



VASHON

THE LOOP

Vol. 7, #20

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 30, 2010

ATPH Plays House Concert at the Q



All the Pretty Horses is an up and coming country/rock band from the Roaring Fork Valley in Colorado. The band is touring in Seattle, and has squeezed in a special Vashon performance at the Quartermaster Inn on Monday, October 11 at 7:00 pm.

All the Pretty Horses began with Olivia Pevec, Mateo Sandate, Mike Spring, and Bob Dylan. It turned a bit country because Olivia's voice got twangy doing ranch work, and the guitar boys know good music when they hear it. Soon Ashton Taufer, the man on bass, and Aaron Taylor, jazz drummer extraordinaire joined in for a show at Steve's Guitars in Carbondale (home of former Islander Vicki Browne) and a band was born. They had just decided to go on tour when Mike decided he'd better move to China. Since Mike is a

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Island Quilter Hosts Classes by Renowned Fabric Designer



World-renowned fabric designer Kaffe Fassett, and Brandon Mabry will be on Vashon Island October 8th - 12 teaching a series of classes on quilting and knitting. The Island Quilter carries by far the largest collection of Kaffe Fassett's original fabrics.

Comedian Lewis Black has said, after suffering through winters where each day is grayer than the last, that along about February he contemplates opening a vein just to "see some color". Islanders seeking an equally dramatic but less life-threatening option should consider dropping by Anja (pronounced "on-yah") Shive Moritz' and Paul Robinson's Island Quilter quilt and yarn shop in downtown Vashon which boasts "over 7000 bolts of fabric and hundreds of balls and skeins of yarn". This rather prosaic description of their shop belies the staggering visual sensory experience of merely walking through the shop door. Anja and Paul have literally created a shop-sized work of art that must be seen to be believed.

The Island Quilter shop is one of those rare Vashon businesses where an Island shop is significantly better than what you might easily find on the mainland. To give you a notion of relative scale, a typical national chain fabric shop might feature as many as 3000 bolts of fabric, making the selection at the Island Quilter larger by more than double. And where the national chains rely heavily upon a lower quality product from China, the Island Quilter features only the highest quality fabrics produced in India, Indonesia, South Korea and Japan, hand-selected by Anja herself.

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Only On Vashon

Fifteenth in a series

The Muumuu Lady

By Peter Bond



Lately I've been somewhat obsessed about some major stories (for me) that I'd like to write and publish but can't, as they'd strongly affect people close to me. Then I read about the poor writer from Seattle Weekly who went into hiding due to something she wrote, which put my self-pity into place, so I've decided to at least share my views on the sort-of self-censorship thing writers often do, or should do.

There are several levels of this. Let's call it global, regional, and local.

Global means I will stay away from publishing anything about certain religious or political persuasions, so that I am not on an international Off-With-His-Head list.

Regional means I will not share (yet) significant events that are happening within my extended family, no matter how theatrically tremendous the story, because of privacy factors and the wishes of others I care about.

Local means I respect this island and my friends and neighbors and will not write things that will embarrass or otherwise cause harm to anybody.

So dang it! What does that leave me with if I can't write any of the juicy stuff? Well, plenty it seems, as I continue to find Vashon stories, even with these punishing self-guidelines!

However.

It's nice to be thrown a special

bone once in a while, which the Muumuu lady has just thrown me.

The Muumuu lady is an island character that I've befriended, who has graciously given me permission to tell a wee-tale of her shenanigans.

With her flowing outfits and long wavy hair the Muumuu lady is often seen traipsing up and down Vashon Highway, from one end of the island to another. Pull over and ask if she needs a ride, rain or shine, and she's likely to tell you no thanks. This even though she suffers from old injuries and chronic pain. She's a trooper, and she's discovered lying in bed doesn't make you feel any better.

But she also occasionally takes the bus up to town, on laundry days or days when she just feels chatty, which is often enough to have come to know the drivers.

One day I saw her waiting on the side of the road holding a platter high on hand as if she were a waitress in a crowded diner. I moseyed over to see what she was up to, since we were neighbors.

As I approached, I saw the platter was full of various pastries, cookies and cakes. I'm a pretty major sugar guy; the bounty could not have been more

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The Dorsal Spin: Peep Show

By Orca Annie Stateler, VHP Coordinator



"Salish Jay, © Odin Lonning."

During September, Transient killer whales slinked around the Island mostly undetected. The VHP appreciates the handful of sightings from Bob, Don, and Dave. Allow me to play the broken record for ferry commuters: your prompt reports directly to 463-9041 are tremendously helpful when you actually call us, yet we seldom hear from you.

When we are not searching for whales at Chez VHP, we gleefully ogle other critters. Our yard becomes a nursery in spring and summer. Through open windows, we hear baby birds begging loudly to their dutiful parents. The pitiful peeping commences at daybreak and persists until dusk. Chicks quiver their wings and demand seeds from mom or dad. So dedicated are those bird parents.

Our avian bounty this year included families of Black-headed Grosbeaks, Goldfinches, House Finches, Chestnut-backed Chickadees, Black-capped Chickadees, Spotted Towhees, Rufous Hummingbirds, Dark-eyed Juncos, Steller's Jays, American Robins, and Song Sparrows.

Our tweetscape is not too shabby. The feathered families enjoy a variety of trees and bushes, a birdbath, a hummingbird feeder, and a feeder of "birdie crack:" black-oil sunflower seeds, summarily devoured as soon as we pour them in

the tray. Watching wee tweets frolic in the birdbath is endlessly entertaining -- an antidote to soul-crushing news of the sick, sad world. Birdies are so energetic and purposeful.

I become daft fussing over our feeder birds. From the "bird bush" (photinia) beside the porch, they observe as I whistle and shake the seed cup during feeder refills. I do lame imitations of their calls and give them silly names: Tweeties for the ubiquitous Song Sparrows; Banana Birds for the Grosbeaks (their plumage reminds me of ripe bananas); Lemon Birds for the Goldfinches; Cocoa Birds for the Fox Sparrows, who just returned this week.

This is the first year we had House

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Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Heritage Museum Looking for Vashon-Maury Athletic Artifacts

The Vashon-Maury Island Historical Association is planning an exhibit "Vashon Athletics Through the Years" opening June, 2011.

The Museum is seeking a number of items to complete the exhibit:

- Annuals, photographs, and artifacts from Burton and Vashon high schools prior to 1925
- Pictures and films of athletic events on the Island
- Pre-1970 sports uniforms, and equipment
- Pictures and information about non-school organized sports (i.e. Little League, Soccer, Softball, Lacrosse, Rowing, etc.)
- Old letterman sweaters, mens and womens.
- Old trophies, copies of newspaper articles, etc.

If you have or know of any of this material please contact the Vashon-Maury Island Heritage Museum 206-463-7808, or Bruce Haulman at 463 6329.

Break Time Social Workers

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.

This group is geared toward family or friend caregivers, rather than paid caregivers. Call Julea for details or with questions: 567-6142

Vashon's Yellow Pages on line.

Find it on

www.VashonPages.com

Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House, Vashon Business Info www.VashonPages.com

The Vashon Loop

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Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff.
Published every two weeks or so by Paradise Valley Press
© September 30, 2010- Vol. VII, #20

The Buddha Film by David Grubin

Sunday Oct. 17 2-5 pm

Welcome to this first ever fundraiser for Puget Sound Zen Center--an extraordinary

2 hour film followed by Q & A forum.

Tickets: \$18 or more donation. Children 12 and under free.

2-5 pm at the Vashon Grange on top of the Northend Ferry Parking Lot.

Tickets available at Books by the Way, Vashon Book Shop or Puget Sound Zen Center at www.pszen.org or call 463-4332.

October is Breast Cancer Awareness Month

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Angela London, ND

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17425 Vashon Hwy SW, Vashon (206) 408-7400

Wing Birdseed Company

Wings Birdseed Company quietly opened their new retail space and Gallery on August's First Friday. Wings is the venture of long time islanders Anne Theiss and Sandy Blake. The space is located next to Vashon Island Bicycles and caters to a customer base of bird and nature lovers. Wings offers fresh, clean high quality bird seed and suet as well as feeders and accessories, chimes, bird baths, rustic yard furnishings, greeting cards and educational materials.

"The Bird Ladies" by LoLo, painted by Seattle artist Lora Robertson, creates a whimsical backdrop for Vashon artist Julie King's unique and beautifully handcrafted bird houses, showing at the Wings Gallery for the month of October. Stop by for a visit, enjoy the art and have a cup of Wings' exclusive Songbird Blend coffee roasted by Vashon Coffee Company and Anne's World Famous Macaroons. Wings Birdseed Company and Gallery is open every Thursday thru Sunday 9AM - 5PM.

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
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Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

Talk at the Vashon Library Naturopathic Treatments for Gastroesophageal Reflux Disease

Saturday, October 16th at 11:00a.m.

Heartburn affects over 25% of people over the age of 40. Dr. Angela London will discuss the long-term effects of GERD. She will talk about naturopathic philosophy on the cause and treatment of GERD. She will also talk about how your digestive system is adversely affected when antacids are overused and what the long term affects antacids have on cognitive function and bone density.

For registration or questions call London Health Center at (206)408-7400

Green Party's Monthly Meeting

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Greens, Democrats, Independents, and other interested progressives always welcome!

DATE: Tuesday, October 12, 7:00 to 9:00 PM

LOCATION: 10329 SW Bank Road, Vashon

DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road. Facilitator: Joy Goldstein

Discussion issues:

- 1) Women in Black, Silent Weekly Vigil.
 - 2) Puget Sound Cooperative Credit Union
 - 3) \$Bring the Billion\$ Home Campaign
 - 4) Vashon Governance
- Questions: Melvin Mackey, Secretary, (206) 463-3468

Aligning with DC Drum Vigil for Peace

Friday, October 8, 7-9 PM

Vashon Intuitive Arts

Everyone is welcome! All ages.

Our community medicine drum, Buffalo Heart, has journeyed to Washington, DC, for a 4-day peace vigil at the Washington Monument, and 11 people are flying east to rendezvous with her to sing, drum and pray for peace. We will gather here at VIA to support and join the call for a million drums to send out the medicine of the drumbeat for peace and earth healing. Bring your drums and rattles and join us! This is a free event; donations are welcome to help with facility rental. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities, Vashon Drum Circle meets every 2nd Friday at Vashon Intuitive Arts. The 4-day vigil at the Washington Monument is sponsored by Turtle Women Rising with the 13 Indigenous Grandmothers and One Prayer also participating.

Compost the Loop

The Loop's soy-based ink is good for composting.

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



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Apron Calling

Calling All Aprons to Museum on Oct 10th & 12th

Aprons tell stories. And Vashon Heritage Museum hopes to tell the stories in an exhibit, "A String of Aprons" opening December 3. If you have an apron or two, please bring to the Museum for photographing and documentation. Forms to tell your apron story can be obtained by writing to apronstories@gmail.com or www.vashonhistory.org/ apron and come on Sunday, Oct. 10 (1-3PM) or Tuesday, Oct. 12th. (9-11AM). Bring aprons of all types: grandmother's, working, handmade, store-bought, worn or not, doll's.

Growing Through Grief

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group on Vashon for adults who have lost a loved one in the past year. The group will meet Thursdays, October 7th through November 11th from 6:00 to 8:00 pm at JG Commons. Please call Jane Fleming at 206-749-7704 for more information and to register.

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification

How to Attract Birds To Your Yard

Ed Swan
(206) 463-7976

Next Edition of The Loop Comes out Thursday, October 14

Deadline for the next edition of *The Loop* is Friday, October 8



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Please Answer The Call From PIE To Support Our Teachers!

The annual phonathon for Vashon Partners in Education will be held on October 5th, 6th, & 7th with the goal of raising \$60,000 to support our island schools. Each fall, Partners in Education solicits proposals for materials, projects, and activities that are not available through the district’s budget. Most grant requests come from those who know our students best, the teachers, though any staff member may submit a proposal. Proposals are evaluated on educational value, innovation, need, longevity, and number of students impacted, and approved grants receive funding the same school year that they are proposed.

Last year PIE dollars helped fund 54 grants, including Vashon Artists in the Schools, a native plant garden for Chautauqua, robotics at McMurray and the high school, bikes for special education students, and a new potter’s wheel for the high school. (For a complete list of grants,

visit our website at www.VashonPIE.org.) PIE grants impact all grades, departments, and alternative programs. No child goes through a day in Vashon Public Schools without benefiting from the over three quarters of a million dollars in grants PIE has funded over the past two decades. Many PIE funded materials such as books and musical instruments endure years or even decades after purchase.

Vashon Partners in Education owes it success to the generosity of many individuals and businesses that partner with us in our annual community phonathon. No donation to PIE is too small as a few small donations can help fund a grant proposal and over 90% of all donations go directly to funding grants. For more information, you may call Beth Kraabel at 463-0554 or see us online at www.VashonPIE.org. Tax deductible contributions may be sent directly to: P.I.E., P.O. Box 1645, Vashon, WA 98070. Thank you for your support!

The Appeal of Apple Peelers

The Vashon Heritage Museum is sponsoring an exhibit “The Appeal of Apple Peelers” opening First Friday October 1 from 6:00 to 9:00 PM. The historic development of apple peelers will be on display from antique wooden apple peelers up to modern plastic ones. In addition, visitors will be able to use an apple peeler and also press cider. The exhibit will be at the Vashon Heritage Museum until mid-November. The Museum is open on Wednesdays, Saturday and Sunday from 1:00 to 4:00 PM.

Next to the Garden of Eden and Newton’s noggin, the most important role the apple has played in history is how the regal fruit became a part of America. It is no exaggeration that the American colonies might not have survived without the apple. The planting of orchards was a priority, fueled by a fear of local water and a thirst that only an ocean of cider could quench. Starting in the mid seventeenth century apple orchards spread across the country reaching the State of Washington some two hundred years later. Apple orchards were an important part of the farms developed by the first settlers on Vashon, and apples continue to play an important role on the island.

Apples were an important winter staple, and to be preserved, they had to be picked in the fall, peeled, cored, cut into slices, strung on a line, and hung to dry. Then there was apple sauce and apple butter and apple vinegar, all of which required paring and slicing. The drudgery of paring apples was met head on by Yankee ingenuity in the late eighteenth century with the development of apple peeling/paring machines.

The earliest peelers consisted of a wooden board. You sat on one end and turned a crank mounted on the other end. On the other end of the shaft was a two pronged fork on which you placed the apple. You simply turned the crank with one hand and steered a sharp blade across the surface of the apple with the other. It wasn’t long before gears and pulleys were added to speed things up but you still had to core and slice by hand. By the mid nineteenth century the first truly mechanical commercial peeler appeared. Turning the crank drove the apple past a blade mounted on a spring-loaded pivoting arm removing the peel. Continued cranking drove the apple past a coring and slicing blade resulting in a spiral of apple free of peel and core and ready to be hung up to dry.

Over the next eighty years hundreds of patents were taken out on new designs and improvements to the humble apple peeler. The ingenious combination of gears, cams, springs and levers resulted in faster and faster peelers that peeled, cored, sliced and pushed the apple and core off the fork before snapping back to it’s starting position ready for the next apple in just a few seconds.

Today, most of these mechanical marvels are in the hands of collectors, some with well over a hundred different peelers. Gordon Millar, curator of this exhibit, is one of these collectors and is a member of the International Society of Apple Parer Enthusiasts. You can still buy peelers today, mostly aluminum or plastic but otherwise almost identical to those made over a hundred years ago.

Daytime Road Closures and Power Outages Scheduled During Repairs on 137th Avenue SW

A repair project to stabilize a slide-prone area along 137th Avenue Southwest in the Cove area of Vashon Island will result in daytime road closures and scheduled power outages Oct. 4-6.

The King County Road Services Division will be stabilizing the roadway slope on 137th Avenue Southwest near Southwest 172nd Street. Crews will drive soil nails into the slope to stabilize the slide area. This is a method used to protect against slides without having to dig up the roadway and build a conventional support wall. This technique has been used successfully by many other local transportation agencies in this region.

Residents in the project area will be affected in two ways:

- Vehicle access will not be permitted through the work zone on 137th Avenue Southwest from 7 a.m. to 6 p.m. each day, Monday through Wednesday, Oct. 4-6. This will particularly affect residents on the north section of 137th Avenue Southwest. Cars can be parked outside the work zone and pedestrians will be allowed into the neighborhood by the crews when safe.
- There will be localized power outages during the three days. Puget Sound Energy will notify individual residents about the impact of the outage on their homes.

Questions about the project can be directed to the project manager, Ryan Shular, at (206) 296-8783. Or, you can email him at ryan.shular@kingcounty.gov.



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Next Loop comes out October 14

Island Life The B-Screw

by Peter Ray

I know what you're thinking, but you'd probably be wrong- unless of course you know something about bicycles. If I were to say that the "b" in the title above stood for 'body angle adjustment', you might go back to your original assumption and read on for the juicy details. But before you do, I would have to suggest that you avoid disappointment and future regret by referring to the online Park Tool bike repair guide that can be found at <http://www.parktool.com/repair/>, and then skip past the high and low screw adjustments in the section on rear derailleurs to the part that explains the b-screw. It was a revelation for me, although I also went through all the prior steps as well, and my rear derailleur is a new simple machine, shifting as it was designed to do. All of this happened because I changed something I've always known was there, but didn't know what it was for, or how to make it work to one's best advantage. Call me daring, but somehow I drew parallels here to other aspects of life- sometimes I do that.

I even went as far as thinking that because of this minor epiphany, I had finally found my playa name. Perhaps that leap was a bit hard to follow, so let me say that for some attendees of Burning Man it is a part of the game to assume another identity, although not an altogether different persona, through some catchy nom du playa. While I had given that a go on the first visit there, it just didn't feel right. Being two people at once should have been no problem for someone of the Gemini tribe, but over the past decade I've been battling with one of the great conundrums of our time, set to words and music a while back by that Firesign Theatre gang in the form of the little ditty that went:

"How can you be in two places at once when you're really nowhere at all?" I thought I had found myself, or at least my playa self, at the rear end of my bicycle. I identified with that screw that I, and no doubt many to most people, have ignored, let alone even knew existed. Indeed, I have helped people at Burning Man and elsewhere who didn't know how to fix a flat tire, or that keeping one's bike tires inflated was a good thing, but they were also people who saw bikes as that thing at the back of the storage unit that is occasionally good for something, instead of viewing a bike as a piece of the great turning that might lead to some kind of change.

I liked the idea of being the B-Screw because of the obscurity of the reference and the private symbolism I'd attached to it. The whole "rolling off the tongue" thing was not there however, as with names like Merlin and Jasmine and Magpie (yes, all Islander playa names), but it did stand up to some of



my favorites, like Apparatus and Zip-tie, both of which I have never gotten any explanations for, although I never really asked. I was set to assume my altered identity right up to about three hours before we got to Black Rock City, which was when we hit the deer that severed the rear derailleur from my bike, rendering all the fine tuning and cosmic revelationing to the dark side of the mystic dustbin. So it goes

My thoughts through all of this of course turned to dinosaurs and asteroids. You know, like, we could get everything going fine and dandy here on the planet and then Blammo, we're all wiped out by space junk. In spite of that mental detour, we were able to get the bikes back together again through switching and scavenging among the camp detritus- there is a reason for bringing too much stuff to the desert, at least in this case. On the other hand, I did get knocked out for two days by local, rather than global, warmth and had no energy or inclination toward outward mobility, let alone just getting out of a chair. After a point of dismal lowness I changed some things and did get better, but I think it was more because I had changed course and turned a corner than because I had spun a tool that turned a spiral inclined plane in its socket, at least not turned, in the land of the extended metaphor, just one screw. If one was to wonder how many times the grand, singular panacea will be invoked as a solution for the great woes of the world, one would probably be spinning amongst the stripped threads of the universal b-screw for a long time to come.

Care Packages Sought for Fallen Soldier's Platoon

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

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20211 Vashon Hwy SW

ATPH Plays House Concert at the Q

Continued from Page 1

former Seattle boy, and Seattle is right on the way to China, and Vashon is right in the middle, well, it seemed only logical that they should play a show on the Island.

Come prepared to dance to plenty of country, waltzes, and some wild rock and roll. Original songs such as "Cold Mountain Spring" and "Once Around the Sun" invoke the spirit of the mountains and reflect the music of George Jones, Gillian Welch, and Bob Dylan. To hear All the Pretty Horses, visit their Facebook page and check out some of their music, mostly from live recordings at Steve's Guitars. We love the irresistible beat of "Gone."

Admission is free, the bar will be open. Wear your dancing shoes.

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You’re Too Sweet
by Rochelle Gravance
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Well, you are but there is something sweeter than you. And, I’d like to think you are much less insidious than your sweeter competition. This entity is so sweet it’s actually a detriment to those that come in contact with it. It’s kind of like the person that’s just so sweet you have to wonder what intentions are behind that sweet exterior.

Sugar is that sort of friend. What sugar does to the body/mind system is quite dangerous but because of its sweet exterior, it just nonchalantly slithers into our diets, recipes and ingredient lists with stealth and ease.

Sugar, like Halloween costumes, has many disguises. Glucose, fructose, lactose, sucrose, maltose, malts, jam, concentrated juice, juice, maple syrup, honey, agave, corn syrup, corn sugar, palm sugar, brown sugar, turbinado, barbados, muscovado, evaporated cane juice and alcohol are all sugars. Even organic sugar has the same detrimental health problems associated with the non organic version.

Take a second look at the various names(not a complete list) that sugar goes by. Then look in your cabinets, pantries, drawers and shelves and educate yourself on how much sugar is actually in your diet. Don’t forget lactose sugar in your morning coffee either. It’s still a sugar and at the end of the day when you do the math, you may very well have a whole lot of sugar in your diet.

Speaking of math, how about we take a look at some numbers to give you an idea of how our diets have changed in the past twenty years. Twenty years ago we were consuming approximately 26 pounds of sugar per year. Twenty years later, 135 pounds per year. And yes, that’s per person. Breaking the numbers down a little further finds that those 26 pounds of sugar per person per year would equate to approximately .4 tablespoons per person per day. Now the average person is consuming right at 12 tablespoons of sugar per day. Prior to the 21st century, the average person was consuming right at or just slightly less than 5 pounds of sugar per year.

One of the most significant reasons for the increase in sugar consumption was the

introduction of high fructose corn syrup. Additionally, taking a look back at the list you will find sugar is disguised in many different forms with various titles that slip under the radar of those concerned enough to check labels. Educate yourself.

To date, 146 detrimental health effects can be attributed to sugar consumption. Did you get that? One hundred and forty six ways sugar is slowly breaking down your system and killing you.

- Suppresses the immune system
- Upsets the body’s mineral balance
- Hyperactivity
- Anxiety
- Elevates LDL
- Diabetes
- Obesity
- Osteoporosis
- Food allergies
- Atherosclerosis
- Depression
- Hormonal imbalance
- Migraines.

More than anything, this sugar infiltration seems to be a result of ignorance. This article is meant to be an educational resource and calling for you to take note and get conscious about what you’re putting in your body. Not just your body, but your kids body as well. So the next time your child is sent home with a list of “healthy snacks” that contain items such as rice crispy treats, have a conversation with the source of that list. They may need a little education themselves.

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Committee Looks for VMICC Board Nominees

The VMICC Nominating Committee is seeking board candidates for all nine positions. The deadline for receipt of nominations is midnight on Friday, Oct. 8. Service begins Dec. 1; a board term lasts two years.

Board candidates must be an Island resident 16 years of age or older and will be asked to complete a one-page application. After the Oct. 8 application deadline, the committee will compile a list of nominees and submit the list to the community council’s newly appointed Elections Committee. The Elections Committee will request a statement of all nominees that will be published in The Beachcomber and available on the ballot. It will also prepare the ballot, mail it to all homes on Vashon-Maury Island and count the votes.

Voting is open to all Island residents, 18 years or older. The Elections Committee will then prepare a motion for the general meeting in November, when the elected board members will be ratified.

As a community resident, you might wonder what the duties of a board member are. The VMICC’s by-laws (available on the web at www.vmicc.org) describe the duties as follows:

“Set agendas for the general meetings; implement decisions taken at the general meetings; serve as interface between the community and other government entities; monitor and evaluate all committees; (and)

develop policies subject to approval at the general meeting.” Board members are also required to attend two meetings each month — the board meeting and the general membership meeting. Outside the meetings, some portion of the board’s work is conducted via e-mail.

According to the state Attorney General’s Office and the King County Prosecutor, the VMICC must comply with the Washington Nonprofit Corporation Act (RCW 24.03); the Open Public Meetings Act (RCW 42.30); and the Public Records Act (RCW 42.57). VMICC board members need to be familiar with the provisions of these laws.

For more information or to nominate yourself or someone else, contact one of the following members of the Nominating Committee: Ron Irvine at sketchpub@aol.com or 931-4703; Gay Rosser at gayrosser@yahoo.com or 605-4776; or John Staczek at john@staczek.net or 463-1959.

Meanwhile the VMICC still functions with one active board member. There will be a board meeting for the VMICC on Monday Oct. 4th at 7pm. The meeting will be held at McMurray’s south hall. The only topic for discussion at this the meeting will be setting the agenda for the October 18th general meeting. Please come and help set the agenda for the October general meeting.

Something New at PTSA

Vashon Community PTSA endeavors to see something new at this year’s board meetings...more parents. PTSA President Lauri Hennessey wants to spread the word that everyone is welcome.

This year’s meetings will offer a new format with an informative presentation or activity for the first part of the meeting that will be of interest to parents. The business part of the PTSA meeting will follow with everyone encouraged to remain. As an added incentive, free childcare will be offered. Hennessey affirms “The success of our PTSA and ultimately our schools depends on active involvement from our parents. We want all parents and community members, not just those on the board, to feel welcome and a part of PTSA.”

To kick off the new year of meetings and new look for PTSA, the September meeting was paired with the first community dinner highlighting the new “Experience Food Project” program at Vashon Schools. The event was wildly successful with over 150 people of all ages coming together for an early fall evening of great food, camaraderie, and musical entertainment provided by Lance Morgan. The event was organized by PTSA board member Ellie Kuyper

and executed with the help of several volunteers from the PTSA board.

The next PTSA meeting will be held on Tuesday October 26. It will start with a continuation of the healthy food theme with a talk by Chef Tom French on “Families Eating Healthy Together”. The presentation for the November 16 meeting will be “Families in Times of Stress”. The theme for December 14 will be “Making Holiday Decorations” with interactive activities for parents and kids. Presentations start at 6:30 pm in the McMurray Middle School Library with the business meeting commencing at approximately 7:30pm.

Vashon Community PTSA Meetings:
Program 6:30, PTSA Board Meeting 7:30 - all meetings at McMurray Middle School Library

* Tues. October 26 – Families Eating Healthy Together--

* Tues. Nov. 16 – Families in Times of Stress

* Tues. Dec. 14 – Holiday Decorations

To Join PTSA go to:
www.vashonptsa.org

Your Guide to a Successful Halloween Tea Party!

By Peter Bond

So you’ve decided your costume party’s theme this year is Tea Party! Congratulations, that’s a great idea! Now what?

We’ve put together a handy primer to make your bash the best it can be. Follow these simple guidelines and you’re sure to have the winningest Tea party this side of Wasilla.

1. Three words. Red, white and blue. Everywhere and anywhere. In fact, any guests that are not in costume or more traditional Tea Party garb should happily expect to splash patriotic paint on their bodies, as if they were at an Olympic event or having Sunday brunch at Dick Cheney’s.

2. Host your shindig as President and Mrs. Obama. You can find thawbs and Burqas at any number of online Muslim clothing sites.

3. T is for Tequila. Not tea.

4. Hire young Levi Johnston look-alikes as your servers. Have them dress in character, which is to say mostly undressed, ala Playgirl, with only teasing little aprons covering their privates.

5. A pregnant Bristol Palin character should then follow the Johnston boys around, alternately accepting, then throwing back, a wedding ring. This goes on all night.

6. Your two star characters, Glenn Beck and Sarah Palin, should arrive in a private jet out back, then hop into an old Ford and quickly change into blue-collar work duds before appearing before your guests.

7. Either paint crocodile tears on Glenn Beck, or have him hold an onion, for constant tearful waterworks. Also, have him wear an “I Have a Dream” T-shirt, with his own face on it.

8. If any of your guests are not white, I mean REALLY white, like snow even, then have them smear pancake makeup on. Your party cannot be authentic if there is a hint of color on your guests’ faces.

9. Have one of your college-age kids wear a Christine O’Donnell mask and a shirt with the word SOLO encased in a red circle with a slash.

10. Locate the bar on a mock satanic altar. Place a dead goat next to it.

11. Provide Palinesque nametags in a giant pumpkin bucket at the door. As guests arrive have them draw a name and pin to their costumes. The Palins love to give their kids eccentric names, like Track and Trig. So the possibilities are bottomless for that bucket. To get you started how about Scratch, Cheesehead, No Fumar, and Beach Blanket Bingo!

12. Have the Sarah Palin character wear exaggerated oversized glasses and a bouffant hairdo and walk around all night smacking a huge wad of gum and getting right into everybody’s faces while saying/ spraying “How’s That Hopey Changey Thingy Working Out For Ya?”

Now doesn’t this all sound like a fun party? If for any reason you can’t pull yours together by Halloween, no worries, you can catch the national version just days later on election night!

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Aries (March 20-April 19)
Now that you reached the bottom line of a relationship, what have you learned? What is that seemingly ‘final’ piece of information about a person or a situation? I think that what you’ve demonstrated to yourself is that you can see the potential for letting go entirely, that is, the potential for having no attachments. You’ve also encountered an example of how situations have limits, including time limits. Then, having come to these recognitions, you’re in a place to choose based on the information. You may again be feeling your attachment or investment; you may be wondering whether you’re going to get the contact you need. And you may be wondering about someone else who you’ve noticed. I think that the clearest revelation you can have involves something about how relationships are not so simple, but they’re simpler when you make choices based on what you want.

Taurus (April 19-May 20)
You’re starting to see the value of your commitments. They serve many functions, including keeping your life on track. What you may be figuring out lately is how, to be valid, these arrangements have to work well for both people. We’re used to spending our lives saying “what’s in it for me?” chasing the next check, though I suggest you look at all equations from both sides. If you think you’re worth the price of your paycheck, ask yourself why that is. Consider the experience of anyone to whom you devote yourself or your energy. I suggest you set a goal of these relationships being oriented on maximum profit for all the parties involved. There is an efficiency factor here; energy conserved becomes profit made. There is a creativity factor as well: everything that exists owes its life to one creative process or another. Feed them generously.

Gemini (May 20-June 21)
Mercury has finally entered new territory for the first time since being retrograde on Aug. 20, though the sense of being bogged down in something may have begun several weeks earlier. It’s been a while since you felt emotionally free, and you may be taking your first tentative steps in a while. Life would be easier if you didn’t critique yourself every 15 minutes. There are few places to turn for advice about how to worry less. I would suggest this: take steps where you feel like you’re on solid ground, rather than where you feel yourself sinking in. That goes for thoughts, it goes for people and it goes for actions you take to create a safer world for yourself. Everything you need to know, your mind and emotions are going to give you in direct feedback. And that will work great -- as long as you listen to yourself.

Cancer (June 21-July 22)
You seem to want both certainty and a sense of adventure. Many would argue that you cannot have both. But there is such a thing as having a foundation; then there is what you do with that foundation. Some people keep pouring the concrete; others would build something innovative. This isn’t so much about a structure as it is what you do with your creative and erotic energy. Remember that most of what we cling to that offers a sense of security rarely delivers, and usually leaves us bored and wanting something else. You have the foundation you need; you have some confidence. Now, your quest is to give yourself permission to actually be the person you want to be and to have the experiences you want to have. And if something that ‘makes you safe’ is preventing you from doing that, it’s

definitely time to reconsider things from a new point of view.

Leo (July 22-Aug. 23)
You are at a turning point, but it’s less like making a left turn in a car, and more like the ocean tide changing directions. You seem to be taking the future more seriously. You seem to be devoted to grounding yourself in work that leads to success rather than just a paycheck or something to do. The planets suggest that you take every step consciously, and be certain that you’re not skipping any steps along the way. These involve paying attention to your environment and your relationships. Of the first, it’s clear that you’re involved in a process of many reforms and changes that are long overdue and will help get the energy moving. Of the second, remember that your life is intricately interdependent on the life of someone else. Their success is your success; yours is theirs. Therefore, put the relationship first and the success will dependably follow.

Virgo (Aug. 23-Sep. 22)
Mercury has finally entered new territory in your birth sign, and this is your signal that it’s time to start moving your life forward in a way that felt impossible three or four weeks ago. Notice how the obstacles that seemed so enormous now look like little models you can move around on the table. Notice how the time pressures have eased enough to give you some flexibility, and how you’re not struggling with exhaustion on a daily basis. Still, you would be wise to conserve your energy and make choices one at a time. Economy and efficiency are two of the most important themes of your life. To a great extent that involves what you do with your mental energy, and I strongly suggest you do a kind of audit accounting for how much anxiety costs you in the way of time and creative potential. In fact there are days when most of your energy goes into fear. There is a better way.

Libra (Sep. 22-Oct. 23)
You seem to be pulled in two directions, as if you want two different things that you believe conflict. Or, you ‘want something for someone else’ that doesn’t quite align with your personal desires. In the next few days you will see that there is indeed a point of reconciliation. You may not get a look at it for very long. It may show up as one of those fleeting possibilities you notice in a slightly altered state of mind or think of right before you fall asleep. But there is in fact a point where everyone’s needs meet in a way that benefits all. Once you have that potential in mind, and you believe that it’s real, you’ll need to go through a process to have it happen. But this will be simpler if you remember that the goal of the endeavor is happiness. If you remember that at every step of the way, you’re more likely to have it.

Scorpio (Oct. 23-Nov. 22)
There are two basic ways to have intimate relationships. One is to seek another person for a sense of completion, because they have something you’re missing, and hopefully vice versa. The second way is to be a complete person and meet another complete person and have a kind of partnership, journey or human enterprise. Most of the time we seek the first option. The planets are reminding you that your mission is to work with the rarely used second method -- another way of saying work with your inner sense of balance. Make contact with the male and female principles you contain, no matter what your sex or sexual orientation. There may be conditions in your life that are

compelling you to take a more introspective view of your relationships. Indeed there are some Scorpios or Scorpio ascendant natives that may be experiencing an unusual sense of isolation. Yet by now you know that this is serving a useful, even vital, purpose.

Sagittarius (Nov. 22-Dec. 22)
You’re in one of those moments when if you do what you love, the world will respond with love. Remember not to question your chosen purpose. That’s another way of saying proceed with the quiet confidence that you’re doing the right thing. You may not feel like you’re at your creative peak; you may still be taking care of what feel like the minor points. I suggest you keep taking care of those things at the same time you nourish your larger vision. The thing about larger visions is that they don’t take shape immediately, and they do a lot of their taking shape when we can’t quite see what’s going on. However, I strongly suggest you trust that this mysterious process is underway, and that you’ll get results. Even if they’re not quite the results you’re expecting, you will have plenty to work with and some pleasant surprises. For now, every detail counts toward the whole.

Capricorn (Dec. 22-Jan. 20)
There are those moments when you figure out what you’re good at because you do it and discover you’re doing it well. Those moments can be points of decision without you even recognizing that. They can be moments of putting your feet on the true path of your life, and you had no idea what you were doing. Thanks to astrology you have a clue: you can be aware that you’re now at an intersection where the past, the present and the future converge. At this juncture you have the ability to shift the flow of your destiny; in a sense, you can make a choice that does something to resolve the past and activate the future in one gesture. I am not sure you’ll recognize this moment when it happens, but I can tell you that if you live consciously and pay attention to who and what is around you, and what opportunities are open, you will be that much more open and available.

Aquarius (Jan. 20-Feb. 19)
I suggest you shift modes quickly, if you were or are currently doing the push/discipline/focus thing -- you’ve gone as far as you can go with that for now, and over the next few weeks you have a nice opening for flow/inspiration. The idea here is not to ease back entirely and coast along, but rather to apply your ideas as they come and develop your talents on an ongoing basis, as a kind of intuitive experiment. You can afford to be a little less goal-centered and a little more exploratory. You will find something that hooks your interest or qualifies as a plan that you can get into through a more circumspect approach. This is the part that may qualify as learning, which is suspending rationality, linear thinking and logic, and allowing your intuition to take over. I realize there are skeptics who argue that there is no such thing as intuition, right along with ghosts and UFOs. But in this situation seeing will definitely mean believing.

Pisces (Feb. 19-March 20)
You’ve fulfilled several key commitments or responsibilities, and I suggest you give yourself a break. This continues the theme of “do what makes you feel like a Pisces,” which might involve music, art, sex, poetry or altered states of consciousness. I’m suggesting that you do this as a way to create ‘inner space’ -- that is, to open up a space in yourself that can be filled by the inspiration that is currently pouring in, and that will do so increasingly over the next couple of weeks as the Sun makes a trine to the Chiron-Neptune conjunction. For the past week of the Sun in Libra, you’ve been looking right at Saturn,



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which has been about keeping your focus and maintaining your relationships. Now that the Sun-Saturn conjunction of 2010 has joined that thing known as history, you’re being invited to go freestyle for a while -- and that is what I would, in a word, describe as Pisces.

Read Eric Francis daily at www.PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Peritoneal Dialysis by Mary Tuel

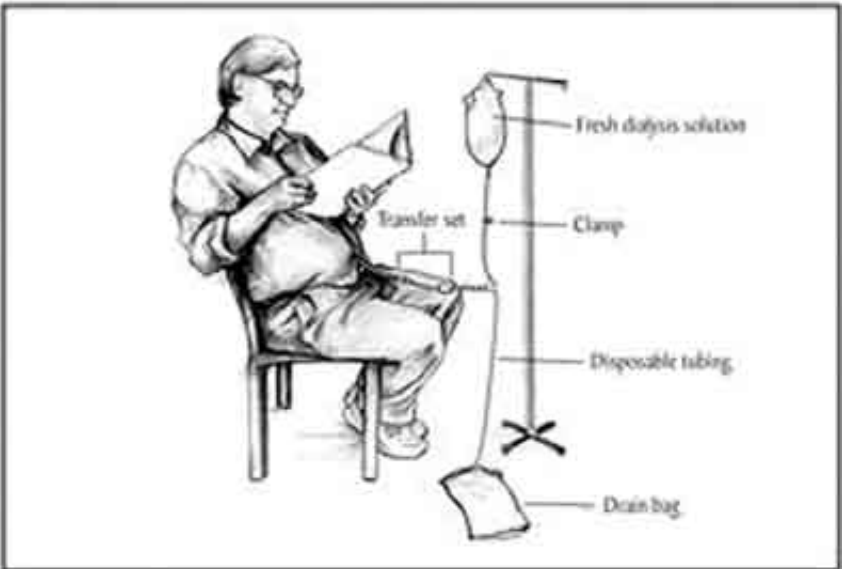
Part three of a series on the treatment of renal failure. Why? Because a year ago my husband's kidneys blinked out like a couple of light bulbs, and renal failure has been the center of our lives since. Writers are always told to "write what you know," so – renal failure. Part 3:

Dr. Henry Tenckhoff began working with Belding Scribner at the UW, that hotbed of dialysis research, in 1963. When Tenckhoff began working with PD patients, he had to go to their homes twice a week to perform the minor surgery of inserting a catheter into the patient's abdomen.

Dr. Tenckhoff observed that PD worked well and that PD patients did better in many ways than patients on hemodialysis. Eventually he developed what is now known as the Tenckhoff catheter, which could be placed into a patient's abdomen and left there, and with proper care would not become infected.

The Tenckhoff catheter is a piece of tubing which enters the patient's abdomen and has a coil inside the peritoneum. This inner bit has little holes in it, like drain field pipe on a much smaller scale. The holes facilitate the entry and exit of the dialysate. The outer bit of the catheter is a length of tubing with a connection on the end for attaching a tube to drain and fill the peritoneum.

Once patients have a Tenckhoff catheter placed in their abdomens and they have healed from the surgery, they are trained on how to do PD and then they do it at home, with frequent monitoring by a PD nurse. Testing is done frequently



Peritoneal dialysis (PD) is a way of cleansing the renal patient's blood by putting dialysate, a fancy word for dextrose solution (sugar water), into the peritoneum of the renal patient, letting the solution sit there for a few hours (this is called the "dwell") pulling toxins and extra fluid across the peritoneal membrane, and then draining the dialysate and putting in fresh dialysate and starting over. No bloodletting involved.

The peritoneum is the cavity in your torso where your vital organs and your intestines live. The cavity is lined by the peritoneal membrane, a sac that holds everything together and is rich in blood vessels.

The problem when PD was first used was that the abdomen had to be freshly punctured (this would be bloodletting) for each dialysis procedure, in effect putting the patient through surgery once or twice

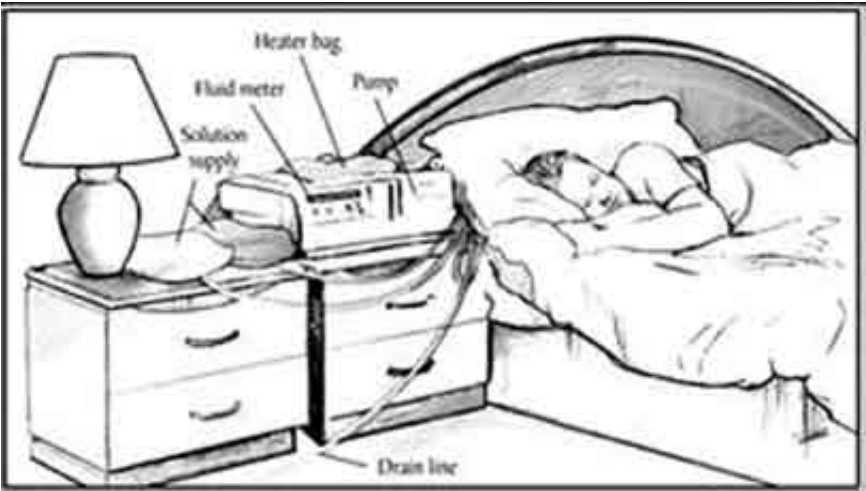
to monitor how the patient is doing and whether dialysis is working. Sterile dialysate is delivered to the patient's home about once a month.

There are two kinds of PD: manual, and machine assisted.

In the manual variety, the patient typically does four exchanges a day in which dialysate is drained from the peritoneum, and fresh dialysate is put in and left in – the "dwell" – for four hours or so, and then drained and replaced. An exchange takes 30 to 40 minutes.

In machine assisted PD, the patient hooks up to a cyclor machine at night which does exchanges while the patient sleeps. Unfortunately the machines set off alarms if anything isn't quite right – not enough dialysate draining is the most frequent problem. So these patients might not get much sleep at night.

My husband started on manual PD,



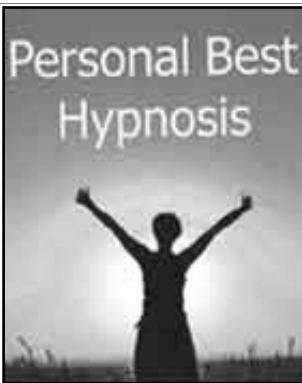
a week. Attempts to leave catheters in place were not successful because the site of the puncture or the peritoneum became infected.

PD was being used and improved during the same years as hemodialysis, starting before World War II, but was not used commonly until the 1980s. This was because Henry Tenckhoff designed a catheter that would not cause infection.

which turned out to be a full time job, but now he's on the overnight cyclor machine. He feels and looks better than he has since he became ill over a year ago. We like PD, alarms and all.

Not everyone can do PD, but it's an excellent way to go if you can.

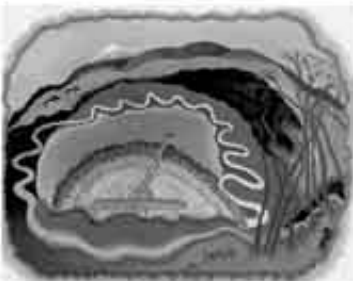
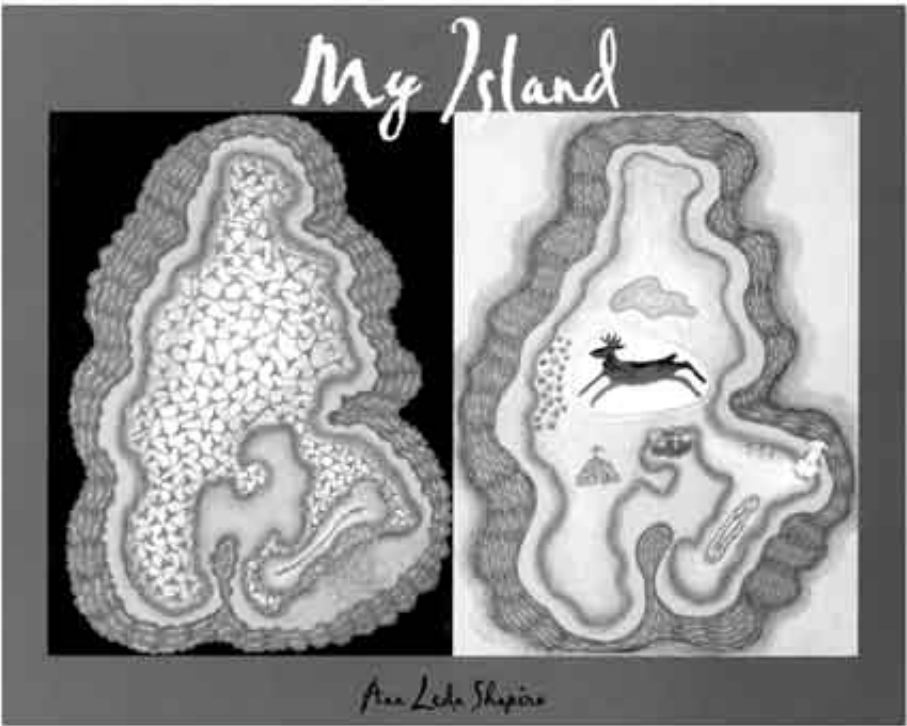
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Through sixteen colorful, narrative paintings, reminiscent of folk art and Persian miniatures a portrait of a place emerges.

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The Dorsal Spin

Continued from Page 1

Finches. They appeared in mid-July and have been camping out ever since. They emit a melodic song and are highly vocal when they congregate at the feeder. We imagine they are doing a bird version of coffee klatch -- seed klatch?

Badger Bird returned in mid-August. Badger Bird is the Red-breasted Nuthatch, so named for stylish markings on her head. Plucky and acrobatic, she hangs upside down from the feeder roof to swipe a seed when the jealous guardians of the stash -- finches and sparrows -- are preoccupied.

In July, we heard strange moaning, growling sounds outside the back of the house. One night, the likely source of the noise materialized on our porch. Mother Raccoon waddled up with her four baby bandidos in search of seeds dropped by the birds. Only weeks old, the youngsters looked like oversized hedgehogs with tadpole tails. Reminiscent of a kid in a puddle, one bandido immediately stepped into the birdbath and groomed his paws. The rest of the gang stood on their hind paws, staring at us to see how long we would tolerate their seed scrounging.

Now, raccoons can transmit diseases to dogs and humans, so we do not encourage them to hang around the house. However, we were laughing so hard at the antics of Rotund Mum and her roly-poly brood that we could not immediately shoo them away. Fortunately, the mistress of the manor is

a Jack Russell terrier, so she picked up the slack for her ridiculous humans.

The other day, Chez VHP's overworked and seldom-paid staff urgently needed a morale booster, so we took a happy nature stroll along Shinglemill Creek trail. On a gorgeous, warm day past the autumnal equinox, Ma Nature did not disappoint. We visited with fascinating forest friends on our journey: two Pacific Treefrogs and a Douglas Squirrel. We have walked the Shinglemill trail many times and often heard but never seen frogs, so the frogs really thrilled us. One teensy frog was bright green and the size of my fingertip. I know this because I could not resist picking him up to gush at his cuteness. Ah, attitudes adjusted.

Aficionados of art and nature must check out the Native Woods show at The Hardware Store Restaurant in October. The show entries are all crafted from woods native to the Island. Odin's contribution is his award-winning sculpture, "Tlingit Shaman/Bear House Chief." The piece has not been displayed on Vashon previously.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at Vashonorcass.org and send photos to Orca Annie at Vashonorcass@aol.com.

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

What's Your Take ... On Vashon Life?

By Peter Bond

I chose such a glorious afternoon for these interviews that I opted for a simple question that matched the moment. It was a clear, late September day that rivaled any from the last few months, a reminder of why we tolerate so much gray to live here.

But that's just my take. What's yours?



Kippy - Vashon

I recently returned after more than twenty years away, and find the island to be so vibrant now, with so many people doing many wonderful things.



Layne - Salem, Oregon

I'm here for a few days on vacation. It's my first time and I've been swept away at the clarity, the wholesomeness, the relaxed positive atmosphere. All of this in a stunning natural setting.



Michael - Vashon

I've been here since 2001 so I am still a newbie. I think enough of the myth of Vashon really does exist, so that the myth is perpetuated. I mean that in a positive way.



Joanna - Vashon

I think life here is amazing. I've lived in places north, south, east and west. And Vashon is by far the most fantastic.

Chick-Me-Out Pet Show

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Enter your favorite dog, cat, goat... 'other' pet in the Chick-Me-Out Pet Show at Ciderfest. Click here to print out an entry form. Or pick one up at the Park District's Ober Park offices.

Choose your pet's best category -- and don't limit yourself to just one! Get your friends/parents to help you. Get your friends to enter their pets. There are three prizes in each category -- Go for it!

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BEHAVIOR -- Does your pet listen to you? Does your pet get along well with the other pets? Does your pet get along with the audience?

GROOMING -- Is your pet's coat brushed? Nails clipped? Eyes clean?

COSTUME -- Do you and your pet stand out in your FABULOUS matching (or not) costumes?

TRICK -- Yes! We encourage stupid



pet tricks, smart pet tricks and even human with pet tricks.

HAT -- Handler & pet match

LOOKS MOST LIKE HANDLER -- Do we have to explain this one?

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Beauty Contest Judging starts at 11:30AM

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Deadline for the next edition of *The Loop* is
Friday, Oct, 8.

Find it on
www.vashonpages.com
Vashon Business Information

Positively Speaking

“True Fruit”

By Deborah H. Anderson

The summer people left last weekend. The flag is down. The chairs are tipped towards the table. In the same way people place covers over unused patio furniture a stillness has covered the house.

Whe I was younger (in my late thirties) I wrote a poem about how I if I was God I would have kept the apples on the tree all year long. At the time I was kinda sorta done with bad things happening and sadness and people feeling hurt inside and taking it out on me.

As I got older I grew to understand all that stuff was called a bad crop not autumn or winter. Autumn is harvesting what’s good. Winter is that lovely time of interior work when the deepest rest comes preparing everything for growth only it looks like nothing is actually happening.

This year I’m launching a series of workshops – Waterlily Workshops – through LGC , directed at increasing fruit in one’s life.

For the most part they are Saturday afternoon’s filled with little nuggets of practical ideas for parenting and/or personal growth. There is also a film series for families of tweens and teens.

If you are pregnant and in your last trimester, grab the class from License2Parent called “Learner’s Permit: the 4th Trimester”. Become your own expert on parenting before the baby arrives.

If the wear and tear of daily life, the recession, or a chronic struggle has zapped the light right out of you, come to “Enduring Joy”.

Trying to encourage children to be as aware of others as they are of themselves? “Teaching Children to Bless” is the workshop for you. Or maybe ‘Raising the Contemplative Child” more fits your situation. For parents of sibling sets,



teens, and special needs kids may more suit you. This class is tailor made to the circumstances of the participants.

Mark you calendar now for Family Night @ the Movies showing “The Kid” with Bruce Willis. Free movies that offer natural discussion opportunities about social dilemmas will be offered four times during the school year.

Want to prepare your heart for the holidays? Come explore why we are told the best approach is “Like a Child”.

The parenting classes offered at the VYFS Playspace on Saturdays from 1:30 – 5:00 PM. They are \$50 for non members, \$40 for members and the VYFS sliding scale applies. The faith based classes are offered at various venues and are by donation. The movies are free.

To register or get more information contact me at dha@lgcmin.com or 206.853.2388. We’re going to have fun, give encouragement and discover new ways of thinking we didn’t know we already knew.

I saw a sign on Aurora avenue the other day that said:

“Knowledge is the awareness that a tomato is a fruit. Wisdom is not putting it in a fruit salad”

Come open yourself up to your own wisdom.

Love
Deborah



Class Schedule for this Fall

- Oct.9th “Teaching Children to Bless” (call for place 1:30-5PM)
- Oct 13th License2Parent -- Special Endorsement (VYFS Playspace 1:30 -5PM)
- Oct.23rd License2Parent -- Learner’s Permit: The 4th Trimester” (VYFS Playspace 1:30-5:00 PM
- Oct 30th “Enduring Joy” Vashon Presbyterian Church 1:30- 5PM
- Nov 6th Family Night @ the Movies “The Kid” with Bruce Willis
- Dec 4th “Raising the Contemplative Child” (call for place 1:30-5PM)
- Dec 11th “Like a Child” (call for place 1:30-5PM)

Only on Vashon

Continued from Page 1

inviting. She handed me a piece of fudge and said that’s all I get! The rest was for the bus driver.

She was waiting for him to come along so she could flag him down and hand him the treats.

At this point I’d been back to Vashon going on a year and it didn’t seem odd at all. Par for the course really. Sweet even. I left her just as the bus pulled up, the door opened and she stepped in and gave her gift. That’s it; she wasn’t even going for a ride.

The next day I saw her hanging out on the other side of the street with another platter, which turned out to be for a different driver. Same thing happened, driver stopped, in went the goodies, off she went back home.

The third day I got a knock on my door and opened it to a double-sized platter of numerous bakery items, all

home cooked by the Muumuu lady for me. Yep. That’s what she said. All for me.

She said she’d felt bad that she’d only offered that one piece of fudge that other day, and that I deserved more.

I’m a pretty good one for small gestures, for letting somebody know how good they might look one day, or that they have a nice smile, or even just acknowledging. But it still gets to me every time somebody returns the favor.

Yes, there’s a lot of crap going on out there, and a lot of stories that can’t be told. But sometimes, out of an ordinary moment, the big story becomes what you get out of its simple lesson, and where you go with it.

Peter@vashonloop.com

(A shout-out to readers in Massachusetts, New Jersey, and Wisconsin this week. We’ve been getting amusing emails regarding the Spandex piece. It seems there are other towns across America that believe they should rightfully hold the title of Spandexalot!)

Advertise in the Loop!

Fall is a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out October 14

PSCCU Branch to Open on Vashon

CUVashon, the group leading the movement to establish a credit union on Vashon-Maury Island, announced on Monday, September 27, that agreement has been reached with the Puget Sound Cooperative Credit Union (PSCCU) to open a branch on Vashon.

Shannon Ellis-Brock, VP of Business Development for PSCCU says “It was a unanimous vote by our board, and we are extremely pleased about the opportunities to partner with CUVashon to provide a full service PSCCU branch office on Vashon that locally responds to the needs of the Vashon-Maury Island community.

PSCCU, with \$50 million in assets, will lease a central location on Vashon and offer a full service branch, staffed by local employees, an ATM, savings, checking, lending, IRAs, home loans, weatherization and energy conservation loans, personal credit lines, vehicle loans and personal loans.

PSCCU will partner with CUVashon to further the group’s vision of local organization of Island capital to grow

the island economy and sustain its environment in ways that benefit the island.

PSCCU will continue to support the efforts of WisEnergy, an island conservation group dedicated to reducing energy use, by offering weatherization loans and energy conservation education. An informational session was held last Wednesday evening to kick off the program.”

CUVashon’s continuing role is to facilitate and organize the island’s capital resources and to encourage Vashon-Maury Island residents to “invest in our community, grow our economy, and sustain our environment.”

Membership in the Puget Sound Cooperative Credit Union is open to anyone who lives, works, attends school or worships in the state of Washington.

For more information, or to join the PSCCU, please visit www.pscu.org or contact PSCCU at askus@pscuccu.org or call PSCCU at 425-462-3811 or toll free from anywhere in Washington. 1-800-273-1550

Ghost Birds



A new documentary of birding, conservation and general interest will be screened at the Vashon theater. “Ghost Bird” is the story of the search for the Ivory-billed Woodpecker which may or may not have been sighted in swamps in Arkansas in the mid-1990s, 50 years after the last confirmed sightings. Director “Crocker has turned a bird-watching tale into a multilayered story that will fascinate practically everybody” wrote The New York Times.

The film will be shown at 7:00 pm on Sunday October 17, 2010 at the Vashon Movie theater. All are welcome. For more information please see www.vashonaudubon.org.

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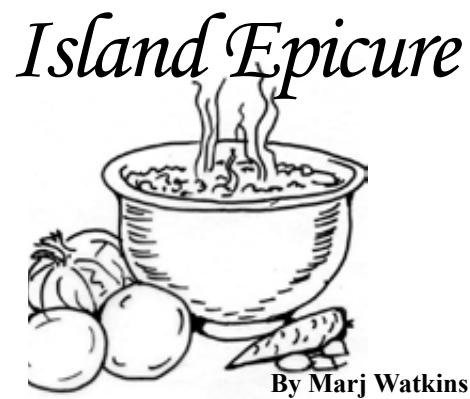
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Cooking Shortcuts

We all have times when we need to get a meal on the table in a hurry or with the least expenditure of energy. Spraining my ankle earlier this month brought that home to me. Here are some of the ways we created quick meals without stressing my injured foot. For instance, dinner last night was a ready-roasted chicken from the deli, a simple salad of red lettuce, diced tomato and chopped walnuts, plus microwaved potatoes.

Our lunches usually consist of a soup and a salad, plus whole-grain toast and butter, often with a cheese plate on the side or cheese instead of butter on the toast. Sometimes at lunch we add pickled herring or bits of leftover cooked salmon to a simple vegetable salad.

Two of the soups below have calories added with potato. True, potatoes score 85 on the Glycemic Index, but they contain resistant, that is more slowly digested, starch that does not cause blood sugar to zoom up.

CREAMY TOMATO SOUP
2 servings
1 can Hunt’s tomato sauce
1 can whole milk

Pour the tomato sauce into a small saucepan. Refill it with milk. Add to pan. Stir. Heat to steaming. Serve with wholegrain toast and sliced cheddar or Jarlsberg cheese. This is a mountain-high improvement over store-bought canned tomato soup and just as easy.

CORN CHOWDER
3 to 4 servings
2 Tablespoons butter or canola oil
½ onion, diced
1 Tablespoons dried parsley, optional
½ cup water
1 1 ounce can cream style corn
1 red potato, skin on, scrubbed and diced
1 cup milk – dairy or other
Dash red pepper flakes

Heat the fat in a 6-cup saucepan. Stir-fry the onion and parsley if using until the onion gets glossy and somewhat wilted. Pour in the water. Continue cooking until it boils away, half-cooking the onion. If really in a hurry, skip that step. Add the potatoes and enough water to cover. Bring to a boil. Reduce heat and cover. Cook 10 minutes, until a fork stuck into the largest potato piece reveals the potato to be done.

Add the remaining ingredients. Stir. Increase heat somewhat. Cook until the

chowder is hot and steaming.
Serve with crackers or buttered toast.

CREAM OF CHICKEN SOUP, ENHANCED
2 to 3 servings
1- 10-ounce can Campbell’s condensed Cream of Chicken Soup
1 potato, thinly peeled and coarsely diced
1 ½ cups water
¼ teaspoon salt
1 Tablespoon dried parsley
Scant ½ teaspoon dried tarragon leaves
¼ cup milk or ½ and ½ cream
Dash cayenne or red Tabasco sauce

Put the potato, salt, and water into a 6-cupsaucepan. Bring to a boil. Reduce heat to medium, cover, and cook 15 minutes. Add the canned soup and stir. Bring it to a low boil. Add remaining ingredients. Taste and add salt, pepper and more red pepper or Tabasco sauce if desired.

Serve with rye crackers or other crackers or toast of your choice.

APPLE & SPINACH SALAD
2 to 4 servings
½ bag baby spinach
1 tart-sweet apple such as Jonagold or Braeburn
3 Tablespoons chopped walnuts or walnut halves
2 Tablespoons dried cranberries
Crumbled blue cheese as desired
Ranch style dressing or cranberry vinaigrette

In a large bowl of water acidulated with a tablespoon or two of vinegar, wash the spinach, pulling out any leaves past their prime. Drain well. Pat dry between clean dish towels or paper towels. Put in salad bowl.

Peel apple thinly. Halve, quarter, and cut out seedy interior. Dice apple and give them a short bath in salted water, about ¼ teaspoon salt to a pint of water. This keeps the apple pieces from browning. Drain and add to salad bowl.

Scatter walnut pieces and dried cranberries on top. Scatter as much blue cheese among the walnuts and cranberries as looks good to you. Serve the salad dressing for each dinner to anoint his or her salad with it as desired.

LETTUCE & ORANGE SALAD
2 generous servings
1 head Bibb lettuce
1 juice orange, peeled and diced
1 slice red onion broken into rings or diced
Sesame salad dressing

Break the head of lettuce apart into separate leaves. Arrange on individual salad plates or on a small platter.

Top with the orange pieces and red onion.

Pass the sesame salad dressing.

Island Quilter Hosts Classes by
Renowned Fabric Designer

Continued from Page 1

Interestingly, while the wholesalers she patronizes are all based in the United States, there are almost no stateside fabric producers. Anja knows of only one and their reputation for quality does not meet with her standards.

The genesis of the Island Quilter is in keeping with the classic Island business tradition. Prior to opening the Island Quilter, Anja was a professional contractor, which is how she met Paul, a contractor himself. Anja hired Paul as a sub for work on her own home. While her vocation was building contractor, her avocation was sewing and she had been pursuing her hobby for more than 30 years prior to the beginnings of the Island Quilter. Erstwhile Island resident Ruby Roe used to take Anja with her to Vashon Island Quilt Guild meetings. Anja, along with the Quilt Guild members, had to make off island pilgrimages any time they needed fabric. Anja decided to fill this need. And then some.

Purchasing 1000 bolts of starter fabric, in May of 2007 the Island Quilter formally opened its doors. In the very few years since then their reputation has spread far off Island and their stock has grown sevenfold. Their reputation for uncompromising quality has spread, and now the majority of their business actually comes from off island. The classes they host have attendees from Boston and Colorado and they have “regulars” from Spokane and even Hawaii and Montana.

Anja is known to have a near photographic recall for fabric, and apparently can find any individual bolt from memory (I tested her). Even in high-end quilt shops, it is often difficult for a quilter to find that “perfect fabric” because organizing so much fabric is a nearly impossible task. Anja’s near-perfect fabric memory has allowed her to organize her stock so well that it has led many quilting aficionados to rank her shop exceptionally high. A side-effect of this organization is to create a shop that looks like a giant color wheel covering thousands of vertical square feet. Fabrics of cerulean, cornflower, cobalt, magenta, ultramarine, amethyst smoke, carmine, aureate, maline and ocher to make your Altar Steps, Bachelor’s Puzzles, Casement Windows and Echoing Diamonds, all arranged by their graduated color values. Row upon row, aisle after aisle, a seemingly endless shower of eye-watering fireworks, plucked from the sky on a Fourth of July night, imbued into fiber and set upon a shelf.

It’s estimated that it takes a population of about 1 million people

to support a full-size quilt fabric shop. Because the Island population is slightly less than that, Anja and Paul travel about the region to a variety of quilt shows, regularly selecting 2 1/2 tons of fabric bolts to be set up in their show booth. Even so, their shop is formally open 363 days a year and they will generally answer their shop phone 24 hours a day should you suddenly be struck with a fabric emergency, although they would appreciate it if you would make spare use of this public service. Such is their devotion to Island fabric needs, during a past snowstorm, they loaded fabric and various other quilting, knitting and sewing supplies into their four-wheel-drive vehicle to deliver at no extra charge to housebound patrons.

Every human endeavor has its rock stars, and the world of fabric and quilting is no exception. Kaffe Fassett is a London-based world-renowned fabric designer and fabric artist whose works have been collected by “Barbra Streisand, Lauren Bacall, John Schlesinger, Ali McGraw, Irene Worth, (and) Shirley Maclaine” among others. The Island Quilter carries by far the largest collection of Kaffe Fassett’s original fabrics. So impressed was Fasset with The Island Quilter shop that, upon a recent visit there, he suggested that he and his partner, Brandon Mably, return to the Island and teach a series of classes on quilting and knitting. These once-in-a-lifetime-opportunity classes are now set to happen from October 8th through the 12th.

Kaffe Fassett’s biography can be read here: <http://tinyurl.com/23ygsxf>

The class schedule details may be found here:
www.tinyurl.com/2fqga3p

Sadly, the “Diamonds quilt workshop” is already full with a wait list.

So popular are these classes that their locations are kept secret from all but paid attendees. Frustrated “groupies” have attempted to crash them in the past. Quilting is racier than you might think.

As you might expect, you can find the Island Quilter on the web at: www.islandquilter.com/

As a final note, the Island Quilter is in the running In the Best Arts and Crafts division of the King 5 “Best of Western Washington” contest. Support this local Island business by going to www.ctvr.us/island2 and casting your vote today.

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Special Dinners (Reservations required, 6:30 seating)

Wednesday, October 13 – Anti-inflammatory dinner.
Gluten free, dairy free, and delicious. An entire meal (including dessert!) \$35

Thursday, October 21 – Wine tasting dinner.
Ron Irvine pairs wines with salmon prepared in three different ways. \$35

Thursday, October 28 - Vashon-vore dinner.
An amazing meal prepared entirely of Vashon grown meats and vegetables,
accompanied by Vashon breads, wine and dessert. Come taste the bounty of our Island! \$40

Music at the Q:

First Friday – and every Friday – it’s Steve Amsden and Friends.
Cord Harms Zum Spreckel is featured artist for October.

Saturday October 2 – Kiki Means

Sunday nights - Pat Reardon entertains with his witty repertoire of songs you forgot you knew.

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Lopy Laffs

The little boy greeted his grandmother with a hug and said "I'm so happy to see you grandma. Now maybe daddy will do the trick he has been promising us." The grandmother was curious. "What trick is that my dear" she asked. The little boy replied "I heard daddy tell mommy that he would climb the walls if you came to visit us again."





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Evil is not all bad.
Avoid Alliteration...Always.
Prejudiced people are all alike.
One should never generalize.
Avoid clichés like the plague.
If we quit voting, will they all go away?
Perspective is in the eye of the beholder.
The world's full of apathy, but I don't care.
I'm still not sure if I understand ambiguity.
If there's one thing I can't stand, it's intolerance.
Prepositions are not words to end sentences with.
It's a miracle that curiosity survives formal education.

The proud father brought home a backyard swing set for his children and immediately started to assemble it with all the neighborhood children anxiously waiting to play on it. After several hours of reading the directions, attempting to fit bolt A into slot B, etc., he finally gave up and called upon an old handyman working in a neighboring yard.

The old-timer came over, threw the directions away, and in a short while had the set completely assembled.

It's beyond me," said the father, "how you got it together without even reading instructions."

"To tell the truth," replied the old-timer, "I can't read, and when you can't read, you've got to think."

Moose Lake

Morris, an out-of-towner in New York at the height of the tourist season decided to revisit an uptown Kosher restaurant he'd enjoyed on a previous trip to the city.

Finally catching the eye of an overworked waiter, he said, "You know, it's been over five years since I first came in here."

"I'm sorry, but you'll have to wait your turn, sir," replied the waiter with typical New York charm. "I can only serve one table at a time."

Johnny walked in the door, a smile on his face. "Hey, Dad, good news."

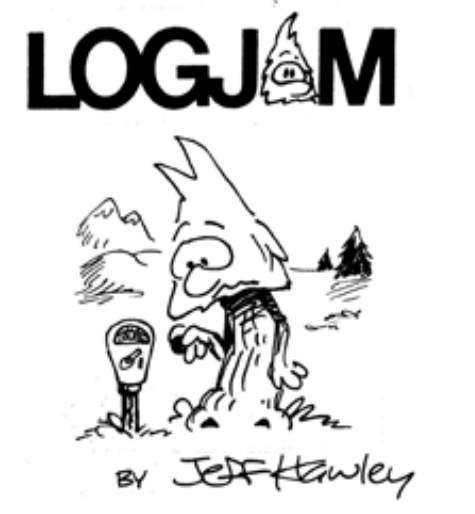
"Oh?" said Dad.

"Remember you promised to pay me ten dollars if I passed the math"

Johnny's dad looked up from his newspaper and nodded.

"Well," said Little Johnny, "I spared you the expense."

Using a new painting program on my computer, I managed to come up with a very credible still life of fruit. I made a color printout and sent it to my daughter, a graphic designer. She called when it arrived. "Isn't it good?" I asked. She chuckled, and in a tone that echoed mine from years ago, replied, "Mom, it's beautiful. We put it on the refrigerator."



Performing October 1-2

Daryl Redecker & Kiki Means

Kiki Means has been immersed in music since she was a little girl – providing lead and harmonies during shared family music since the age of 2. She states that her father, who patiently encouraged, taught and accompanied her throughout the years, is her strongest musical influence. In elementary school, she discovered her love and aptitude for the guitar under the tutelage of Daryl Redecker, Island musician, who first encouraged her to “play out” after witnessing her passion for self-expression through music. Daryl was the first of many public audiences to comment on the intensity, vulnerability and vocal clarity that infuse her performances. Hosted by Vashon’s own Steffon Moody.

Daryl Redecker has opened and shared the stage with Phoebe Snow, Cheech and Chong, John Denver, Taj Mahal, and The New Riders of the Purple Sage. He has performed with Danny O’Keeff, Chris Leighton (percussion of the Laura Love band), and his sister Renee’. For 15 years, Daryl and Renee produced 9 albums (1975 thru 1986). All of the albums received air play and they charted in Seattle, were number one for three weeks in Spokane, and throughout



the Northwest (Idaho, Oregon and Montana). Daryl has performed solo and as “RedPerl” with Sarah Perlman (Violinist) and has received Kudos from Newsweek and the Wall Street Journal regarding a children’s interactive CD . This is an all-ages free cover! Friday, October 1, 7:30pm At the Red Bicycle, 17618 Vashon Hwy www.redbicyclebistro.com



David Robert King

American Music Baptized in Blues, Bluegrass and Rock n Roll



After almost a decade of touring the world and recording straight ahead rock music, singer/songwriter David Robert King is experimenting with the sounds he picked up while traveling with his band and drawing from heroes of the American song, Woody Guthrie, Bob Dylan, and Townes Van Zandt. King

uses the styles of folk, bluegrass, old-time country, and rock ‘n’ roll to “transmit his signal”. His songs and live performances have caused quite a buzz in the modern folk/americana world and are touching audiences night after night in the Northwest and beyond. His first solo project “Take Me Home” was released in July 2009 and is getting rave reviews and is selling well. An Idaho native, King is an exciting performer whether playing solo or with his band. www.davidrobertking.com Saturday, October 2, 7:30pm. At Cafe Luna, 9924 SW Bank RD www.cafelunavashon.com

Waterlogged



Roger Taylor and Kevin Almeida had been playing “obscure vocal-based acoustic music by well-known artists” for over four years now in their highly regarded band Watermark. Their vocal chemistry had left many first time listeners with their jaws dropped in praise. Of late had come the need to pull out the electric guitars, get loud, put their groove on and get folks rockin. To do this, they needed another guitar player and a tight drummer! Kevin had experienced playing with the awesomely multi-talented, barely restrainable Pat Reardon and thought he would be a good fit, as long as they could keep the girls away. Patrick has a huge, beautiful voice- developed by

years of Pike Street busking and trying to be heard over his brothers at the dinner table. Pat jumped in with a litany of tunage, hot lead guitar, vocals and harmonica. Ok, that worked, schweet! Next came Gib “the human clock” Dammann, who had an illustrious, 1980’s music career in his band “the Casuals” playing a lot of gigs up and down the east coast sharing the bill with the likes of Bonnie Raitte, the Neville’s and Stevie Ray. Gib plays currently with a couple of Vashon’s favorite bands and liked the music Roger, Kevin and Pat were putting together. So he added his patented brand of tasty, powerful drumming and a fourth vocal to the mix- yowzer! They still didn’t have a name but they had a gig! A one-time dance gig for the Vashon Land Trust. They tore up the building, had so much fun and heard so many rave reviews from folks, the project had to stick! Watermark now masquerades part-time as Waterlogged! This is an all-ages free cover show ‘til 11pm, then 21+ after that. Saturday, October 2, 9pm At the Red Bicycle, 17618 Vashon Hwy www.redbicyclebistro.com

Robyn Landis & Friends Perform New Works

By Janice Randall



Award winning songwriter Robyn Landis brings stories to life, her own and the stories of people she meets, with unflinching honesty and complete command of the craft. She will be joined in her VAA New Works performance by a stellar group of musicians, many of whom may also be heard on her solo release (June ‘09) Many Moons. Players will include: Paul Elliot, fiddle; Cary Black, bass and vocals; Charles Reed, guitar and vocals; Fletcher Andrews, percussion and special guests. Generally categorized as contemporary folk/Americana, Many Moons garnered high praise and rated as one of the most played albums on folk radio. Like phases of the moon, Landis says her songs reflect phases of life. The songs come from everywhere she says, from overheard conversations, dreams and stories from people she meets on her many travels. “Paul’s Song,” based on one such person she met, captured the 2009 Grand Prize (folk category) in the John Lennon Songwriting Contest, a prestigious international competition. Paul, a Vietnam veteran, dad, survivor, passionate activist for veterans’ issues and blues player taught her two important lessons according to Landis, “One was about making snap judgments and assumptions. The other is that the flag belongs to all of us--not just to the right.” Since 2005 she accrued more than 45 songwriting awards and honors, including first place at Woody Guthrie Folk Festival and second place in the Unisong International Songwriting Competition. New York City native, Landis

wrote rhyming poetry at age four. She publishing two bestselling books about health and nutrition before turning her full attention to writing songs and learning to play guitar. Landis says she has recorded only a couple dozen songs, but written hundreds. “I write a lot of songs to get to the good ones. It can take 10 minutes or 10 years,” she laughs. She looks forward to recording again soon. “It’s an enlivening and creative experience. The songs take on different lives when they’re written, performed or recorded. It’s a vulnerable experience; authenticity is important to me in both performing and writing. But the most important thing to me is to keep writing good songs.” Robyn Landis & Friends At the Blue Heron Saturday, Oct. 2, 8 pm Tickets: \$12 VAA members, seniors, teens/\$15 general Blue Heron, Heron’s Nest, brownpapertickets.com

Boyd and Wain

Boyd and Wain are an award winning Anglo American Americana/ Folk duo. A native Californian, Katy’s songs are witty tales of modern life and lyrical masterpieces. Benny’s West Country fiddlin’ is just plain brilliant. Debut album “Ain’t No Fairy Tale” is in the top 50 of the RMR Folk Chart for the second time this summer. Last year they won the Trowbridge Festival Unsigned Artist Competition. 2010 has seen them playing the BelNash Songwriters Festival, Trowbridge and Tolpuddle festivals, all over Europe and the USA. RMR Roots Folk Chart link: www.rootsmusicreport.com/index.php?page=charts&name=folk “With big guitar and rolling fiddle underpinning Katy’s honest voice they deliver an album full of toe tapping songs. Both exemplary musicians with a combined spark that makes their Anglo-American fusion a delight to listen to.” 4 out of 5 stars! Spiral Earth “...very, very witty lyrics.... these songs are filled with wonderful stories about people, and sometimes biting observations on society. And lovely



tunes...The album is filled with little gems and I think it’s one to be enjoyed for quite a while!” David White, BBC Radio “Americana music that’s not just catchy, but meaningful” Paul Freeman, Palo Alto Daily, San Jose Mercury News www.davidrobertking.com Friday, October 8, 7:30pm. At Cafe Luna, 9924 SW Bank RD www.cafelunavashon.com

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

VAA offers musical weekend

By Janice Randall



Vashon Chamber Music Series, Three Centuries of Russian Chamber Music
Friday, October 8, 7:30 pm, Vashon United Methodist Church
Tickets: \$10 (18 and under)/\$18 VAA members, seniors/\$22 general
Blue Heron, Heron's Nest, brownpapertickets.com

The 2010-2011 VAA Chamber Music Series opens Friday, Oct. 8, 7:30 pm, at the Methodist Church with Three Centuries of Russian Chamber Music by ODEONQUARTET. The next evening, 7:30 pm, at Blue Heron Art Center, hear the instrumental magic of Grammy-Award winning duo, Tingstad and Rumbel.

Formed in 1999, ODEONQUARTET may be Seattle's answer to the groundbreaking group Kronos Quartet. Passionately dedicated to introducing obscure contemporary chamber music, odeonquartet's repertoire focuses on a diversity of styles weaving in threads of tango, American prison blues, Persian folk music, jazz and more.

Cofounded by violinists Gennady Filimonov and Artur Girskey, both of Russian descent, the quartet also includes violist Heather Bentley and cellist Rowena Hammill. Cellist Douglas Hammill will join the quartet on one piece and Hammill will accompany on piano for one work. "This concert will be compelling and accessible for all ages," adds Hammill. "There is something for everyone."

Pacific Northwest duo and Grammy award winning artists Tingstad and Rumbel return to Vashon in October to celebrate their 25th year of making music together. Since 1985 they have delighted audiences across the nation performing their unique instrumental sound--Eric Tingstad's American finger-style guitar combined with Nancy Rumbel's melodic woodwinds.

Known for their beautiful original compositions, innovative treatment of popular standards and their immense talent, Tingstad and Rumbel (oboe, English horn and ocarina) create classically inspired music. With more than a dozen releases to their credit, they play music from America, the British Isles, Asia and Spain. A mix of original and covered tunes, Tingstad and Rumbel's tunes serve up Tex-Mex stylings, Caribbean rhythms, Americana fingerpicking and devotion to the American songbook.

The duo won a Grammy Award in the New Age category in recognition of Acoustic Garden which remained on radio charts for 18 weeks. The Chicago Tribune called Acoustic Garden 'a new kind of roots music.'



Tingstad & Rumbel, Saturday, October 9, 7:30 pm
Tickets: \$14/\$17, Blue Heron, Heron's Nest, brownpapertickets.com

The Whateverly Brothers

The Brothers (Dan Roberts, Chris Glanister and Matthew Moeller) have performed for many years as solo artists and members of folk groups across the Pacific Northwest. Now these three talents are together as The Whateverly Brothers.

Drawing from a rich and varied musical history, the Brothers harken to the folksinger tradition that "No musical style is sacred." The group's motto is "Hoist anchor! Raise the glass! Sing along!" Roberts is a Berkeley folkie trained in opera whose voice spans three octaves which allows him to sing lead, bass, or make strange noises. He also plays a mean set of spoons. Glanister, of English origins, loved Burl Ives and Pete Seeger as well as Led Zeppelin and classical music, and he plays whistle, bohdran and cittern.



He particularly enjoys the Scottish and maritime influences in the music he plays. And Moeller, who played a Luna solo gig in June, was born and raised in the Northwest. He loves rain and foggy days as well as water and boats, which provide much material for his songs. Matthew is the baritone of the group and weaves his voice in and around the others, sometimes with success.

Saturday, October 9, 7:30pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

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Day of the Dead heART Show & Carpe Diem Halloween Lantern Display

Day of the Dead heART show will feature Day of the Dead themed, handmade art from all around the world, collected in a mail art exchange hosted at www.MotherHenna.com in 2009. Show will hang whole month of October, and all sales will benefit the Vashon Foodbank.

On First Friday, sheets of blank (undecorated) sugar skulls will be available for purchase. All proceeds to Vashon Foodbank! Show is facilitated by Kara Jones.

Carpe Diem students will display their Halloween Lanterns. Facilitated by Teacher Janice Campbell
Friday, October 1, 6 pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



Massy Ferguson



Massy Ferguson is a four piece rock-and-twang outfit that originally started rehearsing in an under-construction commercial building in Seattle's Wallingford district in early 2006. Founding members Adam Monda and Ethan Anderson crafted the band's early ditties amongst scaffolding, sheetrock and rolls of carpeting, creating a fitting backdrop to their own nascent project.

Over the past four years, Massy Ferguson has moved out of the construction-site phase and become a fixture in the local roots rock scene, headlining packed venues as well as supporting larger acts such as Son Volt, Fastball, Billy Kreutzmann of the Grateful Dead. The band has toured Australia, played for U.S. troops in Germany - and, fortunately, has moved into a proper rehearsal space.

Their 2008 debut album, "Cold Equations," went on to garner praise from influential DJs such as Bruce Warren at WXPB (Philadelphia), who made MF's song "The Ride," the station's Download of the Day in March of 2009. In November 2009, the band was part of an MTV.com video

interview of Seattle bands on local station KEXP, where the band has been in rotation since 2008 with the songs "Breathing In" and "Powder Blue."

Hailing from a town that is better known for indie and grunge rock, Massy Ferguson has their own brand of blue collar americana, likening their sound to Drive-by-Truckers, the Hold Steady, Tom Petty and the Jayhawks. They have been described as "blue collar alt-rock" and "raucous rock americana."

In 2010, the band signed to Seattle's Spark & Shine Records and in October, will release their second full-length album, "Hard Water." The 4-piece band expects continued success with this latest album, building on what they've already done. In the words of Seattle Weekly's Brian J. Barr, "You know only good things can come from a band that named themselves after a tractor company." All ages 'til 11pm, 21+ after that. Free cover!

Saturday, October 2, 9pm
At the Red Bicycle, 17618 Vashon Hwy
www.redbicyclebistro.com

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