the path to a fair and just planet starts with our children. They are our hope for the future. They will have to deal with what this generation does not. Raise them in a nurturing environment and they will have the skills and abilities to improve the world. After great reflection and numerous requests by parents, students and others, I decided to run for the open school board position created by a current member deciding not to run again. In these tough economic times, we need someone who already knows the

workings and responsibilities of our school district and the operations and legal obligations of its governance board. My experience as a former board member of the Vashon Island School District as well as other boards provides me with the knowledge of how process works and how to work with others to get things done. Five identical strands make for a weak fabric.

We also need someone whose first allegiance is to the children of this Island and that which is best for them. I am such a person. At my work, I have a saying hanging on my wall, "In a hundred years from now it will not matter how much money I had, what kind of house I lived in or what type of car I drove, but the world might be a better place because I made a difference in the life of a child."

Jake Jacobovitch P.O. Box 1624

Tota

Vashon Island, WA 98070

Steve Ellison

Continued from page 1

funding per student and decreasing enrollment. Given these challenges, we need to consider what a graduate needs to succeed in the 21rst century, and update our educational programs to deliver. My training and career experience in product and process design; quality monitoring and improvement; finance and business have prepared me to contribute here.

Just as cars companies are refining traditional designs and developing new ones, to be more efficient and satisfy modern objectives, educators need to modernize education. This will not come from the State or US Department of Education. Their improvement programs clearly push most of the responsibility to

innovate to the local level. They set

is

to

One

knowing

of

Historic thinking focused on total enrollment as shown in the upper lines of the attached chart at left. After a board discussion on the benefits of off-Island students, I enquired what the enrollment trends looked like for on-Island students only. The lower lines, on-Island students only, show a more enlightened picture. The conclusion here is that enrollment is declining, and it is more stable than it would otherwise be by including off-Island students. Long term what should With a better we do? understanding of the details, we can make more informed decisions about programs, finances, facilities, etc. to ensure success in the future.

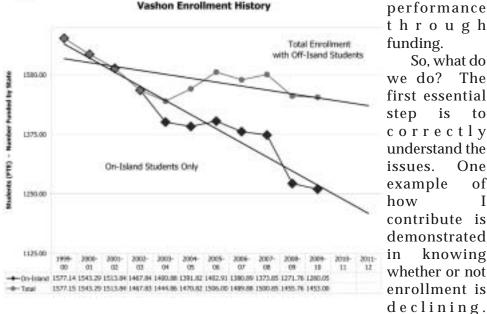
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My claim to contributing to the discussion in this way should not be interpreted as a criticism of others. Rather, I offer unique and beneficial perspectives and skills. Electing directors (building a crossfunctional team) with differing abilities offers the best hope of the best results. As we complete the roster of the team to lead our schools, we need to look at the combined skill set, expected experience and effectiveness of the five directors together. Given the experience of the standing directors, we need new ideas and solutions more than experience. If we were building a lasting sports program, we would develop novices by pairing them with experience veterans. Please honor me with your trust and support by electing me to complete this team and make our school their best.

email: VashonOne@aol.com phone: 206.650.5253

lofty goals, high standards, test for progress and reward (or penalize) local district

Vashon Enrollment History



Steve Ellison

vashonellison@gmail.com

(Questions and ideas are welcome.)

Vashon Has a H.A.R.T.

Continued from page 1

Sometimes the greater effort a family has put towards preventing risky behavior, the more hesitation lingers at accepting deeper problems. After all, they were welltrained and worked hard at guiding good choices, so what's happening here and why can't they fix it themselves? Anxiety and blame begin, and it's often hard to reach outside for help that offers no guarantees. But this process is not logical, and an experimenting teen does not mean that there has been flawed parenting or family failure. Science confirms that genetic predispositions set the stage for some youth to seek substances and find drugs and alcohol helpful for a variety of reasons...for a while anyway. Then regardless of warning surveys and statistics, rules, regulations, brains or beauty, addictions begin developing in complex patterns with very persistent roots, and the need for some professional treatment begins to come into focus.

The label "disease" correctly applies to addictions because across the population spectrum, people are assessed by their symptoms and not by their individual stories. "Who you are" (age, gender, race, economics, personality or childhood issues) are not as influential in diagnosing abuse or dependency as "What you do and how long have you done it?" In other words, the key centers on the progression of clusters of symptoms. Like heart disease, cancer or diabetes, diseases of addiction will be influenced by physical composition, family history, toxic environments, self-care routines and individual responses to treatment plans.

Islanders options have recently expanded with the launching of Recovery Treatment at Vashon Youth and Family Services, under the leadership of Interim Executive Director, Diane Kjellberg, and Recovery Treatment Clinical Director, Marianne Rose. After a year-long development process that included securing a DASA-State license, VYFS will offer an Outpatient Youth Program, provide assessments and interventions for all ages, and prioritize working with seeding new growth. Recovery "affected others." Consulting partnerships will be nurtured with Island medical and naturopathic physicians, art therapists, body workers, alternative healers and spiritual referrals in a holistic framework for a Vashon-designed range of treatment plans. Addictions are often first interrupted when a loved one or a respected voice says, "ENOUGH!!" This intervention is crucial to the process, yet the voices of significant others often get lost in the drama, leading to feelings of isolation, frustration or confusion about ongoing roles or personal responsibilities. When an individual is close to someone who is "making bad choices" the whole system can feel chaotic, toxic or embarrassing, without the emotional or financial

support that communities might extend in the presence of other diseases. Attempts to change someone's behavior through love, logic or ultimatums may be met with denial, resistance and inconsistent behaviors, especially in the later stages of dependency. It can be a "crazy-making" process! Recovery Treatment will offer confidential support for adults feeling the impacts from a family, friend or coworker's abuse. In a similar model, a youth group will offer teens and young adults a safe place to understand themselves while navigating these relationships.

So what IS available for youth who are savvy enough to look deeper at their own choices or look beyond the beach keggers and organic pot plants? Typical outcomes for traditional youth treatment have not been inspiring. Recovery Treatment's clinical foundation will use a unique evidence-based curriculum, The Seven Challenges (www.sevenchallenges.com). This Program meets kids where they are and offers them an honest, trustbuilding process for understanding themselves, their future and how to make thoughtful decisions at their own pace.

Vashon was recently awarded a drug-free community grant and one of the expectations is changing social norms around drug abuse. One way change begins is with conscious language and consistent messages. The neutral language of The Seven Challenges will be implemented in our Vashon High School lunch groups, staff training throughout and Recovery Treatment. The effectiveness of this model will be increased when ANYONE interacting with teens understands concrete ways to encourage independent thinking while building respectful bonds.

Rick Barr, from the Arizonabased Seven Challenges Program will facilitate a community orientation about these concepts on November 17th at 7:00 at the VYFS PlaySpace. This free event is open to all Islanders.

Every interaction we have with others carries the possibility of Treatment can provide a launching pad for new perspectives, fresh energy and potentially stronger youth; but, it will take the individuals in our community continually being present to inspire deeper meanings and create clearer connections all around. For more on Recovery Treatment call Marianne Rose at 463-5511 x 232, www.vyfs.org.



Monday - Friday 5:30am - 3:00pm Saturday 7:00am - 3:00pm Sunday 8:00am - 2:00pm

Check out our Punch Cards "Double punch after lunch"

17311 Vashon Hwy Sw



American Hero Quilts Drop In

Continued from page 1

It is estimated that it takes \$200 in materials and supplies and at least 20 hours of labor (another \$200) to construct one of the American Hero Quilts. Since its inception, American Hero Quilts has delivered over 6000 quilts. This equates to over \$2,400,000 in materials and labor, all of which is primarily donated by quilters across the country. American Hero Quilts currently produces 125 quilts a month.

American Hero Quilts is a federally designated 501c3 organization and an entirely volunteer project. Individuals all across the country send in the pieced tops to project headquarters and these tops are then sent to quilters who quilt them on long-arm machines and send them back for finishing. The finished quilts are then hand delivered to Madigan Army Medical Center and the Warrior Transition Battalion at Fort Lewis. Quilts are also mailed to injured warriors who are being treated at other military medical centers across the country, and are mailed to spouses, parents, and children of warriors lost in these conflicts. Cash donations go towards the purchase of fabric, batting and shipping. American Hero Quilts was begun in the Fall of 2004 by Sue Nebeker of Vashon Island, WA. Her vision was to provide a symbol of honor, respect and admiration to the seriously injured soldiers returning from the conflicts in Iraq

and Afghanistan. This symbol is an heirloom quality quilt, lovingly made by volunteers from across the country. In many cases, these quilts are the only recognition these warriors receive from the people of this county for their service and sacrifice. Each quilt has a label on the back which reads: You Are Our Hero, Thank You.

American Hero Quilts has received many thank you letters from injured military personnel and their families. An excerpt from one of these letters speaks to the emotions generated from this volunteer project..."our son was injured in a fire fight in Fallujah. When he arrived at Madigan, they gave him a quilt. He treasured that quilt. We are sorry to say that he did not survive. I am writing to tell you that he wished to be buried with his quilt and we honored his request. Thank you for the love you put in the quilt and the fact that you did all that work for a stranger, we were all so touched"... Please join us on Saturday, November 7th to show your support for these special individuals who have served and sacrificed for our country. Regardless of our particular view of these conflicts, the young men and women who are so seriously wounded need our recognition and help. For more information, please call Sue Nebeker at 463-5650. For a look at the heirloom quality quilts see www.americanheroquilts.com



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



The Dersal Spin Wisdom in Our Waters: Vashon-Maury's Whales and Marine Mammals By Orca Annie Stateler, VHP

Coordinator

Orcas, baleen whales, porpoises, sea lions, seals, and otters . . . We are privileged to share Island waters with an opulent diversity of marine mammals! To Coastal First Nations people, these animals are honored relatives and venerated teachers.

The Vashon Hydrophone Project (VHP) invites you to "Wisdom in



Elder male Ruffles (J1) beside a breaching podmate. Photo © Mark Sears.

Our Waters: Vashon-Maury's will provide an update on our Whales and Marine Mammals," on Sunday, November 1, 2:00 PM, at the Vashon Theatre. Our special guests are Wolftown's T Martino and orca researcher Mark Sears.

This year's program showcases whales and other marine mammals

Vashon-Maury's Southern researchers to compare the VHP Resident orca season has started recording with super pods recorded with aplomb. To our surprise, the in the San Juans. Honored Ones arrived in glorious Regrettably, Mark Sears was out style on October 11, much earlier of town. So far, no solid ID photos have surfaced. Odin took video, but than last year. That afternoon, Chez VHP's tedious aural dry spell broke with our camera's limitations, the when our hydrophone erupted in film is more aesthetic than gorgeous whale "conversation" and functional. echolocation. Also deplorable was the flotilla We heard and recorded calls of vessels hounding the whales. used by all three pods: J, K, and L. Some brazenly violated the MMPA guidelines. We witnessed a near-Judging by the clicks and buzzes, and later their behavior, the orcas collision between a male orca and a did some foraging. As we listened, small open boat. We reported it to waves of keet guchi (killer whale NOAA enforcement at 1-800-853-1964. Later we saw the Coast Guard dorsal fins) rolled north through Colvos Pass in a sumptuous stopping boats near Blake Island. procession reminiscent of a Please support the work of the Vashon Hydrophone Project (VHP): powwow Grand Entry. Those gregarious orcas were breaching, REPORT LOCAL WHALE cart wheeling, and slapping their SIGHTINGS ASAP TO 463-9041. pecs and tail flukes profusely. Send photos to Orca Annie at We conservatively estimate that Vashonorcas@aol.com. As ever, 60 orcas paraded by the VHP site. thanks to everyone who calls! We have not witnessed a superpod in Colvos Pass in more than five Compost the Loop years, and this was the VHP's first The Loop's soy-based ink is okay for opportunity to record one. We are composting. conferring with other acoustics



www.spiritualsmartaleck.blogspot.com

Is taking this issue off.

by Mary Litchfield Tuel

Keep Mary and Rick in your thoughts as Mary helps Rick recover his health.

in Puget Sound, followed by a Q & A session with the Island's marine mammal first responders from the

> VHP and Wolftown. In fall and winter endangered Southern Resident orcas visit Vashon-Maury VHP waters. partners Orca Annie Stateler, Mark Sears, and Odin Lonning document these w h a l e

encounters. They

beloved killer whales.

The admission/suggested donation of \$8.00 supports the conservation work of the VHP and Wolftown. For more information. contact Orca Annie at 463-9041 or Vashonorcas@aol.com.

October Surprise



Bistro Hours Monday thru Thursday llam to 9pm Friday thru Sunday 12pm to 9pm

October Sushi Hours Mon, Wed, Thurs, Friday 11:30am-2:30pm & 5pm-9pm Saturday and Sunday 1pm to 9pm

Monday Sushi Special Buy any 2 Rolls Get a free bowl of **Miso Soup or Buy any Premium**

roll and get a California roll for \$2

The Red Bicycle is located: 17618 Vashon Hwy SW Vashon, Washington 206-463-5959

Join us for Breakfast Friday, Saturday & Sunday 8am till 12pm **Coupon Special - Buy Any** Breakfast and get a Second Breakfast of Equal or lesser value FREE! Offer good till Nov. 1st With any Breakfast get a **Bloody Mary for a buck! Breakfast menu online** Redbicyclebistro.com

> **Happy Hour Monday** - Thursday 3pm-7pm

Poker Tournaments Monday and Tuesday, 6pm

Live Entertainment Friday, Saturday and Sunday See our music schedule @ www.redbicyclebistro.com



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decking. We challenge





Thursday is Thai night at the Q!

Haven't you been craving it? Pad Thai, curries, Swimming Rama, fresh spring rolls, and more tom yummy food.

(American options, too)

New fall hours **Open Tuesday thru Saturday** 11 am to 10 pm Sunday 9 am to 10 pm

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If you receive an email from the Department of Health telling you not to eat canned pork because of swine flu, ignore it. It's just spam.

Whenever I go near my bank, I get withdrawal symptoms.

Why do grocery clerks make you pick paper or plastic?

Because baggers can't be choosers.

A man walked into a restaurant in a strange town. The waiter came and asked him for his order. Feeling lonely, he replied, "Meat loaf and a kind word." When the waiter returned with the meat loaf, the man said, "Okay, so where's the kind word?"

The waiter put down the meat loaf and sighed, bent down, and whispered gently, "Don't eat the meat loaf."

A very devout cowboy lost his favorite Bible while he was mending fences out on the range. Three weeks later a cow walked up carrying the Bible in its mouth. The cowboy couldn't believe his eyes. He took the book out of the cow's mouth, raised his eyes heavenward and exclaimed, "It's a miracle!"

"Not really," said the cow. "Your name was written inside the cover.'

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What makes grass so dangerous? The blades.

A man walked into a bar holding an alligator. He asked the bartender, "Do you serve lawyers here?"

The bartender said, "Yes, we do!" "Good," replied the man. "Give me a beer, and I'll have a lawyer for my alligator."

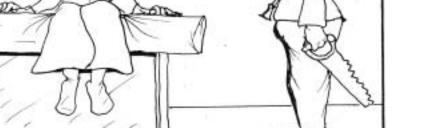
Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables, and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign.

"Why the new sign?" I asked.

"My boyfriend didn't approve of the old one," she said. When I glanced at what hung above the counter, I understood. It declared, "Local Honey, Dates, Nuts."

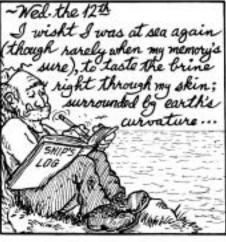
WILD WORLD







FFSHORE





By Steve Krueger



WHILE OUR HEROS ARE ON THEIR RESCUE MISSION. WE GO UPTOWN TO CHECK ON THE ANNUAL HALLOWEEN PREPARATIONS ...



The Vashon Loop, p. 13

By Ed Frohning

Loop Arts

VAA Introduces Family Series

Vashon Allied Arts is pleased to announce a new Family Series set to children's art and the set offers feature a variety of programs between October 2009 and April 2010. All shows will be held 2 pm, Sundays at Blue Heron Art Center. First in the new series, nationally recognized Vancouver based Tears of Joy Puppet Theatre brings folktales from Mexico and Argentina to life in a dynamic new bilingual play, Sunday, October 25,

colorful Mayan-style design patterns. Accompanied by *The Lazy* Bee, based on an Argentinean fable, the performance incorporates simple Spanish words and phrases. A fun way to familiarize children with another language, The Lazy Bee offers a brief cultural immersion. Using flute and drum, Gerardo Calderon has composed indigenousstyle music for the show.

by Janice Randall



Courtesy photo from When Animals were People.

2 pm. When Animals Were People, Rivers Show (February 27) and inspired by a tale from the Huichol Indians of Mexico, beautifully demonstrates friendship, dedication and family with clever wordplay and adept puppeteering by Brian Allard and Dia Verano. Distinct characterizations, voiceovers and puppets designs reflect Mexican

'This series offers an enhancement to our current family programming such as Blue Heron Dance, Vashon Youth Chorus Youth Theatre and performances, in addition to other all-ages show VAA presents throughout the year," says Janice Randall, VAA **Director of Performing** Arts and Communications. Look for upcoming VAA Family Series programs to include: Portland's Nomadic Theatre Co. How to Fly, physical comedy based on the story of Amelia Earhart (January 24), The Cody

Book-It Repertory Theatre's Catching the Moon (March 28). For more information, please contact VAA, 463.5131.

Tickets are \$8 children/\$10 adults, VAA Members \$9/\$12 general, available now at Books by the Way, Heron's Nest and Blue Heron Art Center.

New Works Features Impromptu 4 Laser Piano

Every fall an interdisciplinary integrates improvised music of the And after 20 years of showcasing

Island talent, VAA **New Works Series** 2009 continues Saturday, October 24, 8 pm, at the Blue Heron with a multimedia performance, Impromptu 4 Laser Piano by classical modern and improvisational pianist, Christopher Overstreet. He plays and teaches piano, composes work for other artists and does commissioned and contract work. Overstreet will merge his performance and composition skills with self-designed computer software to create a spectacle of piano, movement and computer limited, reserve early. generated sound and light.

panel of Island performing artists early 1900's and classical repertoire meet and discuss New Works then extrapolates from and mixes applications for the following year. with computer assisted audio and visuals. The Blue Heron performing





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by Janice Randall

works from his own computer generated library of sound which he has developed over a period of months and years. Experimental in nature, his work uses the computer to push boundaries of the piano. "It's a challenge to try and merge these worlds," he adds.

Overstreet attended both New



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

Where the Wild Things Are 10/16 - 10/29

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Christopher Overstreet, courtesy photo.

Also a multi-media programmer, space will be set up in an unusual arrangement to accommodate visuals and semi-improvisational movement by Abby Enson, Overstreet's partner. Seating will be Heron or call to purchase by phone,

"A lot of what I do is remix, sort Overstreet explains how he of like a dj," he says. But Overstreet

England Conservatory of Music and Cornish College of the Arts for composition. He has contributed to a number of high profile projects as artist, designer and programmer including X-box 2 Live Controller in UK and Constructing the Childhood, in UW's Allen Library. He has also shown work in Seattle's Jack Straw New Media Gallery, On the Boards and Seattle Public Library and has worked with movement artists and avante-rock groups.

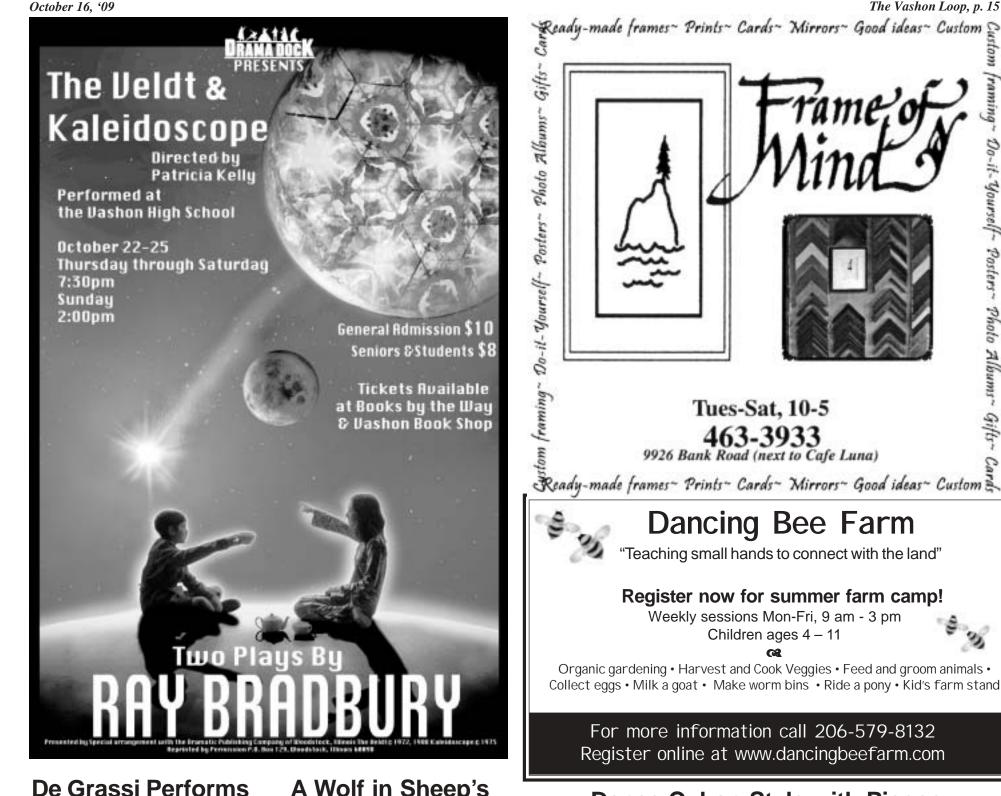
Tickets, \$12/\$14 are available at brownpapertickets.com, Heron's Nest, Books by the Way and the Blue 463.5131.

206-463-Vashon Hydrophone Project Orca Annie Stateler and Mark Sears Vashonorcas@aof.com Support Vashon-Maury Island Whale Research Sightings NOT Disclosed to Whale Watch Boats vashonorcas.org

Fireside Hearth

Keep the homefires burning, not the house! Fireside Hearth Shoppe is once again offering a free wood safety seminar that is open to the public. Our seminar will be held on Oct. 17th and Nov.14th at 2:00pm in our show room. Space is limited so please call with your reservation at 463-5995.

October 16, '09



De Grassi Performs at Blue Heron



A Wolf in Sheep's Clothing

Wolftown's sheep movie is now on YouTube. Connie Dover let us use her music. It's at: http://www. youtube.com/watch?v =wtB8TKCTr84.

Wolftown teaches, sustainable, compassionate and predator friendly agriculture. We support the slow food movement. We have programs across the west helping farmers and ranchers. We raise sheep. Our sheep are small predator resistant, resistant to disease and parasites, and we browse/graze them loose on



Dance Cuban-Style with Picoso at the Red Bike

by Pete Welch

la-it-Voursel

1- Posters- Photo Albums- Gifts-

influenced dance music band to the Island this weekend for the second time with Picoso on Friday October 16. With one foot in the Son Montuno of Eastern Cuba and one foot in the fertile Jazz-Groove scene

of Seattle, Picoso satisfies the demanding music aficionado, gives the groove-junky his rhythm fix and keeps the people dancing all at the same time. By fusing the rhythms of Cuba and Puerto Rico with the unique musical personalities of its band members, Picoso writes a few new lines in the ongoing story of Afro-Cuban music.

The Red Bicycle brings a Cuban- groove and feeling of The Cachao Descarga Sessions. While many of Picoso's songs could be described as Salsa, Son or Cha Cha, the power and spontaneity of Picoso's live performances cannot possibly be encapsulated in those three words.



Internationally known steel string guitarist, Alex de Grassi will perform one night only at the Blue Heron Art Center, Saturday, November 7, 8 pm. He has played as a Grammy Award nominee and an Indie Award nominee, gained notoriety with the Windham Hill label and performed at such notable venues as the Montreux Jazz Festival, Carnegie Hall, Belfast International Festival, Telluride and Wolftrap. Tickets, \$18/\$20 are available now at brownpapertickets.com or by calling the Blue Heron at 463.5131. -- Janice Randall, courtesy photo.



Riding the range with the sheep, horse and dogs, photo by T. Martino-Yamamoto horseback with sheep dogs. We sell fleeces, yarn, clothing, Brain tanned hides, locker lamb and breeding stock. Need good stock horses or stock dogs or Livestock guardian dogs for predators? Call us and we will refer you. The best thing we can do for wildlife is protect habitat and change the way we live.

Please use Wolftown on your good search, search engine! It helps us. T Martino-Yamamoto, 463-9113. wolftown@centurytel.net

Picoso radiates raw energy at shows. Their original music innovates while remaining rooted in the fundamental extemporaneous

Picoso, courtesy photo.

If it's anything like their last Started on the streets of Seattle, show at the Red Bicycle, it will be a packed house, so the Red Bicycle staff recommends getting there early to reserve a spot on the dance floor. There is no cover for this 21+ show.



Tuesdays, Noon-3:30 pm; 4-7 p.m.

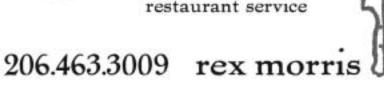


Looking for a change?

wolftown@centurytel.net www.wolftown.org Share office suite/ waiting room with Acupuncturist at Courthouse Square. Available Tues, Thurs, Fri, Sat, Sun. Ann Leda 206-463-3967

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PANDORA'S BO Coats and beds are here, come get

your pets warm and comfortable for the fall. The Island's pet supply store thanks you for your patronage and promises to not sell nails, paint, plants and washing machines.

> *Cheryl's Pick of the Week:* Any number of things.

No.

(206) 463-3401 \$8 Nail trimming with no appointment