

Nocera Selected by Drug Free Communities

by Carl Winge

The Vashon Healthy Community Network is pleased to introduce Ginger Nocera as our Project Coordinator for the Vashon Drug Free Communities grant.

In September the Vashon Healthy Community Network was awarded \$114,886 by the federal Substance Abuse and Mental Health Services Administration. The Drug Free Communities grant is designed to increase collaboration among all sectors of the Vashon community to address youth substance abuse.

Continued on page 8



Ginger Nocera, courtesy photo.

Flurry of Flu on Vashon

by Laurel Kuehl MD

The H1N1 (swine) flu has hit Vashon and is impacting school attendance. Kate Packard, Vashon school nurse, reports that approximately 20% of McMurray students were out sick for several days during the first week of November. Ten percent of Chautauqua and Vashon High School students have been out—many with flu symptoms. Local clinics are seeing a definite uptick in the number of flu cases. Most patients are presenting with mild or moderate illness with symptoms of fever, aches, cough, sore throat and congestion. The illness can last a week or longer.

At Vashon Health Center a few patients have been more seriously ill and received treatment with the antiviral tamiflu which is indicated only in the more severe

Continued on page 6

VYFS Takes on Y-Kids Program

by Daniel Macca

Vashon Y-kids' has found new parents. Starting in 2010, the only non-profit, school age childcare site on the Island will be changing hands. The before and after school program will still operate out of Chautauqua Elementary School and families will see no visible signs of change. The YMCA of Greater Seattle made a determination that



Y-Kids enjoy a sunny summer day at Pt. Robinson, courtesy photo.

the Vashon Y-Kids' program would be better served operated by an on-Island agency committed to families and children. A perfect fit was found. Vashon Youth and Family Services felt the program aligned well with their mission; "to help Islanders raise thriving, resilient children and youth by fostering a community of emotionally healthy, resourceful families and individuals."

The YMCA has generously offered VYFS the opportunity to administer the program, transferring everything over at no cost. This will allow the program to continue without any disruption of services or noticeable change. Dalinda Vivero, staff for 11 years & Jean Murphy, staff for 8 years will continue to run the program at Chautauqua, offering the same quality, hours & enrichment opportunities. Dalinda is very excited about the changes. She states "I love my job. I love working with the kids. This transfer allows us to focus specifically on Island needs, and tailor our services specifically for our community."

Continued on page 6

Islander Creates a Bit of Vashon in Seattle

by Michael Hoffman

Ann Walker, a 17-year Vashon resident, transplanted a bit of Vashon to Seattle in 1997 by creating Curious Kidstuff. Curious Kidstuff is an award-winning specialty toy store located in the West Seattle Junction, one block south of SW Alaska Street on California Ave SW, and brims with imaginative and educational toys, books, games, music, crafts and other great treasures.

Continued on page 9



Rachel, Christina and Ann of Curious Kids, photo by Michael Hoffman.



James at Cedarson Nature School, photo by Karen Olsen.

Pioneering A New Therapy for Autism

by Erin Kenny

James is carefully balancing on the log while humming a song we wrote. He jumps down, grabs a salal leaf and says exuberantly "He ate one nice green leaf!" before putting the leaf in his mouth to chew on. He then runs up the trail laughing, swinging on branches and crawling on animal trails through huckleberry bushes. He stops briefly to eat some berries and study a mushroom, then continues to run through the forest. Eventually he settles down quietly next to a cedar tree and appears to be meditating. This would seem to be a normal romp in nature for an

Continued on page 4

Metz-Lipe Brings Toxic Free Business to Vashon



Marianne Metz-Lipe, courtesy photo.

Marianne Metz-Lipe arrived last year in the midst of Vashon's snow days. She came with her husband Henry Lipe, Vashon's new Fire Chief. For days, all of their household items remained stuck in the snow in Portland with their moving van. But the cold weather welcome didn't match the warm friendliness on the Island.

Continued on page 11

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.

Pumpkin Pie Contest

Sponsored by the Vashon Island Growers Association (VIGA), the contest will be Saturday, November 21 at the Vashon Farmers Market in the Village Green. All interested bakers should bring pies to be judged to the Farmers Market at 10am that morning. Extra points are given to pies or desserts containing local ingredients. Entrants should include a list of ingredients noting which are locally grown and where they were procured. Judging will be from 11-12.

Two winners will be chosen, one in each category, and two prizes will be awarded: # 1 Best traditional pumpkin pie. Prize- Beautiful hand stitched apron made by Rebecca Wittman (winner in 2007), to wear for one year. Etched glass pie plate. Market gift certificate. #2 Best non-pie pumpkin dessert. Prize- Etched glass pie plate. Market gift certificate. Bakers must be present to win and to receive their prizes at 12 noon.

Slices of all of the pie and dessert entries will be sold to market shoppers for \$1/slice from 12:30-2 or until sold out. Money collected will be given to the Chautauqua Elementary PTSA to enhance their efforts to bring local food to Chautauqua PTSA programs for students, teachers and parents.

The Vashon Farmers Market will be open from 10-2 that day. For more information contact Joanne Jewell at 463-3518 or home @plumforestfarm.com,

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.

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Don't miss an issue. Really. We are in our 6th year of publication and still not bankrupt! (Yet) Wow!

Welcome Back Salmon Celebration

This is a part of the ongoing VM Land Trust project that preserves 63 acres along the main stem of Judd Creek in historic Paradise Valley, including nearly a mile of the healthiest salmon spawning stream on Vashon Island. Come see this lovely place.

Sunday, November 15, 2009 - 1 PM at Judd Creek in Paradise Valley (corner of 111th St and 208th Ave).

Please bring yourself, the neighborhood kids, instruments, poems, or anything that will support this annual celebration. For more information call Jane Neubauer 567-5404 or Yvonne Kuperberg 567-4005.

The Seven Challenges

Nationally recognized speaker and trainer, Richard Barr LMHC, will be presenting the information on The Seven Challenges program on Thursday, November 19th at 8:30 am. This talk will be held at Vashon Youth and Family Services and is open to the public. Richard will introduce the opening of the program at Vashon Youth & Family Services in conjunction with their Holistic Approach to Recovery Treatment (HART). This is a free event and refreshments will be provided. Please RSVP to Daniel @dmacca@vyfs or call 463-5511.

American Lambs

T Martino Yamamoto's new book *American Lambs* comes out on November 15 from Outrun Press. Proceeds from the sales will go towards Wolftown's agriculture project "A Wolf In Sheep's Clothing." See Wolftown's movie of that name on YouTube at <http://www.youtube.com/watch?v=wtB8TKCTr84>.

What is prayer?

Sometimes it is called mindfulness. It involves noticing the world around us and inside us. It is a form of spiritual practice and yes, prayer. Rev. Sarah Schurr talks of how prayer can be as simple as a smile or as elaborate as a symphony.

"Praying and Paying Attention" - Prayer can be anything from noticing a beautiful sunset to writing a poem during hard times. This sermon looks at prayer from a UU perspective and includes historic Unitarian, Jewish, and Buddhist wisdom. Sponsored by the Vashon Island Unitarian Fellowship, Rev. Schurr will speak at Burton Community Church at 9:30a.m. on Sunday November 15.

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Poetry Open Mic

If last month's 8-Word, 8-Day Poetry Open Mic featured poet, Seattle's Populist Poet, Mike Hikey, only knew what was coming, he might have opted to stay on-Island! This month's event, Thursday, November 19th, 7 PM at Cafe Luna, features local talent, Claire Engelhard and friends, Sy Bean and Anna Jones. After all, one thing that we all love about Vashon is that the guy who bags your groceries, builds your deck, or prescribes your antibiotics could very well be the same guy who sculpted that piece at the Blue Heron or plays the bass in some great dance band. We love that our neighbors are artists and innovators and activists, and, yes, poets; it's our people that make this community the very exciting place it is! And, this talented young threesome is a perfect example, with poetry that is, at once, raw and sweet and energized.

Of course the question on everybody's minds is whether the poets will take on the eight word challenge. This month, the words are spy, tip, with hooks, tease, corner diner, and out, and they can't be changed in any way. Write your

poem, using the eight words and a bunch of your own, and bring it to the Open Mic. You don't have to be a poet or even a poetry lover to enjoy your friends and neighbors performing what they love. And, any sort of poetry is welcome: original or not, slam, classic, rhyme, haiku, prose poetry, even limericks! And, if that isn't enough, come for a very special writing opportunity that will be offered to all who attend. For more information: www.cafelunavashon.com.

Youth and Adult Support Groups

7-Challenges Youth Support Group: Mondays, 3-4:30 starting Nov 16, Ongoing...call to register & join until group is filled.

ADULT Support Group: Family & Friends affected by loved one's addictions, confidential sharing: support, strategies, resources. Mondays, 6:30-7:30 starts Nov 16, Ongoing...call to register & join until group is filled.

Marianne R. Rose, MA, CDP, LMHCA. Holistic Approaches to Recovery Treatment (HART) 206-463-5511x232, MRose@VYFS.org.



HOME TEAM REALTY

Troy and Marie Move South

Marie: Hey Troy, should we tell the folks about our plans to move our office to Burton?

Troy: I guess we should. Otherwise how will people know where to find us?

Marie: That's just it. These last few months we've both spent a lot of time running between the Quartermaster Inn and the office. Especially me! I've put more miles on my car than one should be able to do when living on Vashon.

Troy: That's why consolidating our operations makes so much sense. We'll set up our office right next door to the Quartermaster Inn, and then we can both continue to work without spending so much time traveling back and forth. Plus, we'll cut way down on overhead.

Marie: That certainly makes sense in light of the economy. I'm looking forward to it. And I'm looking forward to seeing who might be interested in our building. It's a great location, with plenty of parking, which is not a small thing on Vashon.

Troy: If you know someone who is interested, have them give us a call. We are easy to find! Just call 206.463.LIST (5478) and one of us will be happy to talk with you.

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Positively Speaking

Plenty

by Deborah H Anderson



Give the poor time to recover. I was lucky. I had my education in place. When I was cut off at the pass in one area I had other degrees and experiences on which to base my earnings, but it took time to make the shift. Other people are dealing with way worse hands they were dealt. How long did it take you to build your good situation? Give them twice that amount of time. Poor people still want their dignity.

If you can, help them get work. Work and education are the answers to poverty.

To those of you who are struggling, keep going and thank God you are on Vashon. You are safe. There are peaceful places you can visit to take the edge off of the constant drain. There are more kind people than mean selfish ones.

What are the blessings of poverty? I know who my true friends are. I know people don't like me just for my money. I've taken note of the friends who are with me now. As my income increases I will inevitably carry the question, "Where were you when I had nothing and life was a constant struggle?"

Yes, being poor is awful. I hear there are over a hundred houses in foreclosure right now on Vashon. There is a lot of need this season. We need to raise as much money for the food bank and St Vincent de Paul and IFCH as we do for the other causes on the Island that are more fun. Figure out what you spent on the dress and the auction item and the sitter at some other auction and send that amount to one of those agencies.

May the beginning of this season find you with plenty in your pantry. Plenty of family. Plenty of friends. A warm heart towards others. And the chance to pay forward every kindness you've ever received.

Sometimes I worry I'll forget being poor. I want to forget. Sometimes I worry I'll be poor again. Then I remember the biggest lesson I learned. Take one day at a time. And count your blessings.

There but for the Grace of God...May you never know poor and always help out those who are.

Love
Deborah



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Pioneering A New Therapy for Autism

Continued from page 1

8 year old boy. However, what makes this scene unusual is that James is autistic and he is participating in and benefitting from a new form of therapy called Sensory Integration Nature Therapy.

Designed to complement the physical, occupational and speech therapy that is commonly prescribed for children diagnosed with autism, Sensory Integration NatureTherapy is based first on the idea that autism is a sensory processing disorder and second on the premise that children of all abilities benefit emotionally, physically and mentally from regular unstructured outdoor time. This unique and cutting edge therapy for autistic children is being pioneered by the Vashon non-profit Cedarsong Nature School.

Autism is often described as a sensory processing disorder or sensory integration dysfunction. Each human being's ability to successfully process multiple incoming stimuli from various sources to our different sensory systems is critical to our being able to function in society. For reasons still not well understood, children with autism seem unable to successfully integrate the continual stream of sensory information.

Traditional sensory integration therapy is a type of occupational therapy specifically designed to stimulate and challenge all of the senses. During the session, the therapist works closely with the

child to encourage movement. The aim of traditional sensory integration therapy is to improve the ability of the brain to process sensory information so that the child will function better in his or her daily activities. In the clinical setting, the sensory integration room is designed to make the child want to run into it and play. During sensory integration therapy, the child interacts one-on-one with the therapist and performs an activity that combines sensory input with motion.

Sensory Integration Nature Therapy combines the principles of sensory integration therapy with nature immersion and replaces the indoor space with a natural outdoor setting. Although this form of therapy is new, the general premise that regular outdoor time benefits all children's emotional, physical, and mental health is becoming widely accepted. Several promising studies have found that a dose of nature works as well or better than a dose of medication on ADHD-diagnosed children's ability to concentrate.

For more information on Cedarsong Nature School's Sensory Integration Nature Therapy program, contact the school through the website at www.cedarsongnatureschool.org or join us on Saturday November 14 from 6-9pm at Vashon Co-Housing Common House for a presentation about this cutting edge therapy program. The event is a fundraiser to benefit the school's scholarship program.

Don't Forget the Birds



The Little Grebes

by Ed Swan


Some of the most common waterbirds along Vashon's shores look much like ducks but really belong to the grebe family. Horned Grebes and Eared Grebes, the first abundant and the second uncommon and taking some skill to tell from the Horned, both dive for prey and appear dark above and light below like many of the other wintering waterfowl. A close look shows them to be a scrunched down version of the graceful Western Grebe.

Horned Grebes show up in late summer, before most of the other waterfowl, Eared Grebes usually wait for the fall to return. In spring they both leave around the same time in late April and early May. Before they leave, the two become easier to tell apart as their breeding plumage develops. The Horned has a rufous neck and some rufous along the waterline down its body with a black back and head, and the head develops a solid yellow patch. The Eared Grebe, known as the Black-necked Grebe in Africa

as they dive in a coordinated manner and then reappear simultaneously. They forage for fish and some crustaceans primarily in shallow waters. While possible on freshwater, they prefer medium to large sized lakes so that all Vashon records occur on saltwater.

The Eared Grebe utilizes shallow saltwater habitat and eats similarly to the Horned Grebe. In migration, sometimes many small groups of four or five Eared Grebes move through though usually they show up in ones and twos. The Eared tends to be in much, much lower numbers than the Horned and also appears much more localized. Tramp Harbor from the fishing pier to Portage and Quartermaster Harbor off Shawnee provide the most reliable locations for finding this grebe though they might appear along any of the Island shores.

If you have an interesting sighting to report or photo to share or question about local birds please call me at 463-7976 or email at edswan@centurytel.net.



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Eared Grebe left, Horned Grebes right, photos by Jim Rosso. Note on the Eared Grebe how the back poofs up, the head peaked over the eye and the dusky/dirty patch reaching from the black cap under the eye. Contrast with the Horned Grebe at right with a relatively flat head and the black cap on the head makes a straight line passing no lower than the eye.

and Eurasia, has a black neck, back and head, some rufous along the waterline and yellow plumes (instead of solid yellow) on the head.

In winter, telling the two apart presents some challenge. They resemble each other in size, they both have black caps on the head, black back and look white on the cheeks, neck and waterline of the body. The slight differences show mostly in the head and then the posture of the back of the Eared Grebe often appears poofed up toward the rear like a galleon. The head of the Eared differs in that the cheeks retain some white but mostly appear dusky/dirty as may the neck. The Horned Grebe head looks flat and straight as does its black cap. The Eared head usually peaks somewhat over the eye and the black cap, as mentioned before, becomes dusky/dirty cheeks rather than a sharp white.

When the Horned Grebes return from the breeding season, they patrol in small groups around the Island, showing up along all of the shorelines and harbors. Sometimes a larger group of 15 to 20, reaching occasionally to 100, will come together and dive for fish as a unit, making quite a swirl in the water

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.

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 providing 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.



Flurry of Flu on Vashon

Continued from page 1

cases or in certain high risk individuals. So far, no patients have been hospitalized for flu. Vashon paramedic, Michael Garvey, has received calls about flu but “nothing to panic about.” He is not aware of any Islanders being transported off island for flu.

Still many Islanders are quite worried. The phones at Vashon Health Center are busy with about half of the current calls related to the flu. Receptionist, Tina Isakson, reports that many callers are panicked about the availability of H1N1 vaccine and whether they will be able to get it in time to make a difference. At Vashon Plaza Medical Clinic, Katie Konrad, ARNP reports “some frenzy about getting the vaccine.” Production and distribution of vaccine has been slower than expected nationwide. There is a limited supply of vaccine now on Vashon with more doses expected to arrive each week. Clinics are giving the initial doses to high risk individuals including pregnant women, caretakers of infants less than 6 months old, children from 6 months to 18 years old and people with underlying health conditions such as asthma. Some Islanders have traveled to Seattle or other surrounding areas to access vaccine. Parent Christi VanAmburg waited in line in Seattle three weeks ago to get her four year old vaccinated with the nasal spray vaccine that is only indicated for people over age two. She continued to call around until she tracked down vaccine for her 19 month old son in Port Orchard. She has felt “completely relieved” since getting her kids vaccinated though she notes she will still avoid places like the Ikea ball room this season.

In the coming weeks, there will be ample supply of vaccine for those who want it. As more people are vaccinated there will be a proportionately larger decline in

illness. In communities where a 50% vaccination rate is achieved, there is a significant decline in flu cases, even among unvaccinated individuals, because there is less spread of illness.

In the Vashon schools, the focus is on prevention of spread of illness. Kate Packard RN reports that they are working on early detection of cases so they can send the sick kids home. Children noted to have a cough in class are sent to the nurse for further evaluation. There has been a big effort to educate the kids about handwashing, use of hand sanitizer and cough etiquette.

Parents have reported some confusion about when they need to take their kids to a clinic for evaluation and who needs to be tested. If a healthy school aged child is mildly ill with fever, cough and congestion they can safely stay home and treat their symptoms with analgesics such as tylenol or ibuprofen. Parents are urged to keep their children home until they have been fever free for at least 24 hours and until they are well enough to participate in school activities. People should seek immediate medical attention for their children if there are more severe symptoms such as rapid breathing, not waking up or not interacting, not drinking enough fluids, bluish skin color, or extreme irritability. Ill pregnant women and parents of ill children less than 5 years old should contact their medical provider to determine if they need to be seen. Parents are also confused about whether to get their children vaccinated if they think they had the flu. Since there are other respiratory illnesses going around, the CDC advises that everyone get vaccinated unless they have had a laboratory confirmed case of H1N1 influenza. For updates about vaccine availability and local flu statistics, check out www.highlinemedicalgroup.org or www.kingcounty.gov/healthservices.

VYFS Takes on Y-Kids Program

Continued from page 1

The new “old” program will be called Vashon Kids’ and like the “Y” program it will offer before & after care when school is in session & full time enrichment opportunities when school is closed; through conference days, school breaks & all summer long. Vashon School District Superintendent, Michael Soltman, states, “We are so pleased that VYFS will be stepping up to operate this daycare program. It is such a critical need for our community. We are so grateful for the responsiveness and commitment of the VYFS Board of Directors and Staff to provide this essential service. It is further evidence of the value of this agency to our community.”

Island resident and West Seattle & Fauntleroy YMCA Branch Board Member Scott Hitchcock agrees, “our longtime commitment to these children will be well served by more local leadership. The YMCA Board

is pleased these programs will continue to meet families’ needs on island.”

Academic and enrichment activities focus on science, art, humanities, literacy, and sports. Time is dedicated daily to homework. Field trips and special projects are arranged for school breaks. The program’s philosophy includes teaching children to play healthfully, accept differences & resolve conflicts respectfully. The kids sum up the program the best, when asked what they like most about coming they say “to hang out with my friends”.

VIPP 2010 Calendar

Vashon Island Pet Protectors 2010 Pet Calendar is now available for \$15 at the following locations: Pandora’s Box, The Vashon Bookshop, Fair Isle Animal Clinic, Books by the Way & all Vipp fundraising events.



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

Planet Waves will return in the next Loop but is always on-line at www.Planetwaves.net.

Island Epicure



The Festive Bird: Three Ways to Roast It

by Marj Watkins

Let's make this year's holiday turkey a moist and tasty, beautifully browned ideal, without leaving a greasy oven to clean. Here are three ways to do it.

OLD FASHIONED METHOD UPDATED:

1. Before roasting, pat the bird all over inside and out with paper towels to remove excess moisture. With a 12-pound turkey, rub 1 Tablespoon of salt inside the big cavity. Rub 1 ½ Tablespoonfuls salt plus 1 Tablespoon tarragon into the outside skin.

2. Remove any excess fat that you can and stab other fatty deposits with a sharp skewer to encourage the fat to melt and drip out. Spoon stuffing loosely into body cavities. Sew or skewer them shut. Encircle the wings and body with string twice. Tie. Take a couple of wraps around the ends of the legs (ankles?) and tie. Your turkey may come with lifting twine.

3. For moister meat, roast slowly in a V rack. Forget about starting in a hot oven to crisp the skin. Preheat oven to 325 degrees. After 3 hours of slow roasting, remove the drippings. Place a foil tent over the bird. Press it lightly at the neck end and at the leg end. Try to keep it slightly away from the top or sides so heat can get under it. The foil protects your oven from grease splatters, but doesn't hamper browning of the turkey.

Up the oven heat to 425 or 450 for 30 to 40 minutes. If at 30 minutes the tented turkey hasn't browned to suit the artist in you, give it an extra 10 minutes. Check the meat's temperature at the thickest part of the thigh. It's done when your meat thermometer reads 180 degrees.

SLOW ROAST

Heat oven to 325 degrees. Roast until your thermometer reads 175 degrees at thickest part of the thigh. The leg will let you wobble it when the turkey is done, in 4 ½ hours for an unstuffed 12 pound turkey, or with stuffing inside, 5 hours.

For an unstuffed turkey larger or smaller than 12 pounds allow 35 minutes roasting time per pound. For stuffed turkey, add 30 minutes to total time.

FAST ROAST

Cut the turkey in serving size pieces or ask the butcher to do it. On Thanksgiving morning, dip the pieces in melted butter, roll them in

stuffing crumbs, and place them in shallow baking pans. Cover pans with foil and bake at 350 degree s for 1 hour. Remove the foil, and continue roasting until the meat tests fork tender, about another 30 minutes. While the turkey roasts, make a stuffing of your choice, or the stuffing below, and bake it while the cooked turkey rests, in a 9x13 pan, drizzled with drippings, until it registers 165 degrees and the top is an appetizing golden brown.

APPLE, ONION, CRANBERRY STUFFING

- For a 12-pound turkey
- 1 cup craisins (dried cranberries) or chopped fresh cranberries
 - 1 ½ bags ready to use stuffing mix, or 12 cups cubed bread, oven toasted at 250 degrees
 - 1 teaspoon each dried crumbled sage, marjoram, and thyme
 - 1 cup chopped onion
 - 1 cup chopped celery
 - 1/2 cup butter, melted
 - 3 cups diced tart apple
 - ¼ cup minced fresh parsley, packed
 - 1 teaspoon salt or to taste
 - 1 cup chicken broth
 - 2 eggs, beaten with ¼ cup water

Cover the craisins with boiling water. Let them soak while you prepare the other ingredients. Stir-fry the onion and celery in the butter for 5 minutes. Combine all the ingredients including the stuffing mix in a large mixing bowl.

Use a generous cupful of this stuffing for each pound of turkey. If your turkey is much larger than 12 pounds you will need to get out your calculator and increase the amounts of ingredients. With a smaller turkey, you'll have stuffing leftover. Place the mixture in a greased oven-proof dish and bake it alongside the turkey for the last hour of roasting.

Bon appetite and Happy Thanksgiving!

P.S. Don't throw out the carcass. You'll be surprised how much meat you get from a cut-up, long simmered set of turkey bones. Freeze packets of it for eventual soups, salads or casseroles.

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The Log of the Oatus: Prologue and Part 1

By Mary Litchfield Tuel

Our life has become rather dull and repetitive lately; consequently, I'm having a hard time coming up with a column that's about anything but our rather dull and repetitive life.



Illustration by Rick Tuel.

Rick and I thought it might be time to run the log of the H.M.V. Oatus.

Long ago, when we were young and immortal, Rick and his friend Chris Howie were living in Marin County, California. This was about, no, it was exactly, 1970. Chris had grown up in Mill Valley, so he'd been there all his life, and Rick's folks had settled in Larkspur after Rick's dad retired from the Army in the early 60s. Rick and Chris got to know each other through music.

Both Rick and Chris had served in the military - Rick in the Navy, Chris in the Army - and both had been to Vietnam. Rick says now that they got out of the military, and "grubbed out," growing their hair and trying to erase all traces of the military, and after about a year and a half, decided to leave Marin and head for Canada.

Chris bought a 1946 Dodge flatbed truck for \$225. He and Rick then built a camper on the flatbed, out of plywood and salvaged materials, a classic hippie construction of the time.

They built in bunks, and a fold-down table, and a door between the truck cab and the camper that slid open and closed by operating a ship's wheel. Salvaged windows and odd pieces of glass let in the light.

The galley was a tiled shelf at the rear of the camper. A tiny wood stove sat on the shelf to provide heat and a cooking surface. Adjacent to the shelf was a set of stairs that

lowered down to the ground by ropes and pulleys. When they had the house on the truck outfitted to their satisfaction, they packed up their gear, Rick's collie, Nigel, and his cat, Felix, and they headed north, intending to emigrate to Canada. Their friends and family saw them off with good wishes and, we realize now, many doubts.

Rick kept journals in his youth, and he kept one on their trip north. Over the years he has done some illustrations that go with the story. That log, and some of those illustrations, are what we wish to share with you here. Part one:

The War of Transition

(I asked Rick why he called it this, and he told me it is the story of their transition from childhood to adulthood and from California to the Northwest, and "there was a war on")

~ An account of the last voyage of the *H.M.V.* (Hippie Motor Vehicle) *OATUS*, from Marin County, California, to King County, Washington, November ~ December, 1970.

Nov. 2, Tues.
Voting day, but *Oatus* and crew are underway for Seattle, steaming in company with my vintage 1960 Volkswagen, christened "*The Family Dog*."*

We got off late but managed to reach Point Reyes Station by 14:00 hours where we refueled and learned of impending tire disaster! We altered our course towards Petaluma for repairs.

We lost one hour and \$27.00 before getting underway again. The clouds are low and thick and very wet. Thus we crawled along soaking until we joined up with Highway 1. The Coast Range mountains above Fort Ross gave us a berth for the night, although it was a wet and windy one.

**The Family Dog* was a VW Beetle that Rick's parents bought from the factory in Germany.

Next time: *Oatus* blows a head gasket.

Help Out Rick Tuel

A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website www.threedampduck.com

Advertise in the Loop!

Back page classified ads just cost \$12.50 per column inch.

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(Available only to go)

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Nocera Selected

Continued from page 1

Through wide collaboration, the community will be able to address the issues that lead to youth substance abuse and increase our capacity to promote healthy activities. Youth involvement is a key component of the grant and will be central to its success.

With professional experience in youth coalition-building in Washington D.C., Ginger Nocera is well positioned for the role of Project Coordinator for the grant. "We were impressed with Ginger's experience with large coalitions and with her enthusiasm for bringing new voices to the project," said Carl Winge, chair of the Vashon Healthy Community Network.

"Vashon will benefit from Ginger's previous experience with the D.C. Campaign to prevent Teen Pregnancy and the Youth Vote Coalition," added Stephen Bogan, Island therapist and former youth chemical dependency treatment official for Washington State.

Nocera began work on October 27, 2009. She reports to Vashon Youth and Family Services which is the fiscal agent for the Drug Free Communities Grant and which provides staff support to the Vashon Healthy Community Network.

The Vashon Healthy Community Network is one of 39 grass-roots networks established by the Family Policy Council of Washington State. These networks were created in 1994 to bring local voices into policies and programs that support

youth and families. The networks are charged with improving seven "problem behaviors" including: youth substance abuse, child abuse/neglect and domestic violence. Networks around the state are working on these issues by assessing strengths and concerns in their community, researching effective strategies and devising local solutions to improve outcomes for children, youth and families.

If you have questions or suggestions or would like to get involved with the Vashon Healthy Community Network, please contact Ginger Nocera at 206/463-5511 extension 230 or by e-mail at gnocera@vyfs.org.

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.

Eat at the...





Lobelia — A Fascinating Plant

by Kathy Abascal

Lobelia is a lovely plant with a gorgeous flower. There are many lobelia species ranging from the blue *L. siphilitica* to the widely used, white-flowered *L. inflata* to my favorite, *L. cardinalis* with its dark red flowers. All lobelias (except nursery hybrids) are medicinal. Today, lobelia is one of my favorite herbs although it took a long time for me to get over my fear of the plant and learn its uses.



Blue lobelia flower, illustration by Kathy Abascal.

Most of the lobelias in use are native to North America. Native Americans used lobelia to treat respiratory issues, muscle problems, and as a purgative. *L. inflata* continues to be known as Indian tobacco, a clear reference to its use in traditional medicine. There is also a species of lobelia used in China that is considered one of their 50 fundamental (or “top” herbs). Lobelia is a “low dose” or “drop dose” plant. That is, the medicinal effects we want from the plant are provided by taking only a few (5-20) drops of its tincture extract. At higher doses, whether as a tea, capsule or tincture, lobelia is nauseating and will make you vomit. Back in the 1800, purging was a central part of many medical treatments. Perhaps because the food and water supply often were contaminated and vomiting helped the body rid itself of toxins. Perhaps because where the respiratory tract is filled with thick, sticky mucus, vomiting can help: As we become nauseated, we salivate, our eyes and

noses run, we drool. Rather unpleasant but at the same time, the phlegm stuck in the bronchi also loosens up and becomes runnier, easing breathing and expectoration. Finally, purges were popular simply because they were “heroic,” and in many quarters (especially among conventional MDs of that era) heroic measures like purgatives, enemas, blistering, and mercury were considered a prerequisite of any healing. Because of its purgative qualities, lobelia gained ill repute in a battle between a folk healer (Samuel Thompson) and the Regulars (MDs). Thompson offered lay people the chance to become healers by subscribing to the Thompsonian method that involved administering large purgative doses of lobelia and cayenne, and sweating the patient. At its peak, he had some 5 million subscribers to his “Courses of Medicine.” His popularity took off during an epidemic of yellow fever in which his treatment worked much better than the Regulars’ bleedings and high doses of mercury along with non-lobelia purgatives. Subsequently, Thompson was charged with sweating and purging several patients to death. He was never convicted but both his and lobelia’s images were tarnished by the accusations. And even today, lobelia continues to be viewed with fear and excessive caution based on the Thompsonian use of the herb. The Eclectic physicians, a small group of MDs in the 1800s who used herbs rather than mercury and bleeding, never used lobelia as a purgative. Instead, they used low doses of lobelia as an antispasmodic. Inhaled, a couple of puffs of the smoke of lobelia immediately stopped the suffocating spasms of asthma in an age where inhalers were unavailable. In small doses, lobelia relieved the excruciating pain of kidney stones while allowing many to pass in the days before ultra-sonification of kidney stones. Lobelia relieved the spasms of croup and the whopping cough. Finally, it was considered one of the most important medicines in epidemic influenza. It eased the non-productive, dry, barking, hacking cough that often follows the flu. It opened up the respiratory passages in flu patients who developed pneumonia secondary to the flu. And in most cases of flu, it was applied topically to the chest to prevent pneumonia from developing. I gathered lobelia during my field trips while studying with Michael Moore in Arizona. Of course, he taught us of its many uses. Michael had a great fondness for the plant as it had helped him pass several kidney stones over the years without the aid of modern pain relievers (which Michael abhorred.)

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Free to the public • Refreshments served
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Join Bill Younger, PSE Business Energy Management, for a conversation about PSE rebates and grants for commercial property. Also, learn the benefits of membership in the Vashon-Maury Chamber of Commerce.

PSE is collecting non-perishable food items for the Vashon-Maury Island Community Food Bank. All food collected at the November 14th presentation will be delivered to the food bank in time for Thanksgiving.

Information: Call Patti McClements at 206-463-3688

Kathy Abascal is a professional member of the American Herbalists Guild and was taught herbal medicine by Michael Moore at the Southwest School of Botanical Medicine in New Mexico and Arizona. She has written several books on medicinal plants including Clinical Botanical Medicine (newly released in a revised and expanded edition) and Herbs & Influenza — how herbs used in the 1918 flu pandemic can be effective today. She teaches classes on how to quiet inflammation in the body with diet on Vashon, in West Seattle, Burien, and online. The next series of class will begin the first week in January. More information on Kathy and her classes, including schedules and how to enroll, is available at ToQuietInflammation.com. For information on private herbal or nutritional consultations, call Kathy at 463-9211.

Nonetheless, many years passed before I myself tried lobelia. I was troubled by its reputation as a dangerous purgative notwithstanding all of the information I had on its many benefits. Then, one day, I came down with the flu. I was in bed, in agony. My muscles ached. My head ached. And my chest felt like it was in a vise. My boneset and pleurisy root were not doing enough so I finally decided to try some lobelia. I took five drops of my tincture and almost instantly the vise grip around my chest loosened. I woke a few hours later. I felt as awful as I had before I took the lobelia but was amazed that I had been asleep at all. I took some more lobelia and fell back asleep. Thanks to lobelia, my bout with the flu was less painful and I became a fan of the plant. If I get the flu this year, I am going to try using it as a chest application the way the Eclectics did. Although, of course, I am hoping that my vitamin D and adaptogen will prevent me from being able to carry out that experiment.

Curious Kids

Continued from page 1

Walker won the Seattle Mayor’s Small Business Award in 2002, which recognized Walker’s commitment to, “high quality, non-violent, imaginative toys, art supplies, crafts, music and other playthings for children newborn to 12 years old.” The store boasts over 4000-square feet, and includes a large beautiful and bright art studio and festive birthday party room, which house the Curious Art Kids and Curious Party Kids programs. Curious Art Kids offers one-hour long weekday classes taught by talented art teachers and geared towards toddler, preschool and elementary school ages. Parents can sign up for just one class, or sign up for four classes and receive a 10 percent discount. Curious Party Kids provides almost everything a parent needs for a fun and exciting party, complete with birthday favors, an art class geared to the child’s age,

Fat Loss 101

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning Specialist
Physique Transformation Specialist
Habitsforming.com
Habitsforming@yahoo.com

I am often asked this one question several times each day every day. The question: “What’s the best way and the fastest way to get rid of this fat on my belly, hips and/or thighs?” The reply I give is in the form of another question. “What action are you taking right now to solve this dilemma?”

The answers are varied. Yet, the number one measure I hear most individuals taking in addition to other exercise modalities is 30 plus minutes of cardio three or more times per week. The unfortunate truth be told, this is exactly the opposite approach one will want to take if he/she desires to reduce subcutaneous fat deposits.

The absolute best research based and real world tested exercise modality to reduce fat stores is resistance exercise accompanied by an interval training program. What is interval training? Interval training can be done on any form of exercise equipment, outdoor hill running, jumping rope or body weight exercises. Think of the effort scale as percentages. A Level 7 would account for 70% of your perceived maximum effort. Before beginning any new exercise program, check with your physician.

Here's a sample interval training program below.

Warm up 3-5 minutes
Perform 30 seconds of intense
work (effort scale of 1-10
performed at 7)
Actively recover 1:00-1:30 (effort
scale of 1-10 performed at
3-4)
Repeat 3-7 more times
(depending on your
conditioning level)
Cool down 5 minutes
Done

The advantages of incorporating interval training as a means to reduce fat stores as opposed to classic endurance cardio involves more than just the increased fat burned during and after the workout due to the metabolic surge derived from the intensity of the intervals. One of the greatest advantages is the reduction of training volume as well as overuse injuries.

The average traditional cardio program volume is 45 - 90 minute sessions performed three or more times per week. Calculated at three times per week, that's potentially 4 1/2 hours of just cardio training compared to 60 minutes of interval training weekly.

As always, you must place value in proper nutrition. You cannot out-exercise poor nutritional choices. In addition, your longevity and quality of life is greatly reduced.

One additional factor that plays a large role in life as well as health and fitness is community. Surround yourself with healthy individuals and you yourself will be healthier. Find healthy, fit conscious individuals by cutting out the coupon on this page and cashing it in at any of the classes.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 20.**



Joan Crawford Olney Huber

Joan died Oct. 22, 2009 in Ocean Park, WA. Born Jan. 31, 1932, in Seattle, one of two daughters to Jesse G. and Margaret A. (Rowe) Crawford.

She married Edward Olney in 1951. They moved to Vashon in 1958, where they raised their four daughters, “the Olney Girls.” She volunteered countless hours in community organizations as well as the schools. Joan was quoted as saying, “My entire life has been spent creating and improving opportunities for children and adults.”

On Vashon, she served as Campfire leader and day camp co-director at Camp Sealth, Campfire Association chairperson, and she attended the National Campfire Congress; in the schools she served in the offices and in the special education department; and at Camp Burton on the board of directors.

In 1977, she married Ron Huber, director of Camp Burton. As an employee of Camp, she developed programs and supervised health care. She was most proud of her development of a successful camp for developmentally disabled children - HandiCamp. With that success, came a camp for adults. Those programs continue today at Camp Burton as New Horizons for youth and Camp Parkview for adults. Joan became a site visitor for the American Camping Association (ACA), visiting other camps and helping them meet safety requirements and procedures.

In 1990, the couple left Cove on Vashon for their beach house in Ocean Park. It wasn't long before she began work for Ocean Park Camp spending 12 years as a permanent part-time employee. Her areas at camp again included program development and health care.



Joan became involved with Camp Victory, a program for girls who have been sexually assaulted. Up until her death, she was still deeply involved with this program and passionately committed to its continuation. In 2009, Camp Victory established the Joan Huber “Grandma Lions” Fund. Money collected in this special fund will be earmarked for future outreach camps for children in other communities. The first outreach

camp will begin in 2010 in Houston, Texas.

She is survived by husband, Ron Huber of Ocean Park; daughters, Jannine Babington of Kent, Janette and Scott Walker of Stanwood, and Jennifer and Josh Beaman of Vancouver; stepchildren, Kathy Huber of Seattle and Russell Huber of Vashon Island; sister Jean Ray of Kent; her eight beloved grandchildren, Jamen, Dustin, Mitchell, Josie, Nathan, Bailey, Molly, and Tanner; numerous nieces, nephews, great nieces and nephews and friends. Joan was preceded in death by daughter, Janelle Marie Olney, in March 2006.

Gifts may be made to Camp Victory, Joan Huber Fund, P.O. Box 711, Ocean Park, WA 98640. A celebration will be held at Camp Burton on Nov. 29 at 1:pm.

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

Curious Kids

Continued from page 9

tables, chairs, dishes, glasses, silverware and balloons. All parents need to bring are the kids, the cake and beverages and the store will clean up the mess.

Walker and her staff pride themselves on their helpful and attentive customer service, whimsical complementary gift-wrap and for making Curious Kidstuff a place where kids can relax, learn, socialize and discover. For more information, visit our web site curiouskidstuff.com.

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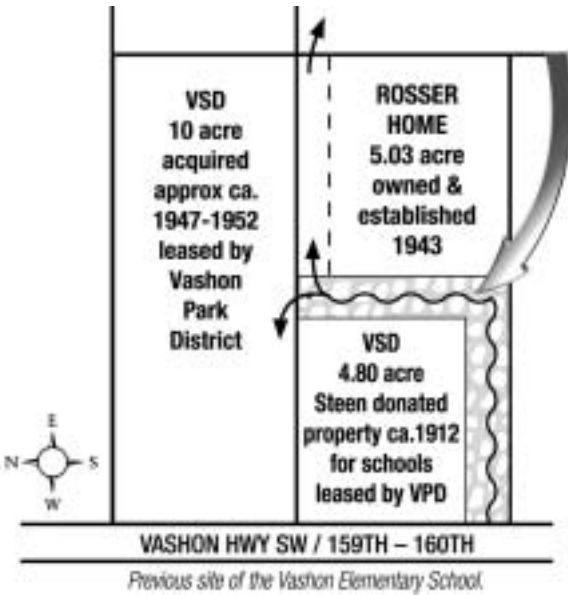
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✂ LoOp Letters

Land Problems

DID YOU KNOW that in approximately 1948-1951 Vashon School Superintendent Hal Barton and Vashon School District Board approached Leon Rosser to arrange an agreement to use his 660 ft x 20 ft of established private roadway installed and maintained at his expense for school use in exchange for 310 ft x 20 ft on the east side of Vashon Elementary School Property in return?



DID YOU KNOW both parties, the Vashon School District and the Leon Rosser Family, have misplaced the paperwork Vashon School District agreed to document, record and file?

DID YOU KNOW that Vashon Park District sports field plan for Vashon Elementary School Sports Fields (VES Fields) entails usurping and abolishing this easement?

DID YOU KNOW that Vashon Park District VES Field plans located on Vashon School District property contest the School District/Rosser

amicably and commonly held property lines of 67 years and that the current VES Field plans extinguish these property lines? Would you want your home or property of 67 years compromised or taken against your wishes without corroboration in order to complete a sports field complex by Vashon Park District on Vashon School District land?

PLEASE LOOK AT THE PLAT SKETCH of Vashon School District (VSD) property now leased by Vashon Park District, previously Vashon Elementary School, adjoining the Rosser Property they have owned since 1943. If you have a memory of roadway use to access the school property or Rosser property on the squiggly line road areas on the south and east side of the Steen/VSD lot at anytime by schools, sports events, parks, yourself or Rosser family from 1912 to October 2009, please submit a note of such in writing to saverosserhome@yahoo.com or 16032 Vashon Hwy SW., Vashon, 98070.

THANK YOU! We appreciate your support in any way provided or given. We especially need assistance with attorney fees. Let it be known that we support athletic programs for Island Youth and Vashon Schools Education. We do not support having our property or easements taken to accomplish these programs.

The Rosser Family

Metz-Lipe Brings Toxic Free Business

Continued from page 1

Metz also got right to work with her small business as a distributor of five years with the Lehi, Utah based XanGo® company. XanGo® produces products made from the mangosteen fruit of Southeast Asia. It is a direct sales company, meaning the products are not on shelves in stores, but rather sold through networks of distributors. Metz has an international team of distributors whom she teams up with on a regular basis.

Right now, Metz is part of the new release of Juni™, a product line that embraces purity, simplicity and safety. It is enriched with an exclusive blend of mangosteen actives and combined with other pure botanicals so the whole family can use it. The line consists of shampoo, conditioner, body wash, body lotion, and a vegan body bar. “First thing I noticed from my own personal use is I have less hair coming out when I comb after my shower”, said Metz.

A year ago, the company launched a toxin-free skin nutrition line called Glimpse™. The catalyst for these products is the chemical

connection between the harmful toxins in personal care products we use daily and the potentially devastating diseases associated with some ingredients. XanGo has pledged to do no harm. They have made a public commitment by signing the Compact for Safe Cosmetics, part of the Campaign of Safe Cosmetics initiated by the Environmental Working Group. The group has set up a database where you can look up the ingredients in personal care products and see the hazard level. www.cosmeticdatabase.com.

The complete XanGo product line consists of XanGo Juice, Glimpse Intuitive Skin Care, Juni, and Eleviv™, a new, category creating supplement supporting natural vigor, which is a scientific term that describes a balanced state of physical, mental and emotional well-being.

XanGo has more than one million distributors in 34 countries. For more information about Juni and other XanGo products or the business, contact Marianne Metz Lipe at mmetz5@gmail.com, or visit her website www.BeholdTheImage.com.



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Volunteer Needs Room

Do you a one-bedroom or studio apartment to rent for a community volunteer?

Estaban Cisneros, the talented and inspiring Americorps volunteer who teaches a Chautauqua Elementary School, needs a place for himself and his girlfriend from December through June. They cannot afford more than \$400 per month. Esteban is providing a valuable service to the community, teaching English language learners (ELL) and struggling readers.

According to the school district’s Director of Instructional Services, Roxanne Lyons, “Estaban has a gift



with young children. The students love his easy going manner and look forward to their tutoring time in order to spend more time with this great role model. Somewhat of a philosopher, Esteban has introduced ELL students to poetry in Spanish and English. He sees the potential in students and fosters their confidence and love for learning while teaching them language skills. Our community is VERY fortunate to have Esteban working with our students!”

Please contact Roxanne Lyons (rl Lyons@vashonsd.org/ 463-2121 ext. 8115) if you have any leads on a place to live for Esteban.

Beauty of Books Still Alive

I would like to respond to Mel Alyn Michaels’ article, “Sympathy for Brick and Mortar” in The Loop’s October 30th edition. Although I understand his concern about the demise of the brick and mortar bookstore due to the advances in electronic media, I disagree with his conclusion that bookstores will become obsolete.

Both the publishing industry and the book itself are going through tremendous changes. More options are available in how we read (electronic media). More options are available as to where we purchase books (Wal Mart, Target, Amazon). However, I do not believe these options will bring about the end of the brick and mortar bookstore. Our Vashon readers tell me otherwise.

At the Bookshop toddlers look at colorful picture books, parents read Dr. Seuss and Goodnight Moon to their children, kids get together for their own book group discussion, teenagers come in and tell us what they are reading, customers exchange book recommendations at the front counter, and collectors order that hard-to-find book to add to their shelves. I believe that the book itself is valued and appreciated: the paper and print, the endpapers and dust jacket, the illustrations and the font and, most importantly, the words contained within.

A book is a thing of beauty that will last forever. Our Vashon readers tell me so.

Karen Barringer, Owner, Vashon Bookshop



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 20.**



Thanksgiving Dinner

Make Reservations Now!



Roasted turkey with cranberry sauce
or

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Served with all the trimmings, including mashed potatoes with gravy, sausage and apple stuffing, candied sweet potatoes, vegetables, and more

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Loopy Laffs

The school of agriculture’s dean of admissions was interviewing a prospective student, “Why have you chosen this career?” he asked.

“I dream of making a million dollars in farming, like my father,” the student replied.

“Your father made a million dollars in farming?” echoed the dean much impressed.

“No,” replied the applicant. “But he always dreamed of it.”

A lot of trees were dying. We needed to figure out the root of the problem.

A sales clerk asked his boss how to handle people who complained about the current prices compared to the low prices in the good old days.

“Just act surprised and tell them you didn’t think that they were old enough to remember them.”

Two old ladies sat on a bench talking. One said to the other, “Good heavens! Who did your hair? It looks like a wig!” The second lady replied, rather indignantly, “It is a wig.” “Really?” exclaimed the first lady, “You could never tell!”

“I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.” (Stephen Hawking)

A guy shows up late for work. The boss yells “You should have been here at 8:30!” He replies: “Why? What happened at 8:30?”

Feeling listless, I bought some expensive “brain-stimulating” pills at the health food store. But it wasn’t until I got home that I read the label. “This is just rosemary extract,” I complained to my husband. “I can’t believe I spent all that money for something that I have growing like wild in the yard!”

“See?” he said. “You’re smarter already.”

The Preacher came to call the other day. He said at my age, I should be thinking about the hereafter. I told him, “Oh, I do all the time. No matter where I am. In the parlor, upstairs, in the kitchen, or down in the basement, I ask myself, ‘Now, what am I here after?’”

A little girl had just finished her first week of school. “I’m just wasting my time,” she said to her mother. “I can’t read, I can’t write, and they won’t let me talk!”

Once when I was lost, I saw a policeman, and asked him to help me find my parents. I said to him, “Do you think we’ll ever find them?”

He said, “I don’t know kid. There are so many places they can hide.”

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 20.**

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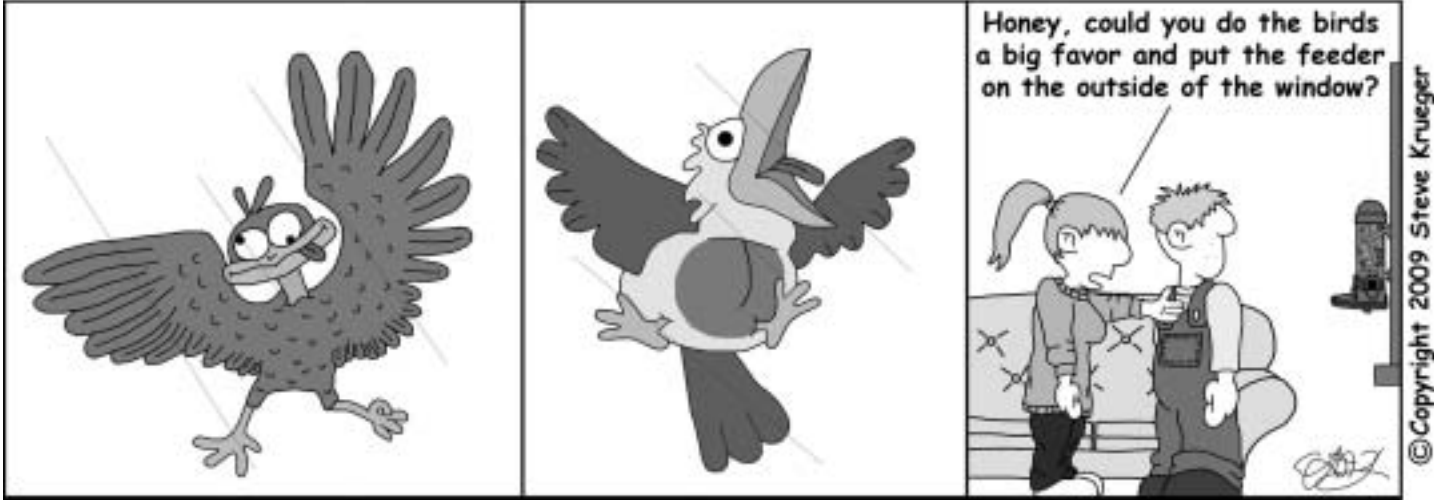
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Loop Arts

Eve Was Framed... a Comedy about Misogyny

Eve was Framed represents Lynanne Politte's personal journey, but it also represents "woman's" journey. Incorporating comedic vignettes, movement, music, singing and even a shadow dance, Politte



Photo by Hawk Jones.

says this (her premiere performance) pushes her boundaries. Vashon Island actress/activist/writer/mother, Politte addresses the issue of misogyny in her VAA New Works one woman, multi-media performance piece, Friday and Saturday, Nov. 20-21, 8 pm, at the Blue Heron Art Center. Politte's

by Janice Randall
New Work is based on a dozen original writings, and will be directed by Elizabeth Klob.

Politte has written editorials on the topic; she produced and directed the Vagina Monologues, Vashon Youth Theatre's Beyond Therapy and Red, White and Who (with Harris Levinson and Stephen Seigel). Politte says, "I see things in society that are misogynist. I hope to show how they link to history and how misogyny is still manifested today. I call it systemic misogyny." She adds that humor is a great way to address hard issues and that ultimately her piece celebrates womankind. "Our personal stories are what keeps us connected to one another," she says. "Eve" is rated PG-13 for subject matter.

Tickets, \$12/\$14 are available now at Books by the Way, Heron's Nest and Blue Heron Art Center or may be purchased at brownpapertickets.com.

Your Essential Nature

Six years in the writing, Darsie Beck's book, *Your Essential Nature, A Practical Guide to Greater Creativity and Spiritual Harmony*, will make its debut appearance at the Vashon Bookshop on November 20 at 7:00 pm. The work combines Beck's

paintings and sketches with his sources of inspiration and a guide to the practices he both follows daily for himself and teaches in his workshops.

Beck, a thirty year plus Island resident, describes himself in the book's introduction as "an artist, a journal keeper, watercolor painter, stone carver, writer, teacher and landscape designer". Over the years his art work has focused on nature and the maritime environment of the greater Puget Sound while his self-devised



Darsie Beck, photo by Christine Beck.

by Christine Beck
morning ritual is designed to help him "align myself with the creative and spiritual energy of the universe". These two passions come together in Beck's workshops and now in his book which provides a realistic way to expand both the artistic and spiritual side of each of us. At the Vashon Bookshop preview, Beck will read from his book, talk about his daily practice, demonstrate some of the tools he uses to achieve his goals, and be available to sign copies of the book itself. If, over the past many years, you have seen a man, rain or shine, painting Island scenes while using rather unusual tools and wondered, "who is that guy", join Beck at the Vashon Bookshop on November 20 at 7:00 pm and find out!

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



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Holiday Art Tour 2009 Coming Up—The Artists are Busy!

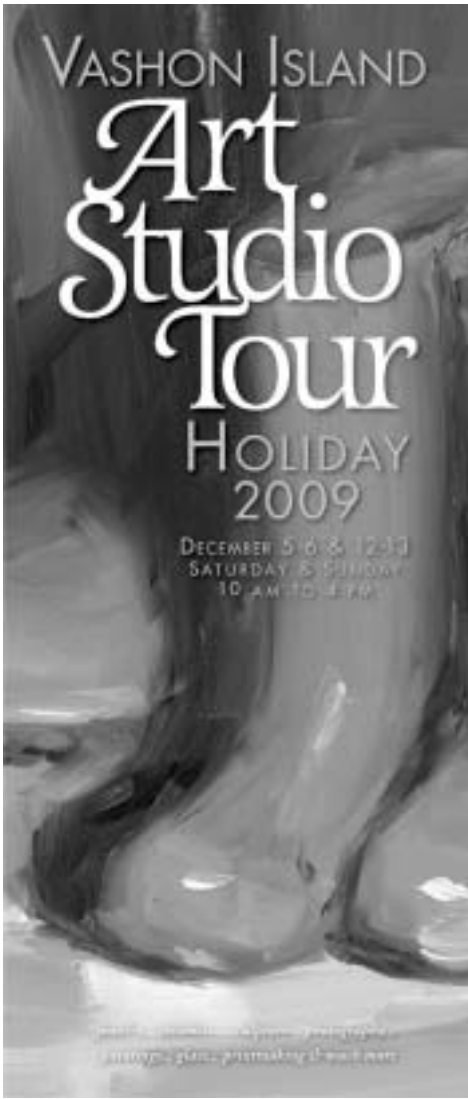
by Liz Lewis

Island artists invite you to attend the 2009 Vashon Island Holiday Art Studio tour which will be held on Dec 5th and 6th, and 12th and 13th, from 10am to 4pm each day.

Vashon is well known as a place where art happens! This is a busy season for the artists, who are building up inventory and "hosing down" their studios in preparation for this season's Art Tour.

There will be 38 stops on this free, self-guided Holiday Art Tour. Over 60 highly skilled artists will present an exciting array of media, including jewelry constructed from silver, gold, gemstones and Venetian glass, botanical and myth inspired prints, hand woven items to wear and for the home, paintings in oil, acrylic, pastel and watercolor, blown, stained, and fused glass, garden sculpture, colorful hand painted silk scarves, handcrafted wood cutting boards, boxes and toys, beeswax candles, cast bells, festive pottery and tiles, and much, much more!

Color maps of the Tour are available online at www.VashonIslandArtStudioTour.com and will be available soon at most Island businesses.



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Vashon Island Chorale Heralds the Holidays with Vivaldi

Welcome the holiday festivities with Vashon Island Chorale’s annual yuletide concerts Dec 5 and 6 at Bethel Church. The centerpiece of this year’s program will be Antonio Vivaldi’s masterwork,



Courtesy photo.

“Gloria,” accompanied by a professional orchestra including trumpet, oboe, organ, harp and strings. Soloists include Jennifer Krikawa, a former singer with New York City Opera and founder of Vashon Opera, plus Anne Terry and Susan Valenti.

Krikawa’s talents will also be highlighted as the soprano soloist when the Chorale performs Mozart’s “Requiem” at Benaroya Hall in March. Vashon will be doubly honored at this concert, since Gary Cannon, the Chorale’s artistic director, will be singing the tenor solo.

But first – Christmas. With the Baroque music of Vivaldi at the heart of the program, Cannon found it natural to select other early works as well. These include Victoria’s “Ave Maria” from the 1500’s which he describes as “absolutely scrumptious.” Also a Sweelinck creation which bridges the Renaissance and Baroque periods.

Music from Christmas Present will be present, too, in two shorter pieces written by Northwest composers, Roupén Shakarian and Islander Charles Lovekin.

Shakarian’s compositions have been recorded by professional

by Cynthia Perkins classical musicians, published by Oxford University Press and performed throughout the Northwest. The composer plans to attend the December concert to hear his work “O Be Joyful” which was inspired by the 100th Psalm.

“ I ’ m particularly excited to premiere a new work composed especially for the Chorale by Charles Lovekin,” C a n n o n a n n o u n c e d . Lovekin created

“The Third Joyous Mystery: The Birth of Christ, Jesus” in dedication to Father Richard Roach, former pastor at St. John Vianney Catholic Church. The composer explained his hopes “...to incorporate two very strong elements – the choir of angels mentioned in Luke, and my own meditations. Two viewpoints – one in present time, one looking backward, one a miraculous, spontaneous outburst of joy, the other, a very human sorrow for the wounds that will be inflicted on this innocent infant – somehow these two had to mesh.” This is the second composition of Mr. Lovekin’s performed by the Chorale.

Rounding out the program will be a lively work sung in Spanish, “Riu, Riu, Chiu” featuring Gary Koch and the always beloved sing-along when the audience joins the choir for several traditional carols.

Concert times are 7:30 pm on Saturday, Dec. 5 and 3 pm on Sunday, Dec. 6. General admission is \$12.50; \$10 for seniors and students. Tickets are available at Vashon Book Shop and Books by the Way. For more information, visit vashonislandchorale.org.

Sponsored in part by grants from the WA State Arts Commission and the Langston Family Foundation.

Dented Trucks Crash Café Luna

Dented Trucks, the family blues band composed of Diane, Ricky and Jenine Wessels performing out of Olympia, will play at 7:30 p.m. Saturday, Nov. 21, at Café Luna in a free concert.



Courtesy photo.

by Eric Horsting The band’s electric Chicago and Texas rock/blues sound works in the tradition of blues greats such as Howlin’ Wolf, Buddy Guy, Koko Taylor and Stevie Ray Vaughan.

Dented Trucks has been entertaining audiences up and down the Pacific Northwest with a range of music that includes slow and smooth to hard and gritty.

Their debut album *Blue Sun* includes the band’s original works and a couple of cover favorites, and it will be released in the middle of December.

If you love a driving bass, great drum grooves, cool guitar solos and unique vocals, catch Dented Trucks at Café Luna, and check out their music at www.myspace.com/dentedtrucks.

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Hillstomp and The Shirks Play the Red Bike

Saturday night, November 21st, starting at 9:30pm, the Red Bicycle has a double header you won’t soon

by Pete Welch converting outlaws and traditionalists alike from skeptics into preachers. Henry Kammerer plays the guitar in a self-taught style using his forefinger to place his slide while he uses a plastic pick on the forefinger of his strumming hand. Drummer John Johnson sits behind a collection of five-gallon food drums



Hillstomp, courtesy photo.

forget with Vashon’s own The Shirks and our boys from down south, Hillstomp. Last July’s show with Hillstomp was standing-room only, with a huge crowd dancing in the street, so get there early for your spot on the floor.

Portland Oregon junkbox blues duo Hillstomp is a Vashon favorite, known for their distinctive brand of do-it-yourself hill country blues stomp. Pretty much every time they’ve visited Vashon, they’ve blown the lid off the Red Bicycle. North Mississippi trance blues, a bit of Appalachia, and a dash of punkabilly come clanging and tumbling from assorted buckets, cans and BBQ lids, all drenched in rambunctious slide guitar. Despite their homemade instruments and novel approach, Hillstomp is no novelty act. Hillstomp’s memorable live performances tap into a magic that cannot be rehearsed,

attached to a bass drum and snares, pounding out the hypnotic beat with plastic sticks. Somehow it works, especially in our neck of the woods.

Opening for Hillstomp, will be the fast-rising Vashon band The Shirks, a three-piece rock band formed in 2004. Their songs cross a variety of genres including blues, pop, and country and are tied together by the Shirk’s unique sound - soulful, spacious, sultry, simple, subtle, soothing, sassy, scant, sexy, and shaken, not stirred. Following their dedication to community activism, they most recently played two benefit concerts for their hometown. Currently in fundraising mode, the band is planning a heavy saturation of gigs around the Northwest to raise money for their first full-length album.

This Saturday night show is an all-ages event until 11pm, 21+ after that and cover is only \$5!

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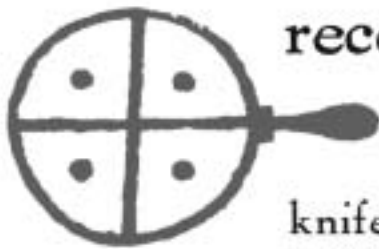
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